

Traditional vegetable used in today's meal

ひろっこ (秋田県)

秋田の伝統野菜のひとつでアサツキの一種。シャキシャキとした歯ごたえと、ねぎのような風味が特徴。12~4月に雪の中から掘り起こして収穫するため、秋田人にとって春を感じる野菜のひとつ。

Name: Hirokko (chives)

Producing area: Akita Prefecture

An "Akita traditional vegetable," this is a type of chive. Characteristics are a crunchy texture and a flavor similar to spring onion. Dug out of snow and harvested between December and April, *hirokko* brings thoughts of spring to the people of Akita.

三関せり (秋田県)

秋田の伝統野菜のひとつ。湯沢市三関地域で江戸時代から栽培され、きりたんぽに欠かせない存在。葉も根もおいしく食べられる。

Name: Mitsuseki seri (Japanese parsley)

Producing area: Akita Prefecture

An "Akita traditional vegetable," *seri* has been cultivated in the Mitsuseki district of Yuzawa City since the Edo period, and is an essential ingredient of the local dish *kiritanpo*. Both the root and leaves are delicious to eat.

亀戸大根 (東京都)

江戸東京野菜のひとつ。文久年間より亀戸周辺で盛んにつくられていた。根も葉も一緒に「浅漬」や「ぬか味噌漬」にしておいしく、新鮮な野菜の少ない早春の青物として江戸市民から喜ばれた。

Name: Kameido daikon (white radish)

Producing area: Tokyo

An "Edo Tokyo vegetable," cultivation thrived in Kameido during the Bunkyo era (1861-64). Both root and leaves are delicious when marinated together as *asazuke* or *nuka misozuke* pickles. *Kameido daikon* was welcomed by the people of Edo as a vegetable for early spring, when fresh vegetables were scarce.

しんとり菜 (東京都)

江戸東京野菜のひとつで、「唐人菜」「ちりめん白菜」などと呼ばれていたアブラナ科の野菜。これを若採りし、芯の部分を摘みとって吸い物などに使っていたことから「しんとり菜」と呼ばれるようになった。

Name: Shintori na (greens)

Producing area: Tokyo

An "Edo Tokyo vegetable," this member of the *brassica napus* family also went under other names, including *tojin na* and *chirimen hakusai*. Harvested when still young, the core was plucked out and the leaves used in broths and the like. This gave the vegetable its name *shintorina* (literally "greens with core taken out").

東京うど (東京都)

江戸東京野菜であり、数少ない日本原産の野菜のひとつ。東京うどは、現在の杉並区井荻地区の農家が尾張(現愛知県)で栽培法を習い、武蔵野地区に広めたのが始まりとされている。

Name: Tokyo udo (Japanese ginseng)

Producing area: Tokyo

An "Edo Tokyo vegetable," this is one of Japan's few native vegetables. Cultivation is said to have started when a farmer from Ihagi in today's Suginami Ward learned how to grow it in Owari (now Aichi Prefecture), then brought it back to the Musashino region.

早稲田茗荷たけ (東京都)

江戸東京野菜のひとつで、赤みが濃くて大振り、9月下旬から10月中旬までが旬の晩生(おくて)の茗荷。茎部分の「みよがたけ」は春の味覚として好んで食べられている。

Name: Waseda myoga take (Japanese ginger)

Producing area: Tokyo

An "Edo Tokyo vegetable," this is a long-stemmed variety of *myoga* ginger with dark red coloring. Late maturing (between late September and mid-October). The *myoga* take stem is popular as a spring delicacy.

谷田部ねぎ (福井県)

小浜市の谷田部地区で栽培。福井県の伝統野菜。2回の植換えを行い、2度目は斜めに植えることで、根元は釣針状に曲がり、土に埋まっている部分がよりやわらかく甘くなる。

Name: Yatabe negi (spring onion)

Producing area: Fukui Prefecture

Grown in the Yatabe district of Obama City, this is a traditional vegetable of Fukui Prefecture. It is replanted twice, and planted diagonally in the second replanting. This causes the root to bend in a hook shape and makes the part embedded in the ground softer and sweeter.