



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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さいたま市の野菜たち
Saitama City Vegetables!
Verduras de la Ciudad de Saitama

さいたま市ではどんな野菜がとれるの？

What kind of vegetables does Saitama City offer?

¿Qué tipo de verduras se pueden cosechar en la Ciudad de Saitama?



さいたま市はおだやかな気候で、大消費地に近く、見沼たんぼや荒川、綾瀬川など水資源も豊かです。これらの利点をいかして米や野菜、植木、花、いもなど、いろいろな作物が栽培されています。

Saitama City has a mild climate and is close to large commercial areas. It is rich in water resources with the Arakawa and Ayase River supplying areas such as the Minuma Rice Paddies, providing fertile land for the cultivation of rice, vegetables, flowers, potatoes and much more.

La Ciudad de Saitama tiene un clima templado y está cerca de las principales áreas de consumo. Además, los recursos hídricos, como Minuma-tambo, el río Arakawa y el río Ayase son abundantes. Aprovechando estas ventajas se cultivan diversos cultivos como arroz, hortalizas, plantas, flores y patatas.

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Vegetables and other Agricultural Products of Saitama City

Sweet Potatoes & Taro

Saitama Prefecture produces an abundance of sweet potatoes and taro, particularly Kurenai Aka (Red Red) sweet potatoes which originated in Saitama. These are used in sweets as well as for making shochu.



Leafy vegetables (spinach, komatsuna, shandong greens, etc.)

Cultivation of these vegetables has been popular for a long time, and recently more and more farmers are growing them year-round.



Kuwai

Kuwai is a special product of Saitama City, and although it has a long history, it tends to decrease due to urbanization. Currently, it is mainly shipped to the Kansai market.

European vegetables (butternut pumpkins, cauliflower, arugula, etc.)

In Iwatsuki Ward, a study group was formed by young farmers, seedling suppliers, and restaurant chefs, and activities to cultivate and spread European vegetables are being carried out. At the café at Nigiwai Koryukan in Iwatsuki, you can enjoy dishes made with these vegetables, as well as buy them for your own cooking at home.



New Year dishes and vegetables

Traditional Japanese New Year's dishes are osechi and ozoni. In the past, each household used to make their own. Ingredients used include, for example, taro, signifying the prosperity of children, kuwai, which grows from where it sprouts, and komatsuna (Japanese mustard spinach), which has "na," the same sound as the "na" in "na wo ageru" which means "success". The sweet potato was used as a material for the New Year's food kindan, representing financial luck as the "kin" means money.



Let's support agriculture in Saitama City

In Saitama City, urbanization has progressed in recent years, and the number of farmers has decreased to about half of what it was in 1980. In addition, the aging of farmers, the lack of successors, and the decrease in farmland are serious issues. Fields not only produce food, but also have the effect of preventing climate warming and easing people's minds. In addition, the rice fields also serve to store water and prevent flood damage. Also, eating local vegetables helps reduce transportation costs and environmental impact. Let's support Saitama City's agriculture to help food production and the environment

You can buy Saitama City's agricultural products at farmers' markets in the city and JA. Also, some supermarkets have a corner for local vegetables.