



## GRANDMA'S ETERNAL FOREST

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Grandma Kuniko Shiiba, aged 87, is an amazing lady. The last person in Japan who continues to practice a traditional and sustainable form of slash-and-burn agriculture that dates back more than 4000 years.



After clearing a section of her forest, she grows four successive yearly crops of buckwheat, Japanese millet, adzuki beans and soybeans, then lets forest grow wild again for 26 years before starting a new crop cycle.

For a whole year in her forest, we learn from Kuniko about medicinal plants, mountain and fire spirits, the cycle of life and the forest's unique regenerative powers.

See also &lt;a

href=&quot;<http://www.pointdujour-international.com/catalogueFiche.php?idFiche=38255>&quot;  
target=&quot;\_blank&quot;&gt;JAPAN, MAN AND NATURE IN HARMONY&lt;/a&gt;, a two-part documentary.



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<http://www.pointdujour-international.com/catalogueFiche.php?idFiche=38197&lang=en>

