









































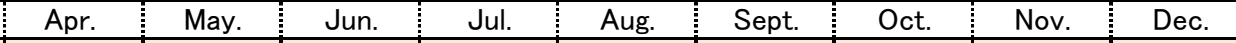































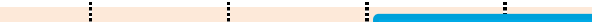
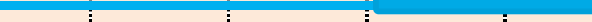




































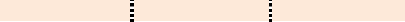





















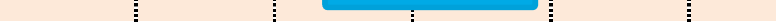







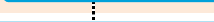










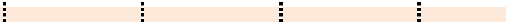


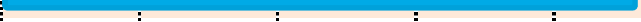

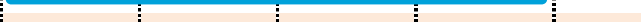









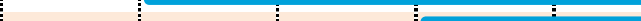









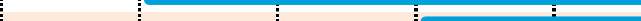



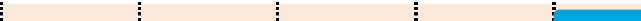






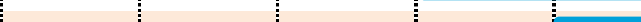




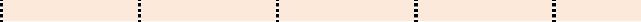



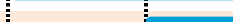

















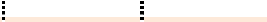




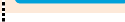









































Iwate Gastronomic Calendar 【Marine Products】

Material Name	best time 												right time 											
	Jan.	Feb.	Mar.	Apr.	May.	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.	Apr.	May.	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.
Salmon																								
Pacific saury																								
Bonito																								
Mackerel																								
Olive flounder																								
Pacific cod																								
Righteye flounder																								
Fat greenling																								
Hachimantai salmon																								
Abalone																								
Sea urchin																								
Japanese scallop (cultivation)																								
Oyster (cultivation)																								
Ascidian (cultivation)																								
Salmon roe																								
Japanese flying squid																								
California cockle																								
Gymnogobius isaza																								
Wakame (cultivation)																								
Kombu (cultivation)																								
Analipus japonicus																								
Sargassum horneri																								















Iwate Gastronomic Calendar 【Mushroom】

Material Name	best time 												right time 											
	Jan.	Feb.	Mar.	Apr.	May.	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.	Apr.	May.	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.
Fresh shiitake mushroom																								
Dried shiitake mushrooms																								
Matsutake																								
Hen-of-the-Woods																								
Nameko																								
Jew's ear mushroom																								
Abalone mushroom																								























Iwate Gastronomic Calendar 【Vegetables】

Material Name	best time 												right time 	
	Jan.	Feb.	Mar.	Apr.	May.	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.		
Cucumber														
Tomato														
Eggplant														
Bell pepper														
Cabbage														
Lettuce														
Chinese cabbage														
Spinach														
Broccoli														
Asparagus														
Corn														
Edamame														
Mini-tomato														
Red leaf lettuce														
Japanese honewort														
Welsh onion														
Kuretubo turnip														
Akkaji daikon														
Curved onion														
Makomodake														
Nannbu-ichirou (Kabocha)														
Haru no kagayaki (Chinese colza)														
Wasabi														
【edible】Chinese lantern plant														
Daikon														
Carrot														
Chinese yam														
Eddoe														




































Iwate Gastronomic Calendar 【Rice】

Material Name	best time 												right time 	
	Jan.	Feb.	Mar.	Apr.	May.	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.		
Ginga no sizuku														

Iwate Gastronomic Calendar 【Fruit】

Material Name	best time 												right time 		
	Jan.	Feb.	Mar.	Apr.	May.	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.			
Fuji (Apple)															
Jonagold (Apple)															
Kio (Apple)															
Sansa (Apple)															
Beni-iwate (Apple)															
Haruka (Apple)															
Oyume (Apple)															
Satonisiki (Cherry)															
La France (Pear)															
Campbell (Grape)															
Beni-izu (Grape)															
Cheinmuscat (Grape)															
Crimson glory vine															
Blueberry															
Watermelon															
Strawberry															

Iwate Gastronomic Calendar 【Grain】

Material Name	best time 												right time 	
	Jan.	Feb.	Mar.	Apr.	May.	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.		
Japanese barnyard millet														
Foxtail millet														
Proso millet														
Job's tears														
Amaranth														
Proso millet														
Buckwheat														
Tartary buckwheat														
Wheat														
Soya bean														
Azuki bean														
Common perilla	