



Live Webinar
**Seasonality, Superfoods and Other Secrets
of Japanese Cuisine**

Part of the *Living Traditions* series

Wed., Dec. 7, 2022

7:00 pm – 8:00 pm ET (4:00 pm—5:00pm PT)

Living Traditions webinar series is co-presented with the Japan Institute of Portland Japanese Garden and supported by the Government of Japan



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SPEAKER PROFILES

Nancy Singleton Hachisu is a native Californian, Stanford graduate who has lived with her Japanese farmer husband in rural Saitama since 1988. Author of five cookbooks: *Japanese Farm Food* (Andrews McMeel, Sept. 2012), *Preserving the Japanese Way* (Andrews McMeel, Aug. 2015), *Japan: The Cookbook* (Phaidon, April 2018), *Food Artisans of Japan* (Hardie Grant, Nov. 2019), and *Japan: The Vegetarian Cookbook* (Phaidon, May 2023). Hachisu's work has been translated into French, Italian, Spanish, German, Portuguese, Dutch, Chinese, and Japanese. Hachisu appears frequently in Japanese media, documenting her preserving and farm food life as well as visits to artisanal producers in more remote areas of Japan to advocate for Japan's disappearing food traditions. Recipient of a James Beard award, she has written for *The Art of Eating*, *Lucky Peach*, *Saveur*, *Food & Wine*, *Travel & Leisure*, *National Geographic Food*, *BBC Travel*, and *Fool Magazine*. Hachisu also assisted on and appeared in the *Salt* episode of Netflix's runaway hit: *Salt, Fat, Acid, Heat*.



Yumi Komatsudaira is the president of K-Seaweed, a leading ocean greens provider since the 1960's and an author, recipe developer, food stylist and food photographer for her latest cookbook, *Japanese Superfoods: Learn the Secrets of Healthy Eating and Longevity: The Japanese Way!* by Tuttle Publishing. (Release date: January 3rd, 2023). She is also a Japanese culinary instructor in the NYC public school system, children's museums and hospitals, and private cooking classes. She grew up outside Tokyo, playing--and snacking--in her family's seaweed factory. Now based in New York, she travels to Japan often promoting sea vegetables and its health benefits. Instagram: [@k_seaweed](https://www.instagram.com/k_seaweed).



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SPEAKER PROFILES

Akiko Katayama is a food writer and [Forbes.com](https://www.forbes.com) columnist based in New York City, and the host and producer of [JAPAN EATS!](#), a weekly radio show/podcast on *Heritage Radio Network*, which introduces Japanese food culture to a global audience. She is a board member of *Heritage Radio Network* as the Host Representative. She is also a director of the non-profit organization The New York Japanese Culinary Academy, which promotes a deeper understanding of Japanese cuisine in the US. She also has appeared as a culinary judge on [Food Network's Iron Chef America](#) regularly and on [Netflix Original The Final Table](#). She is the author of [A Complete Guide to Japanese Cuisine](#). She holds an MBA from New York University Stern School of Business, an MSc from London School of Economics & Political Science, and a Wine & Spirits Education Trust (WSET) Advanced Certificate with Distinction.



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