



Why don't you enjoy Tokyo's specialties?



Japanese mustard spinach (Year-round)

One of Tokyo's leading vegetables with the 2nd largest output in Japan (in 2012).



Named by *Tokugawa Yoshimune*, the 8th Tokugawa *shogun*, so they say.

Ashitaba (Year-round)

"Pick leaves in the evening, and new ones come out tomorrow or ashita." The naming shows its vigorous growth.



Rich in chalcones, vitamins, minerals, etc.

Okutama trouts (Year-round)

Bigger than ordinary *yamame* trouts, growing to weigh 1.5 kgs for 3-year-olds and 2 kgs for 4-year-olds.



Good for *sashimi*, *sushi*, and even for Western dishes.

TOKYO X Pork (Year-round)

Taste-premium pork with delicious and good flavor fat. A breed by crossing of three types of Beijing Black, Berkshire and Duroc pigs after a 7-year trial and error process.



Splendid alfonsino (Year-round)

White-fleshed fish. Fresh ones are particularly delicious when served as *sashimi*.



Tokyo *Shamo* Chicken (Year-round)

Lean (well red-colored) and rich in protein. With low fat, fits for hot pot dishes.



Tomatoes (Jan - Nov)

Many varieties from big and medium to very cute sizes are cultivated.



Grape tomatoes, picked up in the Ogasawarajima Islands from February to May, are popular among others with their well-balanced strong sweetness and nice sourness.

Japanese giant flying fish (Feb - May)

Coming to the Izu Islands waters in spring, called "spring flying fish" also. Bland tasting of



white flesh fits for *sashimi*, dried stock fish (such as *kusaya*), deep-fried fish ball cakes, and the like.

Passion fruit (Mar - Aug)

Harvesting begins in spring in the Ogasawara Islands, gradually moving up north from Hachijojima Island to Miyakejima, Kozushima islands, etc. for summer. In recent years, cultivated in the Hachioji region, too.



Edamame soybeans (May - Aug)

An early summer feature, cultivation is getting popular year after year. In Tokyo, sold at farmers' markets. Some farmers sell them in bundles on the field.



Bonitoes (Feb - Apr)

Marketed as the "first bonitoes of the season" from Hachijojima Island, where they are caught around February, earlier than other island waters. "Hachijo Barrel Bonito", shipped out in ice-packed barrels, is also a well-known branded item. Regularly served as "*tataki*". Also tastes wonderful as *sashimi*.



Norabona (Mar - Apr)

Mild and sweeter leaf vegetables than Japanese mustard spinach or spinach.



Often served after boiled. Farmers began to cultivate them in the present Tokyo's Tama region in the *Edo* period.

Wasabi (Apr - Nov)

Cultivated with tender care in narrow *wasabi* fields along the limpid streams of the Tama River's head areas in Okutama-machi etc.



Yellowstriped butterfish (May - Aug)

One of the best white-fleshed fish from the summer sea around the Izu Islands. Plenty of fat in summer in particular. Best as *sashimi* and also for salt-grilled or with simmering in soy sauce.



Corns (Jul - Aug)

Cultivated widely in Tokyo including the western Tama region. Those harvested in the morning are sold at farmers' yard and direct sales shops on the same day.



Blueberries (Jul - Sep)

The number of pick-your-own orchards is on the increase. Getting popular as a fruit readily enjoyable.



Grapes (Aug - Sep)

Of varieties cultivated in Tokyo, "Takao" is one of the highest quality grapes. It tastes rich with firm flesh of strong sweetness and nice sourness and flavor.



Japanese pears (Aug - Oct)

Many varieties are cultivated in Tokyo. In the Tama River's watershed areas, where cultivation is active, direct sales shops sell them as "Tamagawa Pear".



Edo Tokyo Traditional Vegetables

Hitting the spotlight as Tokyo's typical vegetables, trademarks were registered by JA-Tokyo Chuokai with 50 items including *Nerima Daikon*, Traditional *Okura Daikon* and *Kameido Dakion* radishes, *Magome Sanzun* carrot, *Magome Hanjiro* cucumber, *Terajima Nasu* eggplant and *Takinogawa Gobo* burdock root. (In addition, there are seven commodities that are not vegetables, including fruit trees and grains.)



▲Kameido Daikon radish

Traditional Okura Daikon radish▶



▲Magome Sanzun carrot



▲Terajima Nasu eggplant



Kiwi fruit (Oct - Nov)

"Tokyo Gold", developed in Tokyo, has yellow flesh with strong sweetness that brings out good taste.



Persimmons (Oct - Nov)

"Tokyo Beni", one of Tokyo's branded fruits, is unique with its strong sweet flavor and reddish orange color.



Cabbages (Oct - Dec)

Harvested twice a year in early summer and in fall/winter. Farmers in Tokyo have been engaged in branding efforts for sweet and juicy winter cabbages as "Tokyo Sweets Cabbage".



Broccoli (Oct - Dec)

Rich in vitamins, minerals, dietary fibers and other nutrients. New varieties are emerging such as stick senior broccoli and broccoli sprouts.



Spinach (Oct - Feb)

Called the king of the green and yellow vegetables with their richness in nutrients. Cultivated in various regions of Tokyo.



Daikon radishes (Nov - Dec)

Blue-head *Daikon* radishes with less hot tasting are mainly cultivated today compared with white-head ones. In Tokyo, traditional *Daikon* radishes are highly prized like *Nerima Daikon*, *Kameido Daikon*, *Okura Daikon* radishes.



Udo spikenard (Dec - May)

Thick and white "Tokyoites" have unique palatability with their crispness. Cultivated in those environments shielded from light.



Strawberries (Dec - May)

The more a strawberry gets colorful and ripens, the more its sugar content gets higher. Suited for direct sales, more farmers have been cultivating them.



Restaurants registered as being able to serve vegetarians and vegans

Among Tokyo's Locavore Restaurants, the stores that can serve menus using Tokyo-produced ingredients to vegetarian*1 or vegan*2 customers are as follows. (Only restaurants that have consented to publication are introduced here). The ingredients are subject to change depending on the stock that is available.

Please be sure to contact the restaurant in advance to inquire about the details of the menu, etc.

“Vegetarian” and “vegan” in this guidebook indicates the following people.

***1 Vegetarian**

This indicates a person who avoids all animal ingredients (meat, fish, crustaceans, shellfish, etc.), including animal-derived soup stock and seasonings, but excluding eggs, dairy products and honey.

***2 Vegan**

This indicates a person whose diet is based on plant ingredients only.

(Note) There are also restaurants which offer a vegetarian menu using some animal ingredients, so please be sure to inquire about the details of the menu in advance.

[Vegetarian]

Location	Restaurant name	Contact	Page
Chiyoda-ku	mikuni MARUNOUCHI	03-5220-3921	12
	Kifune	03-6273-7177	13
	Q CAFE by Royal Garden Cafe	03-6205-7206	14
Minato-ku	Natural Cafe and Restaurant TABUNOKI	03-3280-1916	20
	Shinkyoutei Shinkan	03-3580-2211	21
	erba da nakahigashi	03-5467-0560	21
	Tokyo Oven Akasaka	03-6230-9569	22
Shinjuku-ku	sun	03-6447-1943	23
	Hôtel de Mikuni	03-3351-3810	24
Taito-ku	Tokyo Islands Shochu <i>Izakaya</i> Kokkome	080-9971-3471	27
	Asakusa Shuzen Ichimon Honten	03-3875-6800	29
Koto-ku	Asakusa Shuzen Ichimon Bekkan	03-3871-1015	29
	Edo Tokyo Beer On Tap	03-6659-8379	32
Shinagawa-ku	Turkish Restaurant DEDE	03-3786-5600	34
Meguro-ku	Vegetable Italian Yakumo 111	03-3724-5515	34
Setagaya-ku	Setagaya Farm	03-3702-4500	36
	Hong Kong Cuisine Ajizen	03-6479-0895	37
Shibuya-ku	Soba Onooya Motoyoyogicho	03-3467-7513	40
	fun.ice!	080-4342-1522	40
	Royal Garden Cafe SHIBUYA	03-5456-9026	42
Suginami-ku	Tabegotoya-Norabo	03-3395-7251	43
Nerima-ku	Koryouri Ishii	03-4283-1430	48
	Pizzeria Gtalia da Filippo	03-5923-9783	52
	Kutsurogi-dokoroToride	03-3995-9378	53
	Japanese-Style French Cuisine Komorebi	03-6904-8797	53
Adachi-ku	Il Tonsione	03-3992-9800	54
	Kosodate (Parenting) Café cotoca	03-6320-2736	56
Edogawa-ku	Bakery Restaurant Maruko	03-3656-5211	59
Tachikawa-shi	hoccori *café	042-595-8379	62
	Teppan-yaki Senju	042-529-6787	62
	Rinto <i>Kaiseki</i> Catering	042-521-3180	63

[Points to note]

1. The ingredients used by Tokyo's Locavore Restaurants are mostly produced in Tokyo, but this is subject to change depending on the stock that is available.
2. The range of food that can be offered differs depending on the restaurant. Please be sure to confirm this with the restaurant in advance.

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Ome-shi	Dining & Gallery <i>Mayugura</i>	0428-21-7291	64
	Tokyo Ome Ishigami Onsen Seiryuu Lodgings, Okutamaji	0428-78-9711	72
Machida-shi	Kamado Kunsei Farm Cuisine Takamiya	042-734-3336	78
Koganei-shi	Van de Rhu	042-383-4908	79
	Café 5884	042-387-1004	81
Hino-shi	Handmade <i>Udon</i> Noodles Dontaku	042-585-2222	84
Kokubunji-shi	Wadatsumi Kokubunji	042-324-2118	87
Kunitachi-shi	Syokusai Warabitei	042-511-7269	89
Komae-shi	Asian Restaurant Komae Saigon	03-3430-5186	91
Tama-shi	Yokocho Wine Sakaba Lido	042-400-7445	96
Inagi-shi	Run! Yoshoku-ya-san ♪ Inagi Satoyama Kitchen	042-331-3318	97
	ORTOLANA	042-407-5659	98
Hamura-shi	Italian Restaurant Crescere	042-578-3368	99
	Seafood and Sushi Hanamizuki	042-578-3137	100
Akiruno-shi	Kanmi Sabo Misegura Hisamori	042-558-1852	102
	Hanagaki <i>Soba</i> Noodles	042-559-7081	106
Okutama-machi	Meat Restaurant in the Forest Earth Garden	0428-85-5101	111
	Yamabato	0428-85-2158	111

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TOKYO GROWN



WE ARE TOKYO GROWN.



IT PROBABLY IS HARDER TO UNDERSTAND IF WE TELL YOU THAT WE ARE THE AGRICULTURE, FORESTRY AND FISHERIES.....



YOU MIGHT THINK IT MAY BE IRRELEVANT YOU, HOWEVER IT IS WHEN YOU HEAR TOKYO, IT MIGHT COME ACROSS TO YOU AS A BUSINESS



AND TOURIST AREA.



HOWEVER, TOKYO IS NOT JUST A BUSTLING CITY! EVEN TOKYO'S AGRICULTURE, FORESTRY AND FISHERIES.....



HAS ITS UNIQUENESS AND CHARM!!



TOKYO HAS THESE PRODUCERS



AND PRODUCTS



SPOTS TO EXPLORE AND ENJOY, TO SHOP AROUND TO EAT



WE WILL BE INTRODUCING THIS ALL IN TOKYO GROWN!

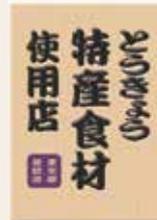
A PART OF TOKYO WE WANT YOU TO KNOW.WHICH IS TOKYO GROWN.



TOKYO GROWN | 🔍

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