

# Celebrate Okinawan Food Culture

@ Lama Library, Kapi'olani Community College

**Saturday, July 26<sup>th</sup>**

**Celebrate!** Join us for a special day centering around Okinawan food and culture. Exhibits open at **10 am**, with events starting at **11 am**.

*On Sale: The ever popular **Andagi** (and **Anda-dog!**) . . .and delicious servings of **Nantu** (Okinawan sweet potato mochi).*

**11 am:** Dr. Brad Willcox, nationally recognized expert on healthy aging, talks about the Okinawan Diet.

**Noon:** Special panel discussion on Okinawan Restaurants in Hawaii.

**1 pm:** Learn about Awamori, the alcohol indigenous to Okinawa, w/ Randy Kuba.

**1:30 pm:** Eisa performance by Ryukyukoku Matsuri Daiko.

**2 pm:** Talk story with Harriet Takaesu on Okinawan food on the plantation.

**2:30 pm:** Hui O Laulima introduces their new book: *Chimugukuru the soul the spirit the heart, Okinawan Mixed Plate II*.

**3 pm:** Sanshin performance with Calvin Nakama, June Nakama and Nadine Nakamatsu, featuring Okinawan whistling and kachashi.

**4 pm:** Lecture/Discussion (TBA).

**Three Great Exhibits on FOOD!** The Smithsonian Institution traveling exhibition, **Key Ingredients**, explores the fascinating topic of food in America. A local component, **Hawaii by Food**, examines Hawaii's food culture and "local food." The **Oroku Restaurant** exhibition tells the remarkable story of Okinawan-owned restaurants in Hawaii. [Japanese translations of all 3 exhibits available.]

## **ALL events and parking are FREE!**

For more information, please visit: <http://kcc.hawaii.edu> or call 808.734.9562.