



Special Feature



3Fs! Discover the appeal of **“MADE IN TOKYO!”**

Tokyo's Farming, Forestry, and Fisheries (“3Fs”)

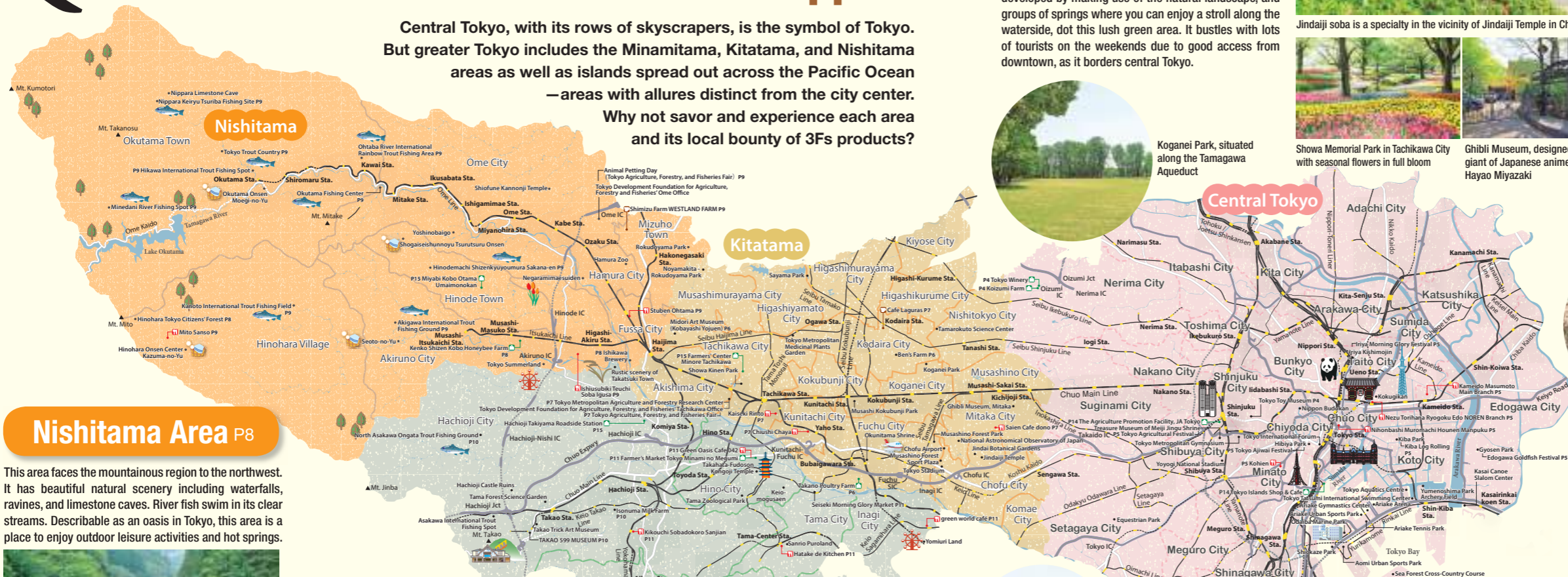


Tokyo's Bounty From Forest, Sea, and Land



Quick Guide to Tokyo's Natural Appeal

Central Tokyo, with its rows of skyscrapers, is the symbol of Tokyo. But greater Tokyo includes the Minamitama, Kitatama, and Nishitama areas as well as islands spread out across the Pacific Ocean — areas with allures distinct from the city center. Why not savor and experience each area and its local bounty of 3Fs products?



Kitatama Area P6

This wide tableland lies between the Sayama Hills to the north and the Tama Hills to the south. Huge parks developed by making use of the natural landscape, and groups of springs where you can enjoy a stroll along the waterside, dot this lush green area. It bustles with lots of tourists on the weekends due to good access from downtown, as it borders central Tokyo.



Koganei Park, situated along the Tamagawa Aqueduct

Jindaiji soba is a specialty in the vicinity of Jindaiji Temple in Chofu City.



Showa Memorial Park in Tachikawa City with seasonal flowers in full bloom

Ghibli Museum, designed by the giant of Japanese anime, director Hayao Miyazaki

Central Tokyo Area P4

This area has the highest concentration of urban functions in greater Tokyo. With a wealth of highlights symbolizing Japan's big city, it is popular with many tourists from across Japan and the world. It is continuing to evolve, with new commercial facilities appearing one after another.



634-meter high Tokyo Sky Tree



Sensoji Temple's Kaminarimon Gate, the symbol of Asakusa



Shibuya Crossing, one of Japan's representative city landscapes

Nishitama Area P8

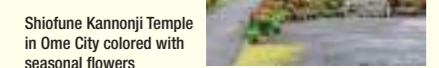
This area faces the mountainous region to the northwest. It has beautiful natural scenery including waterfalls, ravines, and limestone caves. River fish swim in its clear streams. Describable as an oasis in Tokyo, this area is a place to enjoy outdoor leisure activities and hot springs.



Seoto-no-Yu, a hot spring for day trips, sits across the Ishibune Bridge spanning the Akigawa Ravine.



The Negaramimaesuiden rice field in Hamura City turned into a spectacular field of tulips as a second crop



Shiofune Kannonji Temple in Ome City colored with seasonal flowers

Minamitama Area P10

A hilly region to the south of the Tamagawa River, which has sustained lush greenery from time immemorial, it is the home of Mt. Takao, a popular tourist destination representative of the Tama area. Nearly half of Tokyo's rice paddies are concentrated in this area, which has beautiful village forests and rural landscapes.



Takaosan Yakuoin Temple, which stands on Mt. Takao



Cheetahs in Tama Zoological Park, which has succeeded in breeding the big cats



Riding a gondola to Yomiuri Land, a popular amusement park

Farm-fresh Shops P14

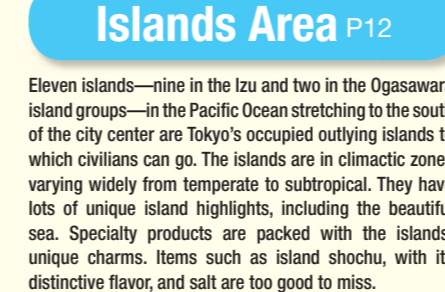
JA farm stands, roadside stations, and the Island Area's antenna shops gather together each area's specialty products.



Processed agricultural and livestock products that can only be bought in that area are another pleasure.

Islands Area P12

Eleven islands—nine in the Izu and two in the Ogasawara island groups—in the Pacific Ocean stretching to the south of the city center are Tokyo's occupied outlying islands to which civilians can go. The islands are in climatic zones varying widely from temperate to subtropical. They have lots of unique island highlights, including the beautiful sea. Specialty products are packed with the islands' unique charms. Items such as island shochu, with its distinctive flavor, and salt are too good to miss.



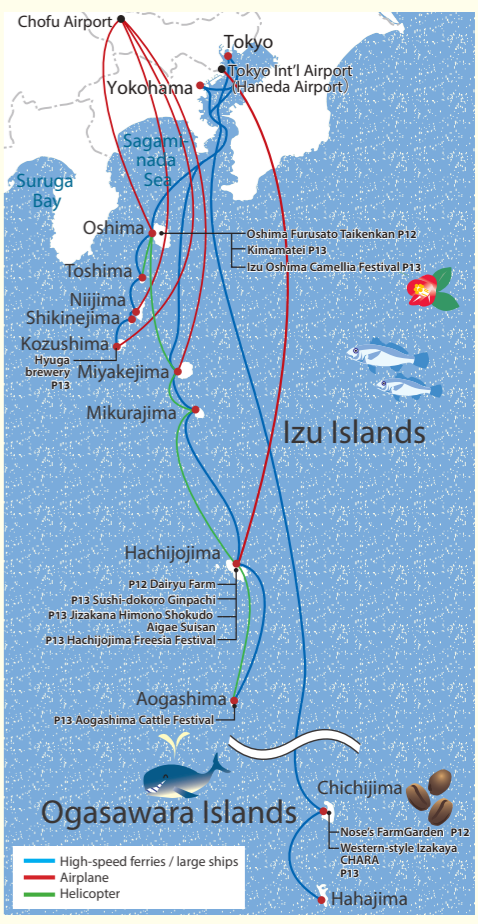
Miyake Village Recreation Center, one of Japan's largest bouldering facilities



Niijima is one of Japan's leading islands for surfing.



Akasaki Walking Path on Kozushima, where you can walk while gazing at the beautiful sea



Ogasawara Islands



Specialty products grown in the city Central Tokyo Area

The urban functions of Tokyo, one of the world's greatest cities, are concentrated in the Central Tokyo area. And yet, there are also fields and farms amid the modern streetscape. There are also many specialty products unique to Tokyo, including traditional vegetables handed down from the Edo period and still grown today.



1 A new variety of cherry tomatoes growing in a greenhouse in Nerima City
2 The Edogawa City is a producer of goldfish, the quality of which is among the top in the country. 3 There are pick-your-own farms offering blueberries, strawberries, and more in Nerima and Setagaya cities.

Main Specialties

Komatsuna, shintorina, Kameido daikon, Nerima daikon, Okura daikon, peanuts, strawberries, tomatoes, cabbage, broccoli, cyclamens, and gold fish, etc.

Edo-Tokyo Veggies: Bringing the Food Culture of Old Edo into the Present

Cultivated on the outskirts of Tokyo from the Edo period until around 1965, Edo-Tokyo Veggies supported the city's dietary life. While they produce small harvests and take a lot of effort to grow, they are drawing attention as a valuable foodstuff.



Shintorina, which today is also used in Chinese food

Kameido daikon has white stalks and is in-season in early spring.

Lots of excitement and surprises!

Spots for Hands-on Experiences

Forestry

A space to play and learn amidst the fragrance of wood
Tokyo Toy Museum
☎03-5367-9601

Everyone from children to adults can enjoy this museum, not just looking but also making, playing, learning, and having fun. It has over 10,000 toys, and the warmth of the wooden toys made from domestic lumber in particular is soothing.

📍 Yotsuya Hiroba, 4-20 Yotsuya, Shinjuku City
🕒 6 min. walk from Tokyo Metro Yotsuya-sanchoe Sta. (M11) ☎ ¥1,000 entrance fee 🕒 10 am - 4 pm (admission until 3:30 pm) 🗓 Thursdays (open if Thursday is a holiday and then closed another day instead); also closed some other days 📞 None



Good Toy Gallery, which has a collection of good toys from around the world

Even adults become absorbed in the Jig Saw House, where you can experience woodworking with Japanese cypress.



Livestock Farming

Enjoy fresh milk from the only livestock farm in Central Tokyo
Koizumi Farm
☎ Not disclosed

Central Tokyo's only livestock farm. While it is not a tourist farm, you can look into the cowshed where cute calves live and enjoy rich ice cream made from fresh milk.

📍 2-7-16 Oizumigakuen-cho, Nerima City
🕒 10 min. walk from Seibu Oizumi-gakuen Sta. (SI11)
🕒 11 am - 5 pm 🗓 Irregularly 📞 2 spaces



The winery is open at lunchtime on weekends and holidays, when you can enjoy comparing several Tokyo Winery wines.

Nerima Nouveau (720 ml, ¥2,500), made from grapes grown in Nerima City (typically sold from around November)

Wine-making

Buy Tokyo wine at a winery
Tokyo Winery
☎03-3867-5525

Tokyo's first winery, which is committed to the "hand-crafted feeling," produces unpasteurized, unfiltered raw wine. It offers about 20 kinds of original wine, including wines made only from grapes grown in Tokyo.

📍 2-8-7 Oizumigakuen-cho, Nerima City
🕒 10 min. walk from Seibu Oizumi-gakuen Sta. (SI11)
🕒 11 am - 5 pm 🗓 Wednesdays 📞 None



You can see cute calves in Central Tokyo

The milk flavor is rich and delicious. 145 grams, ¥380



Koto City

Kameido Masumoto Main Branch
☎03-3637-1533

Although thinner than usual daikon, *Kameido daikon* has rich flavor and is packed with vitamin C. This specialty restaurant pursues great taste using a variety of recipes.

📍 4-18-9 Kameido, Koto City 🕒 7 min. walk from Tobu Kameido Sta. (JB23•TS44) 🕒 11:30 am - 2:30 pm (2 pm LO; opens at 11 am on weekends / holidays) 5 pm - 9 pm (7:30 LO) 🗓 Third Monday of month (except Jan., Aug., and Dec.; next day if Monday is a holiday) 📞 Partner parking available



A restaurant that specializes in serving *Kameido daikon* cooked the traditional way



Made mainly with in-season Edo-Tokyo Veggies

Steamed *Joshu* Pork Rib with Edo-Tokyo Veggies and Other In-season Veggies ¥3,190 for two (minimum order for two)

Chuo City

Nihonbashi Muromachi Hounen Manpuku
☎03-3277-3330

A culture-and-information-spreading restaurant that serves Edo-Tokyo Veggies as well as hidden flavors and techniques from across Japan. Besides the food, the building itself is imbued with the charm of old Edo. Hounen Manpuku Shokado Gozen (¥2,300) is popular at lunch.

📍 1-8-6 Nihonbashi Muromachi, Chuo City
🕒 1 min. walk from Tokyo Metro Mitsukoshimae Sta. (G12•Z09) 🕒 11:30 am - 2 pm, 5 pm - 11 pm (until 10 pm on Saturdays and holidays) 🗓 Sundays ☎ None



column

Edo Yakatabune

Tokyo Bay faces the Bay Area, lined with buildings. In the Edo Period, it was a good harbor where sea water mixed with fresh water. Fresh fish caught here were called "*Edomae*," meaning caught just in front of Edo, and provided an abundance of seafood to locals. Edo Yakatabune are pleasure boats that were a familiar amusement for centuries on Tokyo Bay, which bustled as a fishing ground. Today, you can still enjoy a variety of yakatabune courses suited to the season or event.



Tokyo's 3Fs Central Tokyo Gourmet

Kameido Daikon and *Asari* Clam Stew w. Rice ¥1,980. Enjoy a seasonal small side dish, *Kameido daikon* cooked three ways, *Kameido daikon* and *asari* clam stew, and barley tea rice.

Sumida City

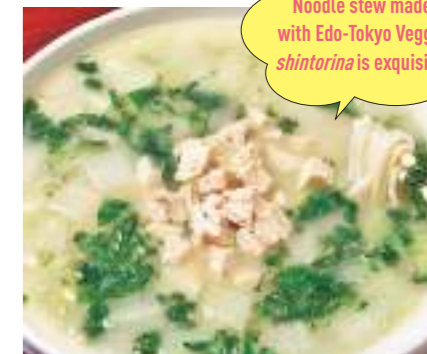
Nezu Torihana Ryogoku Edo NOREN Branch
☎03-6658-8208

A specialty restaurant that stocks whole Tokyo shamo—the ideal chicken with umami, richness, and texture—where you can enjoy shish-kebab or Ryoma hot pot. Tokyo Shamo Ryogoku Course, with an all-you-can-drink service, is recommended.

📍 1-3-20 Yokoami, Sumida City 🕒 Close to JR/Toei Subway Ryogoku Sta. (JB21•E12) 🕒 11 am - 9:30 pm 🗓 Mondays (next day if Monday is a holiday) 📞 None



A restaurant specializing in the great taste of Tokyo shamo chicken



Noodle stew made with Edo-Tokyo Veggie *shintorina* is exquisite.

Minato City

Special Chicken Noodle Stew (¥1,430) with plenty of *shintorina*

Kohien
☎03-3405-9011

A Chinese restaurant with a 50-plus year history. The Special Chicken Noodle Stew made with Edo-Tokyo Veggie *shintorina* has a flavor unchanged since the restaurant opened. Pork curry (¥1,100) is also popular.

📍 Serina Village 2F, 3-8-15 Roppongi, Minato City
🕒 5 min. walk from Tokyo Metro/Toei Subway Roppongi Sta. (H04•E23) 🕒 11:45 am - 4 am (next day) (Sundays 5 pm - midnight) 🗓 Open year-round 📞 None



Central Tokyo Event Guide

*Check the Tokyo Event Calendar on GO TOKYO, the Official Tokyo Travel Guide website, for the latest event information.



Iriya Morning Glory Festival (Taito City)
Early Jun./near Iriya-Kishimojin
☎03-3841-1800
(Iriya Asagao Exec. Cmte. in Iriya Kishimojin)

Kiba Log Rolling (Koto City)
Mid-Oct./Kiba Park
☎03-3647-9819
(Koto City Comm. Promotion Dept., Culture & Tourism Div., Cultural Heritage Sect.)

Edogawa Goldfish Festival (Edogawa City)
Early Sep./Edogawa Municipal Gyosen Park
☎03-5662-0539
(Edogawa City Industrial Promotion Div., Agriculture Sect.)

Tokyo Agricultural Festival (Shibuya City)
Nov. 2 and 3 / ground in front of Treasure Museum of Meiji Jingu Shrine
☎042-528-1370 (JA Tokyo Chuokai Urban Agriculture Festival Dept.)

Tokyo Ajiwai Festival (Chiyoda City)
Oct./Marunouchi Naka-dori / Gyoko-dori streets, Tokyo International Forum, Hibiya Park
URL <https://twitter.com/tokyoajif>
Tokyo Ajiwai Festival's official Twitter



Iriya Morning Glory Festival



Edogawa Goldfish Festival



Flourishing new city-based farming Kitatama Area

Bordering Central Tokyo, this area is the gateway to the Tama area and one of the most popular bedroom communities in greater Tokyo. Between residential neighborhoods are fields where a great variety of produce is grown.



① Edo-Tokyo Veggie *udo* is grown underground. With a distinctive aroma and juicy texture, it goes well with any kind of dish. ② Kodaira City is said to be the birthplace of blueberry farming in Japan. ③ Cherry tomatoes are popular at farm stands.

Main Specialties

Tokyo udo, herbs, grapes, nashi (Asian pears), kiwifruit, blueberries, tomatoes, Haijima green onions, edamame, carrots, Tokyo Sayama mandarin oranges, eggs, and poinsettias

Tokyo Sayama tea: Great as green tea and black tea

Produced on tea plantations ranging from western Saitama Prefecture to northwestern Tama in Tokyo, Sayama tea is one of Japan three major teas. That produced on the Tokyo side is called Tokyo Sayama tea. It is acknowledged for its good flavor and is also used to make Tokyo Black Tea.



A beautiful tea plantation

Lots of excitement and surprises!

Spots for Hands-on Experiences

Flowers/ Garden Shrubs

**Tour a garden with cute topiary
Midori Art Museum
(Kobayashi Yojuen)**
☎042-531-0123

A garden of topiary, in which shrubs are cut into animal and other shapes, has been opened as an art museum. You can also enjoy beautiful flowers in the spring and summer and autumn foliage in the fall. Display and sale of potted trees are also held at limited times.

④ 4-1-3 Nishisuna-cho, Tachikawa City ☎ 20 min. walk from Seibu Tachikawa Sta. (SS35) ☎ Free entry ☎ 10 am – 4 pm ☎ Sundays, holidays ☎ 5 spaces



You can see topiary in the shape of many kinds of animals such as dogs and dolphins.

Agriculture

**Enjoy picking seasonal flowers
Ben's Farm**
☎042-327-0644

Picking your own flowers, such as poppies in earl spring, sunflowers in summer, and cosmoses in fall, as well as blueberries is popular. They also sell fresh vegetables harvested on the farm, cut flowers, and specialty products from Kodaira City.

⑤ 1-464 Suzuki-cho, Kodaira City ☎ Take the Tachikawa Bus from Seibu Hana-Koganei Sta. (SS18) toward Kokubunji Sta. North Exit, 15 min., get off at Kyosai Jutaku, 3 min. walk ☎ Differs depending on activity ☎ Mar. – Dec., 10 am – 5 pm ☎ Mondays (and irregularly) during open season, late Dec. – early Mar. ☎ 20 spaces



A wide variety of cut flowers color the farm from spring to fall

Blueberry picking is popular

Livestock Farming

**You can buy fresh eggs from a vending machine!
Takano Poultry Farm**
☎042-361-9377

This 90-year-old poultry farm raises around 3,700 chickens. There is an egg vending machine in the corner of the farm where you can buy freshly laid eggs. They are popular for their firm yolks and rich flavor.

⑥ 6-14-1 Minami-cho, Fuchu City ☎ 20 min. walk from JR Fuchuhommachi Sta. (JN20) ☎ Differs depending on product ☎ 7 am – 7 pm (vending machine) ☎ Open year-round ☎ 10 spaces



Fresh eggs (white or brown) ¥200 The number depends on the size of the eggs.

Tachikawa City

Kaiseki Rinto
☎042-521-3180

Enjoy a multi-course meal centered on the “flavor of Tokyo”—Akigawa Beef (Japanese Black beef produced in Tokyo), fresh vegetables grown in the Tama region incl. Tachikawa, and local sakes. Catering is also offered.

⑦ 3-29-8 Hagoromo-cho, Tachikawa City ☎ 7 min. walk from JR Nishi-Kunitachi Sta. (JN25) ☎ 11 am – 9:30 pm (weekday lunch course 11:30 am – 2:30 pm, reservations only) ☎ Closed irregularly ☎ 3 spaces



Delicate multi-course meal made with Akigawa Beef and local ingredients



Akigawa Beef Sukiyaki Course Akigawa (¥8,470), featuring lots of vegetables from Tachikawa, with Akigawa Beef sukiyaki as the main dish



Fresh Salad on Brick Oven Pizza (¥990), topped with lots of fresh vegetables picked that morning

Freshness of vegetables guaranteed, as it's a farm restaurant

Kunitachi City

Chiushi Chaya
☎042-849-7007

This restaurant, made in the owner's renovated 55-year-old home with a beautiful garden, offers a menu with lots of vegetables grown on its own farm and the local Yaho district. The Salad Bar Lunch w. Baguette (¥660) is popular.

⑧ 7181 Yaho, Kunitachi City ☎ 8 min. walk from JR Yaho Sta. (JN23) ☎ 11 am – 3 pm, 5 pm – 10 pm ☎ Mondays ☎ 10 spaces



column

Learn about original Tokyo varieties at the Tokyo Metropolitan Agriculture and Forestry Research Center! ☎042-528-0505

This research facility supports Tokyo's agriculture, forestry, and food industries. It cultivates original Tokyo varieties, engaged in urban greening, and develops techniques to increase productivity of Tokyo's limited farmland. Visitors are free to use the floor and greenery walking path and the multipurpose square, which has beautiful cherry blossoms in spring.



Tokyo Komachi (green onion), a new variety, seedlings of which were launched in April 2018



Tokyo Ohisama Berry, a new variety of strawberry for outdoor cultivation, is expected to be sold at farm stands and other outlets from May 2020.

Tokyo's 3Fs Kitatama Gourmet



The popular items are the healthy photos with mixed grain rice (photo: loco moco with demiglace hamburger) ¥1,100

The skills of a chef with deep knowledge of vegetables shine through.

Mitaka City

Saien Cafe dono
☎0422-76-3488

The menu made with lots of fresh local vegetables delivered by about 30 contract farmers who grow vegetables in the Musashino area is popular. The chef of this Japan Vegetable Sommelier Association-certified restaurant shows off his skill.

⑨ Kokaido Sansankan 2F, on grounds of Mitaka City Hall, 1-1-1 Nozaki, Mitaka City ☎ Take the Odakyu Bus from JR Mitaka Sta. (JC12•JB01) toward Sengawa Sta., 9 min., get off at Mitaka Shiyakusho-mae, 1 min. walk ☎ 11 am – 9:15 pm (8:45 pm LO) ☎ Mondays, days Mitaka-shi Kokaido is closed ☎ Use the Mitaka-shi Kokaido parking



Raised area for sitting on the floor in addition to tables for enjoyment of many generations



Kitatama Event Guide

*Check the Tokyo Event Calendar on GO TOKYO, the Official Tokyo Travel Guide website, for the latest event information.



Tokyo Agriculture, Forestry, and Fisheries Fair

☎042-528-0505 (Tokyo Development Foundation for Agriculture, Forestry, and Fisheries' Tachikawa Office)
Many fun events incl. sale of fresh vegetables, flower seedlings, and processed goods produced by Tokyo farmers, exhibits introducing experimental research, farm experiences, and *tamasanzai* woodworking classes for people to come, see, and experience the attraction of Tokyo's 3Fs.

Date: a Saturday in late Oct.
Venue: Tokyo Development Foundation for Agriculture, Forestry, and Fisheries' Tachikawa Office
Entry: Free



Stalls are set up on the grassy square at the Tokyo Development Foundation for Agriculture, Forestry, and Fisheries' Tachikawa Office, above which towers a Himalayan cedar



Tokyo's oasis blessed by mother nature Nishitama Area

The rich natural environment of this area is contiguous with Saitama Prefecture's Chichibu Mountains and Kanagawa Prefecture's Tanzawa Mountains. It produces vegetables and, in mountain streams, the finest wasabi as well as farmed fish such as *yamame* (landlocked salmon) and *iwana* (char). It is also an area that supports Tokyo's forestry industry.



1 It takes several decades to grow trees for *tamasanzai*. 2 Log-growing of shiitake mushrooms is popular in Ome City. There are facilities to enjoy picking shiitake. 3 Mizuho Town's production of cyclamens is among the highest in Tokyo.

Main Specialties Wasabi, *norabo*, sweetcorn, tomatoes, eggplant, cyclamens, pork (TOKYO X), chicken (Tokyo shamo), *yamame*, *iwana*, rainbow trout, and *tamasanzai* (Tokyo lumber), etc.

Okutama Fish Farming Center: Protecting the Tamagawa River's *Yamame*

The center produces eggs and fry of *yamame*, rainbow trout, and *iwana*, which are valuable local resources. The fry are distributed to river fisheries cooperatives and released, ensuring that *yamame* can be caught in the Tamagawa river system. Visitors are welcome to view the ornamental pond and display room.



Pond where farmed fish swim leisurely

Yamame

Lots of excitement and surprises!

Spots for Hands-on Experiences

Livestock Farming
Kenko Shizen Kobo Honeybee Farm
☎042-519-9327

This honeybee farm operates bee yards in Akiruno City and Hachioji City, mainly near the Akigawa and Tamagawa rivers. The shop also has a museum and offers beekeeping tours and (with a reservation) experiences such as candle making.

☎ 37-3 Uenodai, Akiruno City ☎ 10 min walk from JR Musashi-Masuko Sta. (JC85) ☎ 10:30 am - 5 pm ☎ Wednesdays ☎ 13 spaces



You can enjoy comparing honeys in the museum.

Acacia, cherry, mixed, chestnut, and other honeys are ¥1,047 for 100 grams.



Nature classes for learning about flora and fauna change from season to season.

Forestry
Enjoying Okutama's nature through various experiences
Hinohara Tokyo Citizens' Forest
☎042-598-6006

The Shinrinkan Forest Museum introduces the changes of the seasons on a big screen. You can take a nature class or try cutting cedar or cypress logs for free. Or, you can try building a chair or bookcase in a woodworking class at the Timber Craft Center.

☎ 7146 Kazuma, Hinohara Village, Nishitama-gun ☎ Take a Nishi Tokyo Bus from JR Musashi-Itsukaichi Sta. (JC86) toward Kazuma, 64 min., get off at terminus, 15 min. on shuttle bus ☎ Nature classes ¥100 for insurance *Other fees differ depending on the activity ☎ 9:30 am - 4:30 pm (differs depending on the season; please inquire) ☎ Mondays (next day if Monday is a holiday) ☎ 100 spaces



Breweries
A drinker's theme park where you can learn about brewing
Ishikawa Brewery
☎042-553-0100

This old sake brewery was established in 1863. Its flagship brand is the sake *Tamajiman*, and it has also been making beer since 1998. Visitors are free to walk around the premises, and (charged) guided tours are also conducted.

☎ 1 Kumagawa, Fussa City ☎ 20 min. walk from JR/Seibu Haijima Sta. (JC55+SS36) ☎ *Tamajiman* Tour course ¥700 (online reservation required) *Others differ depending on the course ☎ Store 10 am - 6 pm, restaurants *Fussa no Birugoya* 11:30 am - 8:30 pm LO, *Zougura* 10:30 am - 5:15 pm LO ☎ Tuesdays (store only open every day in Dec.) ☎ 30 spaces



On a paid tour, you can hear an explanation of brewing in the main building built in 1880.

R→L: *Tamajiman Junmai Muroka* 720 ml, ¥990, Craft beer *Tokyo Blues* 330 ml ¥513, *The Tokyo Forest*, a liqueur prepared in barrels of Tokyo cedar, 720 ml, ¥1,100



TOKYO X Lunch ¥1,540. Enjoy sausage, ham, bacon, and pork cutlet.

An old establishment committed to traditional German-style ham production

Fussa City
Stuben Ohtama
☎042-551-1325

An old establishment opened in 1932. Its ham and sausages made the traditional German way are truly world-class. You can also enjoy ham, bacon, and Vienna sausage processed from TOKYO X, the Tokyo brand pork.

☎ 785 Fussa, Fussa City ☎ 3 min. walk from JR Fussa Sta. (JC57) ☎ Restaurant: 11:30 am - 2 pm, 5:30 pm - 9:30 pm (weekends / holidays 11:30 am - 3 pm, 5 pm - 9:30 pm) / Shop: 10 am - 9:30 pm (Tuesdays until 4:30 pm, weekends / holidays from 11:30 am) ☎ Tuesdays (shop open year-round) ☎ 11 spaces



Get some gifts in the first-floor shop after enjoying a meal in the restaurant on the second floor.



Yamazakura Course (¥2,530), a set incl. 12 small plates of mountain vegetables, grated sticky yam, and river fish like *yamame* (*iwana* depending on the season)

Hinohara Village

Mito Sanso
☎042-598-6138

Mountain vegetable cuisine drawing on the nature of Okutama is the pride of this lodge, where you can enjoy delicacies such as butterbur flower buds in early spring and angelica-tree shoots from mid-Apr. to mid-May. *Ayu* (sweetfish) is a treat in early summer. There is also a day spa, so you can fully enjoy the bounty of Tokyo's mountains without rushing.

☎ 2603 Kazuma, Hinohara Village, Nishitama-gun ☎ Take a Nishi Tokyo Bus from JR Musashi-Itsukaichi Sta. (JC86) toward Kazuma, 1 hour, get off at terminus, 10 min. walk ☎ 11 am - 5 pm (weekends / holidays until 4 pm) ☎ 2nd and 4th Thursdays ☎ 20 spaces



column

Country of Clear Streams: Enjoy Mountain Stream Fishing at Nishitama's Rainbow Trout Fishing Spots

There are a lot of fishing spots in the Nishitama area, which is blessed with beautiful mountains and rivers: Okutama Fishing Center (Ome City), Ohtaba River International Rainbow Trout Fishing Area (Okutama Town), Hikawa International Trout Fishing Spot (Okutama Town), Minedani River Fishing Spot (Okutama Town), Nippara Keiryu Tsuriba Fishing Site (Okutama Town), Tokyo Trout Country (Okutama Town), Akigawa International Trout Fishing Ground (Akiruno City), Kanoto International Trout Fishing Field (Hinohara Village), and Hinodemachi Shizenkyuuyumura Sakana-en (Hinode Town). Call the Okutama Fishing Center for details. ☎0428-78-8393



Fish for rainbow trout in a mountain stream in the Great Outdoors

Enjoy Nishitama's in-season vegetables and Tokyo shamo chicken



Tokyo Shamo Rice Bowl (¥1,480) to enjoy the deep flavor of Tokyo shamo

Akiruno City

Ishiusubiki Teuchi Soba Igusa
☎042-558-8590

A restaurant famous for hand-made soba noodles made from buckwheat flour ground carefully in a stone mill. Other specialties include dishes made with Tokyo shamo chicken and fresh vegetables from Hinohara Village and the surrounding area. It is also noteworthy that no chemical seasonings are used in the stock.

☎ 673-4 Amema, Akiruno City ☎ 15 min. walk from JR Akigawa Sta. (JC83) or JR Higashi-Akiru Sta. (JC82) ☎ 11 am - 3 pm, 5 pm - 9 pm ☎ Wednesdays and Thursdays ☎ 11 spaces



Tokyo's 3Fs Nishitama Gourmet



Mizuho Town
Shimizu Farm Westland Farm
☎042-557-8077

Established in 1946, this dairy farm has one of the foremost histories in Tokyo. The on-site gelato shop is popular, serving a variety of gelatos made from fresh milk and local ingredients.

☎ 353-3 Nagaoka Hasebe, Mizuho Town, Nishitama-gun ☎ 6 min. drive from JR Hakonegasaki Sta. ☎ 10:30 am - 5 pm ☎ Wednesdays ☎ 50 spaces



The farm has about 120 dairy cows. Tours given only to groups (advance reservations required).



Exquisite gelato made from fresh milk
Double gelato (¥430) made from fresh milk (photo: Fresh Milk and Tokyo Tea) A single is ¥330.

Nishitama Event Guide

* Check the Tokyo Event Calendar on GO TOKYO, the Official Tokyo Travel Guide website, for the latest event information.

Animal Petting Day

☎0428-31-2171
(Tokyo Development Foundation for Agriculture, Forestry and Fisheries' Ome Office)

Many fun events incl. sale of fresh vegetables, flower seedlings, and processed goods produced by Tokyo farmers, exhibits introducing experimental research, farm experiences, and *tamasanzai* woodworking classes for people to come, see, and experience the attraction of Tokyo's 3Fs.

Date: Saturday in mid- or late Apr. and late Oct.
Venue: Tokyo Development Foundation for Agriculture, Forestry and Fisheries' Ome Office

Entry: Free

* Can be canceled for health reasons.



The size and power of cows seen up close might blow you away.

Rural landscapes of Tokyo's rice basket

Minamitama Area

Nearly half of the land area of Tokyo's rice paddies is in the Minamitama area. Dry field and dairy farming also flourish here, where everywhere there are rural landscapes blessed by the Tamagawa River, which has sustained lush greenery from time immemorial. The area also is known for its production of high-grade fruit.



1 Tokyo's largest rice fields are found in Takatsuki-machi in Hachioji City, which is known as a rice-growing region. 2 Log-grown shiitake produced in Hachioji City are fragrant and meaty. The city boasts the top production in Tokyo. 3 The *zenjimaruru* variety of sweet persimmon is cultivated throughout Machida City. Wine made from this permission is also sold.



1 Tokyo Awase Tsuke Mori Soba ¥1,650. The very popular stock is slightly sweet with a rich flavor.



Tama City Hanakago Gozen (¥1,820), the poster item for a weekday lunch. Wide variety incl. fresh vegetables and sashimi.

Uses safe and worry-free ingredients, mainly fresh vegetables from Yumebatake, a directly managed farm. The good-value daily lunch special offers a meat of fish main dish, each ¥900. Vegetables are also sold on site.

1 Cocolia Tama Center 6F, 1-46-1 Ochiai, Tama City 5 min. walk from Keio/Odakyu Tama-Center Sta. (K041•OT06) 11 am - 10 pm (9 pm LO) 2 When Cocolia Tama Center is closed 3 Use Cocolia Tama Center's parking

Hachioji City

Kikouchi Sobadokoro Sanjian

042-635-7882

Known for Sanjian Juni-wari Soba (¥1,100), which is soba noodles made by kneading flour from young buckwheat leaves into dough with no filler. Tokyo Awase Tsuke Mori Soba is loaded with Tokyo ingredients, incl. TOKYO X pork, Tokyo shamo chicken, and maitake mushrooms from Hinohara Village.

1-25-5 Hyoe, Hachioji City 2 min. walk from JR Hachioji-Minamino Sta. (JH30) 11:30 am - 2 pm, 5 pm - 9 pm 2 Closed Tuesdays and irregularly on Monday nights 3 4 spaces



Hino City

Green Oasis Cafe 042

042-843-4038

Enjoy the sandwich menu made with select fresh vegetables from Hino, Inagi, and Tama cities in a collaboration with JA Tokyominami. It is part of JA Tokyominami's farmers' market.

1 In JA Farmer's Market Minami no Megumi, 6-31 Manganji, Hino City 15 min. walk from Tama Monorail Manganji Sta. (TT08) 10 am - 5 pm (4:30 pm LO) 2 Wednesdays 3 Use JA Farmer's Market Minami no Megumi's parking



Tama City

Hatake de Kitchen

042-400-0915



Popular honey mustard pork sandwich ¥570

Enjoy food made with a variety of vegetables, mainly from Hino City

Main Specialties

Grapes, *nashi* (Asian pears), passion fruit, apples, persimmons, log-grown shiitake mushrooms, pork (TOKYO X), eggs (Tokyo Ukokkei), and cyclamens, etc.

Takao grapes created in Tokyo and *Inagi* nashi, which are big and hard to find

Takao grapes produced in Inagi City and Hino City are a variety created at a Tokyo experimental research institute. They are seedless and characterized by an intense sweetness. *Inagi* nashi are a large variety, with each one weighing 700 grams or more. They are crispy and full of sweet juice!



Takao grapes, named for Tokyo's celebrated mountain



Inagi nashi, which are hard to come by

Lots of excitement and surprises!

Spots for Hands-on Experiences



Green "Relaxing Lawn Plaza" (Photo credit: Taiji Yamazaki)



Display on Mt. Takao's rich ecosystem (Photo credit: Taiji Yamazaki)

Forestry

Introduces Mt. Takao's ecosystem and culture through images and displays

TAKAO 599 MUSEUM

042-665-6688

Mt. Takao is so popular as to be called "the mountain with the most visitors in the world." Here, you can learn about the flora and fauna that live there, its history, culture, seasonal highlights, guidelines and routes for climbing, and other things to enjoy the mountain.

1 2435-3 Takao-machi, Hachioji City 4 min. walk from Keio Takao Station (K053) 2 Free entry 3 8 am - 5 pm (Dec. - Mar. until 4 pm) 4 Open year-round (sometimes closed for maintenance) 5 None



Fisheries

Be greatly satisfied with a fishing spot surrounded by beautiful nature.

North Asakawa Ongata Trout Fishing Ground

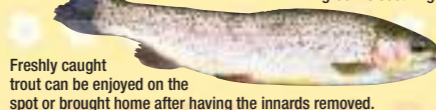
042-651-0869

A popular spot on the North Asakawa River, a tributary of the Tama River, where you can enjoy serious lure fishing. You can go empty-handed, as they have rental poles and sell bait. Freshly caught trout can be enjoyed barbecued on the spot.

1 1353 Kamiongata-machi, Hachioji City 2 Take a Nishi Tokyo Bus from JR/Keio Takao Sta. (JC24•K052) toward Jinbakogenshita, 20 min., get off at Chikaraishi, 2 min. walk 3 Bait fishing ¥3,300 (up to 10 fish), lure / fly each ¥3850 (up to 10 fish) 4 8 am - 4:30 pm (8:30am - 4 pm Nov. - Mar.) 5 Open year-round 6 50 spaces



Just looking at the clear stream surrounded by green is soothing.



Freshly caught trout can be enjoyed on the spot or brought home after having the innards removed.



Around 100 dairy cows are raised.



Drinkable yogurt (500 ml, ¥880) is sold at the store along with milk and cup ice cream, etc.

Livestock Farming

Enjoy milking a cow and walking with a calf.

Isonuma Milk Farm

042-637-6086

Its catch phrase is, "The world's smallest yogurt factory." Every Sunday from 1 pm, the farm holds a milking class (about 90 min., ¥700) with the option to walk a calf and try turning butter. Reservation by phone is required.

1 1625 Kobiki-machi, Hachioji City 2 10 min. walk from Keio Yamada Sta. (K049) 3 Free entry 4 9 am - 5 pm 5 Open year-round 6 4 spaces



column

Collection of local specialty products

Farmer's Market Tokyo Minami no Megumi

042-589-0373

A farmers' market offering local produce and specialty products from across the country. The motto is, "Safe, Worry-free, Fresh Bounty." As there is a sandwich café, butcher, and delicatessen, you can enjoy shopping and a meal.

1 6-31 Manganji, Hino City 2 15 min. walk from Tama Monorail Manganji Sta. (TT08) 3 10 am - 8 pm (green oasis cafe 042 until 5 pm) 4 Wednesdays (open if a holiday) 5 80 spaces



Notice the shop's beautiful displays.



Nashi jam (left) made with Inagi's special fruit, Takao grape jam (right), each 200 grams, ¥540



Reproduction of Toyoda Beer, which existed in the Meiji Period. Toyoda Beer 330 ml ¥509 (left), Premium Toyoda Beer (limited supplies) 750 ml ¥2,750 (right)

Haramine no Izumi (720 ml, ¥1,210), a sake made with rice from Tama City

Tokyo's 3Fs Minamitama Gourmet

Connecting community members through produce from Inagi City



Green Rice Omelet ¥1,210. The green rice, evoking the image of Inagi City's village forests, is made with local spinach.

Inagi City

green world café

042-379-8042

Making active use of vegetables from Inagi City, the musician owner offers a café menu to make you beautiful from the inside. Effort is also made to help customers feel the changing of the seasons.

1 Station Side Building Kuriyama 2F, 2208 Yanokuchi, Inagi City 2 Just next to Keio-yomiuri-land Sta. (K037) 3 11 am - 4 pm, 6:30 pm - 10 pm 4 All day on Monday; Tuesday and Thursday nights 5 None



Minamitama Event Guide

*Check the Tokyo Event Calendar on GO TOKYO, the Official Tokyo Travel Guide website, for the latest event information.



Seiseki Morning Glory Market

042-338-6848 (Tama City Economy & Tourism Dept.)

Nearly 1,000 pots of colorful morning glories grown by local farmers are sold, along with locally grown vegetables and specialty products.

Date: weekend in early Jul. Venue: around the West Exit of Seiseki-Sakuragaoka Sta. (K027)



Morning glories bloom gaily in the morning. It is best to go early.



Fruits of land and sea on warm islands Islands Area

Go south into the Pacific Ocean from downtown Tokyo and you come to the Izu Islands such as Oshima, Miyakejima, and Hachijo-jima. Farther south are the Ogasawara Islands, incl. Chichijima and Hahajima. Their distance from the mainland ranges from about 100 km to 1,000 km, and they have rich fishing grounds. Cultivation of produce such as passion fruit and the vegetable *ashitaba* also thrives.



1 Complex seafloor topography and the Kuroshio Current form one of Japan's best fishing grounds, where the industry employs a variety of fishing techniques. 2 The subtropical passion fruit has a refreshing fragrance and sweet-sour flavor. 3 The waters off the Izu Islands are good fishing grounds for the high-grade fish splendid alfonsino. They are mainly caught by pole-and-line fishing.

Main Specialties

Ashitaba, garden peas, sweet potatoes, lemons, mangos, fish and shellfish (splendid alfonsino, swordfish, kusaya), cut flowers (Phoenix palm leaves, bouvardia, Cordylines), and decorative plants

Island shochu, which has a distinctive flavor, and salt, a gift of the beautiful sea

The islands of the Island Area have many breweries that make shochu from sweet potato and barley, with a variety of flavors reflecting the island climate. Many islands also produce salt as a specialty, with a flavor that conveys the real taste of nature that is blessed by the Kuroshio Current.



Each island has its representative brands such as Aogashima's *Aochu* and Miyake-jima's *Oyama-ichi*.



Oshima's *Umi no Sei Coarse Salt*, made by condensing Kuroshio Current seawater with the sun and wind.

Lots of excitement and surprises!

Spots for Hands-on Experiences

Camellia Oil

Try pressing camellia oil on Oshima, Japan's top camellia island
Oshima Furusato Taikenkan
☎04992-2-3991

You can try pressing camellia oil, an uncommon experience anywhere in Japan. After steaming the ground seeds and pressing out the oil, definitely give it a taste. You can bring the pressed oil home in a small bottle. About 90 min. needed.

☎ 125-4 Kitanojima, Motomachi, Oshima Town
☎ 10 min. on Oshima Bus from Motomachi Port toward Oshima Koen, or 8 min. on Oshima bus from Okada Port toward Motomachi Port, get off at Furusato Taikenkan Iriguchi, 1 min. walk
☎ Camellia oil pressing ¥2,700 (reservations needed, min. 2 people) ☎ 10 am - 4:30 pm ☎ Tuesdays ☎ 10 spaces



After pressing oil, you can use some to fry *ashitaba* to taste it.

The press is worked with a lever.

Shiitake Cultivation

Harvest shiitake mushrooms suited to Hachijo-jima's climate & have a BBQ.
Dairyu Farm
☎04996-7-0136

You can try harvesting shiitake mushrooms and have a BBQ (+ ¥1,000) to taste them in front of the greenhouse. The Umikaze Shiitake (sea breeze shiitake) grown in Hachijo-jima's unique climate, including its salty sea breeze and humidity, are meaty and popular as gifts.

☎ 1650 Nakanogo, Hachijo Town ☎ 17 min. by car from Hachijo-jima Airport ☎ Entry ¥550 (when trying harvesting), shiitake harvesting ¥281/100 grams ☎ Inquire about harvesting and tours; reservations needed ☎ 3 spaces



OOSAWA Ryuji, the owner, used to be a stag beetle breeder and found that Hachijo-jima's climate is suited to growing shiitake.



Experience the whole process, with explanation, from extracting the green beans from berries, husking, roasting, and dripping.

Picking the ripe, red berries

Coffee Cultivation

Try harvesting and roasting coffee, and taste some too!
Nose's FarmGarden
☎080-2098-9560

The owner's ancestors started growing coffee trees in the Meiji Period, and that work diligently continues today. You can tour the plantation and try harvesting and roasting beans. Look forward to tasting the coffee too!

☎ Nagatani, Chichijima, Ogasawara Village
Take a village bus from Futami Port, 11 min., get off at Nogyo Center, 5 min. walk ☎ Hand-made coffee experience ¥4,500 (reservation needed by morning of previous day) ☎ Please inquire ☎ About 3 spaces



Oshima

Kimamatei

☎04992-2-2400

Ashitaba is undoubtedly one of the specialties of the Island Area. Ashitaba Pilaf, which is topped with lots of *ashitaba* as the finishing touch, is vivid green and has a good texture. It is especially good when new leaves sprout from Feb. to Mar.

☎ 205-4 Kitanoyama, Moto-machi, Oshima Town ☎ 11 min. on Oshima Bus from Motomachi Port toward Oshima Koen, get off at Oshima Kukou Iriguchi, 1 min. walk ☎ 11 am - 6 pm (lunch until 2 pm) ☎ Closed Mondays, Tuesdays, and irregularly ☎ 6 spaces



Peaceful interior like a cabin.



The unity of the fish marinated in soy sauce with the sushi rice is delicious.



Shimazushi ¥2,090 for one plate. Today's fish included butterfish, striped jack, and lavender jobfish.

Hachijo-jima

Sushi-dokoro Ginpachi

☎04996-2-1405

The specialty Island Sushi is made with fish from Konominato Fishing Port that has been let stand for a day and marinated quickly. It is characterized by the use of mustard and slightly sweet vinegared rice. Besides Island Sushi, note the chef's commitment to using red vinegar for Edomae sushi rice.

☎ 2521 Okaga, Hachijo Town ☎ 12 min. on Community Bus from Hachijo-jima Airport, get off at Super Asanuma, 4 min. walk ☎ Noon - 1:30 pm LO, 5 pm - 8:30 pm LO (reservations needed) ☎ Closed Thursdays and irregularly ☎ 20 spaces



You can also taste Edomae sushi made by the chef, who trained at Tsukiji.



Refreshing flavor of crispy *ashitaba*



Ashitaba Pilaf Set ¥1,100 The flavor of *ashitaba* spreads through the mouth with the first bite.

The distinctive flavor of *kusaya* deepens with each chew.



Ripe! Raw Kusaya ¥1,628. It can be eaten like grilled fish.

Hachijo-jima

Jizakana Himono Shokudo Aigae Suisan

☎04996-2-2745

A restaurant run by Aigae Fisheries, which makes and sells *kusaya* ("stinking fish"), the ultimate fermented food. Raw Kusaya made from blue mackerel scad is ripened without drying, creating a softness similar to grilled fish. It is made easy to eat for beginners.

☎ 2333 Okaga, Hachijo Town ☎ 12 min. on Community Bus from Hachijo-jima Airport, get off at Super Asanuma, 3 min. walk ☎ 10 am - 9 pm (lunch: 11:30 am - 2 pm, izakaya: 5 pm - 9 pm) ☎ Sundays ☎ 10 spaces



Tokyo's 3Fs Islands Gourmet



Reasonably priced fresh island seafood



Beautifully arranged Five Kinds Fresh Island Sashimi Platter ¥1,040 ea.

Ogasawara

Western-style Izakaya CHARA

☎04998-2-3051

The owner, who used to work at a fish shop and the Ogasawara Fishery Cooperative, uses his discerning eye to lay in stock and pass along island fish like bigeye tuna and greater amberjack at a reasonable price. Sometimes there are dishes made with fish that do not appear on the market.

☎ Higashi-machi, Chichijima, Ogasawara Village
☎ 3 min. walk from Futami Port ☎ 5:30 pm - midnight ☎ Closed irregularly when the Ogasawara-maru is out of port ☎ None



column

Hyuga brewery: A Brew Pub Using Island Water and Ashitaba

☎04992-7-5335



This craft beer was created through trial and error driven by the desire to make something using the island's delicious water. Local *ashitaba* is used to balance out the flavor perfectly. Have a glass while gazing at the sea!

☎ 142-2 Kozushima Village ☎ 7 min. walk from Kozushima Port ☎ 6 pm - 10:30 pm ☎ Closed irregularly ☎ None

Lite Ashitaba Ale ¥770

Islands Event Guide

*Check the Tokyo Event Calendar on GO TOKYO, the Official Tokyo Travel Guide website, for the latest event information.



Izu Oshima Camellia Festival

Around Jan. - Mar. / Motomachi Port, Oshima Koen, near Mt. Hihara summit
☎04992-2-2177 (Oshima Tourism Association)

Hachijojima Freesia Festival

Around Mar. - Apr. / Hachigatayama Freesia Festival Grounds and other venues on Hachijojima
☎04996-2-1377 (Hachijo-jima Tourism Association)

Aogashima Cattle Festival

Early Aug. / Square next to Aogashima Village Gymnasium
☎04996-9-0111 (Aogashima Village Office)

Island events such as cattle fair and traditional performing arts

Freesia field backed by Mt. Hachijo-Fuji
(Photo credit: Hachijo Town Industrial Tourism Dept.)



Central Tokyo

The Agriculture Promotion Facility, JA Tokyo

☎03-3370-3001

Conveys the importance of local production for local consumption and the appeal of 3Fs products. Sells specialties from throughout Tokyo and holds weekly events related to foods and farming from across Japan. Also sells meals made with local ingredients at the attached Agri-kitchen.

📍 1st Floor, JA Tokyo Minami-Shinjuku Building, 2-10-12 Yoyogi, Shibuya City ☎ 4 min. walk from JR Shinjuku Sta. (JY17•JC05•JB10•JA11•JS20)
🕒 11 am – 6:30 pm (subject to change due to events) 🗓 Sundays / Mondays 🚫 None



Hajijima Green Onion Dressing 190 ml, ¥480



A big variety of Tokyo milk products. Tokyo Milk Rusks (14 pcs) / Tokyo Milk Sablés (8 pcs) ¥500 each, Tokyo Milk Baumkuchen ¥290



Edo Tokyo Komatsuna Miso Soup / Low Salt Edo Tokyo Komatsuna Miso Soup ¥100/bag (freeze-dried)



Big, relaxed space



Agri-kitchen, which sells lunches and bento

Islands

Tokyo Islands Shop & Cafe

☎03-5472-6559

An antenna shop for the Izu and Ogasawara islands inside Takeshiba Passenger Ship Terminal. You can buy specialties that are the pride of each island. As it is close to Tokyo Tower, you could stop by while sightseeing in central Tokyo.

📍 Takeshiba Passenger Ship Terminal, 1-12-2 Kaigan, Minato City ☎ 7 min. walk from JR Hamamatsucho Sta. (JY28•JK23) 🕒 9 am – 10:30 pm (until 11 pm on days when a large ship departs at 11 pm) 🗓 Open year-round 🚫 None



Miyake-jima's Ashitaba Miso Soup ¥200/bag (freeze-dried)



Various sizes of virgin camellia oil (Tsubaki Co., Ltd.), a specialty of the Oshima Island (15 ml, from ¥1,000)



Shochu highballs made with Ogasawara specialties: Ogasawara passionfruit and Ogasawara island lemon, each 330 ml, ¥300



Mikura no Gensui, a mineral water from Mikura-jima, which is covered with primeval forest 500 ml, ¥160



Café and restaurant serving uncommon items such as ashitaba tea ¥300

A large lineup of island shochu from each island

Get appealing specialty products!

Tokyo's Direct-to-Customer 3Fs Shops

If you want to buy Tokyo's specialty products, direct-to-customer shops in each area are the place to go!

They offer impressive variety and flavors with their farm products and processed goods that can only be bought in those areas.

Kitatama

JA Tokyo Midori Farmers' Center Minore Tachikawa

☎042-538-7227

Sells farm products and processed goods from areas under the jurisdiction of Tokyo Midori, incl. Tachikawa. In addition to carrying a wide selection of Tokyo Sayama teas produced in Tokyo, serves popular Tokyo Black Tea Soft Ice Cream in the café.

📍 2-1-5 Sunagawa-cho, Tachikawa City ☎ Take a Tachikawa Bus from JR Tachikawa Sta. (JC19•JN26) toward Oyama Danchi Orikaeshijo, 10 min., get off at Showa Kinen Koen Sunagawa-guchi, 5 min. walk 🕒 10 am – 6 pm (until 5 pm Nov. – Mar.) 🗓 Open year-round 🚫 86 spaces



Space selling Tokyo Sayama tea

Refreshing Tokyo Black Tea Soft Ice Cream ¥300



Udo dressing (190 ml, ¥480), made with lots of Tokyo udo, an Edo Tokyo Veggie that is a specialty of Tachikawa

Tokyo Black Tea, made from locally grown tea leaves: Loose leaf (red) 50 grams, ¥648, and tea bags (gold) 3 grams × 12 bags, ¥846



Nishitama

Miyabi Kobo Otama Umaimonokan

☎042-597-7411

The bright store made from natural materials carries such products as smoked cheese and smoked nuts, made with cherry chips from the Tama area. Also sells processed goods such as jam as well as tables, chairs, and cutting boards made from *tamasanzai*.

📍 6700 Oguno, Hinode Town, Nishitama-gun ☎ 7 min. by car from JR Musashi-Itsukaichi Sta. (JC86)
🕒 10 am – 5 pm 🗓 Mondays (open if a holiday)
🚫 30 spaces



A store permeated with the warmth of wood

Minamitamama

Hachioji Takiyama Roadside Station

☎042-696-1201

A farmers' market with plenty of delicious goodies produced in Hachioji. Besides the farmers' market, there is a fantastic food court where you can taste ice milk made with Hachioji milk and foods made with local vegetables. Enjoy shopping and dining together.

📍 1-592-2 Takiyama-machi, Hachioji City ☎ Take a Nishi Tokyo Bus from JR Hachioji Sta. (JC22•JH32) toward Tobuki (via Mt. Hiyodori Tunnel), 9 min., get off at Roadside Station Hachioji-Takiyama Entrance, 3 min. walk 🕒 9 am – 9 pm 🗓 Open year-round 🚫 96 spaces



The expansive store is packed tightly with local vegetables



Hand-made Confiture de MICHIKO (140 ml each, from ¥670) from Yonetsu Farm



Non-caffeine Tokyo Farmer's Brown Rice Coffee (¥170/bag), made without coffee beans



Passionfruit Cider, made with Hachioji's specialty passionfruit, 200 ml, ¥250



Smoked Cheese (Block) 130 grams, ¥648

Akigawa Beef Curry (200 grams, ¥550, retort pouch), made with plenty of Akigawa Beef



Cut Smoked Cheese 50 grams, ¥360



Smoked cashew nuts and broad beans (each 50 grams, ¥360), smoked *kaki no tane* (spicy rice crackers), 40 grams, ¥360

Local production for local consumption achieved in a huge consuming region

Tokyo's Farming

Distinctive kinds of farming are practiced to make the most of each area's natural environment in the urban area, mountainous area, and islands area. The urban area's biggest advantage is its closeness to a consuming region, allowing it to sell around 80 percent of the assorted produce grown at nearby farm stands. In particular, there are a lot of areas where fruit growing flourishes, with original varieties also being grown. Edo Tokyo Veggies, which have been grown in Tokyo since the Edo Period, convey history and culture into the present. Farming is not only a form of production; it has a variety of functions. For example, there are rice paddies in Tokyo, and their beautiful rural landscape soothes people's hearts. Furthermore, farmland has the effect of mitigating rising temperatures, can be used as a temporary evacuation site in a disaster, and has a disaster prevention function by preventing the spread of fires. Thus, it is valued in many ways.



Shintorina and kameido daikon, Tokyo Edo Veggies grown in Central Tokyo

Low-volume, high-variety farming characterizes the urban area.



Ashitaba grown on each island in the Islands Area is also made into processed goods such as tea and snacks.

Growing *tamasanzai* on steep slopes

Tokyo's Forestry

Around 40 percent of Tokyo's total area is forested, especially the Nishitama Area, which abuts the Chichibu Mountains and Tanzawa Mountains. These wooded areas support Tokyo's forestry. Lumber produced in the Tama area is called Tokyo *tamasanzai* (Tama lumber). Forestry work including weeding, pruning, and thinning are essential to grow high-quality *tamasanzai* over many years on steep slopes. Forestry not only benefits our lives by providing wood used for houses, fuel, and paper, it also promotes the forest cycle of planting seedlings, growing and felling trees, and using wood. Forests preserved beautifully through forestry are the source of the city's pleasant environment, including its water, air, scenery, and quietness. The forest, whose tree roots and soil absorb rainwater like a sponge, is "everyone's bulwark." It also plays important roles as the home of creatures and a place of rest and relaxation for people.



The Tokyo Metropolitan Government encourages the use of *tamasanzai* to protect the Tama area's forests, and you can experience it in various places throughout the city. Ueno no Mori Park Side Café (left) and Tokyu Ikegami Line Togoshi-Ginza Sta. building (right)

Fruits of the sea and rivers

Tokyo's Fisheries

Thanks to complex seafloor topography and the Kuroshio Current, the Islands Area is one of Japan's leading fishing grounds. Fresh seafood is landed using a variety of fishing techniques. *Kusaya*, a processed marine product made by pickling fish in a fermentation liquor with a peculiar smell and flavor and then sun-drying it, is also characteristic. Fishing is also practiced in Tokyo Bay, where the fish and shellfish caught are called *Edomae* and are popular products. In rivers such as the Tamagawa, fisheries cooperatives release fish, preserving a beautiful river environment where *ayu* (sweetfish), *yamame*, *iwana* (char), and rainbow trout swim. There is also thriving aquaculture, and new varieties such as the *Okutama yamame* have been developed. The riversides are dotted with spots where you can enjoy fishing for rainbow trout and *ayu*.



Yamame, the "Queen of Mountain Streams," a fish in the Salmonidae family.



Splendid alfonsino in particular is a specialty of the Islands Area.



Pruning and other care produces lumber with few nodes.

Characteristics of Tokyo's 3Fs Industries

Special Edition

Tokyo's Farming, Forestry, and Fisheries ("3Fs")

Published by Tokyo Development Foundation for Agriculture, Forestry, and Fisheries

Designed, edited, and produced by JTB Publishing

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Check out the website for more "in-season" information on Tokyo's farming, fishing and forestry!

The website of Tokyo's farming, fishing and forestry industries



TOKYO GROWN

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