

Bamboo Shoots

When is it
delicious?

Seasonal
Calendar

Spring			Summer			Autumn			Winter		
March	April	May	June	July	August	September	October	November	December	January	February



What kind of ingredient is it? **Highlights**

Bamboo shoots, known as a spring delicacy, are typically harvested around April. However, in Kagoshima Prefecture harvesting begins as early as mid-October, making it the earliest in Japan. Those harvested in the period through to the following March, known as “early-dug bamboo shoots”, are particularly rare. They are taken from Moso bamboo before shoots emerge above ground, are about 15 cm long and golden, do not need to be treated for bitterness, and have a sweet flavor allowing them to be enjoyed as sashimi after simply boiling.

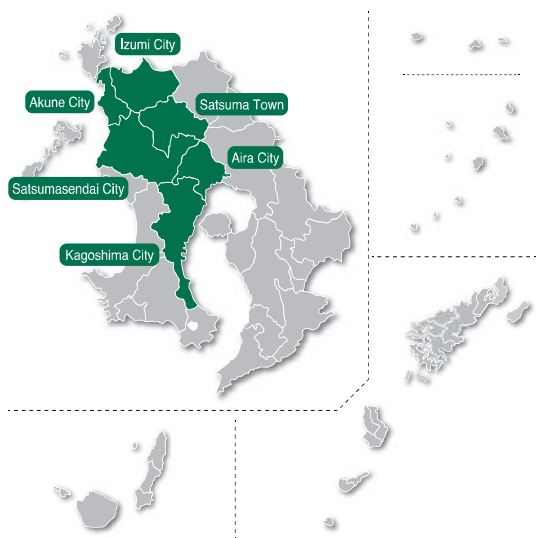
Why it's Special **Column**

Bamboo shoots are a low-calorie spring ingredient rich in protein and dietary fiber. They are high in insoluble dietary fiber (cellulose), which helps eliminate waste and toxins from the intestines and may inhibit cholesterol absorption. They also contain significant potassium, which is largely retained after boiling, making them effective for preventing high blood pressure.

Grown in an area blessed with an ideal climate and soil, Kagoshima's bamboo shoots are noted for their tender texture and rich flavor, making them excellent in a wide range of dishes.

Harvested here /

Production Area Map



Contact

- JA Kita Satsuma TEL0996-53-1121
- JA Kagoshima Izumi TEL0996-64-2600
- JA Aira TEL0995-55-7313
- Kagoshima Prefecture Bamboo Industry Promotion Federation (Bamboo Shoot Processing Division)

Related Websites

JA Kita Satsuma
ja-kitasatsuma.or.jp



JA Aira
ja-aira.or.jp



JA Kagoshima
Izumi
ja-izumi.or.jp



Kagoshima Prefecture Bamboo
Industry Promotion Federation
(Bamboo Shoot Processing Division)
pref.kagoshima.jp



Log-Grown Shiitake

When is it
delicious?

Seasonal Calendar

Fresh Shiitake Mushrooms
Dried Shiitake Mushrooms

Spring			Summer			Autumn			Winter		
March	April	May	June	July	August	September	October	November	December	January	February
Fresh Shiitake Mushrooms											
Dried Shiitake Mushrooms											



What kind of ingredient is it?

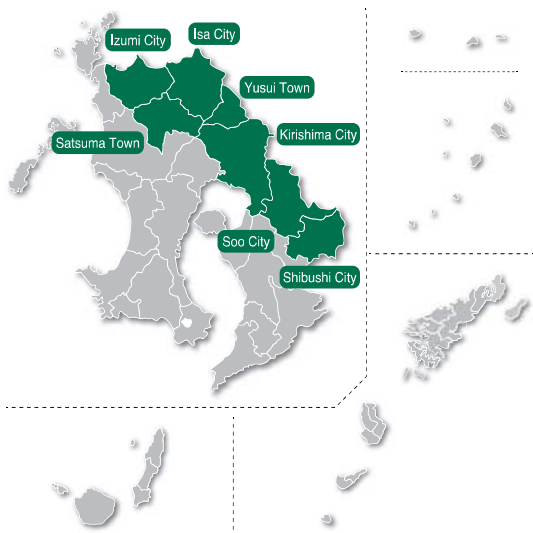
Highlights

Kagoshima's log-grown shiitake are cultivated by inoculate oak logs such as sawtooth or jolcham oak with mushroom spawn, without using fertilizers or pesticides. The shiitake are then grown slowly for 1.5 to 2 years on the logs' natural nutrients in the forest. Nurtured by Kagoshima's nature, these shiitake offer exceptional taste, aroma, and texture. They truly are a delicacy of the forest.



Harvested here /

Production Area Map



Why it's Special

Column

Log-grown shiitake are low in calories yet rich in nutrients and dietary fiber.

As well as eaten fresh, drying increases nutrients like vitamin D, which promotes calcium absorption, and rehydration produces abundant guanylic acid; one of the three main components of umami. Kagoshima log-grown shiitake combine exceptional flavor and nutrition, making them a superb ingredient.

Contact

●Kagoshima Prefecture Shiitake Agricultural Cooperative
TEL0995-42-5779

Thick with a plump, springy texture!

Wood Ear Mushrooms

When is it
delicious?
Seasonal
Calendar

Spring			Summer			Autumn			Winter		
March	April	May	June	July	August	September	October	November	December	January	February
Year-round											



What kind of ingredient is it?

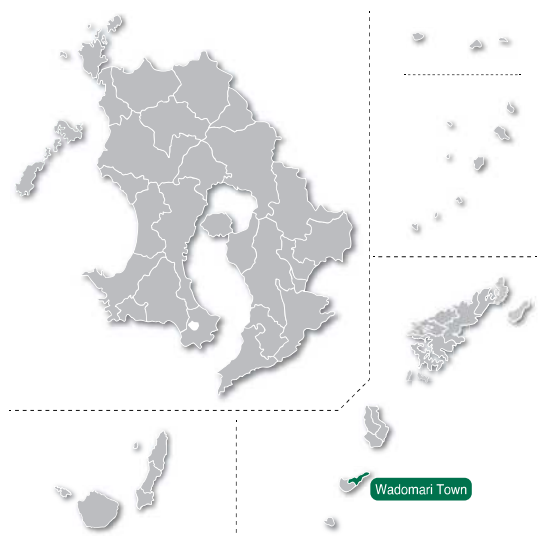
Highlights

Wood ear mushrooms from Okinoerabu use the native Arage Kikurage strain and are cultivated on beds of naturally fermented bagasse, the mineral-rich residue from sugarcane pressing. The high nutritional value of bagasse beds results in mushrooms that are nutrient-rich and thick.



Harvested here /

Production Area Map



Why it's Special

Column

There are three main varieties of wood ear mushrooms: kikurage, shirokikurage (white ear fungus), and aragekikurage. Of these, the first two are mostly imported from overseas, while aragekikurage is also cultivated domestically. Among the three, aragekikurage contains the highest levels of dietary fiber and vitamin D. It is thicker and has a pleasantly firm, springy texture compared to ordinary kikurage. Because it readily absorbs flavors without overpowering the taste or aroma of other ingredients, aragekikurage blends naturally into a wide range of dishes, making it a versatile ingredient.

Contact

- Nangoku Kinokoen Co., Ltd.
TEL0997-92-3537
- Okinoerabu Kinoko Co., Ltd.
TEL0997-92-3165

Related Websites

Nangoku Kinokoen Co., Ltd.
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