

Good Food Starts with Tasty Ingredients In Search of Fresh Vegetables

Vegetables tend to be thought of as a complement rather than the main dish, but a really good vegetable packed with an intense concentration of flavor is something that should be savored for itself.

Recent trends in food safety awareness have stimulated demand for safe, locally grown produce.

Combine this with the application of advanced technology to agriculture and it all adds up to the start of new food adventures with vegetables.



The set pictured costs 4,200 yen (plus delivery)
Wild yam, carrot, salad turnip, mido daikon, parsley, Shandong Chinese cabbage, red mustard greens, Welsh onion

Aomori prefecture

[Tohoku Farm]

Safe, Reliable Produce
From the Wide Lands of the North

The Tohoku Farm produces somewhere between sixty to eighty varieties of vegetables every year on ninety hectares located at the base of the Hakkoda Mountain range in Aomori prefecture. The farm adheres strictly to organic production methods all the way from soil preparation to harvest, with no pesticides or chemicals used at any stage. Vegetables can be ordered separately or in sets. Each vegetable comes with a helpful sticker on the packaging that details its flavor characteristics, nutritional data and methods of storage.

Tohoku Farm

Arinobe 1-3, Niidate, Tohoku-machi, Kamikita-gun, Aomori
Packs of assorted vegetables cost 4,980 yen
<http://www.tohoku-bokujo.co.jp/>

Kyoto prefecture

[Morita Market Garden]

Growing Kyoto Vegetables
For Over a Hundred Years

The Kamigamo district in Kyoto has long been blessed with rich soil and good water, and the Morita Market Garden has been farming vegetables here for over a century. Their vegetables are much less susceptible to disease as a result of the meticulous care paid to the quality of the water and soil used to grow them. The garden delivers heirloom vegetables from the Kyoto region, including the round Kamo eggplant, Manganji capsicum and Fushimi capsicum. All of these vegetables are large and packed with healthy nutrients.

Morita Market Garden

Kamigamo Ikebata-cho 39-1, Kita-ku, Kyoto-shi, Kyoto
Packs of assorted vegetables from 3,675 yen
Fax: 075-791-5986
<http://www15.plala.or.jp/puremorita/>



The set pictured costs 5,000 yen (includes delivery)
Kamo eggplant, Manganji capsicum, Fushimi capsicum, cucumber, tomato, mizuna

vegetables
Custom-order
Vegetables

Custom-Order Delicious Freshly-Picked Vegetables

Order freshly-picked vegetables direct from their place of harvest.
Enjoy wondering and anticipating what will be in season next.

Chiba prefecture

[Shige Farm]

Large Range of Vegetables and Fruit
Valuing Vegetables in Season

The Shige Farm was established in Wakaba, Chiba in 2001. The basis of the farm's market garden is an organic-matter cycle of cultivation using fertilizer made from natural ingredients, and the inherent flavor of each plant is respected by not planting anything out of season. Vegetable orders are sent out with recipe suggestions and methods of storage included so that nothing gets wasted. Early summer kicks off with the always popular blueberries.

Shige Farm

Shimoda-cho 1377, Wakaba-ku, Chiba-shi, Chiba
Packs of assorted vegetables from 2,000 yen.
<http://www.shigefarm.com/index.html>



The set pictured costs 2,000 yen (plus delivery)
Mini daikon, red daikon, spinach, mini bok choy, salad set (rocket lettuce, mustard, two kinds of lettuce), garland chrysanthemum, snow peas, mabiki carrots, broad beans, cucumber, new garlic, zucchini