

Local Specialties & Dining Information

FUKUSHIMA Pref.

Peaches

Fukushima City



Fukushima, known as the "Fruit Kingdom", produces the sweetest and juiciest peaches that are famous all over Japan.

Sea-urchins grilled in a shell

Iwaki City



Delicious sea urchins grilled in a shell for a superb sea-salt tang.

Kitakata Ramen Noodles

Kitakata City



The unique characteristics of Kitakata Ramen include a Japanese style soup made from soy source and the underground waters of Mt. Iide, and thick, curly noodles.

Namie Yakisoba Noodles

Namie Town



This delicious local specialty was awarded No.1 prize at the B-1 Grand Prix Food Contest.

Japanese Sake

Fukushima All Areas



With all the things essential for sake production, including high quality water, rice and workers, Fukushima is the leading region in sake production.

IBARAKI Pref.

Melon

Ibaraki is the largest producer of melons in Japan. Sample the many different variety of melons that are grown here!

Hokota City, Ibaraki Town, etc.



Hitachiwagyu Beef

Hitachi Wagyu Beef is produced only by designated farmers, who combine their passion for farming with solid farming techniques to produce this delectable beef.

Ibaraki All Areas



Hitachi-Aki-Soba (Tsuke Kenchin Soba)

Hitachi-Aki-Soba is a local specialty that is dipped in richly-flavored "Kenchin-jiru" sauce. This delicious dish can only be found in Ibaraki!

Hitachiota City, etc.



Anko Hotpot

Ibaraki's most famous winter cuisine is the rare "Dobu-jiru" soup. It is made by simmering monk fish liver with vegetable stock.

Kitabaraki City, etc.



Natto (Wara Natto) (Fermented Soybeans)

Mito is famous throughout Japan for being the producer of "Wara Natto". It is perfect for souvenir or gift!

Ibaraki All Areas



TOCHIGI Pref.

Skyberry

Tochigi All Areas



Aptly nicknamed "The Strawberry Kingdom", Tochigi is famous for producing huge, juicy premium strawberries.

Tochigi Wagyu

Tochigi All Areas



This Japanese black "Wagyu" beef has won "best in Japan" at countless competitions throughout the country.

Utsunomiya Gyoza (Stuffed Dumplings)

Utsunomiya City



The best place to eat delicious Gyoza (stuffed dumplings), made with fresh vegetables and juicy meat stock.

Sano Ramen Noodles

Sano City



Local ramen, featuring unique hand-made noodles made using green bamboo and a clear soup.

Nikko Yuba (Soy Bean Curd Skin)

Nikko City



Nikko Yuba is prepared with lots of pure, clean water using traditional methods and recipes.

GUNMA Pref.

Shimonita Leek

Also known as the "Lord of the leeks", this famous type of onion is popular in Japan as an end-of-year gift.

Tomioka City, Shimonita Town, Kanra Town



Konnyaku Potato & Konnyaku

"Konnyaku" is made from raw potato, and has a unique jelly-like texture that is easy to season.

Showa Village, Shibukawa City, Tomioka City, etc.



Udon Noodles

Sample the famous "Mizusawa Udon", as well as other local cuisine such as "Okirikomi".

Gunma All Areas



Sukiyaki

Gunma Sukiyaki is the perfect promotional food for Gunma as it is made purely with ingredients grown in the prefecture, representing the true hospitality of the region.

Gunma All Areas



Yaki-manju Dumplings

"Yaki-manju" dumplings are a famous traditional Gunma delicious food, which served freshly grilled and smothered in special miso-based sauce.

Gunma All Areas



NIIGATA Pref.

Niigata's Special Kiwami Sushi Platter

Niigata All Areas



Luxurious cuisine made using rice grown in the vast nature of Niigata, topped with delectable local fish.

Hegisoba Noodles

Oiya City, Tokamachi City and surroundings



These soba noodles are characterized by a firm texture and delicious flavor. It's a high quality product made using funori seaweed.

Edamame (Green Soybeans)

Niigata City and surroundings



Niigata Prefecture boasts the largest production area and largest consumption of edamame in Japan. "Niigata soybeans" are a top-quality product.

Sake

Niigata All Areas



Premium sake brewed using high quality rice, crystal clear water and highly skilled hands.

Wine

Joetsu City and surroundings



Niigata is known as the birthplace of Japanese wine. The famous snow storage houses are a must-see.

Safety Measures

In Fukushima Prefecture, strict safety measures are in place throughout all stages of production, from cultivation through to processing and distribution, to detect even the slightest amount of radiation and ensure product safety. Also, in addition to the monitoring inspections implemented by the prefectural government, additional inspections of every single bag of rice are implemented at the farms to ensure absolute food safety. There has been a huge reduction in the amount of radioactivity detected as a result of the strategies for decontaminating the soil and preventing radioactive elements from being absorbed into the ground, so much so that no rice was found to have radioactive level higher than the standard natural level in 2015.

For further information about places to see, please contact:

FUKUSHIMA Pref. 福島県

▶ Tourism Promotion Division, Tourism Promotion Bureau, Commerce, Industry and Labour Department
Tel. +81-24-521-7286
Fax. +81-24-521-7888

▶ **Sights in Fukushima Japan**
Packed with sightseeing information for all seasons! All the information you need for a trip to Fukushima!



<http://www.tif.ne.jp/>

IBARAKI Pref. 茨城県

▶ Department of Commerce, Industry, Labor, and Tourism Tourism Bureau
Tourism and Local Products Promotion Division
Tel. +81-29-301-3622
Fax. +81-29-301-3629

▶ **Ibaraki Navi**
Filled with a huge amount of information, from famous and recommended sightseeing spots to secret spots that even the locals don't know about!



<http://www.ibarakiguide.jp/>

TOCHIGI Pref. 栃木県

▶ Department of Industry, Labor and Tourism Tourism Division
Tel. +81-28-623-3305
Fax. +81-28-623-3306

▶ **Visit Tochigi**
A wide variety of information on Tochigi tourist attractions including Onsen, restaurants, and model courses that give you suggestions of how to make the most of your visit!



<http://www.tochigiji.or.jp/>

GUNMA Pref. 群馬県

▶ Industrial Economy Department, Bureau of Tourism, Tourism and Local Products Division
Tel. +81-27-226-3386
Fax. +81-27-223-1197

▶ **Gunma Gives Your Heart Glee**
Website that introduces all of the attractions Gunma has to offer, including hot springs, dining and historical information. It also provides seasonal recommendations!



<https://www.visitgunma.jp/en/>

NIIGATA Pref. 新潟県

▶ Industrial Labor and Tourism Department, Tourism Promotion Department
Tel. +81-25-280-5968
Fax. +81-25-211-3533

▶ **Enjoy Niigata**
Informative website full of seasonal information, recommended local areas and welcoming events, as well as dining information. Everything you need for a memorable trip to Niigata!



<http://www.niigata-kankou.or.jp/>

Click for seasonal tourist information for all five prefectures.

Full of a wide variety of information on leisure activities and sightseeing!

<http://806.jp>