Ogimi village is famous as a longevity village. One of the longevity beauties, she is harvesting a bitter gourd. "I enjoy a long life because I eat lots of local vegetables and bask in the sunshine and ocean breeze" she says with a charming smile.

OKINAWAN VEGETABLES

The bright color of the vegetables indicates the powerful vital force of the tropical sun

Goya or bitter gourd is a vegetable that represents Okinawa. It contains an abundance of vitamin C that is resistant to heat and perfect for stir-fry. The bitterness comes from morindazol. It is said that this component is effective in lowering blood sugar level, strengthening the stomach and increasing appetite. It is said that Okinawan vegetables are rich in antioxidants in comparison with vegetables grown in other parts of Japan. It acquired the strong vital force in order to protect themselves from severe ultraviolet rays and ocean breezes that contain salt. These vegetables are a source of longevity in Okinawa.