



Edo Tokyo vegetables

“Edo Tokyo vegetables” is a collective term describing domesticated varieties of vegetable that have supported the dietary lifestyle and culture of people in Tokyo ever since the Edo period, with seeds harvested and recycled from generation to generation. *Kameido daikon* (white radish), *Nerima daikon*, *Shinagawa kabu* (turnip), *Terajima nasu* (eggplant) and *Takinogawa gobo* (burdock) are just a few of around 40 vegetable varieties named after the places where they are grown.

【江戸東京野菜について】

種を次代に受け継ぎながら、江戸時代の昔から、東京に住む人々の食生活や食文化を支えてきた在来品種の野菜の総称です。亀戸大根、練馬大根、品川かぶ、寺島なす、滝野川ごぼう等、それぞれ生産されていた土地の名前がついた約40種類の野菜が栽培されています。

Michishige Ohtake

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.



【大竹 道茂 | 江戸東京・伝統野菜研究会】

江戸東京野菜の復活に取り組み、江戸東京・伝統野菜研究会代表をはじめ、農林水産省選定「地産地消の仕事人」や総務省「地域力創造アドバイザー」など、多くの要職を務める。著書に江戸東京野菜(物語篇)などがある。