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江戸東京野菜

Edo Tokyo vegetables

江戸東京传统蔬菜/에도 도쿄야채

江戸東京野菜とは？

江戸期から始まる東京の野菜文化を継承するものです。特に固定種であることが条件です。今、市場にあふれている交配種(一代雑種)と異なり、固定種はタネの採れる野菜で、昔からタネを通して命が今日まで繋がっているというものです。江戸から昭和中期にいたる各時代に都民の食生活を支え、食文化を育んだ野菜です。季節限定で、旬が明確な野菜ですが、周年栽培に不向きで揃いが悪いため、大量生産・大量流通・大量消費の時代には忘れられた野菜でした。五代将軍・綱吉が栽培を命じて生まれた「練馬ダイコン」。八代将軍・吉宗が命名した「小松菜」等、一つひとつの野菜には物語があり、産地の名前をついた野菜として、育った気候風土に根ざした伝統野菜です。

What are Edo Tokyo Yasai ?

"Edo Tokyo Yasai" are vegetables which inherit vegetable culture in Tokyo dating back to the Edo period. They must be true bred in particular. Different from hybrids (first cross) in today's market, true breeds are vegetables which lay seeds, so their lives have been inherited to the present day through the seeds. They are the vegetables which have bolstered dietary lives of Tokyo residents in each era from Edo to the middle of Showa and nurtured the dietary culture.

Though the vegetables are seasonal and their seasons are specific, they are not suitable to year-round culture and vary in shape, so they got forgotten in the period of mass production, mass distribution, and mass consumption.



Each vegetable has its own story such as "Nerima Daikon" which was born when the fifth Shogun Tsunayoshi ordered people to culture it and "Komatsuna" which was named by the eighth Shogun Yoshimune. They are traditional vegetables with the names of their growing districts which are rooted in the climate and natural features where they were cultured.



江戸時代にできた品種
Breed types produced during Edo period

明治～昭和にできた品種
Breed types produced from Meiji period to Showa period

参考：「江戸・東京ゆかりの野菜と花」JA東京中央会編 / 出版：農山漁村文化協会 (農文協)