

Gastronomy in Niigata

Niigata : a gastronomic paradise

The Gastronomic Landscape

It's all about the Snow

Riches from the Sea

Blessings from the
Abundant Fields
and Mountains

Niigata Local Gastronomy

Niigata:
The Kingdom of Sake

Niigata Noodles

Niigata-made Tableware that
Enhances the Dining Experience.

Top Experiences



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The Gastronomic Landscape
It's all about the

Snow

The heavy snows that fall in winter melt in spring and then slowly seep deep into the earth, providing Niigata with pure water. It is this water that nourishes the best rice in Japan, and that goes into the production of the best sakes from some of the country's top breweries. The water is also full of minerals and where it flows into the sea it creates fertile fishing grounds. In other words, it is the snow that is the source of the food culture of Niigata.



Snow Country and Preserved Food

The Snow Country region found in Niigata is covered in snow for half the year. From spring the locals are preparing preserved food to eat during the winter. Since ancient times techniques such as salting and drying have kept foods throughout the long winter, and have created a unique food culture.

Snow Storage

A "yukimuro" is a type of natural refrigerator, the use of which has remained in Snow Country from generations before. The snow that falls in winter is piled up in a mound and then covered in straw or something similar. It is used to store vegetables and other produce, and can be used into the summer months. These days they are being made in order to age meat and vegetables at a low temperature for a long time.

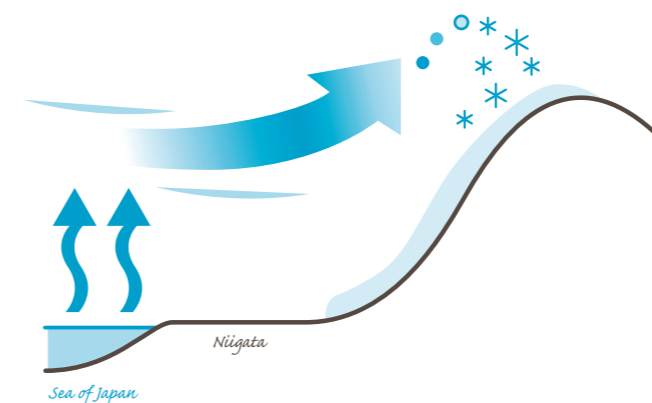


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Why so much snow?

In winter the monsoon winds come across the Sea of Japan from Siberia and pick up a large quantity of moisture that evaporates from the sea. They rise as they reach the land, and then when they hit the hills and mountains, they push up into the clouds which drop snow across Niigata.





The Gastronomic Landscape
Riches from the

Sea

The coastline of Niigata stretches for 635 kilometers, and it is the point at which warm and cold currents meet, so throughout the year a wide variety of fish can be caught. Especially well-known are the yellowtail, squid, nanban shrimp, and snow crab. The catch from many fishing ports not only supplies Niigata, but is also of such high quality that it is sold in the Toyosu Fish Market in Tokyo, and makes its way into the top restaurants in the capital.



Ryotsu Port Fish Market

Sado Island, which is surrounded on all sides by ocean, has a thriving fishing industry that stands out even in Niigata with its rich marine resources. In spring it is sea bream and flounder that abound, summer is tuna, fall is Pacific cod, flathead flounder, and blackthroat seaperch, and in the winter months it is winter amberjack and young yellowtail. Oyster farming is also a popular industry.

Teradomari Fish Market Street

There are many seafood markets lined up close to the Teradomari Fishing Port which faces the Sea of Japan. Enjoy the local specialties of squid, scallops, or seasonal fish grilled on the seafront, or head into a restaurant to savor the meals made from the fresh catch. It is a place where you can enjoy the bounty from the oceans as well as the atmosphere of the markets.



The Reason for the Wide Variety of Delicious Fish

Along the coast of Niigata is where the warm currents and cold currents intersect, which means that it is possible to catch a wide variety of different fish. It is also where a large amount of snowmelt water that has slowly seeped through the mountains, becoming mineral rich in the process, flows into the sea from the rivers. This also helps to ensure well-stocked fishing grounds.



The Gastronomic Landscape

Blessings from the
Abundant

Fields and Mountains

Niigata is the fifth largest prefecture in Japan by area, and is one of the leading agricultural prefectures, being the second largest by cultivated land area. It is also the largest producer of rice, which is the staple food of Japan, as well as the largest producer by area of eggplant and edamame. The different terrain in the prefecture, from sand dunes, to mountains and highlands, is put to good use to produce a wide variety of fruit and vegetables.



Mountain Plants

The mountain plants that can be harvested in spring are the delicacy of that season. The foraged plants in Niigata are known for their great flavor. It is the snow that removes any bitterness and makes them so remarkably delicious. It is also the fact that there is cold and snow meaning that there are no insects, so the plants don't need that bitterness to ward off attacks. The snow melts at different times depending on the altitude which means that Niigata has a long season in which to enjoy the mountain plants as their appearance is staggered.

Mushrooms

Fall is a treasure trove of mushrooms in Niigata. It is possible to gather more than you can eat during mushroom season, so they can be pickled or dried to make them last, and their flavor can be savored throughout the whole year.



A Fertile Land Nourished by a Large River

The river basins of large rivers, like Japan's longest, the Shinano River, as well as others like the Agano River feed the wide plains which are some of the biggest food production areas in the country. Also the temperature difference between day and night helps to produce delicious rice, fruit, and vegetables.

Gastronomy in Niigata

Niigata Local Gastronomy

"Local Gastronomy" is modern dining where the food can communicate the local terroir, culture, or history. Or on the other hand, where it is possible to learn something about the region through its food. When in Niigata one should eat cuisine made with local ingredients, and dishes that express the climate and traditional culture of Niigata. It means being able to experience the many things that have influenced the cuisine and ingredients, such as the climate, history, nature, and culture.

(Note) Guide to Michelin Ratings
"Restaurants"

- ** Excellent cooking, worth a detour!
- * High quality cooking, worth a stop!

[Bib Gourmand]
Exceptionally good food at a moderate price

[Michelin Plate]
Fresh ingredients, carefully prepared:
a good meal.

"Accommodations"
[3 Red Pavilions (3 Stars +)]
An exceptionally comfortable hotel
[2 Pavilions] A comfortable hotel



Sushi Kyodai Sushi

One of the charms of the regional sushi shops is that they offer a different experience to those in Tokyo. At Kyodai Sushi they tease out the best flavors of the seasonal seafood from Niigata, while enhancing the experience with the background story. Chef Homma who is well versed in the fish from Niigata expertly presents delicious sushi with his skills of ageing and composition, and the additional effort that he puts into his craft. It is a restaurant where you can enjoy the essence of Niigata combined with gastronomy.

[MICHELIN **]



Chef
HOMMA Ryuji

本間 龍史

"I take great care to ensure that you can get a feel for Niigata. This is because I believe that people coming from outside this prefecture are looking for a meal that is very local. Of course the rice and toppings, but also the soy sauce and vinegar are all from Niigata. I think the very best way of eating is a combination of local produce served with more local produce. Even the dishes we plate up on are Niigata lacquerware."



Together with the fishermen DANJO Akiyoshi

Danjo Akiyoshi is one of the few fishermen on Sado who fish with a rod. "I started fishing with a rod as it meant that I could process the fish afterwards without losing any of the freshness." Producers can only survive if there are chefs who are willing to use their produce. "We are working with restaurants in Niigata to communicate a narrative around the food."

INFO

Kyodai Sushi



9-146-1, Furumachidori, Chuo-ku,
Niigata city, Niigata

TEL 050-5484-2770
(+81-50-5484-2770)

<https://kyodaisushi.gorp.jp/>



Japanese

Nabejaya Kourin

Nabejaya is a restaurant in Niigata's Furumachi that was founded in 1846. Furumachi prospered as one of the three main geisha districts alongside Gion in Kyoto and Shimbashi Ginza in Tokyo. Nabejaya runs the Japanese restaurant, Nabejaya Kourin. The restaurant caters to a small number of diners, and provides beautifully presented dishes crafted from specially selected seasonal ingredients. Surrounded by the atmosphere of Niigata's Minatomachi you can enjoy a once-in-a-lifetime dining experience.

[MICHELIN **]



Owner & chef
TAKAHASHI Eiji

高橋 英司

"The most important thing is not to kill the flavor and power of the ingredients, but draw it out. We only use produce from Niigata and there are periods when there are many of the same kinds of ingredients. Even when that is the case the same ingredient can be steamed, grilled, or fried, and many variations can be created. Also we take great care over the order in which the dishes are presented."



Together with the farmer TAGA Yoshio

I predominantly grow rice, but I also grow the vegetables in which I have an interest. The vegetables that are harvested are sent that same day to the wholesale market in Niigata City. These include red onions, wasabi greens, mustard greens, cabbages, edamame soybeans, and broad beans. The red onions have a strong taste when they are raw, but on cooking this softens, so depending on how you cook them, there are many flavors to enjoy.

INFO

Nabejaya Kourin



8-1420, Higashibori-dori, Chuo-ku,
Niigata city, Niigata

TEL 025-223-2015
(+81-25-223-2015)

<http://www.kourin.info/>





French
Restaurant UOZEN

This is the foremost French restaurant in Niigata. The quality and creativity of the cuisine is beyond compare. They use the best of the season's ingredients from Niigata to produce beautiful dishes along a theme. The cutlery used in the dining room is also produced locally in Tsubame Sanjo. While you are enjoying the food here you can also get the feeling that you are experiencing a trip through Niigata.

[MICHELIN **]



Chef
INOUE Kazuhiro

"In spring we go out to the mountains to forage for plants, in summer to the ocean to fish, and in winter it is back to the snow-covered mountains to go hunting. Even the vegetables on the plate are those that we have grown in our own gardens. Because we take everything ourselves, we understand the ingredients and how best to use them. Also I think the ingredients would be pleased to know that having been taken by us, they are then employed completely with no waste."

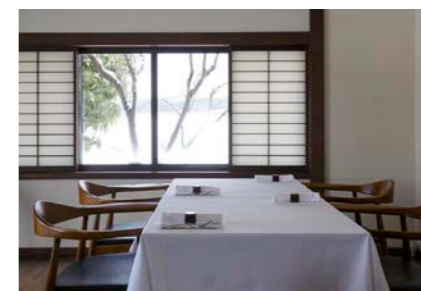


The cooking starts with the catching of the ingredients.

Chef Inoue chose this location as he wanted to cook somewhere where he was close to the ingredients. Niigata is very rich in nature so he can collect the ingredients that he is going to prepare. He is a chef that lives alongside his ingredients.

INFO

Restaurant UOZEN



1-10-69-8, Higashi-osaki, Sanjo city,
Niigata

TEL 0256-38-4179
(+81-256-38-4179)

<http://uozen.jp/>





Japanese
SHINTAKU

Shintaku in Murakami City produces fine Japanese cuisine that makes the most of the taste of its unique ingredients, but it is also well-known for its originality. They are treading a delicate line preserving traditions while also looking to improvise to find new delicious flavors. Diners here will definitely find new creativity in amongst the classics.

[MICHELIN *]



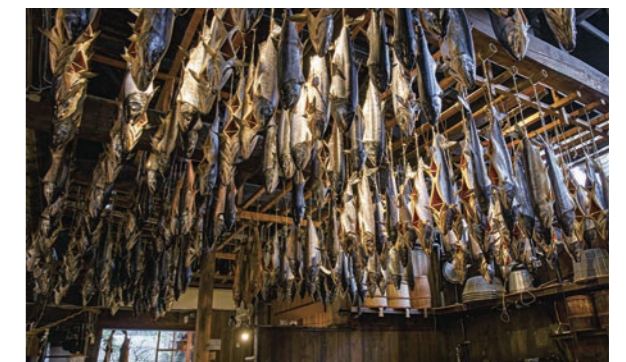
Owner & chef
YAMAGAI Shinsuke

山岡 真守

Chef
YAMAGAI Ryota

山貝 亮太

"Murakami has an abundant selection of ingredients throughout the four seasons. In spring there is masu salmon. In summer there is Japanese sweetfish (ayu) from the Miomote River as well as blackthroat sea perch and rock oysters from the Sea of Japan. There is salmon in fall, and winter has winter amberjack and snow crab. We are surrounded by the abundant nature of the ocean, rivers, and mountains, as well as clear, fresh water. I want you to feel Murakami by eating ingredients that can be found only here during certain parts of the four seasons."



Salmon Town Murakami

Salmon is much loved by the people of Murakami, and in the local dialect is known as lyoboya which translates to "fish within a fish". It is said that there are over one hundred kinds of salmon dishes around Murakami, so no part of the fish goes to waste.

INFO

SHINTAKU



3-38, Komachi, Murakami city,
Niigata

TEL 0254-53-2107
(+81-254-53-2107)

<http://sintaku.sakura.ne.jp/>





French Tamakiya

Tamakiya in Matsunoyama Onsen is a ryokan that is proud of its baths that are fed straight from the source of one of the top three medicinal onsens in Japan, as well as their cuisine that incorporates ingredients that are only found in Niigata. Chef Kuriyama trained in Michelin-starred restaurants, and provides countryside ingredients with a French twist known as Satoyama Cuisine. The owner, Mr. Yamagishi is a sake sommelier and pairs the dishes with local sakes and wines.

[MICHELIN * / 2 Pavilions]



Chef | 栗山 昭
KURIYAMA Akira

"While making the best use of the ingredients, we bring together elements of Japanese cuisine, like the flavors and combinations, into French fine dining dishes. Of course we use ingredients from the local countryside, but we are also close to the sea too so there are never any issues finding the freshest ingredients."

Owner & Sake sommelier | 山岸 裕一
YAMAGISHI Yuichi

The owner, Mr. Yamagishi, is qualified as both a Sake Master and a sommelier, and he explains, "We are pairing the sakes to bring out the best in the food which is the main attraction." He was a finalist in the 5th World Sake Masters Contest, an international sake sommelier event, and has also been rated as the 7th best sake sommelier in the world.

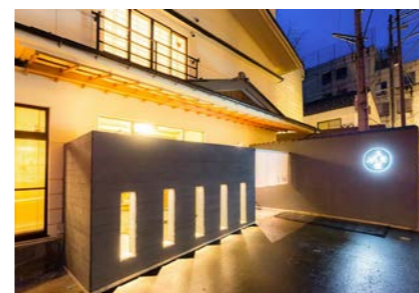


Echigo-Tsumari Art Triennale

The Echigo-Tsumari Art Triennale is one of the largest international art festivals held every three years since 2000 in Echigo-Tsumari (Tokamachi City and Tsunan Town). The concept of the festival is "Human beings are part of nature".

INFO

Tamakiya



13, Matsunoyama Yumoto,
Tokamachi city, Niigata

TEL 025-596-2057
(+81-25-596-2057)

[https://www.tamakiya.com/
english-2/](https://www.tamakiya.com/english-2/)



KOKAJIYA

Kokajiya is found in Iwamuro Onsen, at the foot of Mount Kakuda, and is surrounded by mountains, fields, rice paddies, the ocean, and nature. Every day the bounties from the plentiful mountains and sea arrive, including ducks that they hunt themselves. The owner and chef, Seinosuke Kumakura devotes himself to turning these fresh ingredients into creative cuisine. By adding subtle embellishments from Japanese cuisine and a knowledge of spices, the delicious finished products are a treat to both the palate and the eye.

Old Folk House Restaurant

The restaurant is in an old folk house that dates back over 100 years. You almost feel as if you have stepped back in time with the low ceilings and the wooden interior. As you eat, there is no mistake that you are in Japan, and you can get a feel for Iwamuro Onsen.

INFO **Michelin Plate**
 666, Iwamuro Onsen, Nishikan-ku,
 Niigata city, Niigata
 TEL 0256-78-8781
 (+81-256-78-8781)
<https://kokajiya.com/>



ryugon

This is a manor house hotel that was constructed from the dwellings of a village headman and rich landowner dating back over 200 years that were relocated here. Situated on a vast 16,000m² estate, you can enjoy the old Japanese buildings surrounded by the rich nature. The cuisine is Yukiguni Gastronomy which features plants and mushrooms foraged from the mountains, fermented ingredients, and vegetables kept in snow storage (known as a Yukimuro) to make them last. All were traditionally necessary to survive living in the Snow Country. This is an accommodation where you can experience Yukiguni Culture.

Doma Cooking

This is a cooking class where you learn how to make the local countryside dishes alongside one of the local grandmothers with a lifetime of experience. During the workshop you will use mountain plants to create classic dishes, and cook with delicious seasonal local ingredients, while listening to the wisdom of the countryside. A feast of Yukiguni slow food awaits at the end.

INFO **3 Red Pavilions**
 1-6, Sakado, Minamiuonuma city,
 Niigata
 TEL 025-772-3470
 (+81-25-772-3470)
<https://www.ryugon.co.jp/en/>



Restaurant L'armoise

This is a French restaurant owned and operated by a young rising star chef called Ryotaro Tanaka. The defining characteristic of the flavors here are that they make the best use of the ingredients. To this end he is also very particular about the cooking method. With their signature imagination one ingredient can be transformed into a variation of dishes.

Evolving French Cuisine

L'armoise's cuisine is evolving daily. Chef Tanaka is not constrained by the rules of French gastronomy, but is gradually improvising inspired by his own feelings, and coming up with new French dishes on a daily basis.

INFO **MICHELIN ***
 3-3-3, Omotemachi, Nagaoka city,
 Niigata
 TEL 0258-30-4622
 (+81-258-30-4622)
<https://www.restaurant-larmoise.info/>



SATOYAMA JUJO

Out in the abundant nature of the countryside, within the walls of an old folk dwelling you can sense the history and culture of the past. There is furniture and modern art from the world's leading designers, and the chance to experience a cuisine that lets you feel the power of nature. This is a stay at Satoyama Jujo. During a visit travelers are sure to have new experiences and make discoveries.

Local Gastronomy

Satoyama Jujo is run by the owner who is a proponent of Local Gastronomy. The essence of this is not just the appearance and presentation, but it is the idea of keeping alive the wisdom of Snow Country through the local ingredients and culture.

INFO **MICHELIN * / 3 Red Pavilions**
 1209-6, Osawa,
 Minamiuonuma city, Niigata
 TEL 025-783-6777
 (+81-25-783-6777)
<http://en.satoyama-jujo.com/>



Niigata: The Kingdom of Sake

The reason that Niigata has the highest number of sake breweries in the country is due to the abundant water and rice which in turn are due to the snow. When you are travelling it can be a great idea when in a restaurant to ask what local sakes go well with each dish. The local sake, which perfectly captures the terroir of the area, is sure to be a terrific complement to the cuisine.



Sake Brewery Tours

There are several places in Niigata where you can tour a sake brewery. The Imayotsukasa Brewery is one of them. It is about a fifteen minute walk from Niigata Station. The staff at the brewery will take you around the sake making process, and will also teach you about the history of Niigata and the Nuttari area. Once you have toured the facility there is then a sake tasting, and the opportunity to buy any of your favorites. (Brewery tours by reservation only.)

INFO IMAOTSUKASA Brewery

1-1, Kagamigaoka, Chuo-ku, Niigata city, Niigata
TEL 025-245-0325 (+81-25-245-0325)
<http://imayotsukasa.co.jp/en/>

Ponshukan

This sake tasting corner, where you can try all the different sakes produced in Niigata, is very popular. 500 yen buys you five tokens, and you use these in the machines to get tasting shots of your desired sake. With so much choice you are sure to find something that you like. It is not just sake that is for sale here, but also a range of other local souvenirs, and all the shops are right inside the JR Shinkansen Stations.

INFO Ponshukan

Ponshukan Niigata
Ponshukan Nagaoka
Ponshukan Echigo Yuzawa
<https://www.ponshukan.com/en/>



The Niigata Climate that Produces Such Delicious Sake

The sake making process in Niigata makes use of the snow and is known as Echigo Style. The snowmelt seeps into the earth and becomes soft water that produces a very smooth sake. The snow also cools the temperature, and purifies the air. The sake brewing process involves open fermentation while controlling live cultures of yeast and koji. The winter snows play a large part in making sure that no unwanted bacteria enter the process.



Niigata Noodles

The rich variety of noodles in Niigata



▲ Light soy sauce ramen in Niigata City

This ramen has thin, curly noodles in a light broth made from dried sardines. Sankichiya is a much loved restaurant that has been serving the residents of Niigata light soy sauce ramen for over 60 years. It is known for its refreshing soup, and over half the clientele are female.

/ SANKICHIYA
5-829, Nishibori-dori, Chuo-ku, Niigata city, Niigata



◀ Backfat ramen in Tsubame City

The origin of Tsubame's backfat ramen comes from deliveries to the small Western tableware factory in the city which necessitated developing a ramen with noodles that wouldn't soak up too much soup. The result is a ramen with plenty of backfat and very thick noodles. Diced onions are used as a topping.

/ KOSHUHANTEN
49-4, Tsubame, Tsubame city, Niigata



Ginger soy sauce ramen in Nagaoka City▶

Nagaoka is in an area that receives heavy snows, and this ramen came about as a way to get warm. Raw ginger is used when making the soup, and ginger is also effective against fat. The strong soy sauce soup warms both the body and the spirit.

/ AOSHIMA SHOKUDOU
3-5-3, Miyauchi, Nagaoka city, Niigata

Hegisoba

Hegisoba is a Japanese soba that has its roots in the textile industry. A type of seaweed called funori was used as a starch to fix the threads, and then found its way into being used as a binding agent for soba. This gave the noodles a distinctive smoothness, texture, and delicious flavor. They are served on a wooden tray called a hegi, and arranged in figure of eight mouthful-sized servings that resemble a bundle of silk threads.

/ KOJIMAYA SOUHONTEN
758-1, Nakayashiki, Tokamachi city, Niigata



Black Yakisoba

Squid from the Japan Sea and Chinese style noodles make for a delightful dish of fried noodles. Squid ink is used to give the noodles their distinctive black appearance. Different restaurants use different ingredients and seasonings so each establishment offers a unique experience.

/ TSUKITOKU-HANTEN
2-5-18, Omachi, Itoigawa city, Niigata



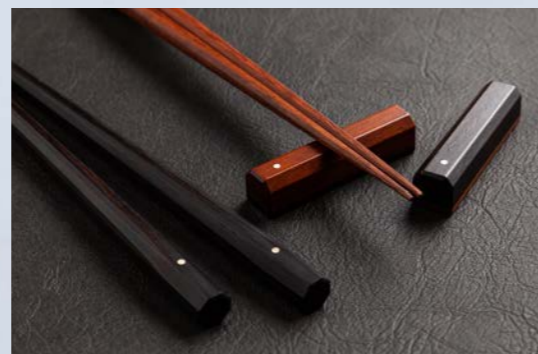
ラーメン

Niigata-made Tableware that Enhances the Dining Experience.



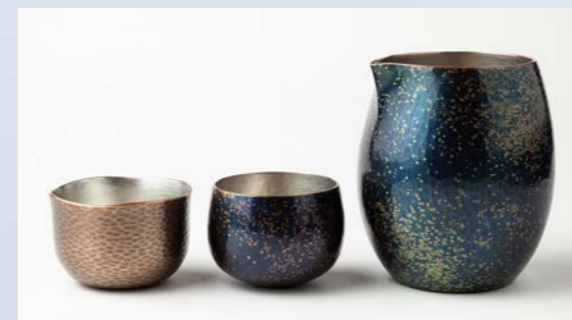
World Renowned Tableware

Tsubame is known for its tableware, and Sanjo for its knives. Both cities have thrived as manufacturing hubs within Niigata. The tableware from Tsubame accounts for over 90% of Japan's production in that category, and it has grown into a major production area with exports to countries around the world. In recent years some factories have opened to visitors and offer the chance to see the production up close and try your hand at some of the processes. As a result of its high craftsmanship and design, the cutlery from YAMAZAKI KINZOKU KOGYO Co.,Ltd. was selected for the Nobel Prize's 90th Anniversary Banquet.



Marunao Chopsticks

Marunao use their knowledge of wood and how to work with it developed over the last 80 year to produce beautiful eating utensils like spoons and chopsticks. All that experience led them to develop a novel design for the tip of a chopstick in an octagonal shape with a diameter of 1.5mm that is highly regarded for its feel and ease of use.



Copperware

About three hundred years ago, during the Edo Period, copper was produced at Mount Yahiko which is close to Tsubame City, and the production of Japanese nails and copper work took root in the area. Since its foundation in 1816, Gyokusendo has been turning out copperware using a forging method with copper sheets hammered into shape which has been in use for the last 200 years. It is possible to observe the crafting process in the workshop as well as browse the finished products in the connected shop.

INFO

TSUBAMESANJO Regional Industries Promotion Center

Tsubame-Sanjo area is one of the world's leading metal processing production areas and here is the central resource for information as well as news on new products and technologies.

In the Display Hall you can admire and purchase cutlery as well as other products from the region.

There are hands-on displays for visitors to try some skills, like polishing a spoon.



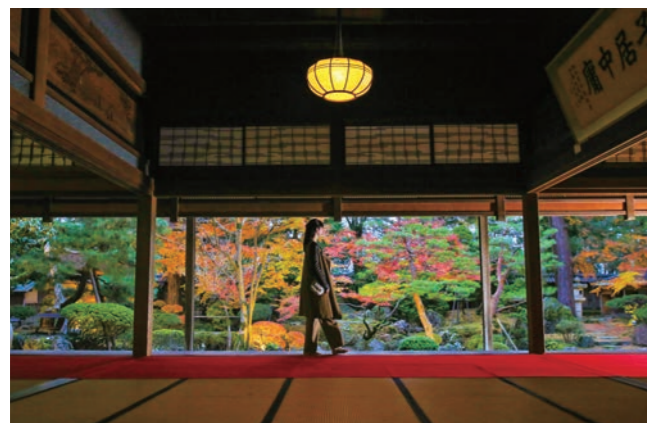
1-17, Sugoro, Sanjo city, Niigata

TEL 0256-32-2311 (+81-256-32-2311)

<https://www.tsjiba.or.jp/en/>

Top Experiences

Memorable Tourism & Gastronomy Experiences in Niigata



Wealthy Farmer's Residence & Japanese Garden

The building of the Northern Culture Museum has been created from the reconstructed residence of Bunkichi Ito, who was once the largest landowner in Niigata. The imposing buildings, beautiful gardens, and rich furnishings are reminders of the prosperous times of days gone by. The Ito family, one of Japan's foremost landowners, were in the habit of distributing mochi rice cakes for New Year and other celebrations. One person making mochi would have been an endless task so they did it in a team of three, and you can have a go at this tradition while there.

Northern Culture Museum
2-15-25, Soumi, Konan-ku, Niigata city, Niigata
TEL 025-385-2001 (+81-25-385-2001)
<http://hoppou-bunka.com/english/>

Entertainment at a Meiji Era Merchant's Mansion The Dance of the Geisha from Niigata's Furumachi

When the Kitamaebune trade ships plied the Sea of Japan coast, Niigata prospered as a bustling port of call, and as a result an entertainment district developed. Visitors were enthralled by the geigi of Furumachi in Niigata. You can witness the Dance of the Furumachi Geigi at the old Saito Residence, once home to a wealthy merchant and now a national heritage property.

Niigata Visitors & Convention Bureau
6-894-1, Nishibori Maedori, Chuo-ku, Niigata city, Niigata
TEL 025-223-8181 (+81-25-223-8181)
<https://www.nvcb.or.jp/travelguide/en/>

Under a traditional thatched roof Irori Dining Experience

The Oginoshima Kayabuki-no-sato is a hamlet of thatched roofed farmhouses that still retains the circular shape of the Jomon era. It is an unusual sight even in Japan. Here you can get a feel for the rural farming scenery from times gone by.

Oginoshima Furusato Village Association
TEL 0257-41-3252 (+81-257-41-3252)
Monday, Wednesday, Thursday, Friday from 10:00 to 12:00

Echigo TOKImeki Resort Setsugekka

The Tokimeki Setsugekka is a resort train that runs through the Joetsu Region. While you gaze out at the beauty of the ever changing scenery of mountains and ocean from the large windows, you can enjoy the flavors of the fresh ingredients gathered from the same locales that you are admiring.

Echigo Tokimeki Railway
TEL 025-543-8988 (+81-25-543-8988)
<https://www.echigo-tokimeki.co.jp/setsugekka/en/>

Markets

If you take a visit to a market in Niigata you can get a glimpse into the lives and food culture of the local people. There will be some items that you are familiar with, but also some things for sale that will be completely new to you. Drop in and have a look around next time you are travelling. You're likely to enjoy meeting some of the local too.

Fish Markets



Niigata Prefecture has a long coastline stretching along 635 kilometers. The fishmarkets display row upon row of freshly caught fish and shellfish packed on ice delivered from nearby fishing ports. You can buy seafood to take home with you, or enjoy freshly grilled delicacies cooked right there on the seafont.

Farmers Markets



Niigata, which is one of the leading agricultural regions in Japan, has farmers markets that sell direct to the public. Fresh vegetables are collected from participating farmers on a daily basis and laid out for all to peruse.

Delicious Fruits



There is a wide range of growing conditions around Niigata Prefecture, from sand dunes along the coast to the heights of the mountains. This, combined with the many hours of sunlight in spring and summer, and the temperature difference in fall, mean that many different kinds of fruit can be grown around the prefecture. There are also many tourist orchards dotted around where you can enjoy picking your own fruits.

By Shinkansen

From Tokyo

Niigata Station	100min
Echigo Yuzawa Station	70min
Joetsu Myoko Station	120min

By Jetfoil or Ferry



From Niigata to Ryotsu

65min by jetfoil
2hr30min by ferry

From Naoetsu to Ogi

1hr40min by high speed ferry

(As of summer 2020)

-  JR Shinkansen
-  by Sea
-  by Air

