

CD | ESSAYの英文は別売りCDに収録されています。

## ESSAY / SNACK REVIEW

ESSAY

### Wild eating in the garden city

Tan Ying Zhen (ライター)



ガーデン・シティーとして知られ、街中にも豊かな緑があるシンガポール。筆者はあるアート団体のイベントに参加し、見慣れた植物の中には食べられるものがたくさんあることを学んだ。

**1** I had seen it before. But it was my first time smelling the pale yellow fruit. A **pungent smell reminiscent of rotting** cheese hit me so strongly I **wrinkled my nose**.

■ 街中の食べられる植物を探して…

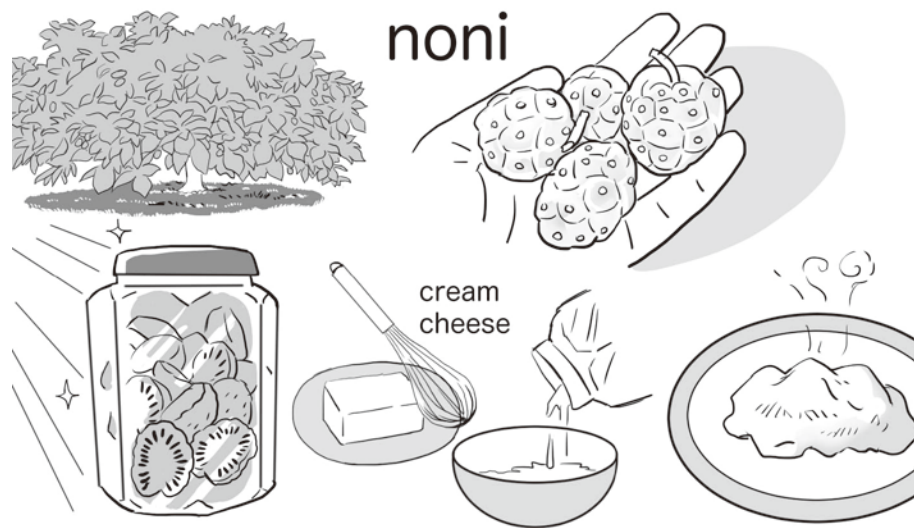
**2** I was on a walk with Kristine, a Danish artist from a Singaporean **art collective** called Mamakan. Kristine and her two **fellow** artists, Laletha and Steve, **had embarked on** a project called GastroGeography to **chronicle** the **edible** plants in Singapore. The walk in the central civic district **was labelled** an “artistic food experience,” and participants could taste and identify various local plants along the way.

**3** The fruit I’d smelled was the noni fruit, or the cheese fruit. Its tree is commonly found in Singapore, but I never knew that the

fruit and leaves were edible. Kristine suggested cleaning the fruit and leaving it in a **closed jar** to **ferment** in the sun. The juice that **collected** could be mixed with cream cheese to create what she called “Singapore’s **very own** blue cheese.”

**4** The noni fruit was **but one example**. Kristine, Laletha and Steve had found more than a hundred edible plants growing along the streets. I **peered at** their art **installation**, which consisted of little jars of edible plant **specimens arranged** on concrete blocks, and **scrutinized** the poster they’d made to list all the edible plants.

**5** I was amazed. The only local plant I remember **foraging for** was the **ixora** growing in my primary school. My seniors taught me to **suck** the **nectar** from the flowers. But I never imagined there were so many other edible



SACHIKO ASUKA ILLUSTRATION

plants. Singapore is known as the garden city, but I’d never realized this garden was full of edible wonders.

■ 身近にある味に初めて気付く

**6** Kristine shared stories from other Singaporeans who’d gone on the walk. One lady had been going to health food stores to buy expensive noni juice imported from Hawaii. She never knew that the noni tree grew locally. While it’s illegal to **pluck** the fruit or remove other parts from the plants, she could **have picked** the fruits **off the ground**.

**7** Kristine’s fellow artist, Steve, a Singaporean, was **new to** foraging too. When he tasted the jam Kristine had made using local berries from the rukam ma-

sam tree, he’d found the taste “**foreign.**” **Ironically**, what he found familiar was imported strawberry jam.

**8** I recalled my own foraging experiences, which were mostly in Japan. I’d collected wild mint and oregano, and **dug** for **bamboo shoots**. I remember thinking then that it was a **pity** I couldn’t forage in Singapore. Now, I realize it was my own **ignorance** that prevented me from seeing the edible plants in my home country. I can’t wait to discover more local plants, and perhaps grow some of my own too.

タン・イン・ツェン  
シンガポール出身。2010年よりALTとして京都で働き、2013年に帰国。現在はシンガポールの新聞でライフスタイルに関する記事を執筆している。

\*次週は Patrick St. Michel さんが執筆します。

— ガーデン・シティーで自然を味わう —

**1** pungent smell 鼻を突くにおい。reminiscent of ～～によく似た。rotting 腐りかけの。wrinkled my nose 鼻にしわを寄せた。

**2** art collective 芸術団体。fellow 仲間の。had embarked on ～～を始めた。chronicle ～～を記録する。edible 食べら

れる、食用の。was labelled ～～と名付けられた。

**3** closed jar ふたを閉じたびん。ferment 発酵する。collected 集まる、たまる。very own 独自の。

**4** but one example 一例にすぎない。peered at ～～をじっと見た。instal-

lation 展示。specimens サンプル。arranged 並べられた。scrutinized ～～を細かく読んだ。

**5** foraging for (食料を) 探し回る。ixora イクソラ、サンタンカ。suck ～～を吸う。nectar 花の蜜。

**6** pluck ～～を摘み取る。have picked ～

off the ground (地面に落ちている) ～～を拾う。

**7** new to ～～初心者。foreign なじみがない。Ironically 皮肉なこと。

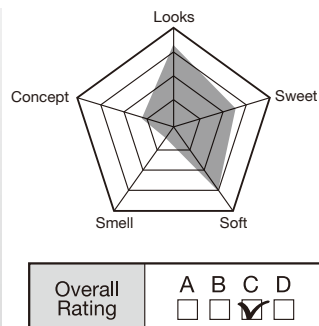
**8** dug 掘った。bamboo shoots タケノコ。pity 残念なこと。ignorance 無知。

[本文 — 450 words]

## Snack Review

カントリーマアム クリームシチュー風味 (不二家)

最終回



Overall Rating: A B C D

I’ve been a longtime fan of Fujiya’s Country Ma’am range. The bite-sized soft cookies just melt in the mouth and give me

a warm, happy feeling whenever I eat them.

I also liked the many special flavors — strawberry, cheese

tart, Darjeeling. OK, so some of the flavors were a little weird — I’m looking at you, black honey *karinto!* — but I’ve loved them all. Until now.

I didn’t like the Gourmet range’s cream stew soft cookie. At all. But I can’t complain. I can’t say that Country Ma’am let me down. The words on the package promised that I would get a cookie that tasted like cream stew and, by God, that’s what I got.

range シリーズ。Darjeeling ダージリン。At all これっぽっちも。let ~ down ~をがっかりさせた。by God マ

It smelled like carrots and cream and it tasted like cauliflower mixed into cookie paste. If you think that sounds enticing, then you’ll love this — go out and buy it! I don’t and I didn’t.

But it’s not Country Ma’am’s fault. It’s mine for buying the cookies in the first place.

A final note: This is my last snack review. It’s been great fun, but all good snacks must come to an end. (T)

ジで(強調の意)。cauliflower カリフラワー。enticing 魅力的な。~’s fault ~のせい。in ... place そもそも。

★このコラムは今回で終了します。