

## **Culture and Science of Acorns III - Acorns in East Asia -**

Toshio Mitsunaga

Professor Emeritua

101-3, Kashiwabe-cho, Shimogamo, Sakyo-ku, Kyoto 606-0815, Japan

### **Summary**

Acorns were an important foodstuff in the pre-cultivation period in the temperate zone of the Northern hemisphere. In particular, they constituted an important part of the staple diet as a starchy foodstuff for the people in East Asia. This is indicated by excavation of a large numbers of acorns at archaeological sites, with appearance of stone implements and earthenware for their preparation, and the existence of store-holes for storage in ancient ruins. Many foods continue to be made from acorns in East Asia, even now. For example, there are seven acorn-foods, Mesi (Pab), Moti (Ttok), Noodle (Kukusu), Kayu (Tsuk), Suiton (Sujaebi), Okonomiyaki (Pindae-Ttok) and Mook in Korea as determined by recent search, the last example being the typical acorn-dish in Korea. East Asia has a unique culture and science of acorns, with Korea as a major center.