

## What kind of Autumn will it be for you?

All of a sudden, the hot and humid peak of the summer heat has passed, and it has changed seasons to autumn. In Japan, the phrases “Autumn of art,” “Autumn of reading,” “Autumn of sports,” “Autumn of activities,” and “Autumn of harvest” are often used.

"Autumn of art" and "Autumn of reading" are so-called because in autumn when it is cooler, concentration increases and it is more comfortable to spend time drawing pictures, enjoying music, and immersing yourself in reading. Also, the beautiful colours of the autumn leaves could be said to inspire creativity. Since the days get shorter as winter approaches, it's relaxing to quietly read alone while listening to insects on long nights.



It's often said that the “Autumn of sports” is a great season for practicing sports since it is cooler than the hotter times of the year. It is for this reason that many schools have sports days and events in autumn.

“Autumn of activities” means to go out to the mountains and fields and have fun. The autumn season brings about a pleasant climate and beautifully coloured leaves, and as it's also the season for harvesting fruits, many events are held in various places, so it's probably one of the best times to go and enjoy the outdoors and nature.

Finally, the “fruitful autumn” that everyone is happy about. During this season, also known as the “Autumn of food,” shops are stocked with delicious-looking seasonal ingredients such as fruits, vegetables, seasonal seafood, and mushrooms, which naturally stimulate our appetites. The reason for appetite increases in autumn may be due to the pleasant weather, but it may also be due to the instincts of the human body to try and store nutrients in preparation for winter when food was typically scarce.

Even in Miyazaki, which is rich in ingredients, the season for fishing spiny lobster begins, and horse mackerel and sardines are also in season. Taro, which Miyazaki boasts one of the highest production volumes in Japan, is also at its peak in autumn, and sweet and delicious mandarin oranges are also something to look forward to.



So, what kind of autumn will this year be for you?

If you have any questions, comments or suggestions regarding this column, please contact the Miyazaki International Foundation (MIF): TEL : 0985-32-8457 FAX : 0985-32-8512 Email [miyainfo@mif.or.jp](mailto:miyainfo@mif.or.jp)

Also, if you ever have any questions or concerns about daily life in Miyazaki, please feel free to get in touch with the Miyazaki Support Center for Foreign Residents:

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