



よりみち手帖  
~Yorimichi note~

2026年2月号

特集スポット：土橋園



Hotel Asia Center of Japan  
ホテルアジア会館

## Event Information



### 【 SETSUBUN at Nogi Shrine 】

DATE : Feb 3rd (Tue)

TIME : 14:30 ~ 16:30

PLACE : 1F Meetingroom ⇒ Nogi Shrine



### 【 JAPANESE CALLIGRAPHY 】

DATE : Feb 13th (Fri)

TIME : 8:30 ~ 9:30

PLACE : 1F MEETING ROOM



### 【 SAKE TASTING 】

DATE : Feb 16th (Mon)

TIME : 17:00 ~ 18:00

PLACE : 1F RESTAURANT



### 【 JAPANESE TEA CEREMONY 】

DATE : Feb 26th (Thu)

TIME : 9:20 ~ 9:50 · 10:15 ~ 10:45

PLACE : 1F LOBBY

## 牡蠣 (oysters) 【Kaki】

牡蠣は、日本で古くから冬に栄養を取るために食べられてきた、代表的な旬の食材です。冬から2月にかけて旬を迎える真牡蠣は、冷たい海水で育つことで身がふっくらとし、濃厚でコクのある旨みが際立ちます。「海のミルク」とも呼ばれ、亜鉛や鉄分、ビタミン類などの栄養素を豊富に含み、寒い季節の体調管理にも適した食材です。生で味わう瑞々しさはもちろん、焼き牡蠣や鍋料理など、日本の冬の食文化を象徴する味覚として親しまれ、産地ごとの風味の違いを楽しめるのも魅力です。

*In Japan, oysters have long been enjoyed as a nourishing seasonal food during the winter months.*

*From winter through February, oysters reach their peak season, developing a plump texture and a deep, rich flavor as they grow in cold waters.*

*Often referred to as the "milk of the sea," oysters are rich in nutrients such as zinc, iron, and various vitamins, making them an ideal food for maintaining health in the colder season.*

*Enjoyed fresh and raw, grilled, or in traditional hot pot dishes, oysters are a symbol of Japanese winter cuisine, with regional variations adding to their appeal. local waters, and savoring these subtle differences is a uniquely Japanese culinary pleasure.*



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**Seasonal Delight**

