



# Vegetables in Hokkaido



Located in the northernmost part of the Japanese Archipelago, Hokkaido has harsh natural conditions such as a cold climate and a long period of snow accumulation. Since the late 19th century, efforts to establish a stable agriculture less influenced by the weather conditions have been made, including introduction of modern agricultural techniques from Europe and the U.S. and improvement of the founding blocks of vegetable production. Now agriculture is being operated with high productivity. Potatoes, onions, sweet corns and carrots are vegetables that were first grown in Hokkaido and now are available anywhere in Japan. Hokkaido, accounting for one-fourth of the cultivated acreage of Japan, produces various vegetables and has established itself as a production place of vegetables.

## Vegetables in Hokkaido are great!

### Variety!

A wide variety of vegetables are produced in the vast land.

Hokkaido, blessed with a vast area of land, has different geography, soil and weather conditions unique to each region. As a result, vegetables are produced in accordance with the climate of each region, and Hokkaido is Japan's largest producer of onions, pumpkins, asparagus and many other products.

### Delicious!

The cool climate grows sweet vegetables.

In the summer, when plants grow, it is hot in the daytime even in Hokkaido, but the temperature goes down and it becomes cool at night. The larger the difference in temperature between daytime and night is, the more sugar plants try to store. Thus the cool climate of Hokkaido grows sweet vegetables.

### Clean!

Efforts to achieve safety and security are made.

In Hokkaido, efforts for "Clean Agriculture" are made, such as production of healthy soil with the use of compost and other organic matters and reduction of chemical fertilizers and chemosynthetic agrochemicals, so that environmentally-friendly, safe, secure and delicious agricultural products can be produced.



### Fresh!

"Michi-no-Eki (roadside rest areas)" have become a marketplace for vegetables at their best.

"Michi-no-Eki" are free-of-charge rest facilities established to realize a comfortable drive. They often include a restaurant and a souvenir shop. Most vegetables and fruits sold at Michi-no-Eki are fresh local products. Michi-no-Eki are busy with many customers coming to buy such local products.



## Major vegetables in Hokkaido



### Onions

Onions improve blood circulation and have various benefits for people's health. "Sapporo-Ki" onions, which are produced in Sapporo City, have thicker, softer flesh than generally-circulated onions, and get sweeter after being heated. They are called "phantom onions" due to their small production amount. **[Best season] August to October**



### Pumpkins

Pumpkins, so often associated with Halloween, are actually very healthy, strengthening the immune system and providing plenty of vitamins. They are effective for prevention of colds. Wassamu Town has the largest acreage of pumpkins in Japan. **[Best season] August to December**



### Tomatoes

Tomatoes are delicious when added to salads, cooked or made into juice. Biratori Town, one of the major producers, is trying to brand the tomatoes as another specialty of the town following beef. **[Best season] June to October**



### Chinese yams

Chinese yams are said to be the only plant root that can be eaten raw. Its unique stickiness comes from a nutrient called mucin. It is a good vegetable for people with weak stomachs. Chinese yams in the Tokachi Regions are thick and high-quality, and are highly evaluated overseas. **[Best season] November to December**



### Asparagus

When asparagus makes its way to the table, the people of Hokkaido know that summer has finally arrived. Freshly-harvested asparagus is so fresh that water trickles from it, and can be eaten raw. Iwanai Town is famous for being the birthplace of asparagus in Japan. **[Best season] May to July**



### Lily bulbs

Lilies are so beautiful to look at. But their bulbs are carefully grown for a period as long as six years and are used as an edible bulb for exquisitely prepared meals. They contain plenty of nutrients, and their content of potassium, which is effective for prevention of high blood pressure, is among the largest of all vegetables. 98% of the lily bulbs produced in Japan come from Hokkaido. Makkari Village is the major producer. **[Best season] October to January**

## Let's enjoy fresh vegetables in Hokkaido!

### Major auberges (inns) where you can taste cuisine using fresh vegetables from Hokkaido

More and more auberges (inns) and restaurants are beginning to serve dishes made only from fresh Hokkaido vegetables.

Name of facility	Location	MAPLETA	URL
Kitano Dan Dan	Abashiri City	305 613 444	◆ <a href="http://www.only-hotsk.com/index.html">http://www.only-hotsk.com/index.html</a> 目 ◆ <a href="http://abashiri.jp/tabinavi/index.html">http://abashiri.jp/tabinavi/index.html</a> (Abashiri City) 目 英 簡 繁
Niseko Auberge De FryingPaan	Niseko Town	398 347 326	◆ <a href="http://fryingpaan.com/">http://fryingpaan.com/</a> 目 英 ◆ <a href="http://www.niseko-ta.jp/">http://www.niseko-ta.jp/</a> (Niseko Resort Tourism Association) 目 英 簡 繁
restaurant maccarina	Makkari Village	385 333 627	◆ <a href="http://www.macarina.co.jp/">http://www.macarina.co.jp/</a> 目 英
Fratello di Mikuni	Kamikawa Town	623 459 391 *01	◆ <a href="http://fratello-di-mikuni.com/">http://fratello-di-mikuni.com/</a> 目 英
Tsuruga Auberge SoRa	Teshikaga Town	731 546 290	◆ <a href="http://www.auberge-sora.com/">http://www.auberge-sora.com/</a> 目

