



① Environmentally Conscious Food (*Washoku*), Produced and Consumed Locally

Hiroshima-na

Hiroshima-na is mostly processed to *Hiroshima-nazuke* pickles. The leaves are tender and not stringy or fibrous. It has a delicate flavor and pungent taste.

[Cooking Tip]

Is tasty when boiled or pickled as *tsukemono*.



Kanon Green Onion

Compared to most green onions, it has more white root and is very soft. Its characteristic scent and taste are lovely.

[Cooking Tip]

Kanon green onion is appropriate for *sukiyaki* and other *nabe*.



Dressed with vinegar and miso.

Shungiku

There are three types of *shungiku* with varieties based on the leaf shape: Large, medium and small. The type grown in Hiroshima is large. They have wide, soft leaves with shallow cuts in the leaf margins.

[Cooking Tip]

The strong scent and beautiful coloring are great for *nabe*, *ohitashi*, *aemono* and can also be eaten uncooked.



Kaki-age with *shungiku* and sakura shrimp.

Parsley

Hiroshima parsley is mainly grown in the Gion district of Asaminami Ward. It is soft with delicate leaves and a beautiful color. A rare shape that's also a Hiroshima specialty.

[Cooking Tip]

Parsley is a healthy vegetable with lots of vitamins and minerals. It can be used not only as garnish, but also put in dressing or in soup, making use of its clear color and aroma. It may also be cooked by stir-frying or deep-frying.



Komatsuna

Komatsuna is a healthy leaf vegetable with crunchy texture. It contains lots of calcium, vitamin C, and carotene.

[Cooking Tip]

Komatsuna can be cooked in many ways, such as boiling, pickling, stir-frying, and in *nabe*.



Karashi-ae made with *komatsuna* and clams.

Furue Figs

The figs are harvested in late-August in the wee hours of the morning. The early-morning harvest means they are fresh with firm flesh.

[Fun Fact]

Figs are healthy foods which contain a proteolytic enzyme that assists digestion.



Ogawara Eggs

Did you know the production area of eggs closest to the city center is Ogawara in Asakita Ward? Only 14km from downtown, Ogawara eggs account for 20% of all the eggs sold in the city.



Materials provided by Hiroshima City Agriculture, Forestry and Fisheries Promotion Center

Hiroshima-sodachi: Produced and Consumed Locally

For more information about food and farming, or simple recipes from Hiroshima-sodachi, see Hiroshima City's homepage:

<http://www.city.hiroshima.lg.jp/shokuiku/>

[食育の推進](#) > [行政の取組](#) > [食農ネットひろしま](#)

• Mobile phone webpage: (Japanese only)



- Simple Hiroshima-sodachi recipes include: *Komatsuna*, *Mizuna*, Spinach, *Shungiku*, Edamame, *Okura* and more.