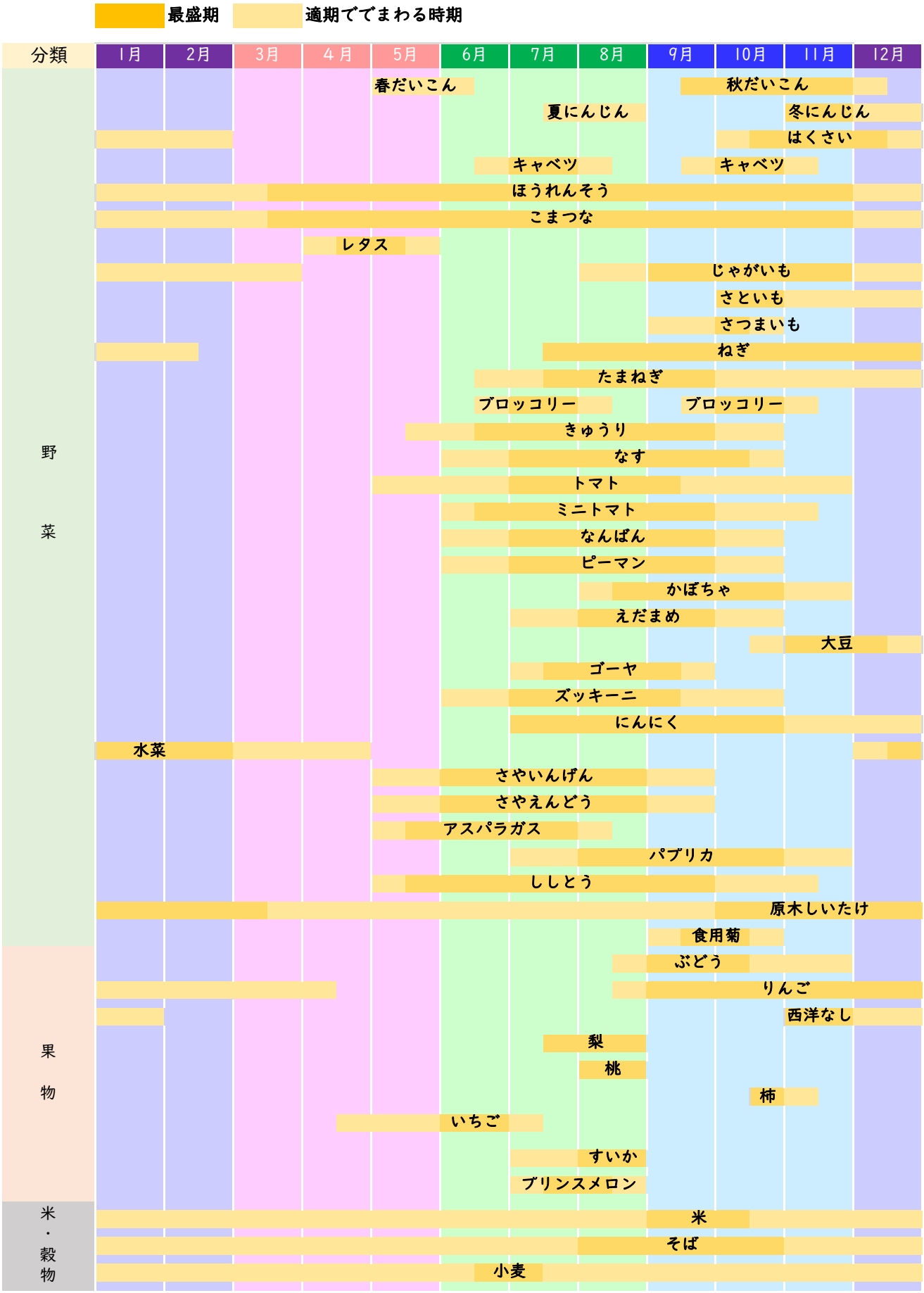紫波町旬の食材カレンダー