



Why don't you enjoy Tokyo's specialties?



Japanese mustard spinach (Year-round)

One of Tokyo's leading vegetables with the 2nd largest output in Japan (in 2012).

Named by *Tokugawa Yoshimune*, the 8th *Tokugawa shogun*, so they say.



Ashitaba (Year-round)

"Pick leaves in the evening, and new ones come out tomorrow or ashita." The naming shows its vigorous growth.

Rich in chalcones, vitamins, minerals, etc.



Okutama trouts (Year-round)

Bigger than ordinary *yamame* trouts, growing to weigh 1.5 kgs for 3-year-olds and 2 kgs for 4-year-olds.

Good for *sashimi*, *sushi*, and even for Western dishes.



TOKYO X Pork (Year-round)

Taste-premium pork with delicious and good flavor fat. A breed by crossing of three types of Beijing Black, Berkshire and Duroc pigs after a 7-year trial and error process.



Splendid alfonsino (Year-round)

White-fleshed fish. Fresh ones are particularly delicious when served as *sashimi*.



Tokyo Shamo Chicken (Year-round)

Lean (well red-colored) and rich in protein. With low fat, fits for hot pot dishes.



Tomatoes (Jan - Nov)

Many varieties from big and medium to very cute sizes are cultivated.



Grape tomatoes, picked up in the Ogasawarajima Islands from February to May, are popular among others with their well-balanced strong sweetness and nice sourness.

Japanese giant flying fish (Feb - May)

Coming to the Izu Islands waters in spring, called "spring flying fish" also. Bland tasting of



white flesh fits for *sashimi*, dried stock fish (such as *kusaya*), deep-fried fish ball cakes, and the like.

Passion fruit (Mar - Aug)

Harvesting begins in spring in the Ogasawara Islands, gradually moving up north from Hachiojima Island to Miyakejima, Kozushima islands, etc. for summer. In recent years, cultivated in the Hachioji region, too.



Edamame soybeans (May - Aug)

An early summer feature, cultivation is getting popular year after year. In Tokyo, sold at farmers' markets. Some farmers sell them in bundles on the field.



Bonitoes (Feb - Apr)

Marketed as the "first bonitoes of the season" from Hachiojima Island, where they are caught around February, earlier than other island waters. "Hachijo Barrel Bonito", shipped out in ice-packed barrels, is also a well-known branded item. Regularly served as "*tataki*". Also tastes wonderful as *sashimi*.



Norabona (Mar - Apr)

Mild and sweeter leaf vegetables than Japanese mustard spinach or spinach.



Often served after boiled. Farmers began to cultivate them in the present Tokyo's Tama region in the *Edo* period.

Wasabi (Apr - Nov)

Cultivated with tender care in narrow *wasabi* fields along the limpid streams of the Tama River's head areas in Okutama-machi etc.



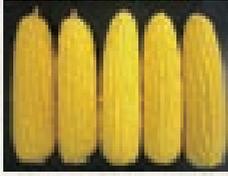
Yellowstriped butterfish (May - Aug)

One of the best white-fleshed fish from the summer sea around the Izu Islands. Plenty of fat in summer in particular. Best as *sashimi* and also for salt-grilled or with simmering in soy sauce.



Corns (Jul - Aug)

Cultivated widely in Tokyo including the western Tama region. Those harvested in the morning are sold at farmers' yard and direct sales shops on the same day.



Blueberries (Jul - Sep)

The number of pick-your-own orchards is on the increase. Getting popular as a fruit readily enjoyable.



Grapes (Aug - Sep)

Of varieties cultivated in Tokyo, "Takao" is one of the highest quality grapes. It tastes rich with firm flesh of strong sweetness and nice sourness and flavor.



Japanese pears (Aug - Oct)

Many varieties are cultivated in Tokyo. In the Tama River's watershed areas, where cultivation is active, direct sales shops sell them as "Tamagawa Pear".



Edo Tokyo Traditional Vegetables

Hitting the spotlight as Tokyo's typical vegetables, trademarks were registered by JA-Tokyo Chuokai with 50 items including *Nerima Daikon*, Traditional *Okura Daikon* and *Kameido Dakion* radishes, *Magome Sanzun* carrot, *Magome Hanjiro* cucumber, *Terajima Nasu* eggplant and *Takinogawa Gobo* burdock root.



▲Kameido Daikon radish

Traditional Okura Daikon radish▶



▲Magome Sanzun carrot



▲Terajima Nasu eggplant



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Kiwi fruit (Oct - Nov)

"Tokyo Gold", developed in Tokyo, has yellow flesh with strong sweetness that brings out good taste.



Persimmons (Oct - Nov)

"Tokyo Beni", one of Tokyo's branded fruits, is unique with its strong sweet flavor and reddish orange color.



Cabbages (Oct - Dec)

Harvested twice a year in early summer and in fall/winter. Farmers in Tokyo have been engaged in branding efforts for sweet and juicy winter cabbages as "Tokyo Sweets Cabbage".



Broccoli (Oct - Dec)

Rich in vitamins, minerals, dietary fibers and other nutrients. New varieties are emerging such as stick senior broccoli and broccoli sprouts.



Spinach (Oct - Feb)

Called the king of the green and yellow vegetables with their richness in nutrients. Cultivated in various regions of Tokyo.



Daikon radishes (Nov - Dec)

Blue-head *Daikon* radishes with less hot tasting are mainly cultivated today compared with white-head ones. In Tokyo, traditional *Daikon* radishes are highly prized like *Nerima Daikon*, *Kameido Daikon*, *Okura Daikon* radishes.



Udo spikenard (Dec - May)

Thick and white "Tokyoites" have unique palatability with their crispness. Cultivated in those environments shielded from light.



Strawberries (Dec - May)

The more a strawberry gets colorful and ripens, the more its sugar content gets higher. Suited for direct sales, more farmers have been cultivating them.



Carefully selected ingredients, excellent quality, grown or produced in Tokyo

Tokyo Metropolitan Government Certified Locally Sourced Food Products

(E-Mark Certified Foods)

About E-Mark Certified Foods

E-Mark Certified Foods are products unique to Tokyo, which use ingredients sourced from Tokyo or are made using traditional production methods carried on in Tokyo.

The Tokyo Metropolitan Government (TMG) reviews and certifies products based on aspects such as the care and attention to detail put into the product, as well as the taste and quality. Certified products can then display Tokyo's own E-mark logo. The TMG promotes these foods as Tokyo specialty products at various events and on select websites, as well as through other means.

About the E-mark logo

The three “E”s in the center of the logo represent the Japanese character for product or “shina.” When “E” and “shina” are combined, the word formed can be pronounced “ii-shina,” meaning excellent product in Japanese.



Example of placement of the E-mark on products

Excellent Quality

Indicates that the product not only meets quality standards related to the careful selection of ingredients, but also that sufficient care and attention is paid to hygiene and sanitation.

Exact **E**xpression

Indicates that the product's labelling conforms to the Food Labeling Act, Health Promotion Act, Act against Unjustifiable Premiums and Misleading Representations, and other relevant laws and regulations, as well as fair competition regulations.

Harmony with **E**cology

Indicates that “care and attention to detail” is given with respect to the culinary culture of Tokyo, including the region, nature, history, traditions, and techniques, and that the product is in harmony with the local environment.

E-mark products are also a great as souvenirs or gifts!

*For details, please visit the following website.

https://tokyogrown.jp/en/e_mark/

Inquiries

Food Safety Section, Agriculture, Forestry and Fishery Division,
Bureau of Industrial and Labor Affairs, Tokyo Metropolitan Government

A Variety of Great Tokyo Ingredients!

meat



[meat products]

"TOKYO-X" pork, "Tokyo Shamo" game fowl, and "Tokyo Ukokkei" silkie chicken were developed and improved at the Agriculture and Forestry Research Center of the Tokyo Development Foundation for Agriculture, Forestry and Fisheries public interest foundation. Tokyo is proud of these livestock products, and processed foods made with them are gems that utilize the ingredients' inherent quality.

seafood



[seafood products]

Mention traditional Tokyo foods to a Japanese person, and seafood products such as soy sauce simmered *tsukudani* and *kusaya* dried fish will come up in conversation. All the fish used for these are domestically produced and let you enjoy the traditional taste of Tokyo.

milk



[dairy products]

In addition to fresh milk produced in Tokyo, there are also ice creams and cheeses that make full use of the taste of raw milk, exceptional products showcasing the dedication to quality of Tokyo's farmers.

seasoning



[seasonings / oil]

There are a variety of available products that take advantage of Tokyo's traditions, nature, and techniques, such as Edo sweet miso, which has been loved as a representative taste of Tokyo since the Edo period, sea salt made from seawater collected in Tokyo, and newly developed original sauces.

liquor



[alcohol]

In the verdant green forests of Okutama, a variety of Japanese *sake* is made with care by Tokyo breweries using domestic rice and purified ground water and spring water. Varieties include *ginjo*, *junmai*, and *horjo sake*, as well as blueberry wine and sweet potato *shochu*.

others



[others]

Try only-in-Tokyo speciality products that are brimming with originality, such as Tokyo's newly-developed soybean *tempe* chocolate and *natto*, and processed foods using Tokyo-grown *ashitaba* leaves.



Guide to Tokyo's Locavore Restaurants (English Edition)

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