MAFF
Ministry of Agriculture,
Forestry and Fisheries
農林水産省



Thoughts on Traditional Vegetables

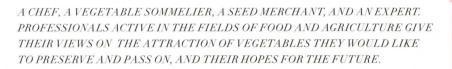


I want to convey the knowledge and attraction of traditional vegetables in order to sustain them

Mikizo Hashimoto Owner of "ICHIRIN" Japanese restaurant

My relationship with traditional vegetables has been going on for more than 20 years, in one way or another. Although it takes time to pre-treat traditional vegetables, they don't take so long to cook. That's because they have so much character, strong flavor and underlying strength. But they will die out if they are sold cheaply, despite the hard work of the farmers. I want to convey the knowledge and attraction of traditional vegetables in order to sustain them. To this end, I will be glad to do whatever I can as a chef.

"ICHIRIN" is a Japanese restaurant serving courses in the style known as Kaiseki. Mikizo Hashimoto was born in Kyoto. Entered a cookery career at age 18, then gained experience in a well-known restaurant before opening "ICHIRIN" in 2007. Has been one of Japan's most prominent chefs since 2009, including accreditation by Michelin.





Traditional vegetables offer the enjoyment of growing for ourselves and raising from seed

 $Satoru\ Nakamura\$ Managing Director, "Kougousei Hafuu"

The attraction of traditional vegetables lies above all in their flavor. In the old days, eggplant and cucumber used to be soft, but vegetables today have become hard through selective reproduction, to make them survive long transportation and look better in the shops. Although our self-sufficiency in vegetables is 90%, more than 80% of the seeds come from abroad. Traditional vegetables offer the enjoyment of growing for ourselves and raising from seed. I hope more and more people will choose to grow, eat, and take seeds from delicious traditional vegetables.

3rd generation owner of a seed and seedling store in Hamamatsu City. For the last 20 years, has been collecting seeds of endemic species, domesticated species and traditional vegetables from all over the country and selling them, mainly to home horticulturalists. Also gives guidance on soil preparation and cultivation tips for vegetable gardening.



I want to act as a "bridge" between traditional vegetable producers and consumers

Megumi Yoshida Vegetable sommelier / Cuisine expert

Traditional vegetables have a history and a story. For example, the Nambu futonegi (spring onions) of Aomori Prefecture were once in decline, but have been revived through the efforts of local senior high school students. A chance connection led to me selling vegetables from Aomori in my Tsukiji store. I also visited the producing areas. Growers in their 60s and 70s have asked me to do all I can to spread the word about Aomori vegetables in Tokyo and tell everyone how good they are. In future, I will continue to convey their attraction through seminars and other means, acting as a "bridge" between producers and people in the city.

Possesses many food-related qualifications, including Edo Tokyo Vegetable Concierge, Saké Taster and Junior Food Education Meister. Opened the Aomori Vegetable Specialist Store "Hidamari Marché" in Tsukiji in 2013.



Traditional vegetables are "hospitality foods" that convey Japanese history and culture

Michishige Otake Edo Tokyo traditional vegetable specialist

In the Edo period, when the population grew and food became scarce, the feudal lords in various parts of the country brought vegetables to the capital. These survive today as "Edo Tokyo vegetables." One of them, the komatsuna mustard spinach, was so named by the 8th Edo shogun Tokugawa Yoshimune, as an example of the close relationship with the samurai class. Traditional vegetables have remained alive since ancient times through their seeds, and have been cultivated without interruption in their respective localities. They have become "hospitality foods" unique to those localities. I hope people will go to those places and be sure to eat their vegetables not only Japanese people, but those from other countries as well.

Undertakes initiatives to revive Edo Tokyo vegetables, such as leading the Edo Tokyo Traditional Vegetable Research Group, Holds a number of other important posts, including "Worker in Local Consumption of Local Produce" for the Ministry of Agriculture, Forestry and Fisheries and "Local Strength Creation Adviser" for the Ministry of Internal Affairs and Communications. Publications include Edo Tokyo Yasai ("Edo Tokyo Vegetables") (story edition).

知識や魅力を伝えていきたい 伝統野菜を残すために

橋本幹造氏

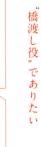
伝統野菜への想い

日本料理「一凛」店主

ば、なんでもやっていきたいと思っています。 理そのものには時間がかからない。それだけ個性的 ります。伝統野菜は下処理に時間がかかりますが、料 私と伝統野菜とのつきあいは、かれこれ20年以上にな や魅力を伝えたい。我々料理人にできることがあれ れてしまいます。伝統野菜を残すために、正しい知識 んは、苦労して作っているのに、安く売っていては廃 で、強い味わいと底力を持っているからです。農家さ



名店にて経験を積み、2007年に「一凛」 をオープン。2009年よりミシュランを獲 得するなど、日本料理の第一線で活躍す る料理人のひとり



伝統野菜の作り手と消費者の

吉田 めぐ み氏

野菜ソムリエ・料理研究家

菜を築地のマルシェで販売しています。産地も訪問しま 退していた青森県の「南部太ねぎ」は、地元の高校生の手 伝統野菜には歴史と物語があります。たとえば一時期衰 これからも、作り手と都会の方々の橋渡し役として、セミ 菜を広めて魅力を伝えてください!」と言われています。 した。60~70代の生産者の方に「頑張って東京で青森の野 で復活を遂げました。たまたまご縁があり、青森県のお野 ナー等を通じて、魅力を伝えていきたいと思います。



江戸東京野菜コンシェルジュ、利き酒 師、ジュニア食育マイスターなど、食に 関する資格多数。2013年より青森野 菜専門店「ひだまりマルシェ」を築地に オープン。



料理人、野菜ソムリエ、種苗業、研究家。食と農の現場で

くことを、願っています。

を、作って、食べて、種を採る。そんな人たちが増えてい して、種を採る楽しみもあります。おいしい伝統野菜

伝統野菜の魅力と、未来へ託す想いがあります。

活躍するプロが、それぞれに「残したい」「伝えたい」と考える

の種苗店の三代目。20年前より 全国から固定種、在来種、伝統野菜の 種を集めて、主に家庭菜園向けに販売。 また野菜用の土づくりや、栽培指導も 手がけている。

大竹道茂氏

おもてなし食材ですね

伝統野菜は日本の歴史と文化を伝える、

中村

訓氏

種採りする、楽しみもあります 伝統野菜には、自ら育て

「光郷城(こうごうせい)/畑懐(はふう)」代表

キュウリはやわらかいですが、今の野菜は、長時間輸送 伝統野菜の魅力は、なんといっても味です。昔のなすや

その種の80%以上は外国産。伝統野菜には、自分で栽培

くなっているのです。今、野菜の自給率は90%ですが、 したり、店頭で見た目をよくするために、品種改良で硬

江戸東京・伝統野菜研究会

徳川吉宗公が命名するなど、武家との関係も深いです その地域に行って、ぜひ食べてもらいたいものですね。 てなし食材なのです。日本人はもちろん、海外の方にも の地域で脈々と作られている、その地域ならではのおも ね。伝統野菜は古くから種を通して命が今に伝わり、そ たものです。そのひとつ小松菜は、江戸幕府八代将軍の 全国各地の大名が江戸に持ち込んだ野菜が今まで残っ 江戸東京野菜は江戸の人口が増加し、食料が不足して、



江戸東京野菜の復活に取り組み、江戸東京 創造アドバイザー」など、多くの要職を務める

Japan's Traditional Vegetables