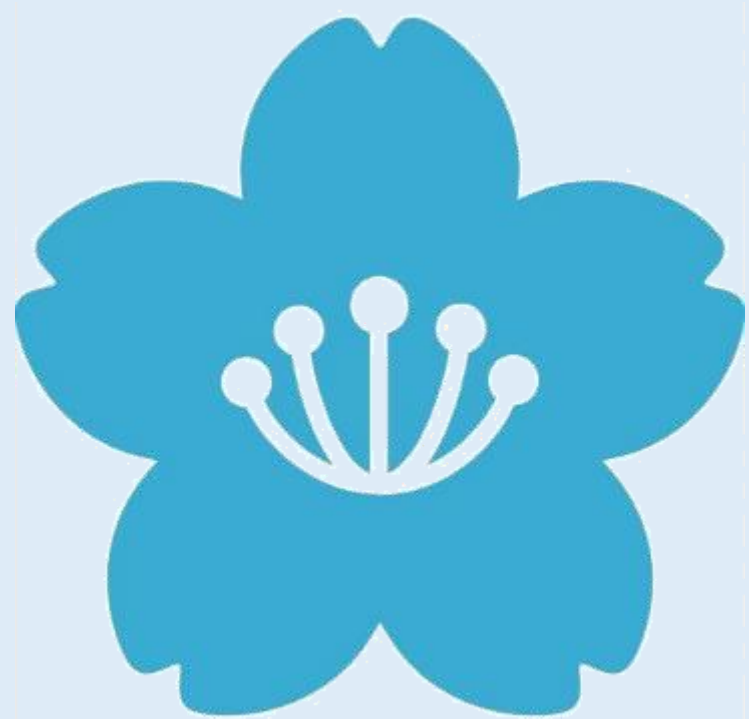


Spring  
Product



## Enjoy the taste of spring in Kochi Recommended products in spring (March to May)

### Street Markets in Spring

Starting mid-March, wild plants such as Japanese knotweed, bracken, and bamboo shoots are often sold at street markets. Vendors' product line-ups change greatly from month to month, with green peas and snap peas becoming more common in mid-April, and plums becoming available in mid-May. Plum blossoms are also sold in the lead-up to the Doll Festival in March.

#### Japanese knotweed

No.1

Production in  
Kochi Prefecture



Its unique sour taste and crunchy texture lends itself well to stir-fry and country sushi toppings. At street markets, it is either sold as-is or peeled to remove the bitterness.

#### Fiddlehead fern

No.1

Production in  
Kochi Prefecture



The fern shoots are boiled immediately after being harvested to remove their bitterness, then dried in the sun and rehydrated before being put up for sale.

#### Konatsu citrus



Try eating the fruit without removing the white pith to experience a refreshing sour-sweet burst. Many local varieties of konatsu citrus fruit, such as Sukumo Konatsu and Nishiuchi Konatsu, are sold at street markets. These local varieties are known for being sweeter than varieties from other prefectures.

#### Bamboo shoots



boiled shoots, and even *kiiko*, which are soft shoots with yellow leaves at the tip.

#### Plums



Street markets sell various kinds of plums, such as Koshu Ko-ume plums, which are used to make crispy pickled plums, Nanko-ume and Kobai plums, which are used for soft pickled plums, and Shirakaga-ume plums, which can be made into pickled plums, plum wine, plum syrup, and more.

#### Dried young sardines



Vendors sell *chirimenjako*, which are baby sardines that are boiled in salt and then sun-dried, *kachirijako*, which is made by further drying the dried fish, and *kaerijako*, which is made from larger young sardines.

Please note that the availability of these recommended products may vary per year.