

# NATTO: The Japanese Superfood & Japanese Knife Sharpening Workshop

with Eien Hunter-Ishikawa (Portland, OR)

**SUNDAY, SEPTEMBER 23, 2018**

Tri-State/Denver Buddhist Temple  
1947 Lawrence Street | Denver, CO 80202

## NATTO Demonstration (FREE!)

**1:00 PM – 2:00 PM**

Learn about natto, the fascinating, delicious, and nutritious fermented soybeans from Japan. This demo will include samples of fresh natto and offer ideas for traditional & non-traditional preparations. In Japan, natto is highly regarded as a 'superfood' with many health benefits including cardiovascular health, brain function, bone and teeth strength, and improved digestive system. Because all natto imported into the US is frozen, this is a very rare opportunity to taste fresh, organic natto, whether you consider yourself a fan or not.

*This demonstration is limited to 50 participants.*



## Japanese Knife Sharpening Workshop

**2:30 PM – 4:00 PM**

**\$25 fee includes water stone**

Learn the basics of Japanese knife sharpening on water stones. Japanese knife culture is distinct in several ways – the blade is sharper and thinner, sharpening is done on stones, and all chefs sharpen their own knives to complement their individual cutting style. With this introduction of a few techniques, everyone will be able to sharpen their own knives and feel the joy of cooking with a sharp blade. *This workshop is limited to 15 participants.*

To RSVP, visit <http://bit.ly/NattoKnifeDemo> or e-mail  
[JapaneseArtsNetwork@gmail.com](mailto:JapaneseArtsNetwork@gmail.com)

**Eien Hunter-Ishikawa** has cultivated expertise in natto, kim chee, bread, beer, and Japanese knife sharpening. He is also a musician and educator based in Portland, Oregon specializing in drumset, taiko (Japanese drumming), percussion, and shinobue (Japanese bamboo flute). He will be visiting Denver to give workshops to the taiko community, and to share his natto and knife sharpening expertise with the Rocky Mountain region.

**Special thanks to our primary sponsor, the Japanese American Association of CO, and to Sakura Foundation and Tri-State/Denver Buddhist Temple for additional support!**