

# CCNFE NEWS

VISITORS from Dec 08 - April 09

Food processing Training from Leads Nepal  
 Mr. Krugel family Former CCNFE staff  
 Ms. Takako Miura Expert of Nutrition  
 Mr. Kazuhiko Takamariu Expert of Soy processing  
 Mr. Kiyoshi Ishihara Expert of Meat processing  
 Rakunou univ. work camp group  
 Mr. Chama People's Endeavour for Social Changes (PESCH)

## Time to leave ...



Samir



Keiko



Nick



Heather



Namiko

Samir, Keiko, Nick, Heather and Namiko left CCNFE. Samir & Keiko is going to study in the Phillipines, Nick & Heather is in Australia with their son Christian.

Namiko is staying in south India. New staff Lanio takes over SCSA coordinator and Hiroko is Food processing in charge. Kundan is education in charge.



Kundan



Lanio



Hiroko

## Welocome !!

## Announcement

Since some staff members left CCNFE, please contact following new adress to get information

General info :	Dr.(ph.D)Teruo Miura	Dean of CCNFE	e-mail: teruomiura@ashaasia.org
	Takaya Machigami	Chief administrator	e-mail: tmachigami@ashaasia.org
SCSA Training info:	P.L. Lanio	SCSA training coordinator	e-mail: lanio@ashaasia.org
AOAC product:	Hiroko Goto	Food processing Coordinator	e-mail: hiroko@ashaasia.org

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Newsletter from College of Continuing & Non-Formal Education  
 Allahabad Agricultural Institute-Deemed University  
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# HARVEST



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### Making Japanese Seasoning ~Challenging Rural Women in Allahabad~

Dr. Teruo Miura, Dean

Miso?" What is that? an Indian friend asked me with his grimacing face. Probably for average Indian people, it is very strange taste and unpleasant smell. It is made of rice, soybeans and salt. Those ingredients are mixed and fermented in a storage room for a year. Then, we can use it for cooking as healthy and nutritious seasoning. In fact, similar to Japanese soya sauce, it is one of the inevitable seasonings for many Japanese cuisines. Because of these seasoning along with other soya bean foods, Japanese food is widely known as "healthy food," which is less fat, less cholesterol, high quality of vegetable protein, and well-balanced healthy nutrients. In fact, average Japanese lives more than 83 years old and the average women live more than 86 years old. It is top of the world record.

CCNFE launched Miso making project last year, providing training to rural women of Allahabad Organic Agriculture Cooperative (AOAC). Last year, they made 500 kg of Miso. After half a year, it was ready for marketing. At the beginning, it was difficult for us to sell it even in Delhi because urban consumers did not trust our product, whether it is really good taste, hygienic and no chemical preservatives or not. But, gradually it has become popular among them.

When a famous Japanese restaurant started to buy our products, within a few months, it sold out. Last November, the rural women were very much motivated and began making Miso again. Within two months, they made more than 2 tons of Miso. Finally a group of women have mastered how to make Miso. Besides, they started tasting Miso too.

What are the meaning and significance of making Miso by rural women in Allahabad? Of course, it is quite high potential for income generation for their cooperative as its rate is almost equivalent to that of meat sausage in India. Besides, there is no Indian company making Miso. Hence, those women have been monopolizing the manufacturing. Yes, "only few Indian women are able to make Miso." They have begun proud of themselves, gaining more confidence in their abilities. Their confidence generates more hope and power to challenge to find more of their abilities to improve their quality of living. I do believe that such a challenge will give a great impact on their own children as well as other rural women in Allahabad.

God has given unknown abilities to everyone of us regardless their social and economic status. Rural women have found them by their challenging spirits and activities.