



# Gentle Happiness: Haiku of Japanese Sweets

*James Calbraith*

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Either as a crucial ingredient of the tea ceremony, an important element of shrine rituals, or simply as a way to cool oneself during the scorching Japanese summer, sweets are as central to Japanese life and culture as poetry or gardening. To me, they have also been a way to experience this culture - and some of my best memories of Japan are in one way or another connected with its myriad snacks. One summer night, I started writing haiku about these memories - the result of which is this little book. *Poetry and sweets What more does a wise man need On this summer night* 70 haiku and senryu on the theme of Japanese sweets - with a few words of commentary for each poem, about history and origin of each snack.

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