



さいたま暮らしの情報誌  
Information for Living in Saitama City  
Folleto de Información de Vida en Saitama  
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さいたま市を食べよう！  
Home-grown in Saitama City!  
¡Comamos los productos agrícolas de la Ciudad de Saitama!

そろそろ秋！みのりの季節だね。

さいたま市でとれる農産物には、どんな物があるのかしら。

Autumn is coming-  
harvest season!

I wonder what kind of  
produce is harvested  
here in Saitama City?



Ya estamos en otoño,  
la época de cosecha.

¿Qué productos  
agrícolas hay en la  
ciudad de Saitama?

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かい

うらわえきひがしぐち

うらわ

うえ

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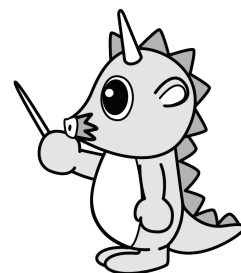
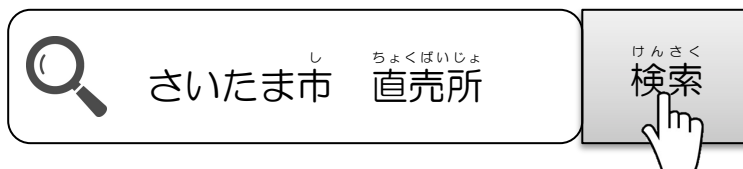
## What's home-grown in Saitama?

In Saitama City, we grow a lot of rice as well as fruits and vegetables including strawberries, pears, grapes, potatoes, sweet potatoes, cabbage, broccoli, mustard spinach, radishes, carrots, green onions, cucumbers, tomatoes and eggplants. Of these, we are the top producers in the prefecture of mustard spinach and sweet potatoes. We also grow a lot of flowers such as cyclamen and pansies, as well as trees for gardens and landscaping.



## Where can we buy home-grown produce?

There are around 20 places in the city where you can buy fresh produce directly from the farm as well as many private shops selling locally grown produce.



Just do a quick search on the internet in Japanese and find the nearest seller to you.

There are also tourist farms where you can pick your own fruits and vegetables and experience other farm activities. For more information, check out Saitama City's agricultural information guidebook "Teritori."



## What are Saitama City's home-grown specialties?

**Beniaka - Queen of Sweet Potatoes:** A delicious sweet potato with bright reddish purple skin. Once endangered due the difficulty of its cultivation, Beniaka is now grown widely in Saitama City with support from the city's Beniaka Research Group.

**Kuwai – Japanese Water Chestnut:** Its long shoot is considered auspicious, making it an essential ingredient in New Year's dishes. It is also used in cookies, chips and processed food products such as ice cream.

**Chicory – Originating from Europe:** Farmers here have been producing Chicory for around 30 years. Its growing season spans from January to April, and it is highly valued in markets and restaurants.



## Saitama City Produce – Let's Support Local Consumption!

There are about 10,000 farmers and 4,000 farms in Saitama City. However, these numbers are in danger of decreasing due to the aging of the population and the lack of young farmers to take over operations.

Farmlands in the city do more than just provide food and relaxing greenery, they also help to prevent flooding and lower temperatures in the city during the summer. Consuming produce that is locally grown also helps reduce CO2 emissions by shortening the distance it needs to be transported before it is consumed.

Help keep our city green and support our local farmers by enjoying healthy and delicious fresh produce grown right here in Saitama City.