

The amazing products of Tokushima ~Fruits • Vegetables • Flowers~



●Naruto Kintoki (Sweet Potato)

It is grown in the sandy soil and is characterized by a naturally sweet flesh covered in vivid raspberry-red skin. The Naruto kintoki is rich in vitamin C, Vitamin B1 and dietary fiber.

- Harvest season: July-October (Shipping season: Year-round)
- Major production areas: Naruto City, Tokushima City, Matsushige Town

●Lettuce

Tokushima's lettuces are characterized by their crispy texture and sweetness. They taste even better if you rinse them in cold water and tear the leaves with your fingers.

- Harvest season: October-May
- Major production areas: Awa City, Mima City, Kamiita Town



●Spinach

Tokushima's spinach is sweet and tasty. It is grown mainly in the lower reaches of the Yoshino River and boasts a large share on the Kyoto-Osaka-Kobe markets.

- Harvest season: October-May
- Major production areas: Tokushima City, Ishii Town, Awa City

●Bamboo Shoot

Bamboo shoots are popular in spring but harvest starts in December. The tip of the bamboo shoot and the bottom has different textures, so there are many ways to enjoy a single bamboo shoot.

- Harvest season: December - June
- Major production areas: Anan City, Komatsushima City



●Sweet Corn

The sweet corn is a must-eat vegetable during summer. It is known for its crispy kernels and sweet flavor. It is grown mainly in the middle reaches of the Yoshino River and is mainly shipped to the Kyoto-Osaka-Kobe area.

- Harvest season: May - July
- Major production areas: Awa City, Yoshinogawa City, Ishii Town



●Green Onion

Tokushima's green onions are characterized by their strong sweetness. They are used as condiments and in a variety of dishes. In particular, the Ito green onion is highly acclaimed in the Kyoto-Osaka-Kobe area.

- Harvest season: Year-round
- Major production areas: Tokushima City, Awa City, Anan City

●Lilies

Tokushima Prefecture produces trumpet lilies that can be grown year-round, thunberg lilies that bloom like a cup and vary in color and oriental lilies that make a stunning impression.

- Shipping season: Year-round
- Major production areas: Tokushima City, Naruto City, Kamiita Town

●Cymbidium

Tokushima Prefecture boasts the top-ranking production volume of cymbidium in Japan. It varies in color, shape and size, and has a wide array of uses.

- Shipping season: Year-round
- Major production areas: Tokushima City, Awa City, Anan City



●Sudachi (citron)

This fruit is representative of Tokushima Prefecture. It is characterized by its fresh sourness and refreshing aroma. Sudachi juice or the grated zest will bring out the flavor of various dishes

- Harvest season: March-October (Shipping season: Year-round)
- Major production areas: Kamiyama Town, Sanagochi Village, Tokushima City, Anan City



●Carrot

Tokushima Prefecture boasts the largest carrot shipment in Japan between April and May. As they are grown in plastic greenhouses, Tokushima's carrots are characterized by their softness and sweetness. You can also make carrot juice from it.

- Harvest season: March-June
- Major production areas: Aizumi Town, Itano Town, Anan City



●Lotus Root

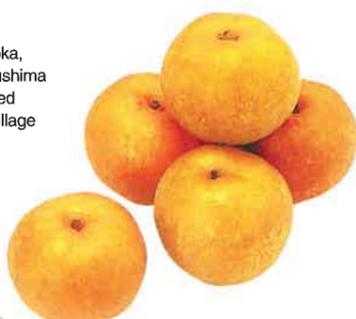
Tokushima's lotus root is grown in the rich water of the Yoshino River and is characterized by its whiteness and crispy texture. Tokushima Prefecture boasts the second-largest lotus root shipment in Japan.

- Harvest season: Year-round
- Major production areas: Naruto City, Matsushige Town, Tokushima City

●Strawberry

Centered around the cultivar Sachinoka, strawberries are widely grown in Tokushima prefecture. Momoichigo (peach-shaped strawberries) grown in Sanagouchi Village have been attracting attention, as they are unique to Tokushima.

- Harvest season: November-May
- Major production areas: Tokushima City, Anan City, Awa City, Sanagouchi Village



●Pear

Chojuro, also known as Awa pear, was once the popular type of pear on the market, but now it has been replaced by the Kosui and Hosui. Their crispy texture and juiciness is what makes this pear so delicious.

- Harvest season: July-October
- Major production areas: Naruto City, Matsushige Town, Aizumi Town

●Field Mustard

As the climate is mild in Tokushima, the field mustard can be harvested from around November. The unique bitter taste makes it ideal for eating it boiled or as a marinated dish.

- Harvest season: November-April
- Major production areas: Awa City, Tokushima City, Yoshinogawa City, Komatsushima City



●Turnip

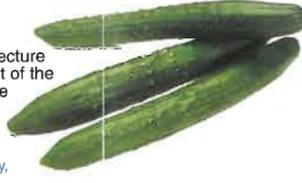
The turnip is known for its silky white color and its refined sweetness. It can be used in a variety of dishes, such as for pickles, salads and in hot pot. The turnip holds the number 1 share in the Osaka Wholesale Market, allowing juicy cucumbers to be harvested.

- Harvest season: October - May
- Major production areas: Itano Town, Kamiita Town, Tokushima City, Anan City

●Cucumber

It is grown in south-eastern Tokushima Prefecture from winter to spring and in the western part of the prefecture from summer to autumn. They are suited to growing in the mild climate, allowing juicy cucumbers to be harvested.

- Harvest season: Year-round
- Major production areas: Tokushima City, Awa City, Anan City



Tokushima Prefecture, located on the Shikoku Island is surrounded by rich nature and is the treasure trove of fresh, delicious food.

The passion of the food producers who constantly strive for better quality will put a smile on your face at the dinner table.

The Fresh! Tokushima caravan shop has been promoting the amazing products of Tokushima all over Japan. We hope you enjoy our Tokushima brand.



●Yuzu (Citron)

The yuzu is grown mainly in the upper river basin of the Naka River and Yoshino River. The refreshingly sour juice can be used in the place of vinegar, yuzu zest can be added to Japanese soups to add flavor and as garnish, and it can be used to make Yuzu miso (fermented soybean paste). Yuzu is also perfect for yuzu bath during the winter solstice.

- Harvest season: May-November
- Major production areas: Naka Town, Tsurugi Town, Mima City



●Broccoli

Broccoli is grown all over Tokushima Prefecture. Since both the buds and stems become sweet when boiled, it is very popular with even children.

- Harvest season: October-May
- Major production areas: Tokushima City, Awa City, Komatsushima City

●Raw Shiitake Mushroom

Tokushima Prefecture boasts the top-ranking production volume of raw shiitake mushrooms in Japan. Tokushima's raw shiitake mushrooms are characterized by their thick meaty texture and strong flavor. They are used in a wide variety of Japanese, western and Chinese dishes. They are also good eaten roasted.

- Harvest season: Year-round
- Major production areas: Tokushima City, Komatsushima City, Kamiyama Town



●Edamame

Edamame is a green soybean picked before maturity. It is grown mainly in the lower reaches of the Yoshino River. Tokushima Prefecture is one of the most famous edamame-producing areas in western Japan.

- Harvest season: May-September
- Major production areas: Tokushima City, Ishii Town, Kamiita Town



●Japanese Radish

Tokushima's Japanese radish is grown mainly in the sandy soils where the Naruto kintoki (sweet potato) is harvested, and it is characterized by its high water content and crispy texture. The firm flesh is also good served boiled for furofuki radish and oden (Japanese winter stew dish).

- Harvest season: November-March
- Major production areas: Naruto City, Awa City, Matsushige Town



●Naruto Shallot

Tokushima is well known as the production area of 'washed shallots'. Every year from May to June, Naruto shallots are harvested from the sandy soils of Ogejima, Naruto City.

- Harvest season: May-June
- Major production areas: Naruto City



●Eggplant

As the eggplant is grown in plastic greenhouses during winter and out in the open field during summer, it can be shipped year-round.

It is used in a variety of dishes, including pickles, boiled dishes, tempura, Chinese dishes and pasta dishes.

- Harvest season: Year-round
- Major production areas: Awa City, Yoshinogawa City, Mima City



●Okra

This is one of the summer foods made popular by the recent health trend. It is shipped mainly from the southern part of Tokushima Prefecture between June and October.

- Harvest season: June-October
- Major production areas: Komatsushima City, Anan City

●Podded Peas

The podded pea is a perfect companion to any dish because of its nice crispy texture and its vivid green color. In Tokushima, the major types of peas grown are the small-podded kinu saya. It is grown in both greenhouses and in the open field, so it can be harvested over a long period.

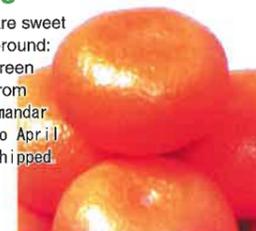
- Harvest season: June-October
- Major production areas: Komatsushima City, Anan City



●Mandarin Orange

Tokushima's mandarin oranges are sweet and tasty. They are shipped year-round: from April to September plastic greenhouse grown mandarin orange, from October to December 'wase' mandarin oranges and from January to April stored mandarin oranges are shipped.

- Harvest season: April-December (Shipping season: Year-round)
- Major production areas: Naka Town, Tsurugi Town, Mima City



●Komatsuna (Japanese Mustard Spinach)

These mustard green vegetables are rich in nutrients and have been increasingly consumed. It contains numerous nutrients, including calcium and dietary fiber. In particular, it has one of the highest calcium content of all vegetables.

- Harvest season: Year-round
- Major production areas: Tokushima City, Ishii Town, Yoshinogawa City



●Cauliflower

Tokushima's cauliflower is characterized by its firm, tightly closed pure white florets. Tokushima Prefecture is number one in terms of shipping volume of cauliflowers in Japan.

- Harvest season: October-May
- Major production areas: Tokushima City, Aizumi Town, Kamiita Town



●Tomato

The bright red tomatoes are full of essential vitamins. They are one of the important ingredients of Italian food, including pasta sauce. They are grown all year-round in the mild climate of Tokushima Prefecture.

- Harvest season: Year-round
- Major production areas: Awa City, Tokushima City

