

Sugakawa Soba Harvest Festival

Sugakawa soba is made with local buckwheat flour, pure mineral water and the leaves of the *Oyamabokuchi* plant. This traditional *juwari* soba, a type renowned for its buckwheat aroma and flavor, has a strong al dente bite and smooth texture. Fresh soba is especially aromatic, and here is one of few places where you can also try *hayasoba*, one of the traditional dishes that predated soba noodles. During the festival, soba-making workshops are available too.



Date	Saturday, October 29 th and Sunday the 30 th 10:00 to 15:00
Location	Hokubu Kominkan (Yamanouchi)
Cost	Soba-making workshops: 1500 yen Fresh Soba: 600 yen Hayasoba: 200 yen
Contact Info	Sugakawa Soba Festival Committee 090-3096-3722 Yamanouchi Town Tourism Association 0269-33-2138 or renmei@info-yamanouchi.net
Website	Kitashigakogen Tourism Association http://www.kitashigakogen.gr.jp/
Access	Car: 30 minutes from the Shinshu Nakano IC exit Train, Bus: *please contact us for more information
Supported Languages	Japanese