

Welcome to Warabe Mura

Hello, and welcome to Warabe Mura Wholefoods. We are a family owned mail order company situated in land locked Gifu Prefecture, central Japan. We are committed to offering what we consider to be the best and highest quality traditionally crafted whole foods available here. Foods that have been grown, whenever possible, organically and locally, processed as little as need be, with absolutely no artificial additives, colourings or flavourings used. Only natural occurring sweeteners such as brown rice malt and millet malt are used in the products we stock. All are sugar, dairy, egg, fish, fowl, and meat free. The natural personal care products we carry are cruelty free as well as containing no animal derivatives. The house cleaners are environmentally friendly and all tissue & toilet papers are from recycled sources. We feel that to help heal the Earth and ourselves is enhanced by following a plant based diet, supporting sustainable organic agriculture, small farmers and producers of products that are Earth friendly and not manufactured at the expense of the environment, us or the creatures we share this world with. We specialise in Macrobiotic Whole Foods offering an extensive selection that includes shoyu, tamari, brown rice, umeboshi, miso as well as a wide variety of wild sea vegetables and Japanese pastas. We also offer a great range of imported organic whole foods such as dried fruit & nuts, pastas, sauces, fair trade teas & coffees, grains, flours and oils. Once a week we send out our seasonal organic vegetable box grown by dedicated organic farmers, and our delicious natural leavened breads, fresh out of the oven that day, are sent out twice a week. We regularly update our on line PDF catalogue that can be downloaded from the English section of our homepage www.warabe.co.jp. Your comments and suggestions are always welcome on new products and on ways to improve our service, so please do let us hear them. Thank you.

Warabe Mura

Our COD (Cash on Delivery) Home Delivery Service is fast, friendly with most orders arriving within 2~3 days. Orders can be posted, e-mailed or faxed in with the form provided or you can make your own.

e-mail: hope@warabemura.com ~~~~~ telephone: 0574-54-1355 ~~~~~ fax: 0120-54-1495

❖ To make delivery all the more easier please include your full name, address and contact telephone numbers day and night. Please list clearly any special delivery instructions and the best times for delivery with each order.

❖ Payment is COD with a handling charge of ¥315. If you are not at home to receive the order the delivery company will leave an attempted delivery slip with the drivers contact telephone number on in your post box for you to call and arrange a new delivery time.

❖ If you are unhappy in anyway with the products or if the products are damaged or have not been included with your order, please let us as know as soon as possible, so we can put what's wrong, right.

❖ On orders from ¥15,000 there is No Shipping Charge. For orders less than ¥15,000, the shipping charges are as follows:

Kanto, Koshinetsu, Hokuriku, Chubu, Kansai:	¥525+
Shikoku, Chukoku, Tohoku:	¥735+
Hokkaido, Kyushu:	¥1,050+
Okinawa:	¥1,260+
+ COD Handling Charge:	¥315+

Additional Optional Cool Shipping Charge for the Vegetable Box (June ~ Oct): ¥315 applies to all orders.

❖ From the months of June to October vegetable box orders are shipped cool with an additional charge of ¥315 per order. The cool shipping is optional but we do strongly recommend it, summers being very hot. If you want this service or not please let us know when placing a vegetable box order.

All domestic organic products that are certified under the Japanese official organic standard "JAS", or carry overseas organic certification, along with imported organic products are marked "OG". All are third party certified; with imported products guaranteed that they are imported without the use of post harvest chemicals or fumigation. Only the domestic organic products that meet the criteria set by the Japanese standards or overseas standards, but not official certified, are marked "JO".

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SHOYU

Originating centuries ago, shoyu has become an international seasoning. A few drops of shoyu added at the end of cooking provides added nutrition to a meal and brings out the natural flavours of the food. All our shoyu is traditionally made and fermented in cedar casks. Unpasteurised.

- 127 OG Marumata Tamari 360 ml ¥672**
 Tamari is not a shoyu but authentic, organic, wheat-free, condiment taken from liquid puddle (tamari) that forms in the natural fermentation process of hacho miso. Has an outstanding, deep, rich taste. Made locally in Aichi prefecture.
- 121 JO Namashibori Shoyu 1 L ¥1,365**
 Rich full-bodied flavour. Fermented for 2 years using locally grown organic soya beans, whole wheat and sea salt.
- 123 JO Hand Made Shoyu 1 L ¥1,047**
122 JO Hand Made Shoyu 1.8 L ¥1,701
 Traditionally handmade with all organic local ingredients.
- 124 JO Honnama Shoyu 720 ml ¥1,082**
125 JO Honnama Shoyu 1.8 L ¥2,205
 A superb organic shoyu made with local soya beans, whole wheat and sea salt and fermented for 2 years in cedar casks.

MISO

Miso is a versatile and nutritious fermented paste that has a very calming and grounding energetic quality to it. It is thought to have originated in China some 2,500 years ago and is probably used more today than then. Miso can be made from just soya beans and koji or in combination with various other grains. The basic 3 varieties are, Hacho (soya bean) preferred in winter, Mugi (barley) in summer, and Kome (rice) all year. Miso is a raw

and living food so best to avoid boiling it as this will kill the natural health promoting culture present. Miso is a rich source of amino acids and B vitamins with a protein content of around 15%. Has an average salt content of 10% so best used sparingly. All our miso is unpasteurised and perfect for soups, stews, in dressings and as a delicious spread.

- 316 JO Onozaki Barley Miso 750 g ¥918**
309 JO Onozaki Brown Rice Miso 3 kg ¥2,777
303 JO Onozaki Brown Rice Miso 750 g ¥894
 The Onozaki family has been making miso traditionally with great skill and commitment for several generations. They combine the finest organic soya beans and grains with pure water from their mountain spring, then age the miso in cedar kegs for 5 seasons, producing, without doubt, some of the best miso in Japan.
- 311 JO Tateshina Barley Miso 750 g ¥1050**
314 JO Tateshina Barley Miso 3.6 kg ¥4,652
 Superb all organic barley and soya bean miso, fermented for up to 2 years. Mellow in flavour.
- 312 JO Tateshina Soya Bean Miso 750 g ¥1,029**
319 JO Tateshina Soya Bean Miso 3.6 kg ¥4,305
 Local organic soya beans and sea salt are fermented over 4 seasons creating a robust and richly flavoured miso.
- 313 JO Uminosei Soya Bean Miso 1 kg ¥1,355**
 A blend of 3 types of local organic soya beans, fermented over 2 years producing a miso of exceptional flavour and taste.
- 315 JO Uminosei Barley Miso 1 kg ¥1,239**
 Local organic barley, soya and sea salt are fermented over 2 years creating a miso with a rich, mellow flavour.
- 318 JO Uminosei Brown Rice Miso 1 kg ¥1,313**
 A slightly sweet miso made from a combination of local organic brown rice, soya beans and sea salt. Fermented for 2 years.

308	OG White Miso	250 g	¥378
Organic miso made with polished rice, soya beans, sea salt and koji. Slightly sweet, works well in sauces, dressings and soups.			
317	JO Sweet Miso Condiment	250 g	¥410
Organic miso made with brown rice, soya beans, sea salt. Delicious over rice, in onigiri and as a dip.			
321	JO Hishio Sweet Miso Condiment	250 g	¥452
Dab over brown rice, vegetables, even toast. Made with organic brown rice, soya beans and sea salt.			
675	JO Tekka Miso	70 g	¥788
A mixture of organic hacho miso and vegetables cooked for several hours in cast iron pots giving the tekka miso its high iron content. Granular in form. Gives great added flavour sprinkled over brown rice, noodles and as a flavourful condiment in onigiri.			
911	JO Brown Rice Kouji	500 g	¥840
Make your own amazake or miso, never been easier!			

INSTANT SOUPS & STOCKS

563	Eight Grain Potage	5 pc	¥861
560	OG Instant White Miso Soup	1 pc	¥200
561	OG Instant Red Miso Soup	1 pc	¥200
Quick and easy, just add hot water for a great cup of soup.			
1750	Vegetable Soup Stock	150 g	¥966
Makes 30 cups of vegan broth. Great spread too. Germany			
1751	Vegetable Bouillon Cubes	11 g x 8	¥493
Makes up to 14 servings of vegetable vegan bouillon. Italy.			
202	OG Noodle Stock	310 ml	¥638
An excellent vegan soup dip, for noodles, tempura etc.			

INSTANT MEALS

A selection of quick healthy brown rice dinners, retort curries and ramen that are ready in minutes for when you are on the go.

Brown Rice Dinners

Known as 'Okayu' here in Japan and 'Hsi-Fan' in China. Traditionally eaten in times of illness as a health restoring and vitalising food for the young and old alike, and as a quick delicious nourishing meal.

1711	OG Brown Rice Gruel Dinner	200 g	¥189
1712	OG Azuki Gruel Dinner	200 g	¥189
1715	OG Brown Rice Cream	200 g	¥263
Domestic organic brown rice and conventional vegetables. Pre-cooked, just heat and serve, comes in a retort pack.			

Sakurai's Vegetarian Quick Meals & Sauces

Healthy and quick, additive free ready in no time vegan meals.

1503	100% Vegetarian White Sauce Roux	120 g	¥399
Simple, quick white sauce for vegetable and pasta dishes			
1504	100% Vegetarian Macaroni Gratin	105 g	¥341
Ready minutes. Enjoy it as it is or add your own vegetables.			
1417	100% Vegetarian Root Vegetable Curry	200 g	¥298
1418	100% Vegetarian Gluten Curry	200 g	¥298
A choice of root vegetable curry or gluten meat curry. Quick 'n' easy, heat & eat retort packs of all natural vegan curry.			

Curry Roux & Curry Powders

1500	Japanese 100% Vegetarian Curry Roux	150 g	¥336
A very mild tasting Japanesque flavoured curry. Great for kids.			

1501	Nepali Vegetable Curry Powder	Serves 4x2	¥504
1502	Indian Masala Spices	50 g	¥520
A blend of cumin, cinnamon, chilli, cardamom, clove and sesame.			

Ramen

Convenient, quick, instant Japanese style noodles with a delicious seasoned broth. All natural ingredients, nothing artificial.

7626	Shoyu Ramen	80 g	¥186
7627	Miso Ramen	80 g	¥196
Wheat non-fried ramen that comes with a seasoned vegan broth.			
7630	Brown Rice Ramen	80 g	¥219
A wheat & brown rice non-fried ramen blend. Comes with a seasoned vegan broth.			
1416	Miso Ramen	100 g	¥141
1415	Shoyu Ramen	100 g	¥141
7612	Junsei Ramen	5 x 92 g	¥599
Instant fried wheat ramen with a vegan broth.			

SEA SALT

Unrefined natural sea salt is wholesome and a vital part of our diets that contributes to the renewal and balancing of our internal seas. Whole sea salt provides us with essential vitamins and trace minerals, as it has done for millennia. When whole salt is refined and denatured and used as a cheap flavour enhancer in food it is detrimental to our health, taints and obscures the true benefits of whole natural sea salt.

206	Ohshima Sea Salt	500 g	¥1,260
204	Ohshima Sea Salt	3 kg	¥6,300
Hand harvested on Ohshima in Shizuoka Ken.			
209	Aguni Sea Salt	250 g	¥735
210	Aguni Sea Salt	500 g	¥1,260
An excellent unrefined sea salt high in minerals and trace elements, hand harvested on the pristine island 'Aguni-shima' near Okinawa.			
214	Khan Hoa Crystal Sea Salt	150 g	¥294
213	Khan Hoa Stone Ground Sea Salt	500 g	¥567
Vietnamese sun-dried sea salt farmed in same tradition as the French farm their Celtic sea salts, by hand and in clay beds.			
216	OG Herb Sea Salt	55 g	¥504
2796	OG Black Pepper Corns & Rock Salt	55 g	¥714
Comes in a glass jar with a handy ceramic mill action cap to grind your own salt 'n' pepper.			
2797	OG Black Pepper Corn & Rock Salt Refill	50 g	¥294

VINEGARS

We stock only the highest quality organic vinegars, naturally fermented and unpasteurised. Adds flavour to dressings and dishes. Vinegar is acknowledged for its healing properties, balancing the acid and alkaline levels of the body, soothing insect bites, clearing liver headaches and treating athlete's foot.

509	JO Kyoto Rice Vinegar	900 ml	¥1,029
510	JO Kyoto Rice Vinegar	500 ml	¥630
Local organic rice fermented in wooden kegs. Light flavour.			
513	JO Umeboshi Vinegar	200 ml	¥336
Deliciously tart, wine red juice drawn from organic pickled plums. Use in dressings and sauces.			
514	OG Mino Brown Rice Vinegar	500 ml	¥536
Made from US organic brown rice, fermented in Mino Shi, Gifu.			
503	OG Apple Cider Vinegar	473 ml	¥630
A teaspoon before bed helps alkalise the body, balancing the pH levels. Great in salad dressings US organic.			

511 OG Balsamic Vinegar 250 ml ¥1,365

From the city of Mantova, Italy where the finest organic wines are slowly matured in wooden casks for 3 years producing a rich dark, aromatic full flavoured vinegar. Use in dressings, sauces, stir-fries, soups, or as a condiment by itself.

523 OG Italian Red Wine Vinegar 250 ml ¥609

524 OG Italian White Wine Vinegar 250 ml ¥609

Matured slowly in wooden casks producing organic red & white wine vinegars of exceptionally quality and taste.

MIRIN & COOKING SAKE

Mirin has been the traditional sweetener in Japan for centuries. Crafted by slowly fermenting sweet rice, koji and shochu over four seasons, creating a mellow naturally rich sweet condiment.

551 OG Mikawa Mirin 500 ml ¥1,010

550 OG Mikawa Mirin 1.8 L ¥3,161

Handcrafted with locally grown organic rice in Mikawa Aichi

552 JO konnichiwa Cooking Sake 720 ml ¥882

Organic rice fermented with koji and sea salt.

UNREFINED OILS

Many of the oils available today are solvent extracted at high heat with harsh chemicals such as hexane, bleached and chemically treated to mask rancidity and ensure colourless, tasteless refined hydrogenated oil with a long shelf life. Our oils are unrefined, roasted or cold pressed, full flavoured, nutritious and avoid the denaturing techniques of modern processing.

421 JO Kahoku White Sesame Oil 160 g ¥630

422 JO Kahoku Black Sesame Oil 160 g ¥840

Mild, silky smooth cold pressed oils from organic Chinese roasted whole white or black sesame seeds.

403 JO Hiraide Authentic Sesame Oil 720 ml ¥2,080

Satin smooth with the full flavoured taste and aroma of freshly roasted sesame seeds. The labour intensive process used at Hiraide avoids the harsh chemicals used by modern processors and preserves much of the nutrition and taste of the sesame seed. Sesame seeds product of Nigeria.

410 JO Kuki Dark Sesame Oil 340 ml ¥714

408 JO Kuki Light Sesame Oil 340 ml ¥788

419 OG Olive Oil 230 ml ¥1,115

405 OG Olive Oil 500 ml ¥2,310

406 OG Olive Oil 5 L ¥18,600

A slightly peppery to the palate full flavoured, cold pressed organic extra virgin olive oil. A blend of 2 varieties of organic olives grown by a farmer's cooperative on Sicily.

412 Canola Oil 650 g ¥840

Cold pressed, domestic canola oil.

400 OG Hemp Oil 200 ml ¥1,890

409 OG Flax Oil 237 ml ¥1,890

One of the richest sources of omega-3 essential fatty acids. Promotes metabolic energy, improves immunity, and helps to maintain a healthy nerve and cell structure. Cold pressed in the absence of light, heat and oxygen. Canadian organic.

JAPANESE DRIED FOODS

1908 JO Sun-Dried Shimeji 68 g ¥1,260

1930 JO Donko Sun-Dried Shiitake 35 g ¥683

1931 JO Heikoshin Sun-Dried Shiitake 35 g ¥683

1933 JO Sliced Sun-Dried Shiitake 40 g ¥663

1906 JO Sun-Dried Shiitake powder 100 g ¥788

Premium sun-dried shiitake, organically grown here in Gifu ken by the Yokota family. Shiitake are prized for their exotic flavour and revered for their medicinal qualities. Delicious in soups, stews and make excellent stock.

1912 OG Snow Dried Tofu (Thick) 6 pc ¥599

1913 OG Snow Dried Tofu (Thin) 6 pc ¥399

Traditionally handmade, with local organic soya beans. A versatile, protein-rich vegetarian entree that absorbs flavours exceptionally well.

1922 Dried Kampyo 40 g ¥420

Reconstitute, use in kombu and sushi rolls or as a side dish.

1625 JO Katakuriko 'Potato Starch' 200 g ¥231

Easy to use thickener.

1916 OG Dried Shredded Radish 100 g ¥363

Organic, sun-dried radish, especially sweet and mellow. Add to soup, stews or sauté alone or with other vegetables

1902 OG Kuzu 100 g ¥462

1902.3 OG Kuzu 500 g ¥1,890

1902.4 OG Kuzu 1 kg ¥3,570

Hand-extracted from wild kuzu roots, this special grade of kuzu offers superior gelling strength in cooking. Makes a delicious restorative drink. Used traditionally to treat alcohol addiction.

WILD SEA VEGETABLES

Sea vegetables have long been appreciated around the world for their unique & exceptional taste and nutritional value. They are unsurpassed as a source of essential minerals, 10~20 times higher than that of land plants, especially in calcium, iron, protein, DHA and essential trace elements.

711 Yamamuro Yaki Nori Sheets 10 pc ¥893

723 Yamamuro Onigiri Nori Sheets 10 pc ¥473

Most nori nowadays is doused with agrochemicals, polluting the sea and the food chain. Yamamuro nori is harvested from the pristine coastal waters of Kyushu. Yamamuro nori one of the rare exceptions still farmed traditionally and naturally off the coast of Kyushu. Rich in protein, vitamin A, C, high in calcium and iron.

715 San-Riku Wild Hijiki 30 g ¥410

721 Tsurushima Hijiki 100 g ¥1,050

735 Kan Hijiki 50 g ¥441

Hijiki is one of the highest known sources of calcium on the planet. Sun-dried.

725 Kizami Wild Arame 28 g ¥277

Arame adds an exotic flair to salads, and is delicious sautéed with carrots and onions. Rich in vitamins and trace minerals.

724 Ito Wakame 50 g ¥900

Whereas most wakame in Japan is cultivated, this one grows wild in the cold, clear waters off the Seto-Nai-Kai. Soft texture and full flavoured and sun-dried.

736 Hokkaido Funori 20 g ¥399

A sun-dried reddish seaweed with a distinctive taste. Adds colour to soups and salads as well as nutrition.

732 Nebaneba Mekabu 20 g ¥420

734 Ma-Kombu 120 g ¥1,029

A young & tender kombu that's harvested within its second year. Add to beans, grains and soups for extra minerals & vitamins.

752 Tororo Kombu 40 g ¥368

Silky thread texture that is finely shaved from Kombu. Great around onigiri, or in soup..

749	Hokkaido Kombu Powder	80 g	¥735
Ideal for making instant soup stocks and broths.			
755	Seaweed Salad	30 g	¥672
A combination of funori, wakame, Kanten, kombu and various types of nori. Add dried to miso soup or re-hydrate and serve as, or part of a salad.			
728	AO Nori Flakes	6 g	¥315
Aromatic, mineral-rich condiment that is delicious in onigiri or sprinkled over fried rice and noodles.			
707	Kanten Powder	4 g x 2	¥158
720	Kanten Sticks	50 g	¥680
Crafted in the Japanese Alps by a centuries-old snow dried process. Kanten is known to help draw certain toxins out of the body. Perfect for fruit jellies, aspics, puddings and custards.			

SEITAN, GLUTEN & SOYA MINCE

Seitan and gluten, often referred to as "wheat-meats", are very nutritious, protein-rich foods. Delicious, quick and easy to prepare and chameleon-like in taking on flavours and are excellent meat alternatives in recipes.

604	Seitan	230 g	¥557
Flavoured in an onion, kombu, shiitake, ginger & shoyu broth.			
620	Gluten Meat Seasoned	150 g	¥431
621	Gluten Mince Seasoned	150 g	¥431
622	Gluten Chunks Extra Seasoning	150 g	¥431
626	Gluten Meat Unseasoned	200 g	¥495
627	Gluten Mince Unseasoned	200 g	¥495

Ready to serve gluten meat, seasoned in tamari sauce. Extremely versatile and can be used in any number of dishes.

1909	Sheeted Fu	5 pc	¥315
1905	Whole Wheat Round Fu	12 pc	¥395

Dried wheat gluten is similar to unseasoned seitan, except fu is toasted, steamed then dried. Absorbs liquids and seasonings easily. Great in soups, stews & sautés. Makes divine tempura!

625	OG Soya Mince	150 g	¥399
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Made from organic soya beans from the US.

LEGUMES

Legumes are high in protein, excellent sources of potassium, calcium, iron and B vitamins. Sprouted legumes are very rich in vitamin C and enzymes. Some people have difficulty in digesting beans but by pre-soaking the beans even sprouting them and cooking them with a piece of kombu and a pinch of fenugreek this can be over come. Also, eating smaller amounts at first encourages the formation of the enzyme necessary for the breaking down of the trisaccharides that are responsible for gas.

1101	OG Chickpeas	500 g	¥630
A good ingredient in soups and stews, hummus dips or served alone. Need to be soaked for at least 12 hours and simmered for 2 hours. Pressure cooks in 20 minutes. Organically grown in Europe or the USA.			
1102	OG Green Lentils	500 g	¥630
1116	OG Red Lentils	500 g	¥725
Green lentils are whole and cook in 30~40 minutes, and are tastier lightly toasted prior to cooking. Red lentils (green lentils with the skin removed) cook in 20~30 minutes. Lentils don't need prior soaking. For a great dhal, cook the lentils 20~40 minutes (depending on the lentil) with onions, garlic, a splash or two of oil and season to taste. Organically grown in the USA or Europe.			

1126	OG Soya Beans	200 g	¥452
Known as ' <i>The meat of the fields</i> ', with an amino acid profile very similar to animal protein. Soak for 12 hours, change water once or twice, simmer for 90 minutes to 2 hours with a piece of kombu and pinch of fenugreek. Add a pinch of salt when almost done to aid digestion. Excellent sprouted. Organically grown on Hokkaido			
1123	JO Black Soya Beans	200 g	¥452
Almost identical in nutritional composition to yellow soya beans however, are easier to digest and tastier and help strengthen weakened kidneys. Organically grown on Hokkaido.			
1128	OG Azuki Beans	500 g	¥1,050
An oriental staple used in both savoury and sweet dishes. Helps detoxify the liver. Soak for 12 hours then simmer for 60 to 90 minutes, add water when needed. One of the easiest beans to digest and its amino acid content makes it an excellent protein. Organically grown on Hokkaido.			
1156	JO Gintebō 'White Kidney' Beans	200 g	¥473
1184	JO Tora 'Tiger' Beans	200 g	¥578
1188	JO Kintoki 'Japanese Kidney' Beans	200 g	¥557
Heirloom beans organically grown on Hokkaido.			
1134	OG Mung Beans	500 g	¥630
Renowned for their liver detoxifying qualities. Sprout or cook as you would azuki beans. Organically grown in China.			

PRE-COOKED BEANS

Quick, versatile and deliciously nutritious. High in protein, rich in complex carbohydrates. Ready in the time it takes to open the tin.

Tinned & Retort Packaged Beans

1151	OG Chickpeas	425 g	¥399
1155	OG Red Kidney Beans	425 g	¥378
Pre-cooked organic use in stews, soups, curries and salads. US.			
1171	OG Azuki Beans	230 g	¥273
1172	OG Soya Beans	230 g	¥273
1176	OG Black Beans	100 g	¥257
Domestic organic beans. Quick & simple protein in a retort pack.			
1161	OG Whole Sweet Corn	340 g	¥294
Very sweet and succulent whole corn kernels. Thailand organic			

GRAINS

Grains have been the traditional staple food for thousands of years, and are still the main stay for many cultures. Today regrettably, for most of us, in the westernised world an average of 70% of grains go into animal feed. Whole grains play an essential role to a wholesome diet being outstanding sources of complex carbohydrates, vitamins, minerals and proteins

1038	OG Raw Buckwheat Groats	300 g	¥525
1008	OG Raw Buckwheat Groats	1 kg	¥1,470
Delicious in soups, gratins and pilaffs. US organic.			
1055	JO Whole Barley	300 g	¥320
1103	Pressed Pearled Barley	700 g	¥483
Locally grown barley. Superb in winter soups..			
1005	OG Whole Wheat Berries	500 g	¥294
1012	OG Whole Wheat Berries	5 kg	¥2,310
Grown organically locally. Mill for breads, pastas, sprout for wheat grass or Essene sprouted flat bread.			
1045	OG Whole Rye Berries	500 g	¥263
Sprout, steam or, mill into flour. Organically grown in the US.			
1043	OG Whole Spelt Wheat Berries	500 g	¥368
Ancient European grain. Low allergen. Use in breads and cakes.			

1044 OG Whole Kamut Wheat Berries	500 g	¥368
Low allergen, sprout, steam or, mill into flour. Excellent and very versatile, all round flour in baking breads and cakes. Organic US.		
1076 Pearled Hatomugi	200 g	¥609
Like barely, but is actually a wild grass. Used in oriental folk medicine to help rid the body of excess fat and animal protein. Also known as 'Job's Tears'. Cook alone or with brown rice.		
1106 OG Amaranth Grain	350 g	¥578
'The Aztec Super Grain'. High in protein, more lysine, calcium iron, and potassium. Cook alone or cook with rice. Peru.		
1108 OG Quinoa Grain	340 g	¥578
'The Mother Grain' of the Inca. Very high in protein and calcium, a good source of iron, phosphorous and B & E vitamins. Prepare like you would rice or bulgur or add 10% to rice before cooking.		
1111 Multi-Grain Blend	400 g	¥683
A nutritious combination of 6 grains. Add 10% to your rice for improved nutrition. Organic amaranth, organic quinoa and conventional millet, pearled hatomugi, buckwheat, pearled barley.		
2208 OG Popcorn (un-popped)	120 g	¥271

Oats & Couscous

1117 OG Whole Wheat Couscous	500 g	¥735
1118 OG Couscous	500 g	¥735
Nutritious, simple to cook and a delicious change from rice. Very simple and easy to prepare, cooks in minutes. Can be steamed or slowly simmered until cooked. US organic.		
1047 OG Rolled Oats	500 g	¥525
1009 OG Quick Oats	500 g	¥588
Quick oats cook in 3-5mins the rolled oats in 5-10mins. US.		

Brown Rice

Our locally grown brown rice is a natural sweet variety known as sasanishiki. For the best results and improved nutritional value soak the brown rice for at least 12 hours prior to cooking.

1085 OG Brown Rice	1 kg	¥970
1086 OG Brown Rice	5 kg	¥4,736
1087 OG Brown Rice	10 kg	¥9,126
1088 OG Brown Rice	30 kg	¥26,012
1001 OG Sweet Brown Rice	1 kg	¥953

Contains more protein and more gluten than other rice, traditionally used for making mochi and sekihan. Is an excellent restorative gruel for those who are sick or convalescing.

1018 OG Sprouted Brown Rice	1 kg	¥1,313
1016 JO Black Rice	300 g	¥930

Traditional heirloom variety of rice known as 'Godaimai' literally means, ancient rice/grain. Add 10% to your brown rice. Adds colour and glutinous quality. Organically grown in Gifu.

Millet

Millets are one of the few grains that are very high in amino acids and alkalising, balancing the pH levels of the body. Their anti-fungal properties make them one of the best grains for those with candida. Cook alone or together with rice.

1057 JO Hie 'Barnyard' Millet	170 g	¥460
Grown organically here in Gifu by Fuji San.		
1075 Takakibi 'Sorghum' Millet	250 g	¥788
1077 Mochi Kibi 'Glutinous' Millet	250 g	¥788
1078 Mochi Awa 'Glutinous Foxtail' Millet	250 g	¥788
Grown domestically in Nagano prefecture.		

1048 OG Uruchi 'Common' Millet	300 g	¥525
1049 OG Uruchi 'Common' Millet	1 kg	¥1,575
Organically grown American millet.		

MOCHI

Mochi is widely regarded for its medicinal properties during convalescence, being easy to digest and for anaemia especially when combined with iron-rich mugwort. Made from 100% organic sweet brown rice, steamed, pounded and formed into small blocks. This popular whole grain entree is delicious toasted baked, pan-fried or added to soups.

1700 OG Brown Rice Mochi	300 g	¥483
1701 OG Brown Rice Mugwort Mochi	300 g	¥483
1709 OG Brown Rice & Black Bean Mochi	300	¥515

BROWN RICE DINNERS

Known as 'Okayu' here in Japan and 'Hsi-Fan' in China. Traditionally eaten in times of illness as a health restoring and vitalising food for the young and old alike, and as a quick delicious nourishing meal.

1711 OG Brown Rice Gruel Dinner	200 g	¥189
1712 OG Azuki Gruel Dinner	200 g	¥189
1715 OG Brown Rice Cream	200 g	¥263

Domestic organic brown rice in a retort pack just heat and serve,

BAKING GOODS

Here at Warabe Mura 90% of our flours are milled regularly in very small batches on the premises, immediately bagged and placed in cold storage, providing some of the freshest flour available in Japan. In 2003 our locally grown bread and pastry wheat from Aomori and Iwate prefectures were JAS certified organic. Over the years, we have incorporated more of the non-hybridized, gluten free and ancient grains and flours into our inventory. We feel these grains are truly fundamental and indispensable to our health and wellbeing.

Flours

1676 OG Nanbu Whole Wheat Bread Flour	500 g	¥355
7073.3OG Nanbu Whole Wheat Bread Flour	5 kg	¥3,200
Locally grown JAS certified organic whole wheat flour.		
1662 OG Sifted White Bread Flour	1 kg	¥893
Sifted organic unbleached bread flour. Canada/USA.		
1685 OG Nanbu Sifted White Bread Flour	500 g	¥370
7074.3OG Nanbu Sifted White Bread Flour	5 kg	¥3,780
Sifted JAS certified organic unbleached domestic wheat flour.		
1668 OG Whole Wheat Pastry Flour	1 kg	¥756
1616 OG Whole Wheat Pastry Flour	5 kg	¥3,709
1661 OG Sifted White Pastry Flour	1 kg	¥840
Whole & sifted organic unbleached pastry flours. Canada/USA.		
1653 OG Kamut Whole Wheat Flour	500 kg	¥478
1646 OG Kamut Whole Wheat Flour	1 kg	¥840
An ancient unhybridized grain first grown in Nile Delta some 5000 years ago. Ideal for people with wheat allergies as it's a low allergenic. Easily substituted for wheat in recipes. US organic.		
1654 OG Spelt Whole Wheat Flour	500 g	¥478
1647 OG Spelt Whole Wheat Flour	1 kg	¥840
An ancient, low allergenic organic whole wheat flour with a history of use that dates back some nine thousand years. USA.		
1608 OG Rye Flour	500 g	¥509

7002.1OG	Rye Flour		10 kg	¥6,953
A rich, dark flour that makes excellent bread. US organic.				
1606 OG	Corn Flour	S	300 g	¥473
7064.2OG	Corn Flour	L	1 Kg	¥1,418
1613 OG	Corn Meal		907 g	¥546
1611 OG	Japanese Brown Rice Flour		400 g	¥567
7035 OG	Japanese Brown Rice Flour		1 kg	¥1,544
Milled organic brown rice. Blends well with other flours, yielding sweeter bread. Delicious in soups adding nutrients and body.				
1639 OG	Japanese White Rice Flour		500 g	¥735
1666 OG	Stone Ground Buckwheat Flour		200 g	¥546
Stone ground from domestic organic buckwheat.				
1650 OG	US Buckwheat Flour		300 g	¥588
1651 OG	US Buckwheat Flour		1 kg	¥1,680
1634 JO	Shiratako		150 g	¥798
Great for making Japanese rice sweets, mochi, dango etc.				
1645	Mugwort Flour		25 g	¥420
High in iron and noted for its ability to relieve intestinal problems. Often blended with glutinous rice when making mochi.				
1609	Natural Leavened Bread Crumbs		200 g	¥268
Adds crunchy crispness to tempura, koroke and baked dishes..				

Hot Cake, Tempura & Pudding Mixes

1644	Mountain Potato Flour		20 g	¥231
Harvested wild in Ishikawa ken. For okonomiyaki, mix with flour, water and vegetables, pour in to a frying pan or skillet flip a few times every few minutes making sure it does not burn and serve.				
1621	Tempura Mix		400 g	¥381
Quick 'n' easy, just add water and mix until an even consistency.				
1620	Hot Cake Mix		400 g	¥381
Simple to make, just add water and the desired amount of sweetener to the mix, stir in, pour in to a fry pan or a skillet with a smidgen of oil, flip until it is light golden brown and serve.				
2530 OG	Vanilla Pudding Mix		40 g	¥399
2531 OG	Chocolate Pudding Mix		40 g	¥399
171	Rice Pudding Mix	4 servings	80 g	¥200
Quick 'n' simple wheat and gluten free desserts. To prepare just add your preferred liquid and sweetener of choice and let stand to set in the fridge.				

Extracts & Flavourings

2120 OG	Vanilla Bean Pod		1 pc	¥494
2760 OG	Vanilla Extract		59 g	¥1,418
2763 OG	Almond Extract		59 g	¥1,260
Organic extracts in distilled water and organic alcohol base. US.				
2210 OG	Carob Powder		300 g	¥378
2210.3OG	Carob Powder		1 kg	¥588
0820 OG	Cocoa Powder		150 g	¥662
0820.3OG	Cocoa Powder		1 kg	¥2,352
2211 OG	Coconut Cream		400 g	¥441
0931 OG	Apple Juice		946 ml	¥777
0946 OG	Apple Juice		200 ml	¥252
0947 OG	Orange Juice		200 ml	¥252
0933 OG	Apple Juice Concentrate		222 ml	¥1,155
0522 OG	Lemon Juice Concentrate		250 ml	¥368

Raising Agents

1632	Mongolian Baking Soda		300 g	¥263
1603	Mongolian Baking Soda		1 kg	¥630
NaHCO ₃ , raising agent for all manner of desserts at its most primitive. Harvested in Mongolia.				

1612	Baking Powder		113 g	¥263
Double-acting, aluminium-free and Non-GMO. US.				
1626 OG	Dried Sourdough Starter		9 g x 2	¥399
1635	Active Dry Yeast		114 g	¥977
1633	Active Dry Yeast		7g x 3	¥315
Simple to use with no fuss. Ideal for bread machines. Germany.				
1638	Hoshino Natural Yeast Starter		50 g x 5	¥1,260
Add the yeast to tepid water, stir in and leave standing in a warm place (30°C) for 1- 2 days, blend into the flour and bake.				

Non-Dairy Alternatives

901 OG	Soya Milk Original	L	1 L	¥546
903 OG	Soya Milk Original	S	250 ml	¥210
902 OG	Soya Milk Vanilla	L	1 L	¥546
904 OG	Soya Milk Vanilla	S	250 ml	¥210
907 OG	Rice & Soya Blend	L	1 L	¥546
905 OG	Rice & Soya Blend	S	250 ml	¥210
923 OG	Rice Dream Original	L	946 ml	¥609

NATURAL SWEETENERS

0906 JO	Brown Rice Amazake		250 g	¥420
A naturally sweet made from organic brown rice and koji..				
2750	Uchida Rice Malt	L	600 g	¥945
2752	Uchida Brown Rice Malt	L	600 g	¥998
2753	Uchida Brown Rice Malt	S	300 g	¥630
Still handmade the slow traditional way with locally grown produce. Using only sprouted barley, rice or brown rice and water producing delightfully mild sweeteners. Perfect for baking and in or over your favourite dessert.				
2759 OG	Uchida Millet Malt	L	600	¥1071
2757 OG	Uchida Millet Malt	S	300	¥630
A sweeter lighter malt made here using organic US millet.				
2758 OG	Barley Malt		560 g	¥1,029
Mineral and vitamin rich malt. Is a stronger flavoured sweetener in taste and aroma than the other grain malts. USA organic.				
2747 OG	Vermont Maple Syrup		236 ml	¥1,523
2746 OG	Vermont Maple Syrup		1 L	¥4,830
Organic grade A dark amber maple syrup.				
2754 OG	Maple Sugar		280 g	¥1,050
Fine powdery granules from organic Canadian maple syrup.				
2780 OG	Agave Syrup		354 g	¥1,365
Light sweetener with no strong after taste or aroma.				
2766	Coconut Sugar		354 g	¥630
Coconut syrup is tapped from the top of the tree, collected and then is slowly reduced over low heat until crystallized. This is a fair-traded product and a single purchase contributes to the school education of an Indonesian child for a month.				

DRIED FRUIT

Dried fruit is an excellent source of vitamins, minerals and natural sugars. Ideal for baking, in cereals or eaten as a quick energy snack. For getting you moving and a tasty breakfast, soak a handful of prunes, apricots and figs over night simmer for an hour and serve over oatmeal. All our dried fruit is organically grown and with no oil coating. USA and European crop.				
2107 OG	Dried Apricots		100 g	¥515
7218 OG	Dried Apricots		1 kg	¥2,678
Sun-dried and a good source of iron and beta-carotene.				
2102 OG	Dried Apples Rings		100 g	¥504

7105.3OG Dried Apples Rings	1 kg	¥3,990
Great in apple pie, scones, delicious in cereals and as a snack.		
902124 OG Dried Pitted Prunes	100 g	¥378
7104.3OG Dried Pitted Prunes	1 kg	¥2,426
Rich in iron, potassium and fibre.		
2109 OG Dried Raisins	100 g	¥198
7101.3OG Dried Raisins	1 kg	¥1,200
2117 OG Dried Sultana Raisins	250 g	¥473
7113.3OG Dried Sultana Raisins	1 kg	¥1,386
912021 OG Dried Currants	100 g	¥347
7102.3OG Dried Currants	1 kg	¥2,352
2209 OG Dried Figs	100 g	¥305
7217 OG Dried Figs	1 kg	¥2,100
Figs are high in vitamins and minerals, alkaline forming and aid digestion. Very sweet.		
2113 OG Dried Pitted Deglet Dates	200 g	¥546
7111.3OG Dried Pitted Deglet Dates	1kg	¥2,100
Sweet 'n' moist. Delicious alone, finely diced in breads & cereals.		
2215 OG Coconut Fine	100 g	¥210
7212.3OG Coconut Fine	1 kg	¥1,516
Great in breads, cakes and desserts. Delicious sprinkled over muesli, oatmeal and in curries. Sri Lankan Organic.		
2211 OG Coconut Cream	400 g	¥441
2115 OG Dried Tomatoes	50 g	¥378
Great in soups and stews and naturally, magical on pizzas.		

NUTS & SEEDS

Vitamin E and essential fatty acids are but a sampling of the nutritional power of nuts and seeds. The wealth of additional vitamins, minerals, amino acids, they offer really shows why they are a living and perfect part of our diets. Sprinkle them over cereals, garnish salads, use them in stir-fries and baking. All ours nuts & seeds are raw, unsalted and organic unless stated.

2200 OG Sunflower Seeds	100 g	¥315
7207.3OG Sunflower Seeds	1 kg	¥1,785
Rich in protein, high in saturated fats, zinc, iron calcium, and phosphorous. For a tasty snack lightly pan roast over a low heat and season with shoyu.		
902235 OG Almonds	50 g	¥336
7203.3OG Almonds	1 kg	¥5,280
Almonds are high in manganese, copper, riboflavin (B2), vitamin E and antioxidants especially when not skinned. Product of USA.		
2221 OG Sliced Almonds	30 g	¥231
7204.3OG Sliced Almonds	1 kg	¥6,027
Aromatic sliced organic Italian almonds.		
902232 OG Almond Powder	50 g	¥546
7213.3OG Almond Powder	1 kg	¥7,468
Organic almonds are milled here on the premises to guarantee the freshest product as possible.		
2230 OG Cashew Nuts	100 g	¥452
7201 OG Cashew Nuts	1 kg	¥4,095
Unsalted raw Sri Lankan organic cashews.		
902236 OG Walnuts	50 g	¥284
7202.5OG Walnuts	1 kg	¥3,795
Not only good brain food but gives a lovely flavour to breads, cakes and crunchy wholesome addition to at tossed salad.		
2220 OG Pumpkin Seeds	100 g	¥410
7209.3OG Pumpkin Seeds	1 kg	¥3,675
One of the highest protein bearing seeds and high in omega 3.		
2208 OG Popcorn (un-popped)	120 g	¥126
For great popcorn add a splash of olive oil and nutritional yeast.		

NUT & SESAME BUTTERS

Nut butters are highly nutritious and filling. Make great sauces, spreads and dips. No salt, sugar, additives or hydrogenated oils.

2412 Kahoku Black Sesame Paste S	80 g	¥735
2413 Kahoku White Sesame Paste S	80 g	¥735
Ground from locally grown whole sesame seeds, grown without any agrochemical fertilisers or pesticides.		
2421 Kuki Black Sesame Paste	170 g	¥578
2420 Kuki White Sesame Paste	170 g	¥578
Made from Chinese sesame seeds.		
2416 OG Tahini	454 g	¥1,470
2450 OG Peanut Butter ~Crunchy~	454 g	¥990
2453 OG Peanut Butter ~Smooth~	454 g	¥990

SESAME, HEMP, SHISO & SEEDS

Grown in Kagoshima, Kyushu without the use of any agrochemical fertilisers or pesticides. Vitamin rich, excellent sources of omega 6, omega 3, zinc and calcium. Use whole or ground for dressings, sauces, sprinkle on salads, rice and pastas.

2202 Black Sesame Seeds	50 g	¥368
2203 White Sesame Seeds	50 g	¥368
2204 Golden Sesame Seeds	50 g	¥368
2226 OG Pan Roasted Sesame Seeds	50 g	¥242
2231 Pan Roasted Ground Chinese Sesame	85 g	¥305
2236 Shelled Hemp Seeds	100 g	¥1300
Hemp contains 6 immune-boosting essential fatty acids found in perfect ratio for our bodies. Contains 19 amino acids, 9 being essential amino acids and several vitamins such as C, E, B1, B2, B3 B6, and minerals phosphorus, potassium, magnesium, calcium silica and iron		
2241 JO Black Shiso Seeds	50 g	¥368
2242 JO Black Shiso Seeds	80 g	¥404

Also Known as 'Egoma', very high in the omega-3 essential oils. Grind and add to soba, udon, ohagi and dressings.

Sesame Seed Condiments

665 JO Black Gomashio	50 g	¥565
Local organic sesame seeds are roasted in an iron pan, and then ground with a pinch of local sea salt. Delicious sprinkled over brown rice, yaki soba and added to onigiri.		
666 White Gomashio	110 g	¥315
667 Black Gomashio	110 g	¥315
Ground Chinese sesame seeds and sun-dried sea salt.		

FRUIT SPREADS

Meridian spreads are prepared with organic fruit juice and fruit, with no added sugar or artificial additives. About a kg of fruit has been crammed into each jar that's been cooked for the minimum time possible to preserve the rich fruity flavours.

2701 OG Strawberry	284 g	¥882
2702 OG Apricot	284 g	¥882
2703 OG Blueberry	284 g	¥882
2715 OG Blackcurrant	284 g	¥882
2717 OG Raspberry	284 g	¥882
2700 OG Marmalade Spread	220 g	¥520

PATÉS

2730	OG	Basil Spread	50 g	¥315
2731	OG	4 Pepper Spread	50 g	¥315
2732	OG	Paprika Spread	50 g	¥315
2733	OG	Chives Spread	50 g	¥315

4 all organic vegetable spreads from Germany.

MUSTARD

2901	OG	French Stone Ground Mustard	200 g	¥578
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Superb French mustard. Mustard, apple cider vinegar & sea salt.

SPROUTING SEEDS, KIT & JUICER

Sprouting is an excellent way to get your fresh veggies and put essential vitamins and minerals into your diet. Simple and easy, just add a drop of water and splashes of sunlight daily.

1130	OG	Alfalfa Seeds	100 g	¥357
1131	OG	Red Clover Seeds	100 g	¥315
1135	OG	Radish Seeds	100 g	¥357
1134	OG	Mung Beans	500 g	¥630
1010	OG	Hard Red Whole Wheat Berries	500 g	¥294
1043	OG	Whole Spelt Wheat Berries	500 g	¥368
1044	OG	Whole Kamut Wheat Berries	500 g	¥368
1045	OG	Whole Rye Berries	500 g	¥263

Sprouting Kit & Hand Operated Juicer

2219		Boista Triple Tier Sprouting Kit	¥4,725
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Triple tier sprout garden.

2229		Wheatgrass Juicer	¥8,400
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A hand-operated juicer designed for efficiency, durability, ease of operation and simplicity in dismantling, cleaning and reassemble. Juices wheatgrass, greens, berries and other soft fruits. Easily

JAPANESE PASTAS

Noodles have been enjoyed for centuries as the traditional Japanese fast food. Convenient, quick and nourishing meals any time of the day.

1511		Udon	250 g	¥210
1513		Hiyamugi	250 g	¥210
1514		Somen	220 g	¥210

The finer noodles, hiyamugi and somen, cook in about 3-5 mins, refreshingly delicious in summer served with a chilled shoyu dip or in salads. The thicker udon noodle cooks in about 10-15 mins, perfect in soups and stir-fries and preferred more in the colder months especially with a warming hot vegetable broth.

WARABE MURA ORGANIC HOMESTYLE JAPANESE PASTAS

The pastas are slowly air-dried, using no artificial heat, then cut and packaged. The fresh, homemade flavour and uncommonly good texture of the pastas is evidence to their skill and commitment to quality.

1202	OG	100% Soba	200 g	¥416
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A wheat-free – gluten-free full flavoured buckwheat noodle. Delicious served with warming stock in winter.

1208	OG	Brown Rice Udon	200 g	¥300
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A very popular macrobiotic staple made from brown rice and wheat flours. Delicious served as a stir-fry or in a soup.

RAMEN

Convenient, quick, instant non-fry Japanese style noodles with a delicious seasoned broth. All natural ingredients, nothing artificial.

7626		Shoyu Ramen	80 g	¥186
7627		Miso Ramen	80 g	¥196
7630		Brown Rice Ramen	80 g	¥219
1416		Miso Ramen	100 g	¥141
1415		Shoyu Ramen	100 g	¥141
7612		Ramen	5 x 92 g	¥599

Instant fried wheat ramen with a vegan broth.

PASTAS

1304		Elbow Macaroni	300 g	¥383
1306		Twist Macaroni	300 g	¥383

Made with domestic flour.

1317	OG	Whole Wheat Penne	250 g	¥315
1314	OG	Whole Wheat Spaghetti	500 g	¥357

Wholesome organic whole wheat pastas from Italy.

1312	OG	Spaghettini	500 g	¥357
1333	OG	Kamut Whole Wheat Fusilli	250 g	¥515
1334	OG	Corn Penne Pasta (Gluten Free)	250 g	¥515

Stone ground organic Kamut and Corn pasta. Low allergenic.

1310	OG	Macaroni Pasta	250 g	¥242
1326	OG	Tri-Colour Fusilli Pasta	250 g	¥315
1328	OG	Penne Pasta	250 g	¥242

3 organic pastas from Italy.

1928		Brown Rice Vermicelli	40g x 3	¥399
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Ready in minutes. Just pour on boiling water let stand for a couple of minutes then drain and serve. Add to salads, soups and great in stir-fries. Thailand.

1929		Mung <i>Harusame</i> Glass Noodles	15g x 6	¥137
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Ready in minutes. Great chilled in summer salads and in hot winter soups. China

PASTA SAUCES & THINGS

A small offering of the best we could find to satisfy cravings for something distinctly Italian.

603	OG	American Roma Tomatoes	794 g	¥557
616	OG	Italian Tomatoes	400 g	¥347
618	OG	Italian Tomato Paste	150 g	¥315
617	OG	Whole Tomatoes	2.50 kg	¥1,680
2115	OG	Dried Tomatoes	50 g	¥378
611	OG	Arrabbiata Pasta Sauce	350 g	¥504
612	OG	Basilico Tomato Pasta Sauce	350 g	¥504

Rich tasting Italian made tomato based pasta sauces.

617	OG	Amy's Medium Salsa	425 g	¥893
630	JO	Tomato Ketchup	300 g	¥546

Sugar free, organic, locally produced ketchup.

628	OG	Chuono 'Brown' Sauce	250 ml	¥756
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A light, fruity 'n' spicy flavoured organic brown sauce.

632		Okonomiyaki Sauce	300 g	¥525
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BEVERAGES

We offer a wide selection of organic beverages to suit all tastes and preferences. Traditional teas of Japan, herbal teas, organic fair trade teas & coffees and for those who like the flavour of coffee but not the caffeine, we have our grain and root coffees. The soya and rice drinks are delicious, refreshing alternatives to milk, in tea, coffee, milkshakes, or drunk alone and in desserts.

Traditional Japanese Tea

Long-standing members of a traditional farming organisation known as 'The Nature Farmers', the Nagata Family of Uji produces some of the world's finest organic teas. Their growing methods exceed the strictest organic standards and are based on a deep sense of responsibility for the land. The results are naturally teas of exceptional quality and flavour.

801	OG	Kukicha	1 kg	¥2,625
807	OG	Kukicha	500 g	¥1,365
802	OG	Kukicha	85 g	¥273
805	OG	Kukicha	TB 1.8 g x 16	¥420

A delicate beverage made from select twigs and stems of tea bushes that have matured at least three years before cutting, carefully roasted to ensure a deliciously rounded flavour.

Herbal Teas

Healthy, uplifting and soothing alternatives that bring you down, pick you up, cool you down and put you to sleep.

857	OG	Raspberry Leaf Tea	10 g	¥649
858	OG	Nettle	20 g	¥478
859	OG	Elderflower	10 g	¥478
851	OG	Peppermint	25 g	¥347
852	OG	Rose hip	25 g	¥389
853	OG	Lemon Grass	25 g	¥368
855	OG	Chamomile	25 g	¥389
861	OG	Chamomile	TB 2 g x 16	¥588

Yogi Teas

871	OG	Bedtime Tea	TB 2 g x 16	¥998
869	OG	Ginkgo Tea	TB 2 g x 16	¥998
870	OG	St. John's Wort Tea	TB 2 g x 16	¥998

Five organic herbal teas that help calm you down, feed your brain, or to just sit and enjoy along with a friend.

Leaf, Scented, Grain and Root Teas

842	OG	Earl Grey	TB 2 g x 16	¥588
844	OG	Darjeeling	TB 2 g x 16	¥630
845	OG	S. Indian Tea	100 g	¥670
893	OG	Earl Grey Tea	100 g	¥698
890	OG	Mango Fruit Tea	100 g	¥683
891	OG	Cinnamon Spice Tea	100 g	¥756
892	OG	Orange Spice Tea	100 g	¥683
849	OG	Chai Indian Style Spiced Black Tea	60 g	¥1,029
810	JO	Barley Tea	TB 10 g x 16	¥378
1 teabag makes 1-1.5 litres of barley tea.				
812		Lotus Root & Ginger Tea	50 g	¥378

Bean & Ground Coffees

821	OG	Sumatran Ground Coffee	200 g	¥840
822	OG	Sumatran Coffee Beans	200 g	¥840

823	OG	Decaf Honduras Ground Coffee	170 g	¥945
824	OG	Decaf Honduras Coffee Beans	170 g	¥945
828	OG	French Roast Ground Coffee	170 g	¥872
827	OG	French Roast Beans	170 g	¥872
829	OG	Fresh Vanilla Ground Coffee	200 g	¥998
830	OG	Fresh Vanilla Coffee Beans	200 g	¥998

A superb selection of highest standards of fair trade, organic and shade grown triple certified coffees from around the world.

Grain, Root & Instant Coffees & Cocoa

814	OG	Evermalt Instant Grain Coffee	125 g	¥2,100
815	OG	NO-CAF Instant Grain Coffee	100 g	¥1,365
816		Dandelion Coffee	100 g	¥1,470
817		Brown Rice Coffee	360 g	¥1,575
846	OG	Instant Colombian Coffee	100 g	¥1,200

Grain beverages have a rich, coffee-like flavour without the caffeine, delicious black or white. To get the fullest flavour from the dandelion & brown rice grain coffees, bring to the boil and simmer for 10-15 minutes.

820	OG	Cocoa	150 g	¥662
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Iron and fibre rich fair trade organic cocoa. Grown by a workers cooperative in the Dominican Republic.

Coffee Filters

825		Hemp Cloth Filter 1~2 cups	S		¥785
826		Hemp Cloth Filter 2~4 cups	L		¥685

Reusable hemp cloth filters, wash, dry then reuse.

831		Coffee Filters 3~4 cups	L	100 pc	¥336
832		Coffee Filters 1~2 cups	S	100 pc	¥284

Made with unbleached, acid free paper.

Soya Milk

901	OG	Soya Milk Original	L	1 L	¥546
903	OG	Soya Milk Original	S	250 ml	¥210
902	OG	Soya Milk Vanilla	L	1 L	¥546
904	OG	Soya Milk Vanilla	S	250 ml	¥210

Eden's enriched bean milks are delicious alternatives to milk, great in cakes, desserts and over cereals.

Rice Dream

923	OG	Rice Dream Original	L	946 ml	¥609
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Superb flavour, light and refreshing beverage, serve chilled or at room temperature. Dairy, soya, wheat free, no added sweetener.

Rice & Soya Blend

907	OG	Rice & Soya Blend	L	1 L	¥546
905	OG	Rice & Soya Blend	S	250 ml	¥210

A creamy ever so lightly sweet tasting blend of organic brown rice, soya milk & amazake.

Amazake

906	JO	Brown Rice Amazake	250 g	¥420
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A naturally sweet drink made from organic brown rice and koji. Use in breads and cakes as a natural sweetener. Not to be confused with amasake the residue from brewing sake.

Juices

931	OG	Apple Juice	946 ml	¥840
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Juiced from a variety of US, organic apples. Simply delicious!

934 JO Mikan Juice	900 ml	¥1,040
Squeezed from locally grown, organic mikans. Unpasteurised.		
946 OG Apple Juice	200 ml	¥252
947 OG Orange Juice	200 ml	¥252
948 OG Rose Grapefruit Juice	200 ml	¥252
Organic apples, oranges, grapefruits and grapes are freshly squeezed, sealed to hold in the rich and fruity goodness. France.		
933 OG Apple Juice Concentrate	222 ml	¥1,155
Organic apple concentrate. Dilute 1 part concentrate to 7 parts water. A gentle sweetener in desserts and sauces. US.		
522 OG Lemon Juice Concentrate	250 ml	¥368
From freshly squeezed Sicilian lemons.		

BREAKFAST CEREALS

When another morning of miso soup, rice and natto just won't do it, why not try one of these alternate all organic breakfast cereals.

2501 OG Walnut Granola	359 g	¥819
1009 OG Quick Oats	500 g	¥588
1047 OG Rolled Oats	500 g	¥525

Quick oats cook in 2-3 minutes, rolled oats around 10 minutes.

SWEET & SAVOURY SNACKS

A healthy selection of all sorts each with its own individual and distinct flavour, texture and taste. Made with organic brown rice, fruit 'n' nuts, unbleached wheat flour, sweetened with barley malt, and seasoned with shoyu or sea salt.

2658 OG Mung Chips	50 g	¥247
Delicious non-fried chips with just a sprinkle of sea salt to flavour.		
2631 JO Brown Rice Cakes	8 pc	¥368
Organic puffed brown rice cakes, delicious plain, toasted or with the topping of your choice.		
2622 Brown Rice & Seaweed Senbei	60 g	¥231
2624 Brown Rice & Quinoa Senbei	60 g	¥231
Seaweed or quinoa, brown rice, tapioca, black sesame seasoned with tamari & brown rice malt sweetened. Wheat Free.		
2636 White Sesame Brown Rice Senbei	60 g	¥231
2637 Black Sesame Brown Rice Senbei	60 g	¥231
Made with local glutinous brown rice and white or black sesame seeds. Sweetened with brown rice malt, seasoned with tamari.		
2001 JO Shoyu Brown Rice Senbei	60 g	¥305
2002 JO Salted Brown Rice Senbei	60 g	¥294
Two delicious rice crackers made with domestic organic brown rice black sesame seeds. Lightly salted or seasoned with shoyu.		
2623 Raisin Crunch	80 g	¥294
2629 Almond Crunch	80 g	¥347
Marble sized snacks in a malt sweetened, crunchy pastry shell with a raisin or almond centre.		
2015 OG Whole Wheat Biscotti	300 g	¥735
2016 OG Spelt Whole Wheat Biscotti	300 g	¥735
A choice of organic whole wheat or spelt whole wheat biscuits sweetened with malt and corn syrup. Product of Italy.		
2017 OG Blueberry Tarts	4 pc	¥756
An organic whole wheat tart filled with an organic corn syrup sweetened blueberry filling. Product of Italy.		
2018 OG Apricot Tarts	4 pc	¥756
An organic whole wheat tart filled with an organic corn syrup sweetened apricot filling. Product of Italy.		

2669 OG Trail Mix	120 g	¥399
A rich mix of organic fruit 'n' nuts. An ideal quick energy snack perfect when out and about.		

BROWN RICE MALT CANDIES

No sugar in these all natural flavoured candies, nor artificial colourings or additives. Traditional wisdom created this sweet malt from brown rice and barely sprouts and formed it into these naturally sweet candies.

2301 Vanilla Brown Rice Malt Candy	50 g	¥210
2302 Ginger Brown Rice Malt Candy	50 g	¥210
2303 Dandelion Brown Rice Malt Candy	50 g	¥210
2304 Lotus Root Brown Rice Malt Candy	50 g	¥210
2305 Sour Plum Brown Rice Malt Candy	50 g	¥210

MACROBARS

MacroBars are delicious tasting macrobiotic, vegan, energy-protein food bars. Minimally processed, certified organic, soya & gluten-free. Using simple and healthy ingredients that vitalize and provide your body with essential whole food nutrition.

2071 OG Granola with Coconut	57 g	¥498
Great tasting oat based energy bar made with gluten-free oats.		
2072 OG Tahini & Date	57 g	¥498
An exotic snack containing sesame butter, raisins and dates.		
2073 OG Banana & Almond	54 g	¥498
A yummy bar containing flax sprouts, pea fibre and cinnamon - great taste with an immune system boost.		
2074 OG Chocolate Crunch	55 g	¥498
A nutty chocolate energy boost.		
2075 OG Cashew Carmel	60 g	¥498
This bar gets its distinctive caramel flavour from the mesquite seed pod. Mesquite is highly effective in balancing blood sugar.		
2077 OG Cherry N' Berries	57 g	¥498
This Cherries N' Berries packed full of energy with a zing.		



Rawbite is just that *Raw*. A magical mixture of unrefined & 100% organic alchemy has created these superb "wow factor" energy packed tasting wholefood bars. Made in Denmark.

2045 OG Rawbite Cashew	50 g	¥368
Back to basic wholesome essentials Organic dates, organic cashew nuts.		
2046 OG Rawbite Cacao	50 g	¥368
All raw all organic oat based energy bar made with gluten-free oats. Organic dates, cashews, almonds, coconut, raw cocoa paste, raw cocoa powder		
2047 OG Rawbite Coconut	50 g	¥368
Coconut naked! All organic dates, cashews, coconut, almonds virgin coconut oil		
2048 OG Rawbite Spicy Lime	50 g	¥368
Raw with a zing! All organic dates, cashew, almonds, coconut, lime concentrate, ginger extract, chilli, lemon essential oil.		

ORGANIC VEGETABLE BOX

The majority of our vegetables are grown locally and organically here in Gifu by Nishibu San who has been farming organically for over 25 years. No animal manure is used with all inputs coming directly from composted vegetable matter from the land itself. When ordering the box a point to bear in mind is that there are good weeks and not such good weeks. We have very little say in what comes in from one week to the next. It's truly dependent on what the farmers and Mother Nature can provide. Apologies if it's not one of the better weeks, though, happily most weeks tend to be good. Naturally as the seasons change, so do the contents. Weather conditions do affect availability and price, an early frost or a sudden snowstorm can kill a crop as quickly as a typhoon can destroy one. We do what we can to keep the price within the price range printed below.

9010 JO Organic Vegetable Box ¥2,500 ~ ¥3,500

※ Vegetable Box Orders are shipped out on Thursdays and generally delivered on Fridays. Orders need to be in by MONDAY. Thank you.

※ June ~ October the vegetable box can be shipped cool with additional charge of ¥315 per order. Do please let us know when ordering. Thank you

HANDMADE BREADS

Paysan's natural leavened breads are of exceptional taste and quality. Handmade to traditional recipes using homemade yeast, domestic whole wheat, wheat flours, organic brown rice flour and US organic rye with organic fruit 'n' nuts from the US and Europe.

3001 Paysan Loaf ¥540
Sifted wheat, whole wheat, rye, brown rice flours and sea salt. A light and flavourful bread. Makes great sandwiches.

3002 Complet Bread ¥390
Sifted wheat, whole wheat flour, & sea salt.

3003 Walnut Bread ¥790
A great tasting bread with the walnuts giving the loaf a pleasant sweet nutty flavour. Sifted wheat flour, whole wheat flour, walnuts and sea salt.

3004 Fruit & Cereal ¥820
Sifted wheat, whole wheat brown rice, wheat and rye flours are blended with walnuts, currants and sunflower seeds for a delicious fruit 'n' nut loaf. Great toasted with a drizzle of olive oil.

3005 Fruit Bread ¥660
Lighter than the fruit & cereal but as every bit as good. Sifted wheat, whole wheat loaf bursting with currants, raisins and oats and a pinch of sea salt.

3006 Egypt Bread ¥400
A Flat leavened circular bread similar to pizza base but crispier. Sifted wheat, whole wheat flour and sea salt.

3007 Whole Wheat Loaf ¥540
By far the most popular loaf we sell. Makes great sandwiches, and toast. Sifted wheat flour, whole wheat flour and sea salt.

3009 Pita Bread 2 pc ¥200
Pocket bread, stuff with your favourite fillings. Sifted wheat flour, whole wheat flour and sea salt.

3010 Whole Wheat Loaf w/t Currants ¥630
This bread was created for toast. Sifted wheat flour, whole wheat flour, (currants) and sea salt.

3017 Campagne Loaf ¥660

Light crusty loaf. Sifted wheat, whole wheat flours and sea salt
A rich and full flavoured blend of 60% rye flour, 40% sifted wheat

3008 Segal 'Rye' Bread ¥840

A rich and full flavoured blend of 60% rye flour, 40% sifted wheat flour, caraway seeds and sea salt.

3015 JO Rokenbrot (100% Rye) Half-Loaf ¥540

3016 JO Rokenbrot (100% Rye) Whole Loaf ¥1,080

A bread of substantial body and exceptional, flavour, evidence of the care and skill taken in baking this organic whole rye loaf.

※ Bread orders are shipped out on Mondays or Thursdays and are generally delivered the next day. Monday orders need to be in by THURSDAY - Thursday orders need to be in by MONDAY. Thank you.

Kato-Noen Sprouted Steamed Breads

A selection of heavenly tasting buns made with domestic organic sprouted brown rice flour, domestic wheat, and whole-wheat flours. These bun-like creations come in a choice of plain buns or with various delicious 100% vegan fillings. Organic vegetables are used when possible. Best steam for 5 minutes before serving.

3100 Brown Rice Plain Bun 2 pc ¥410

Organic domestic sprouted brown rice flour, domestic wheat flour, natural yeast, domestic whole-wheat flour, sea salt, filtered water.

3101 Brown Rice Mugwort Bun 2 pc ¥410

Organic domestic sprouted brown rice flour, mugwort, domestic wheat flour, natural yeast, domestic whole wheat flour, sea salt.

3102 Brown Rice Azuki Bean Bun 2 pc ¥410

Organic domestic sprouted brown rice flour, domestic wheat flour, azuki, natural yeast, domestic whole wheat flour, sea salt.

3103 Brown Rice Whole Wheat Bun 2 pc ¥410

Organic domestic sprouted brown rice flour, domestic whole wheat flour, natural yeast, sea salt.

3110 Brown Rice Black Rice Bun 2 pc ¥410

Organic domestic sprouted brown rice flour, black rice domestic wheat flour, natural yeast, whole wheat flour, sea salt.

3104 Brown Rice Bun w/t Radish Filling 1 pc ¥389

Radish, carrots, shiitake, burdock, shoyu, sake, mirin.

3105 Brown Rice Bun w/t Pumpkin Filling 1 pc ¥389

Pumpkin, sea salt.

3106 Brown Rice Bun w/t Azuki Bean Filling 1 pc ¥389

Azuki beans, rice malt.

3107 Brown Rice Bun w/t Cabbage Filling 1 pc ¥389

Pumpkin, shiitake, carrot, glass noodles, leek, soya, shoyu, sesame oil, sake, mirin, wheat gluten.

3108 Brown Rice Bun w/t Aubergine Filling 1 pc ¥389

Aubergine, onion, soya gluten, miso, sesame oil and sea salt.

3109 Brown Rice Bun w/t Veg Curry Filling 1 pc ¥389

Onion, carrots, mushrooms, shiitake, celery, gluten, curry powder, olive oil, apple, sea salt.

3111 Brown Rice Bun w/t Miso Gluten Filling 1 pc ¥389

Gluten meat, bamboo shoot, carrots, soya bean miso, shiitake, ginger, sea salt, sesame oil.

3112 Brown Rice & Mugwort w/t Azuki Filling 1 pc ¥389

Organic domestic sprouted brown rice, mugwort, domestic wheat flour, azuki, natural yeast, domestic whole wheat flour, sea salt.

※ Kato-Noen Orders are shipped on Thursdays and generally delivered on Fridays. Orders need to be in by SUNDAY. Thank you. Oct to April Only.

German Black Breads

3030	OG	Vollkornbrot	35 g x 7	¥378
3031	OG	Pumpenrikel	35 g x 7	¥378
3032	OG	Sonnenblumenkernbrot	35 g x 7	¥378

Prepackaged organic German Rye breads.

HERBS & SPICES

There is nothing better for adding distinct though subtle flavours, tastes, and aromas to one's cooking and baking than with the natural addition of wholesome herbs and spices.

2905	OG	All Spice	20 g	¥478
2803	OG	Basil	20 g	¥347
2813	OG	Bay Leaves	5 g	¥368
2815	OG	Black Pepper Powder	20 g	¥336
2816	OG	Black Whole Pepper Corns	25 g	¥315
2796	OG	Black Pepper Corns & Rock Salt	55 g	¥714

In a glass jar with mill action cap to mill your own salt 'n' pepper.

2797	OG	Black Pepper Corn & Rock Salt Refill	50 g	¥294
2811	OG	Cinnamon Powder	20 g	¥294
2820	OG	Cinnamon Sticks	20 g	¥315
2825	OG	Coriander Powder	20 g	¥336
2828	OG	Cumin Powder	20 g	¥462
2833	OG	Cumin Seed	20 g	¥441
2910	OG	Dill	20 g	¥478
2904	OG	Garam Masala	20 g	¥478
2806	OG	Garlic Powder	20 g	¥399
2841	OG	Nutmeg Powder	20 g	¥504
2801	OG	Oregano	20 g	¥368
2906	OG	Paprika	20 g	¥478
2802	OG	Parsley	20 g	¥399
2812	OG	Rosemary	20 g	¥399
2804	OG	Sage	20 g	¥294
2807	OG	Thyme	20 g	¥315
2839	OG	Turmeric	25 g	¥399
2817	OG	White Pepper Powder	20 g	¥336
2818	OG	White Whole Pepper Corns	25 g	¥315
2823		Sansho Powder	10 g	¥504

An aromatic Japanese pepper.

2824		Shichimi Powder	15 g	¥420
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Traditional local blend of ground red pepper and aromatic spices.

2821		Bottle for Condiments	Holds 20~30 g	¥105
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2814		Spice Bottle with Ceramic-Mill-Action-Cap		¥500
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Perfect for making your own gomashio and herb salt.

ORGANIC UMEBOSHI & PICKLES

Ume products are popular for their zesty flavour in onigiri and on rice. Recommended as an alkalizing effective folk medicine for digestive disorders. Local organic plums, shiso and sea salt.

Ryujin & Benitama Umeboshi

The ume plums from Ryujin village are gathered in remote mountain orchards from trees that have never known chemicals. These handmade umeboshi have a wild quality, and are exceptionally potent and flavourful.

1802	OG	Ryujin Umeboshi	1 kg	¥3,255
1803	OG	Ryujin Umeboshi	4 kg	¥11,340
1807	OG	Ryujin Umeboshi	8 kg	¥21,525
1804	JO	Benitama Small Umeboshi	200 g	¥651
1806	JO	Benitama Umeboshi	200 g	¥830

1805	JO	Benitama Umeboshi Paste	250 g	¥935
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Less tart than Ryujin but as every bit as good. Handmade to traditional recipes that capture the full flavour of the organic plums and the shiso.

1812	JO	Shiso Leaf Powder	35 g	¥441
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From the umeboshi keg. Very high in iron sprinkle over grains stir-fries, steamed vegetables and salads.

PICKLES

A perfect way to end a meal and aid digestion is with a few slices of our superb, all organic, traditional pickles.

1808		Takuan	1 pc	¥425
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Long white radish pickled in rice bran and sea salt.

1821		Bettarazuke	1 pc	¥483
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Radish pickled in brown rice amazake. ※Winter Only

1827		Sun-Dried Sliced Takuan	100 g	¥380
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Repeatedly salted and sun-dried. Slice and marinate in shoyu.

1809		Shibazuke	150 g	¥483
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Cucumber, aubergine, ginger, shiso in shoyu, umesu, sea salt.

1814		Fukujinzuke	150 g	¥425
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Radish, aubergine, ginger shiso in shoyu, umesu, sea salt.

1823		Red Pickled Ginger	100 g	¥368
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Ginger pickled in ume vinegar. Adds zing to fried rice, noodles and sushi

1835	OG	Black Greek Olives	170 g	¥945
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1836	OG	Green Greek Olives	170 g	¥945
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Succulent black & green Greek olives with pit. Superb in pastas, light summer salads or eaten alone.

NUTRITIONAL SUPPLEMENTS

400	OG	Hemp Oil	200 ml	¥1,890
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Hemp seed oil has been called "Nature's most perfectly balanced oil", due to the balanced 3:1 ratio of Omega 6 to Omega 3 EFA's with smaller amounts of 3 other polyunsaturated fatty acids in gamma-linolenic acid (GLA), oleic acid and stearidonic acid. Contains (Vitamin E), carotene (precursor to Vitamin A), phytosterols, phospholipids and a number of minerals including calcium, magnesium, sulphur, potassium, phosphorus, iron and zinc. Also is a good source of chlorophyll.

409	OG	Flax Oil	237 ml	¥1,890
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Flax oil is one of the richest sources of the essential fatty acid, omega-3, available. Known to promote metabolic energy and improve immunity, whilst helping to maintain a healthy nerve and cell structure. Cold pressed away from light, heat and oxygen to ensure quality. Add to salads, dressings or take alone by the spoonful or with meals. Can add to cooked oats and other cooked grains and over toast. Canada organic.

1636		Nutritional Yeast	200 g	¥1,029
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A superb source of B vitamins, including B12. Makes excellent sauces, adds flavour and colour to soups, great over salads, pasta, fried rice, noodle dishes and on toast or in drinks.

1669	OG	Green Kamut & Alfalfa Wheatgrass	90 g	¥3,450
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An alkaline forming, rich in fiber, amino acids, lipids, vitamins, and minerals wheatgrass. blend. High in protein, enzymes and chlorophyll. Supports cleansing, helps release fluid retention and the body to fight infection. Available in powder or capsule form

1670	OG	Spirulina Powder	180 g	¥3,900
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Spirulina is a super green whole food that rests atop the green pantheon. This tiny aquatic plant offers 60%+ all plant based protein, essential vitamins and phytonutrients such as the

antioxidant beta carotene, the rare essential fatty acid GLA, sulfolipids, glycolipids and polysaccharides. Its deep green color comes from its rainbow of natural pigments - chlorophyll (green), phycocyanin (blue) and carotenoids (orange) - that harvest the sun's energy. Easy-to-digest so nutrients are absorbed quickly. This blue-green algae has been a source of nutrition since the Aztecs harvested it from Lake Texcoco in Mexico centuries ago. Spirulina well may have been one of the first photosynthetic life forms created over 3.6 billion years ago.

1674 Chlorella Powder 220 g ¥3,400

1675 Chlorella Tablets 350 pc ¥1,680

100% fresh-water chlorella grown on the coral reef island of Ishigaki, Japan. Chlorella is a whole green food that enhances health naturally by supporting the immune system and promoting energy, vitality, and natural cleansing. Has the highest content of chlorophyll of any plant. Rich in chlorella growth factor (CGF), high in the nucleic acids RNA & DNA, the building blocks of life, vitamins, minerals, beta-carotene, and other phytonutrients. Helps balance the body's pH, and improves digestion.

1673 B12 Vegetarian Lozenges 1000 mcg x 100 pc ¥1,570

Methylcobalamin B-12 is better absorbed and retained than other forms of B12. It protects nerve tissue, brain cells and promotes healthy sleep. Also protects eye function against toxicity caused by excess glutamate. Methyl B-12 is a cofactor of methionine synthase, which reduces toxic homocysteine to the essential amino acid Methionine. Vegan.

1637 Powdered Psyllium Seed Husk 50 g ¥368

A high fibre intestinal broom that sweeps all clean on its way. Just add a teaspoon to a glass of water stir and drink immediately as will start to congeal.

PERSONAL CARE

The personal care products we carry are the best and most natural available here in Japan that meet our criteria of being cruelty free and vegan.



Lavera uses organic raw plant materials, as much as possible. Their products are 100% free from synthetic perfumes, colourants and preservatives. They ensure skin compatibility exclusively through tests with volunteers, together with skin specialists and allergists

Adult Body & Hair Care

N102 Neutral Hair & Body Shampoo 200 ml ¥3,360

The mild formula containing natural surfactants ensures that extremely sensitive, easily irritated skin remains soft and supple, even with frequent showering. The Shower Shampoo has hair caring qualities and lets your hair shine.

N103 Neutral Body Lotion 200 ml ¥3,465

A fantastic Body Lotion to be used after showering and bathing, evening-primrose oil protects your skin with essential fatty acids (Gamma linoleic Acid). Jojoba oil provides high oil replacement and binds to the skin's natural oils. By applying Neutral Body Lotion to your skin, it helps to prevent skin irritation caused by permanent loss of moisture. Free from essential oils, flower extracts and herbal extracts.

Baby & Kids Body & Hair Care

N75 Baby & Kids Hair & Body Shampoo 200 ml ¥2,625

The formulation has been specially developed for the gentle cleaning of baby's hair and skin. Vegetable moisturising factors provide natural protection for both fine hair and irritated scalp and skin. Extremely sensitive skin receives long-lasting moisture care, giving it a soft feel. The shampoo contains no flower extracts, no herbal extracts and no essential oils.

N77 Neutral Baby & Kids Body lotion 200 ml ¥3,360

Organic Olive Oil and Organic Evening Primrose Oil contain a high level of essential fatty acids and Vitamin E, which irritated skin can lack. These help to prevent moisture loss, provide intensive care by protecting the skin's own natural barrier and thereby maintain the healthy balance of the skin. The protective formulation has been developed to minimise allergic reactions containing no flower extracts, no herbal extracts or essential oils.



Aubrey's products all contain natural ingredients that have been used for centuries, even millennia, by people the world over.

Natural Skin Care

~ღ Normal Skin ღ~

8306 Green Tea & Ginkgo Facial Cleanser 118 ml ¥2,100

Invigorating formula protects skin as it cleanses, leaving the complexion fresh and radiant. Soothes, hydrates, tones the skin.

8307 Green Tea & Ginkgo Facial Toner 118 ml ¥2,310

This revitalizing toner prepares the skin for better absorption. Clears, refreshes and conditions the skin.

8305 Green Tea & Ginkgo Moisturiser 118ml ¥3,150

Light daytime moisturiser protects from sun, pollution and the skin's natural aging process. Restores softness and elasticity.

~ღ Dry Skin ღ~

8021 Sea Ware Facial Cleanser 118 ml ¥2,100

A natural cleanser for delicate or dry skin. Chlorella, kelp and citrus seeds extract in an essential fatty acid base.

8022 Rosa Mosqueta Facial Toner 236 ml ¥2,310

Combines rosa mosqueta with English lavender glycerine formula to tone and hydrate the complexion.

8023 Rosa Mosqueta Moisturiser 118 ml ¥3,150

Enriched with horsetail and coltsfoot, herbs high in silicic acids, and is absorbed instantly into the skin for maximum benefit.

8033 Rose Hip Oil 11 ml ¥2,520

Regular use nourishes and moisturises the complexion, but more importantly, prompts the regeneration of new skin cells.

8040 Jojoba & Oatmeal Mask Scrub 118 ml ¥2,100

A light scrub that deeply cleanses and gently exfoliates, it helps wipe away impurities as it moisturises, leaving your complexion fresh and soft.

~ღ Oily Skin ღ~

8011 Natural Herbal Facial Cleanser 118 ml ¥1,890

Give your face a lift with this hardworking cleanser keeping the complexion fresh and clear. Removes makeup and oil deposits.

8012 Natural Herbal Facial Astringent 236 ml ¥2,310

Refreshing toner wipes away excess oil and dead skin cells, helps keep skin clear and healthy. Gently dissolves makeup residue and debris.

8014 Natural Herbal Oil Balancing Moisturiser 59 ml ¥2,625
Light moisturiser and skin balancer ideal for teens and adults with oily complexions. Restores skin's natural moisture without clogging pores.

~ღ Sensitive Skin ღ~

8034 Vegacol & Aloe Facial Cleanser 118 ml ¥2,100
Especially formulated for sensitive skin, this mild formula soothes and hydrates sensitive facial skin as it cleanses. Fragrance Free.

8035 Vegacol & Aloe Facial Toner 237 ml ¥2,310
Simple herbal formula lightly hydrates skin, soothes, normalizes and refreshes the skin. Free from alcohol, or added fragrances.

8013 Vegacol & Aloe Moisturiser Cream 59 ml ¥2,940
Light skin hydrator restores elasticity and conditions the skin and tones and balances the complexion. No fragrance added.

8036 Vegacol & Aloe Soothing Mask 118 ml ¥2,310
Hydrating mask clears away dead skin cells, smoothes and conditions delicate facial skin. Gently exfoliates smoothes and hydrates skin.

8005 Sensitive Skin Trial Kit ¥840
Kit contains: vegacol & aloe facial cleansing lotion, vegacol & aloe facial toner, vegacol & aloe moisturiser cream, vegacol & aloe soothing mask, vegacell night-time hydrator crème, eucalyptus bath soak,

Essential Natural Skin Care

8037 Rosa Mosqueta Night Crème 30 ml ¥4,200
Helps smooth fine lines and wrinkles, leaves the complexion firm and radiant. The antioxidants help to prevent the formation of free radicals.

8038 Vegecell Night-time Hydrator Crème 30 ml ¥3,990
Over 12 herbals come together in this hydrating gel light enough for normal-to-oily and sensitive complexions that replenishes lost moisture. Helps restore softness and elasticity, minimizing fine lines and wrinkles.

8045 100% Aloe Vera Gel 118 ml ¥1,995
Straight from nature's own medicine chest, soothes dry, chapped or sun-exposed skin on contact. Beach & backpacking essential.

8031 100% Jojoba Oil 59 ml ¥2,310
An excellent make-up remover that moisturises and soothes.

Natural Hair Care

8090 Chamomile Shampoo 325 ml ¥1,890
Give your hair a lift with this lightly fragrant shampoo. Luxurious golden chamomile formula builds body and brings out natural highlights as it cleanses for fullness, bounce and radiant shine.

8091 Chamomile Conditioner 325 ml ¥1,995
Lightweight, lightly fragrant conditioner adds body and manageability to your hair. Thickening B-vitamins give your hair volume, while golden Roman chamomile enhances natural highlights, and soothing herbal extracts condition and add shine.

8092 Green Tea Shampoo 325 ml ¥1,890
This fast-acting clarifying shampoo deep-cleanses with just one application and rinses clean to leave hair shiny, bouncy and full. Herbal extracts deliver beneficial nutrients quickly and reduce drying time for fast and easy styling.

8093 Green Tea Cream Rinse 325 ml ¥1,995
Infuses vital nutrients and rinses clean to help hair dry quickly for easy styling. Detangles on contact and controls flyaways to leave lengths silky and full and curls softly defined.

8094 Honeysuckle Rose Shampoo 325 ml ¥1,890
Achieve ultra-softness and manageability with this moisture-intensive shampoo. Restorative herbal emollients rehydrate hair fibre to overcome dryness and brittleness leaving hair irresistibly fragrant and silky-soft. Recommended for highlighted hair.

8095 Honeysuckle Rose Conditioner 325 ml ¥1,995
Trade those dry, thirsty tresses for vibrant, touchably soft hair with this moisture-intensive conditioner. Restorative herbal emollients detangle and rehydrate to leave hair ultra-silky and irresistibly fragrant. Ideal for bleached or highlighted hair.

8096 Rosa Mosqueta Shampoo 325 ml ¥1,890
Enhance your hair's natural beauty with this vitamin-rich moisturizing shampoo. Gentle formula helps remove chlorine and impurities that can cause dryness, brittleness and fading. Vital nutrients help protect natural and colour-treated hair for increased vitality and shine.

8098 Rosa Mosqueta Conditioner 325 ml ¥3,780
This moisturizing conditioner that fortifies hair fibre, rehydrates and detangles. Potent herbal oils help protect natural and colour-treated hair from dryness and fading for vibrantly soft shiny hair.

8061 B-5 Design Gel 236 ml ¥2,205
Apply to wet hair then style as desired. A hair dryer may be used, but be careful not to over dry or damage hair.

Natural Sun Care

8595 Natural Sun Screen SPF 20 118 ml ¥1,890
Specially formulated for people with fragrance sensitivities, this hardworking sunscreen gives you SPF 20 sun protection without the scent. Offers full UVA/UVB protection with titanium dioxide (a mineral that deflects burning rays) and PABA ester helps reverse the drying effects of the sun and other botanical moisturizers soothes sun exposed skin with willow herb and organic aloe.

Aleppo Olive Oil Soaps

9013 Olive Oil & Laurel Extra Soap Bar 180 g ¥840
9012 Olive Oil & Laurel Soap Bar 200 g ¥525
Gentle, fragrant free combination of olive oil and laurel has been used as a daily soap for over 2 millenniums in Syria.

Dr. Bronners Pure Castile Organic Soaps



Bronners pure castile organic soaps use only 100% organic certified coconut, palm, olive oils and essential oils in their liquid and bar soaps. A little goes a long way.

9109 OG Rose Liquid Soap S 236 ml ¥1,155
9108 OG Rose Liquid Soap L 472 ml ¥2,100
9137 OG Rose Soap Bar 140 g ¥882
The Rose soap, with beautifully blended natural essential oils and isolates, has an elegant and romantic traditional feel.
9131 OG Lavender Liquid Soap S 236 ml ¥1,155
9122 OG Lavender Liquid Soap L 472 ml ¥2,100
9134 OG Lavender Soap Bar 140 g ¥882
Contains both lavandin and lavender essential oils to create a soothing and harmonizing bathing experience. Lavender showers not only replenish body but soul.
9172 OG Citrus Orange Liquid Soap S 236 ml ¥1,155
9173 OG Citrus Orange Liquid Soap L 472 ml ¥2,100

9174 OG Citrus Orange Soap Bar 140 g ¥882

The organic orange, lemon, and lime stimulate the skin and invigorate the body, giving a truly refreshing shower experience.

9130 OG Peppermint Liquid Soap S 236 ml ¥1,155

9120 OG Peppermint Liquid Soap L 472 ml ¥2,100

9133 OG Peppermint Soap Bar 140 g ¥882

The peppermint essential oil creates an exhilarating tingly-cool body space. Because therapeutically peppermint oil is a mild stimulant, it increases vitality and clarity.

9141 OG Tea tree Liquid Soap S 236 ml ¥1,055

9121 OG Tea tree Liquid Soap L 472 ml ¥2,100

9140 OG Tea tree Soap Bar 140 g ¥882

Organic Tea Tree Oil is great for facial cleansing and cleaning minor cuts and scrapes as well as everyday bathing.

9132 OG Baby Liquid Soap S 236 ml ¥1,155

9123 OG Baby Liquid Soap L 472 ml ¥2,100

9135 OG Baby Soap Bar 140 g ¥882

Formulated to be a mild, smooth soap for use on newborns (but still be sure to keep it out of the eyes). Because the Baby-Mild soap contains no essential oils, some people add their own favourite blends to craft personally unique bathing spaces.

Eco Brush Toothbrushes & Refills

9038 Eco Brush -White- M ¥315

9039 Eco Brush -Pink- M ¥315

9040 Eco Brush -Blue- M ¥315

9041 Eco Brush -Yellow- M ¥315

9042 Refills x 4 M ¥483

The Eco Brush has a unique exchangeable head clip system that allows you to change just the head not the whole brush.

Saledo Toothbrushes & Refills

E05 Brush & 3 Refills Set -Pink- M ¥525

E06 Brush & 3 Refills Set -Orange- M ¥525

E07 Brush & 3 refills Set -Blue- M ¥525

E11 Refills x 6 M ¥630

Made here in Japan.

Toothpastes

9000 Esukes Children's Toothpaste 60 g ¥283

All natural toothpaste, flavoured with pure orange essence.

9001 Dentie Toothpaste 80 g ¥452

Unique black toothpaste made from roasted aubergine, sea salt.

9004 Family Spearmint Toothpaste 140 g ¥368

N18 Neutral Lavera Tooth Gel 75 ml ¥1260

Fluoride-Free and recommended for people with sensitive teeth, & gums, and with phosphate and fluoride allergies. The sea salt & salicylic acid gently removes plaque to help prevent caries, parodontosis and tartar and the carvone oil freshens the breath.

Anti-Static Hair Brushes

8526 Bamboo Pin Hair Comb 31 Mini ¥1,575

8525 Bamboo Pin Hair Brush 61 Mini ¥2,100

8524 Bamboo Pin Hair Brush 46 S ¥1,890

8532 Bamboo Pin Hair Brush 91 L ¥3,465

Bamboo pin brushes secured in a rubber base mounted on wooden body. Feels great on the hair and head.

Organic Cotton Buds, Pads & Pleats

E120 OG Cotton Buds 100 pc ¥389

E121 OG Cotton Pads 100 pc ¥389

E123 OG Cotton Pleats 100 g ¥493

Use softer than soft unbleached organic cotton that is just perfect for applying and removing creams, lotions and cosmetics and 100% biodegradable.

MEADOWS ESSENTIAL OILS

The use of Aromatherapy oils in healing, massage and perfumes dates back over some 4000 years. A whole plethora of the healing benefits of these oils, not only physically but emotionally and psychologically are being rediscovered and discovered as further advances in the research and uses of aromatherapy continues. These oils can be simply enjoyed by adding a couple of drops to a bath or diffused in an aroma pot diffuser.

ME039 OG Cedar wood 10 ml ¥3,150

Refreshing and uplifting, helps with respiratory issues.

ME016 ✳ OG Citronella 10 ml ¥2,625

Helps keep the mosquitoes away.

ME046 OG Eucalyptus 10 ml ¥2,625

Great for stuffed up noses when vaporised or inhaled.

ME017 OG Geranium 10 ml ¥3,780

Added to a bath or compress helps cystitis.

ME005 OG Grapefruit 10 ml ¥2,940

Inhalation detoxifies and helps hangovers.

ME050 OG Lavender 10 ml ¥3,150

Helps thrush, stress and tension, add to a bath, compress.

ME027 OG Lemon 10 ml ¥2,625

Its antiseptic properties helps throat and respiratory problems.

ME024 OG Niaouli 10 ml ¥3,150

Helps with aches and pains colds and flu.

ME009 OG Orange Sweet 10 ml ¥2,625

Add to a bath or massage helps with constipation.

ME018 OG Peppermint 10 ml ¥3,570

Inhalation provides relief from head colds and asthma.

ME030 OG Rosemary 10 ml ¥1,801

Relief for stress-related disorders, add to a bath or vaporise.

ME014 OG Tea Tree 10 ml ¥3,885

Anti-bacterial, anti-fungal and antiviral, great for athlete's foot.

ME001 OG Ylang Ylang 10 ml ¥3,885

Add to bath or vaporise to relieve stress and nerve disorders.

Meadows Base Oils & Shea Butter

8641 Grape Seed 50 ml ¥1,155

8643 Rose Hip 50 ml ¥2,940

8644 Evening Primrose 10 ml ¥1,260

8661 OG Shea Butter 30 ml ¥3,150

Excellent essential oil carriers, superb massage oils and moisturisers for the skin. Product of England.

Anti-Mosquito Sprays Oil, & Coils

8651 100% Palm Oil Candle Lights 10 pc ¥399

8633 ✳ Anti-Mosquito Oil 5 ml ¥1,260

A blend of citronella, lemon grass and mint.

8927 Anti-Mosquito Coils 30 pc ¥893

Combination of insect repellent herbs. Non-toxic and safe.

8631 ✳ Anti-Mosquito Essential Oil Spray 50 ml ¥3,528

Synergetic combination of insect repellent organic essential oils.

8916 Frog Anti-Mosquito Coils 30 pc ¥924

Naturally mild insect-repellent coils. Safe for babies and children.

8917 ※ Frog Anti-Mosquito Herb Spray 120 ml ¥1,380
A 100% natural non-alcohol based insect repellent herb spray.

※ **To be avoided during pregnancy**

GLADRAGS MOON WEAR



Great for women with allergies or chemical sensitivities, These Organic non-bleached sanitary pads are a healthy alternative to disposable feminine pads. The holders are made out of comfortable cotton flannel fitted with a snap and "envelope" for the inserts.

The inserts consist of super-absorbent terry cloth and flannel for maximum protection. Lasting for 5 years or more, *GladRags'* organic cotton, washable, re-usable pads are kind to you and the environment, using minimal resources, creating minimal waste.

9851 OG Daytime Pad	1 pc	¥1,659
9852 OG Daytime Pads	3 pc	¥4,778
9858 OG Daytime Pads	12 pc	¥18,315
9853 OG Night time Pad	1 pc	¥1,943
9859 OG Night time Pad	3 pc	¥5,361

1. Place 1 or 2 of the inserts inside the holder.

2. Turn your GladRag over. Snap it around your underwear. The tag side goes next to your underwear and the smooth side goes next to your body.

3. Change your GladRag (holder and inserts) about as often as you would change a disposable pad.

9855 Carry Bag	1 pc	¥1,680
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Holds fresh pads and has a water-resistant inner bag for used pads. Ideal when you're away from home, just soak the pads upon your return.

KITCHENWARE



SILIT SICOMATIC ENAMEL
PRESSURE COOKERS & PANS
SIMPLE · PRACTICAL · FAST · SAFE

No synthetic coating, chrome and nickel-free, non-toxic, non-allergic cookware, as neutral as glass, no flavour passed to food.

9201 Pressure Cooker	2.5 L	¥34,650
9202 Pressure Cooker	4.5 L	¥38,850

The pressure cooker, saves time, energy, preserves the vitamins, minerals, flavour and energy content of food.

9205 Fry & Saucepan Set	2.3 L	¥31,500
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Fry pan & saucepan set that inter-link as a cooker top oven.

9209 Milk Pot	1.7 L	¥17,850
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Boil up water, tea or coffee. Comes complete with a glass lid.

Stone Flour Mill & Rice Mill

9003 Hawo's Flour Mill	¥73,500
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This German built hand assembled motorised mill encased in a solid beech wood frame is of the highest quality. Mills grains to a fineness of 0.3 mm for flours fine enough for pastries and other desserts. Has an exceptional hard millstone that uses corundum, a mineral that is second in hardness only to diamond. The mill can be opened without the need of tools and disassembled and reassembled very easily. Has a 3-year manufacturers warranty.

9018 Handy Compact Rice Mill	¥22,890
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A Japanese built powerful 300 watt motor. Has various settings from cleaning husk to polished rice and all in between. Mills from 1-5 cups. Easy to use, disassemble, clean and reassemble.

Water Filters Cartridge

9017 Ultima Water Filter Cartridge	¥16,275
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※ **This cartridge is for use in the Ultima Water Filter that is no longer being manufactured.**

Wheat-Grass Juicer

2229 Miracle Wheat-Grass Juicer	¥8,400
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A hand operated, Czech built, juicer designed for efficiency, durability and easy operation. Has a stainless steel 1.1mm mesh screen for juicing wheat-grass, with a second screen with larger holes for juicing soft fruits and berries. Simple to dismantle and clean, and easily attaches to most firm surfaces.

Charcoal

9070 Charcoal	1 kg	¥1,680
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The all-multi-purpose, no home is complete with it out, charcoal! Very hard, made from Japanese oak. Put it in your rice to keep it bug free, in the rice cooker to enhance the flavour, in your water to purify and improve its taste, in the bath too, in tempura oil for crisper tempura and to reduce rancidity. Venerated nationwide!

Cooking Oil Filter & Storage Pot

9066 Oil Pot & Filter	¥3,675
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A strainer and filter, come storage pot.

9067 Replacement Oil Filters	8 pc	¥525
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Tawashi

Handmade from palm tree fibres that are tightly bound together into a solid palm sized vegetable scrubbing brush. Handy for cleaning pots 'n' pans too.

9064 Large Kame Tawashi	Hard	¥294
9065 Large Kame Tawashi	Soft	¥336
9068 Small Kame Tawashi	Hard	¥315
9069 Small Kame Tawashi	Soft	¥315

Toilet & Tissue Paper

These recycled products are handmade by two small groups of special needs people from the Tokyo and Osaka regions. Both recycle old magazines and tetra-paks without the use of the bleaching agent chlorine.

9848 Recycled Toilet Paper	65 m	10 Rolls	¥452
9849 Recycled Toilet Paper	130 m	10 Rolls	¥860

Made by the special needs community 'Kyodo Gakusha.'

9850 Packle Recycled Tissue Paper	1 Pack	¥168
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Part of a work creation project for the special needs community in Kobe

HOME CLEANERS

The natural range of home care products we carry are the most environmentally friendly we can find in Japan. No bleach is used in the manufacturing processes or in the goods themselves. The majority of the locally made products are handmade. It is interesting to note that most of the people involved in this small but growing industry are from special needs communities.

Green Peas Pieta Washing Powders

Green Peas washing powders are made from 100% recycled cooking vegetables oils, which in most instances would be thrown out or down the kitchen sink. Green Peas is a company that employs several special needs staff and by purchasing this washing powder you help give worthwhile employment to several people who otherwise may be without work.

9054	Pieta Washing Powders	3 Kg	¥1,208
9056	Pieta Washing Powders	10 Kg	¥3,150
9049	Zip-Lock Washing Powder Net		¥525

Hand net that stops your powder from lumping in your washing.



Ecover is one of the most biodegradable ranges of Earth-Friendly cleaners to be found here in Japan. The products, and the company itself, have been awarded numerous environmental awards world wide for their pioneering contribution to cleaners that don't cause degradation in the natural world.

8950	Washing-Up Liquid	Lemon & Aloe	500 ml	¥609
8959	Washing-Up Liquid	Lemon & Aloe	1 L	¥1,029
8951	Multi-Surface Cleaner	Lemon	500 ml	¥840
8954	Liquid Laundry Soap		1.5 L	¥1,470
8961	Liquid Laundry Soap		5 L	¥4,410
8952	Delicate Liquid Laundry Soap		1 L	¥1,575
8960	Fabric Softener		1 L	¥945
8957	Toilet Cleaner		1 L	¥1,260

Baking Soda

1632	Mongolian Baking Soda	300 g	¥263
1603	Mongolian Baking Soda	1 kg	¥630

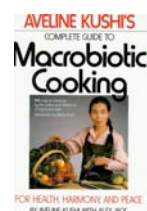
An environmentally friendly way to clean kitchens and bathrooms, even your teeth. Use as a raising agent in cakes and desserts.

BOOKS

We offer just a small collection of books touching on various areas of health and wellbeing that all help to contribute in some way to a more wholesome, compassionate and balanced way of being.

Macrobiotics Cookbooks & Guides

9500 Complete Guide to Macrobiotic Cooking P.389 ¥2,625
Aveline Kushi.



Regarded as one of the macrobiotic cookbook classics. A perfect macrobiotic starter that includes detailed macrobiotic applications to all your daily meal preparations. Includes sections on harmonising your cooking with the changing

seasons, the medicinal energy of foods, great tips on pressure cooking and pickling. Delicious recipes from the Mediterranean, the Americas, the Middle East and the Far East, you're sure to enjoy.

Contains some Fish recipes.

9502 The Macrobiotic Way
Michio Kushi

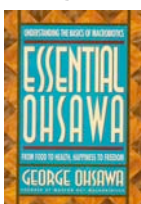
P.272 ¥1,365



The Macrobiotic Way is recognised as one of the definitive guides to macrobiotics. Written by Michio Kushi the foremost authority on the subject today. Clearly defines the connection between diet and many of today's illness, including cancer. Gives clear common sense advice that includes exercise and simple recipes that incorporate whole grains, beans, locally grown fresh vegetables and sea vegetables that prevent illness and rejuvenate the body and the mind.

9508 Essential Ohsawa
George Ohsawa

P.176 ¥1,700



An excellent, detailed introduction to understanding the principles of the macrobiotic movement and the man who launched it worldwide, George Ohsawa. Details his philosophy and reasoning as to why we need to adopt a grain-based centred diet for the betterment of our health and a better world.

9503 Your Face Never Lies
Michio Kushi

P.96 ¥945



An introduction to oriental diagnosis and what your face, its shape, skin tone (even posture and hand writing) can reveal about you and your health. More than a tool for helping the ill, this ancient technique will help you better understand yourself, your life and your relationship to nature.

9505 The Macrobiotic Approach to Cancer
Michio Kushi & Ed Esko

P.226 ¥1,365

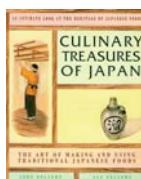


The macrobiotic diet view towards preventing and controlling cancer with diet and lifestyle changes. Includes recipes and practical common sense advice and suggestions on how to stay healthy and live a more balanced and wholesome life through the medium of incorporating macrobiotics.

General Cookbooks & Guides

9501 Culinary Treasures of Japan
John & Jan Bellame

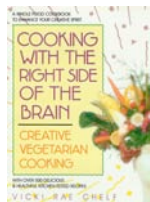
P.248 ¥2,415



Culinary Treasures of Japan is a unique and magical tour of the small towns and villages where authentic, traditional foods are still made to recipes dating back generations. Each food is clearly explained along with its medicinal qualities and cooking methods. Included is a selection of simple and easy to prepare recipes.

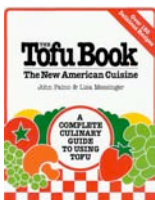
Contains some Fish recipes.

9504 Cooking with The Right Side of The Brain P.312 ¥2,048
Vicki Rae Chelf



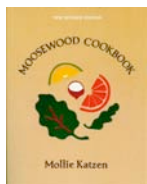
Creative vegetarian cooking at its best with over 500 mouth-watering kitchen tested recipes. This attractive book abounds with creative breakfast, lunch and dinner ideas. Truly a whole food cookbook to enhance your creative spirit.
Contains Dairy & Eggs in some recipes.

9507 The Tofu Book P.184 ¥1,523
John Paino & Lisa Messinger



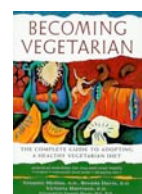
This book is the answer to any question you ever had on how to prepare and use tofu. Filled with a hundred and one ways to create delicious and easy to prepare tofu recipes, be it breakfast, lunch or dinner.
Contains one or two Fish & Fowl recipes.

9510 Moosewood Cookbook P.236 ¥2,205
Mollie Katzen



The cookbook from the restaurant with the same name, this new revamped addition contains the old 50 favourite amazingly, delicious recipes with the addition of 25 new recipes all clearly explained and a delight to prepare and serve.
Contains Dairy & Egg recipes.

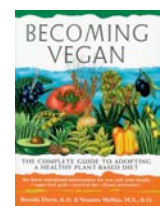
9574 Becoming Vegetarian P.262 ¥2,415
V.Melina, B.Davis, V.Harrison



A well-researched and informative book on moving to a more plant based diet. The in-depth nutritional information is well presented and does away with many of the myths that surround a meat-based diet. Has easy to prepare recipes, with great tips to make the transformation all the more easier.

Contains Dairy but offers alternatives.

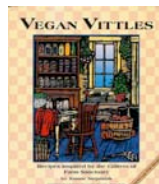
9434 Becoming Vegan P.288 ¥2,415
V.Melina, B.Davis, V.Harrison



From the same people who brought you 'Becoming Vegetarian', explore the benefits of a vegan diet. More and more people are being motivated to become vegans because of the impact of their food choices on their health, the environment, animal rights, and human hunger.

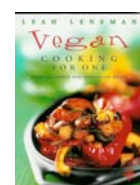
As registered dietitians, Davis and Melina are well-qualified to provide the latest information on: how a vegan diet can protect against cancer; heart disease and other chronic illnesses; getting all the protein you need without meat; meeting your needs for calcium without dairy products; what vegans need to know about B12; why good fats are vital to health and how to get them; balanced diets for infants, children, and seniors. Pregnancy and breast-feeding tips for vegan mothers, considerations for overweight, underweight, eating disorders, achieving peak performance as a vegan athlete and how to deal gracefully with a non vegan world. **Vegan**

9435 Vegan Vittles P.262 ¥2,205
Joanne Stepaniak



Vegan Vittles is a timeless treasure jam-packed with vegan staples for every meal, purpose, and taste. The superb classic no nonsense recipes and tips have impressed vegans, vegetarians, and omnivores alike. Included are sections on veganism, alternatives for animal products and information on factory farming. Nutritional information provided by Suzanne Havala, primary author of the American Dietetic Association's position paper on vegetarian diets. **Vegan.**

9513 Vegan Cooking for One P.194 ¥1,995
Leah Leneman



The revised and updated 'Single Vegan' with an additional 70 new recipes offering a larger selection of mouth-watering recipes to choose from. Meals are quick and easy to prepare with lots of great ideas on how to plan meals ahead of time and other practical tips. **Vegan.**

9572 Cooking with Seitan P.198 ¥1,890
Barbara & Leonard Jacobs



This book is a wonderful introduction to this versatile and easy to prepare wheat protein, Seitan. There are clear step-by-step instructions on how to make seitan from scratch. Over 100 recipes with tips on using seitan in a variety of interesting ways from stews to desserts. **Vegan.**

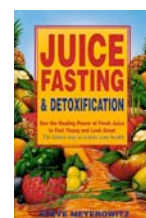
Juicing

9575 The Wheatgrass Book P.126 ¥1,365
Ann Wigmore



Wheatgrass is one of the most powerful and cleansing superfoods on the planet. Extremely high in antioxidants that free the body of free radicals. All you could ever need or want to know on how to sprout and juice wheatgrass to heal, improve and maximise your health.

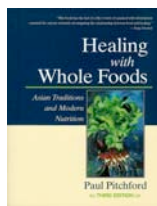
9436 Juice Fasting & Detoxification P.137 ¥1,995
Steve Meyerowitz



From the Author, Food is one of the most powerful addictions in life. At 900 billion dollars per year, we spend more on food than on our homes! It is our second greatest living expense surpassed only by medical care. With all this food and over consumption, is it such a wonder that the best selling drugs in America are names like Tums, Pepto-Bismol, Alka-Seltzer, Roloids, and Digel? This book explains how to fast using raw fruit & vegetable juices while maintaining a nearly normal work and living schedule. Includes: Juice recipes, detoxification techniques, exercises, weight loss, water fasting; about the organs of elimination; how to handle a "healing event," and how to end a fast safely.

Health & Healing Guides

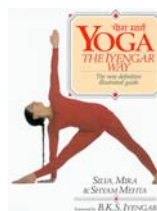
9591 Healing with Whole Foods 3rd Edition P.629 ¥4,095 Paul Pitchford



One of the most comprehensive and complete guides to health, nutrition and diet available that brings together the traditional wisdom of Oriental medicine and Western research on health and nutrition. This detailed work includes current guidelines on nutrition basics such as protein, vitamins & minerals, B12 and fats & oils.

Clear discussions of the Chinese healing arts applied to physical and emotional conditions. Information on making a gentle transition from an animal based diet to one centred on whole grains and fresh vegetables, with over 300 wonderful and simple to prepare vegan recipes. Sections on weight loss, heart and vascular renewal, digestive problems, candida yeast infections and fasting. Detailed regeneration diets and herbal treatments for cancer, arthritis and mental illness, to name only a few of the many topics covered in this revised edition. **Vegan.**

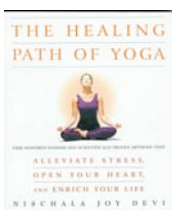
9595 YOGA The Iyengar Way P.277 ¥3,045 Silva Mira & Shyam Mehta



The ancient practice of Yoga has long been regarded as an effective way of relieving emotional stress, curing bodily ills and achieving personal equilibrium. This is a comprehensive, practical and authoritative guide to the method developed over the last fifty years by B.K.S. Iyengar, the world's

foremost exponent of Yoga. Here is a course manual embodying the purity and precision that have always been the hallmark of Iyengar's work. It features over 100 key postures each accompanied by clear step-by-step photographs and detailed instruction and graded according to the level of difficulty. It expands on finer details of technique for more advanced students and incorporates some advice for beginners and the less flexible. Included are sections on pranayama (breathing), meditation and the history and philosophy of Yoga, together with progressive course of practice and remedial programs for a range of common problems. Fully illustrated with hundreds of photos, written and demonstrated by students who have studied with Iyengar for over thirty years. An indispensable guide for practitioners and teachers everywhere.

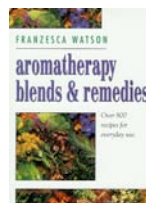
9454 Healing Path of Yoga P.230 ¥2,310 Nischala Joy Devi



More than just a beginners guide to yoga postures but rather a path to health and vitality. A union of the ancient time honoured wisdom of yoga, supported with scientific techniques that alleviate stress-related illness and enrich your life. The basic yoga postures are clearly illustrated and the guidance on meditations is

excellent. The dietary guidelines are from the findings of Dean Ornish, in reversing serious cardiovascular conditions and restoring health. An insightful book for those of us who are just starting out and unsure of where or how to begin the journey. to health and happiness through the healing power of diet & yoga

9512 Aromatherapy Blends & Remedies P.272 ¥2,100 Franzeca Watson



Aromatherapy has grown substantially over the last few years and this book has everything you ever needed to know on the subject. Has a comprehensive list of 60 essential oils with over 800 uses that includes special recipes for men, travel, pregnancy, massage, face and body care

9571 Healing Teas P.256 ¥1,890 Marie Nadine Antol



An in depth look at 54 medicinal and healing teas from around the world. Their preparations, uses and healing properties are described in detail with the aid of the handy A- to-Z guide to help.

9570 The Book of Shiatsu P.230 ¥2,100 Saul Goodman



A comprehensive, step-by-step guide for whole-body shiatsu. The meridian channels are clearly explained along with excellent guidance on applying shiatsu, and body mechanics. Specific points locations are given for various symptoms and complaints. Also included are techniques and exercises that help develop sensitivity and touch essential in shiatsu.

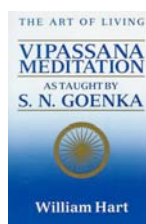
Self-help

9446 Peace Between the Sheets P.346 ¥2,100 Marnia Robinson



Based on the author's twelve-year inquiry into why relationships fail, *Peace Between the Sheets* offers a simple but revolutionary analysis: modern relationships often founder because of dysfunctional sexual habits. But when couples shift away from "heat-centered" toward "heart-centered" sexual interactions, they gain a mutual satisfaction that transcends physical gratification. Robinson advocates teaching the body a different response to sexual arousal that is driven by love over biology. The benefits include reducing stress, rejuvenating the body, helping overcome addictions, and developing a positive outlook. Over two parts, *Why and How*, the book devotes twelve chapters to topics like "Why do We Fall Out of Love?" "Outwitting Biology," "Want to Try It?" and "The Ecstatic Exchanges." *Peace Between the Sheets* tackles a delicate issue with sound reasoning, solid research, and a healthy dose of humor.

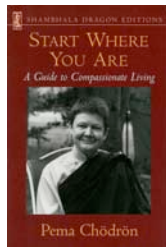
9456 The Art of Living P.115 ¥1,050 William Hart



Vipassana-bhavana, "the development of insight," embodies the essence of the teaching of the Buddha. As taught by S.N.Goenka, this path to self-awareness is extraordinary in its simplicity, its lack of dogma and, above all, its results. The technique can be successfully applied by anyone. Based on the lectures and writings of

S.N.Goenka, and prepared under his direct guidance – *The Art of Living* shows how the technique can be used to solve problems, develop unused potential, and to lead a peaceful, productive life. Includes stories and answers to students' questions that convey a vivid sense of S.N. Goenka teachings. Courses have attracted thousands of people from every background. Unique and former leader of the Indian community in Burma. Although a layman, Goenka's teaching has won the approval of senior Buddhist monks in Burma, India, Sri Lanka, and a number whom have taken courses under his guidance.

9593 Start Where You Are P.272 ¥2,100
Pema Chodron



An intelligent and beautifully written self-help book by the American Buddhist nun Pema Chodron that shows you how to move forward in life by cultivating the quality of fearlessness and awakening a compassionate heart. Learning to see your own shadows, faults and shortcomings and using the tools of understanding, forgiveness and humour as aids in transforming your life. Filled with down to earth advice on how not to judge others but instead how to act wisely and honestly with your-self and all. Many amusing and witty examples drawn from her own wealth of experiences, in dealing with her own ego-based battles. An uplifting and calming guide to compassionate living.

9450 Being Peace P.115 ¥1,365
Thich Nhat Hahn



Being Peace is taking the essence of Buddhist philosophy and applying it to life's situations in overcoming personal and social conflicts by bringing peace to oneself, family and society. The light-hearted stories and simple practices show how to bring peace back into your life.

Women's Health

9453 Co-operative Method of Natural Birth Control P.107 ¥1,208
Margaret Nofziger



Presented here is a safe, non-invasive, and effective method of birth control based on the recording and interpretation of signs and signals from a women's own body. Recommend by family centres throughout the US.

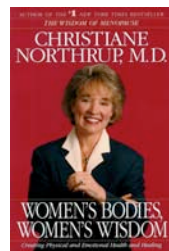
9447 The Natural Pregnancy Book P.346 ¥2,500
Aviva Jill Romm



Reading *The Natural Pregnancy Book* is like having your own personal herbalist and midwife at your side. Expertly written by Aviva Jill Romm, who has been providing family-centered natural health care for almost 20 years, it was one of the first books to explore botanical medicine and pregnancy. In this revised and updated edition, Ms. Romm thoughtfully follows the woman's journey from conception to birth, focusing on natural health. She describes herbs that can promote and maintain a healthy pregnancy (along with those you should avoid during your term)

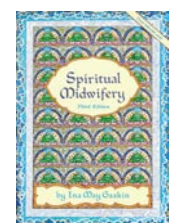
and the basics of a healthy diet, with an emphasis on natural foods. The *Natural pregnancy Book* is a complete guide for the woman who envisions a safe pregnancy without technological intervention, as nature intended.

9451 Women's Bodies Women's Wisdom P.753 ¥2,310
Christiane Northrup



A holistic vision of women's health and wellbeing through the rare integration of the best of conventional and alternative therapies. Dr Northrup has created a compassionate guide to help women towards the path of self-discovery, self-worth, joy and the miraculous healing powers within. An outstanding collection of information and case histories dealing with the profound to the daily. A welcome addition to any bookshelf and sure to benefit all who read it.

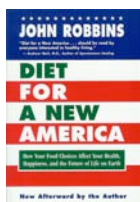
9452 Spiritual Midwifery P.469 ¥2,205
Ina May Gaskin



The classic book on home birth since 1977 has been revised and updated with information on caring for new-borns and pregnant mothers. This is a book primarily written by women about women's experiences, expressed in women's terms. The first section of the book details the experiences of parents and midwives during the birth process. The 2nd section is a technical manual for midwives, nurses and doctors. Includes information on prenatal care, nutrition, labour delivery techniques, breastfeeding, etc.

Miscellaneous

9592 Diet for a New America P.423 ¥2,310
John Robbins



Diet for A New America is one of those rare and classic books that has awakened millions to question how their eating habits and modern day intensive livestock practises are devastating all on life on the planet. Frances Moore Lappe, author of *Diet for a Small Planet*, had this to say on the book. "In a tender, not strident, voice, Robbins shows us why a humane society cannot be built upon an inhumane system of food production. Robbins does not play on our guilt, but shows us how our own wellbeing is linked to the development of radically new sensibilities to non-human life. What you perceive behind the supermarket meat counter will never be the same after reading *Diet for a New America*."

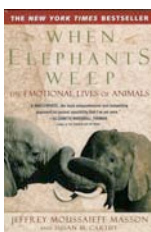
9437 The Food Revolution P.340 ¥2,500
John Robbins



What can we do to help stop global warming, feed the hungry, prevent cruelty to animals, avoid genetically modified foods, be healthier and live longer? Eat vegan, Robbins (*Diet for a New America*) argues. Noting the massive changes in the environment, food-production methods, and technology over the last two decades, he lambastes contemporary factory-farming methods and demonstrates that individual dietary choices can be both empowering and have a broader impact. Robbins, heir to the

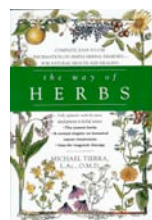
Baskin-Robbins ice-cream empire (he rejected it to live according to his values), takes on fad diets, the meat industry, food irradiation, hormone and antibiotic use in animals, cruel animal husbandry practices, the economics of meat consumption, biotechnology and the prevalence of salmonella and E. Coli. Some details are downright revolting (euthanized dogs and cats often are made into cattle feed), horrific (some 90% of cows, pigs and poultry are still conscious when butchered) and mind-boggling (it takes 5,214 gallons of water to produce one pound of beef). Despite all this and more distressing information, Robbins ends on a hopeful note, detailing growth in organic farming, public awareness and consumer activism worldwide, as well as policy changes, especially in Europe. Well researched and lucidly written, this book is sure to spark discussion and incite readers to examine their food choices.

9594 When Elephants Weep **P.236** **¥2,100**
J.M. Masson & S. McCarthy



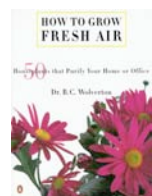
A deeply moving and impeccably researched account of the emotional lives of animals from as far field as the wild plains of Africa to the pets in our own our homes. This book clearly shows how deeply animals in the wild or in captivity experience, feel and express emotions. The authors have left no stone unturned in bringing to light the many common bonds we all share as animals in the guise of love, loss, anger, sadness and joy. All expressed in a plethora of ways that anyone who's ever owned a dog or cat or seen animals in their natural environs will certainly testify to. After reading this book one will never again see animals in the separated light science would have us view them but instead as a wonderful part of the animal kingdom to which we all belong. Moving and compassionate.

9514 The Way of Herbs **P.364** **¥2,100**
Michael Tierra



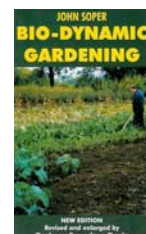
Herbs have been used for millennia to aid us in helping support our health and healing. This condensed and informative book gives clear practical guidance on the benefits and uses of the 171 herbs in its pages. Shows the way to a holistic health and healthy lifestyle through commonly known herb

9517 How to Grow Fresh Air **P.144** **¥2,100**
Dr. B. C. Wolverton



An informative guide on growing fresh air in your home with 50 selected common houseplants. The benefits of what each plant offers in purifying and replenishing the air clearly explained. Colourfully illustrated with lots of tips on keeping your plants healthy and strong.

9438 Bio-Dynamic Gardening **P.244** **¥2,520**
John Soper



This guide offers essential information for private biodynamic gardening based on the principles of Rudolph Steiner. Clear instruction is given on working with the unifying cosmic whole to bring the best out from your organic garden. Included are full details on using the Star Calendar for planting times, making one's own compost, implementing crop rotation, mulching, cultivating herbs and flowers, and coping with pests and diseases. A book that appeals to many gardeners who are seeking alternatives to chemical fertilizers and systemic pest and disease control.

9569 Clean House, Clean Planet **P.301** **¥1,890**
Karen Logan



Most kitchen sinks and cabinets are not much more than toxic outlets and storage dumps for a mob of harsh detergents, soaps and disinfectants that would be better off never being produced, let alone into the home and the environment. This exceptional book informs us of the horrors of the above and enlightens us to the friendly alternatives that are cheap and simple to prepare, friendly to the user as well as to the planet.

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