

Welcome to Warabe Mura

Hello, and welcome to Warabe Mura Wholefoods. We are a small 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 completely sugar, dairy, egg, fish, fowl, and meat free. The natural personal care products we carry contain no animal derivatives and are cruelty free. The house cleaners are environmentally friendly and all tissue & toilet papers are from recycled sources. We feel one way to help heal the Earth and ourselves is by 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 range of imported organic natural 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 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".

Table of Contents

Amazake	...11	Herbs & Spices	...13	Salsa	...9
Aromatherapy Products	...16~17	Home Cleaners	...18	Sea Salt	...3
Baking Goods & Aids	...6~7	Instant Meals	...3	Sea Vegetables	4
Books	...18~22	Japanese Dried Food	...4~5	Sesame Seeds & Condiments	8-9
Beverages	...10~11	Japanese Traditional Teas	...9	Seitan, Gluten	...5
Breakfast Cereals	...11	Juicer	...17	Shampoos & Soaps	...15~16
Breads	...12~13	Juices	...11	Snacks & Things	...11
Brown Rice	...6	Kitchenware	...17	Soups & Soup Stocks	...3
Brown Rice Malt Candies	...11	Legumes	...5	Soya Mince	...5
Brown Rice Dinners	...6	Millet	...6	Soya & Rice Milks	...10~11
Cake, Pudding & Bread Mixes	...7	Mirin & Cooking Sake	...4	Shoyu	...2
Carob & Cocoa	...7	Miso	...2~3	Sprouting Seeds & Kit	...9
Coffee Filters	...11	Mochi	...6	Stone Flour Mill	...17
Curry, Curry Powder & Sauces	...3	Mustard, Patés & Spreads	...8	Supplements	...14
Dishwashing Soaps	...18	Nut & Seed Butters	...8	Sweeteners	...7
Dried Fruit	...8	Oils	...4	Teas & Coffees	...10
Dried Nuts & Seeds	...8	Pastas Japanese/Italian	...9~10	Tinned Tomatoes & Sauces	...9
Flours	...6~7	Pasta Sauces	...9	Toothpastes & Toothbrushes	...16
Fruit Spreads	...8	Personal Care	...14~16	Umeboshi	...13
GladRags Moon Wear	...17	Pickles	...13	Vegetable Box	...13
Grains	...5~6	Pressure Cookers	...17	Vinegars	...3
Herbal Teas	...10	Ramen	...10	Water Filter's Filter	...17

SHOYU

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

- 0127 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.
- 0121 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.
- 0122 JO Hand Made Shoyu** 1.8 L ¥1,701
- 0123 JO Hand Made Shoyu** 1 L ¥1,047
 Traditionally handmade with all organic local ingredients.
- 0124 JO Honnama Shoyu** 1.8 L ¥2,205
- 0125 JO Honnama Shoyu** 720 ml ¥1,082
 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 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.

- 0316 JO Onozaki Barley Miso** 750 g ¥918
- 0309 JO Onozaki Brown Rice Miso** 3 kg ¥2,777
- 0303 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.
- 0311 JO Tateshina Barley Miso** 800 g ¥966
- 0314 JO Tateshina Barley Miso** 4 kg ¥3,885
 Superb all organic barley and soya bean miso, fermented for up to 2 years. Mellow in flavour.
- 0312 JO Tateshina Soya Bean Miso** 800 g ¥1,029
- 0319 JO Tateshina Soya Bean Miso** 4 kg ¥4,305
 Local organic soya beans and sea salt are fermented over 4 seasons creating a robust and richly flavoured miso.
- 0313 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.
- 0315 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.
- 0318 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.

0308 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.		
0317 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.		
0321 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.		
0675 JO Tekka Miso	70 g	¥756
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.		
0911 JO Brown Rice Kouji	500 g	¥840
Make your own amazake or miso, never been easier!		

INSTANT SOUPS & STOCKS

0690 OG Creamy Butternut Pumpkin Soup	443 ml	¥515
0691 OG Creamy Broccoli Soup	443 ml	¥515
0694 OG Creamy Tomato Soup	443 ml	¥515
Three creamy and hearty, all vegetable soups. US organic.		
0563 Eight Grain Potage	5 pc	¥861
0560 Instant White Miso Soup	1 pc	¥200
0561 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.		
0202 OG Noodle Stock	310 ml	¥578
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, meat, dairy and additive free ready in no time meals.

1503 100% Vegetarian White Sauce Roux	120 g	¥378
Simple, quick white sauce for vegetable and pasta dishes		
1504 100% Vegetarian Macaroni Gratin	105 g	¥298
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	250 g	¥407
A very mild tasting Japanese 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 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
Wheat & brown rice steamed ramen. All come with a seasoned vegan broth.		
1416 Miso Ramen	100 g	¥137
1415 Shoyu Ramen	100 g	¥137
7612 Ramen	5 x 92 g	¥557

3 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 millenniums. 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.

0206 Ohshima Sea Salt	500 g	¥1,260
0204 Ohshima Sea Salt	3 kg	¥6,930
Hand harvested on Ohshima in Shizuoka Ken.		
0209 Aguni Sea Salt	250 g	¥735
0210 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.

0214 Khan Hoa Crystal Sea Salt	150 g	¥294
0213 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.

0216 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.

0509 JO Kyoto Rice Vinegar	900 ml	¥1,029
0510 JO Kyoto Rice Vinegar	500 ml	¥630
Local organic rice fermented in wooden kegs. Light flavour.		
0513 JO Umeboshi Vinegar	200 ml	¥336
Deliciously tart, wine red juice drawn from organic pickled plums. Use in dressings and sauces.		
0514 OG Mino Brown Rice Vinegar	500 ml	¥536
Made from US organic brown rice, fermented in Mino Shi, Gifu.		

0503 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.

0511 OG Balsamic Vinegar 250 ml ¥1,575

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.

0512 OG Italian White Wine Vinegar 250 ml ¥683

Matured slowly in wooden casks producing an organic white wine vinegar 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.

0551 OG Mikawa Mirin 500 ml ¥1,010

0550 OG Mikawa Mirin 1.8 L ¥3,161

Handcrafted with locally grown organic rice in Mikawa Aichi

0555 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.

0421 JO Kahoku White Sesame Oil 160 g ¥630

0422 JO Kahoku Black Sesame Oil 160 g ¥840

0423 JO Kahoku White Sesame Oil 630 g ¥2,520

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

0403 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.

0410 JO Kuki Dark Sesame Oil 340 ml ¥714

0408 JO Kuki Light Sesame Oil 340 ml ¥788

0405 OG Olive Oil 500 ml ¥2,310

0406 OG Olive Oil 5 L ¥18,600

A full-flavoured, cold pressed organic extra virgin olive oil. A blend of 2 varieties of olives grown by a farmer's co-op on Sicily.

0412 Canola Oil 650 g ¥1,260

Cold pressed, domestic canola oil.

400 OG Hemp Oil 200 ml ¥1,890

0409 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

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 traditional to treat alcohol addiction.

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

1913 OG Snow Dried Tofu (Thin) 6 pc ¥473

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

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.

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.

1956 JO Dried Shredded Radish 100 g ¥268

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

WILD SEA VEGETABLES

Sea vegetables have long been appreciated around the world for their 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 and essential trace elements.

0711 Yamamuro Yaki Nori Sheets 10 pc ¥893

0723 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.

0715 San-Riku Wild Hijiki 50 g ¥410

To prepare, soak for 5 mins, drain, lightly steam or sauté with sliced carrot and thin fried tofu sheets, add shoyu to taste.

735 Kan Hijiki 50 g ¥441

Hijiki is one of the highest known sources of calcium on the planet. Traditionally prepared first slowly and then sun-dried.

0725 Kizami Wild Arame 28 g ¥179

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

0724 Ito Wakame 50 g ¥715

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.

0719 Funori 20 g ¥399

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

0733 Kizami Mekabu 30 g ¥357

Sun-dried mekabu root has 10 times more calcium than milk and 4 times more iron than beef. Add to soups and salads.

0734 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.

0752	Tororo Kombu	40 g	¥368
Silky thread texture that is finely shaved from Kombu. Great around onigiri, or in soup..			
0749	Hokkaido Kombu Powder	80 g	¥735
Ideal for making instant soup stocks and broths.			
0755	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.			
0728	AO Nori Flakes	6 g	¥315
Aromatic, mineral-rich condiment that is, delicious in onigiri or sprinkled over fried rice and noodles.			
0707	Kanten Powder	4 g x 2	¥158
0720	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, GLUTENS & 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 in taking on flavours and are excellent meat alternatives in recipes.

0604	Seitan	230 g	¥557
Flavoured in an onion, kombu, shiitake, ginger & shoyu broth.			
0620	Gluten Meat Seasoned	150 g	¥431
0621	Gluten Mince Seasoned	150 g	¥431
0622	Gluten Chunks Extra Seasoning	150 g	¥431
0626	Gluten Meat Unseasoned	200 g	¥495
0627	Gluten Mince Unseasoned	200 g	¥495
Ready to serve gluten meat, seasoned in tamari sauce. Extremely versatile can be used in any number of dishes.			
1909	Sheeted Fu	5 pc	¥315
1905	Whole Wheat Round Fu	12 pc	¥375
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!			
0625 OG	Soya Mince	150 g	¥399
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, changing the water and cooking them with a piece of kombu and a pinch of fenugreek this can be over come. Also by first eating smaller amounts encourages the formation of the enzyme necessary for the breaking down of the trisaccharides that are responsible for gas.

1101 OG	Chickpeas	500 g	¥525
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			
1126 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	Gintebo '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 bean. 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
Locally 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 are central to balanced wholesome diet being outstanding sources of complex carbohydrates, essential 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 OG	Pressed Pearled Barley	300 g	¥410
Locally, organically 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.			
1043 OG	Whole Spelt Wheat Berries	500 g	¥368
Ancient European grain. Low allergen. Use 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.

1045 OG Whole Rye Berries 500 g ¥263

Sprout, steam or, mill into flour. Organically grown in the 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.

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.

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.

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 alkalisng, 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 g ¥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 Whole Wheat Bread Flour 500 g ¥355

7074.2OG 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 Sifted White Bread Flour 500 g ¥420

7073.2OG 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 g ¥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. Use as you would standard wheat flour. Netherlands.

1608 OG Rye Flour 500 g ¥336

A rich, dark flour that makes excellent bread. US organic.

1613 OG Corn Meal 907 g ¥546

1606 OG Corn Flour 300 g ¥399

1606 OG Corn Flour	1 kg	¥1,199
Wheat alternatives, Corn meal is better suited in corn bread and muffins. Corn flour being finer, better for tortillas. US Non GMO.		
1611 OG Japanese Brown Rice Flour	400 g	¥567
7035 OG Japanese Brown Rice Flour	1 kg	¥1,544
Milled from organic brown rice. Blends well with other flours, yielding sweeter bread. Delicious thickener is soups.		
1639 OG Japanese Rice Flour	500 g	¥735
1610 JO Gluten Flour	200 g	¥1,092
Organic domestic gluten. For seitan and gives bread a better rise.		
1666 OG Stone Ground Buckwheat Flour	200 g	¥546
Stone ground from domestic organic buckwheat.		
1650 OG US Buckwheat Flour	300 g	¥420
1651 OG US Buckwheat Flour	1 kg	¥1,155
1634 JO Shiratamako	150 g	¥945
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	¥260
Adds crunchy crispness to tempura, koroke and baked dishes..		

Cake, Bread & Pudding Mixes

1644 Mountain Potato Flour	20 g	¥231	
Harvested wild in Ishikawa ken. For okonomiyaki, mix with flour, water and vegetables, flip a few times in a fry pan, and serve.			
1621 Tenpura Mix	400 g	¥368	
Quick 'n' easy, just add water and mix until an even consistency.			
1620 Hot Cake Mix	400 g	¥368	
Simple to use premix flour with baking soda and salt. Just add water and the desired amount of sweetening heat mix in a skillet with a smidgen of oil until a light golden brown and serve.			
2530 OG Vanilla Pudding Mix	40 g	¥399	
2531 OG Chocolate Pudding Mix	40 g	¥399	
Simple to make just add your preferred liquid and sweetener and let stand to set in the fridge.			
171 Rice Pudding Mix	4 servings	80 g	¥200
1690 OG Farmhouse Bread Mix	300 g	¥429	
2531 OG 6 Grain Bread Mix	300 g	¥460	
Add water and pop in to the oven or the bread machine.			

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
0820 OG Cocoa Powder	150 g	¥557
2211 OG Coconut Cream	400 g	¥399
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

0901 OG Soya Milk Original	L	1 L	¥546
0903 OG Soya Milk Original	S	250 ml	¥210
0902 OG Soya Milk Vanilla	L	1 L	¥546
0904 OG Soya Milk Vanilla	S	250 ml	¥210
0907 OG Rice & Soya Blend	L	1 L	¥546
0905 OG Rice & Soya Blend	S	250 ml	¥210
0923 OG Rice Dream Original	L	946 ml	¥609
0922 OG Rice Dream Original	S	236 ml	¥231

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	¥1,155	
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 tasty breakfast, soak a handful of prunes, apricots and figs over night simmer for an hour and serve over oatmeal. All dried fruit is organically grown and none oil coated. Mainly from the USA and Europe .		
2101 OG Dried Apricots	200 g	¥630
7103.2OG Dried Apricots	1 kg	¥2,721
Sun-dried and a good source of iron and beta-carotene.		

2102 OG Dried Apples	100 g	¥504
7105.2OG Dried Apples	1 kg	¥3,990
Great in apple pie, scones, delicious in cereals and as a snack.		
2121 OG Dried Orange Peel	20 g	¥420
2104 OG Dried Pitted Prunes	300 g	¥767
7104.2OG Dried Pitted Prunes	1 kg	¥2,426
Rich in iron, potassium and fibre.		
2109 OG Dried Raisins	200 g	¥389
7101.2OG Dried Raisins	1 kg	¥1,200
2117 OG Dried Sultana Raisins	250 g	¥473
7113.2OG Dried Sultana Raisins	1 kg	¥1,386
2110 OG Dried Currants	200 g	¥441
7102.2OG Dried Currants	1 kg	¥1,808
2112 OG Dried Figs	200 g	¥462
7016.2OG Dried Figs	1 kg	¥2,249
Figs are high in vitamins and minerals, alkaline forming and aid digestion. Very sweet.		
2113 OG Dried Pitted Deglet Dates	200 g	¥546
7111.2OG Dried Pitted Deglet Dates	1kg	¥2,100
Sweet 'n' moist. Delicious alone, finely diced in breads & cereals.		
2215 OG Coconut Fine	100 g	¥210
7212.1OG 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	¥399
2115 OG Dried Tomatoes	50 g	¥378
Great in soups and stews and naturally, magical on pizzas.		

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

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	¥1,323
2450 OG Peanut Butter ~Crunchy~	454 g	¥924
2453 OG Peanut Butter ~Smooth~	454 g	¥924

PATÉS, SPREADS & MUSTARD

2723 OG Carrot Pate	200 g	¥756
2724 OG Mushroom Pate	200 g	¥756
Delicious pates made with select organic vegetables, herbs and spices. Germany.		

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

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 nuts & seeds are raw, unsalted and organic.

2200 OG Sunflower Seeds	100 g	¥315
7207.2OG Sunflower Seeds	1 kg	¥1,875
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.		
2205 OG Almonds	100 g	¥735
7203.2OG Almonds	1 kg	¥6,240
Sweet tasting organic Californian almonds.		
2221 OG Sliced Almonds	100 g	¥630
7204.2OG Sliced Almonds	1 kg	¥6,027
Aromatic sliced organic Italian almonds.		
2226 OG Almond Powder	90 g	¥945
7213.2OG Almond Powder	1 kg	¥7,468
Organic almonds are milled here on the premises to guarantee the freshest product as possible.		
2225 OG Cashew Nuts	100 g	¥452
7200.2OG Cashew Nuts	1 kg	¥4,366
Unsalted raw Sri Lankan organic cashews.		
2206 OG Walnuts	100 g	¥473
7202.2OG Walnuts	1 kg	¥4,740
Gives a lovely flavour to breads, cakes and tossed in a salad.		
2220 OG Pumpkin Seeds	100 g	¥410
7209.2OG 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.		
2240 OG Pine Nuts	60 g	¥504
Make great nut roasts, add to pesto and salads. China organic.		

SESAME, SHISO & HEMP 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
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.		
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.

Sesame Seed Condiments

0665 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.

0666 White Gomashio 150 g ¥315
0667 Black Gomashio 150 g ¥315
 Ground Chinese sesame seeds and sun-dried 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
1132 OG Mustard Seeds 100 g ¥357
1133 OG Broccoli Seeds 100 g ¥924
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
 Triple tier sprout garden.

2229 Wheatgrass Juicer ¥8,400
 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 attaches to the side of tables or workbenches.

WARABE MURA ORGANIC HOMESTYLE JAPANESE PASTAS

This extraordinary line of traditionally made organic whole grain Japanese pastas is made by the Sakurai family in their small shop in the foothills of the Japanese Alps. The family freshly mills select organic grains for each batch, and prepares their pastas by the centuries-old roll-and-cut method. 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
 A wheat-free – gluten-free full flavoured organic buckwheat noodle.

1203 OG Ito Soba 200 g ¥289
 Thin, delicate noodle delicious served with a chilled shoyu sauce in summer.

1204 OG Jinenjo Soba 200 g ¥347
 A popular buckwheat & wheat noodle made with the addition of mountain yam, prized for its strengthening qualities.

1205 OG Mugwort Soba 200 g ¥300
 Buckwheat flour, whole wheat flour, mugwort and sea salt give this noodle a refreshing and uplifting quality.

1200 OG Wheat Udon 200 g ¥350
 A sifted wheat udon made with domestic organically certified wheat from northern Japan.

1206 OG Whole Wheat Udon 200 g ¥259
 A distinctive, substantial and full-flavoured noodle. Very popular in the colder months served in a rich hot vegetable broth.

1207 OG Whole Wheat Somen 200 g ¥259
 A thin wheat noodle that is traditionally served with a chilled soup in summer or a hot broth in winter.

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

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 ¥195
1512 Kishimen 250 g ¥195
1513 Hiyamugi 250 g ¥195
1514 Somen 220 g ¥195
1515 Inaka Soba 200 g ¥195

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 noodles, kishimen and udon cook 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.

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

Wheat & brown rice ramen. Comes with a seasoned vegan broth.

1416 Miso Ramen 100 g ¥137
1415 Shoyu Ramen 100 g ¥137
7612 Ramen 5 x 92 g ¥557

3 instant fried wheat ramen with a vegan broth.

PASTAS

1301 Japanese Spaghetti 300 g ¥365
1304 Elbow Macaroni 300 g ¥365
1306 Twist Macaroni 300 g ¥365

Made with domestic flour.

1317 OG Whole Wheat Penne 250 g ¥315
1314 OG Whole Wheat Spaghetti 500 g ¥399

Three wholesome organic whole wheat pastas from Italy.

1312 OG Spaghettini 500 g ¥399
1333 OG Kamut Whole Wheat Fusilli 250 g ¥515
1334 OG Corn Penne Pasta 250 g ¥515

Stone ground organic Kamut and Corn pastas. Low allergenic.

1310	OG	Macaroni Pasta	250 g	¥284
1326	OG	Tri-Colour Fusilli Pasta	250 g	¥357
1328	OG	Penne Pasta	250 g	¥284

Organic pastas from Italy.

1928		Brown Rice Vermicelli	40g x 3	¥399
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Ready in 3 mins. Add to salads, soups and stir-fries. Thailand.

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

PASTA SAUCES & THINGS

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

0603	OG	American Roma Tomatoes	794 g	¥557
0616	OG	Italian Tomatoes	400 g	¥347
0618	OG	Italian Paste	150 g	¥315
0617	OG	Whole Tomatoes	2.50 kg	¥1,680
2115	OG	Dried Tomatoes	50 g	¥378
0611	OG	Arrabbiata Pasta Sauce	350 g	¥504
0612	OG	Basilico Tomato Pasta Sauce	350 g	¥504
0613	OG	Roasted Aubergine Pasta Sauce	350 g	¥504

Rich tasting Italian made tomato based pasta sauces.

0617	OG	Amy's Medium Salsa	425 g	¥893
0630	JO	Tomato Ketchup	300 g	¥546

Sugar free, organic, locally produced ketchup.

0628	OG	Chuono 'Brown' Sauce	250 ml	¥756
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A light, fruity 'n' spicy flavoured organic brown sauce.

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 Teas

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.

0801	OG	Kukicha	1 kg	¥2,625
0807	OG	Kukicha	500 g	¥1,365
0802	OG	Kukicha	85 g	¥273
0805	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.

Yogi Teas

0865	OG	Women's Moon Cycle	TB 2 g x 16	¥998
0867	OG	Echinacea Tea	TB 2 g x 16	¥998
0871	OG	Bedtime Tea	TB 2 g x 16	¥998
0869	OG	Ginkgo Tea	TB 2 g x 16	¥998
0870	OG	St. John's Wort Tea	TB 2 g x 16	¥998

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

Herbal Teas

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

0857	OG	Raspberry Leaf Tea	10 g	¥649
0858	OG	Nettle	20 g	¥478
0859	OG	Elderflower	10 g	¥478
0851	OG	Peppermint	25 g	¥347
0852	OG	Rose hip	25 g	¥389
0853	OG	Lemon Grass	25 g	¥368
0855	OG	Chamomile	25 g	¥389
0861	OG	Chamomile	TB 2 g x 16	¥588

Leaf, Scented, Grain and Root Teas

0842	OG	Earl Grey	TB 2 g x 16	¥588
0844	OG	Darjeeling	TB 2 g x 16	¥630
0845	OG	S. Indian Tea	100 g	¥650
0893	OG	Earl Grey Tea	100 g	¥698
0890	OG	Mango Fruit Tea	100 g	¥683
0891	OG	Cinnamon Spice Tea	100 g	¥756
0892	OG	Orange Spice Tea	100 g	¥683
0849	OG	Chai Indian Style Spiced Black Tea	60 g	¥1,029
0810	JO	Barley Tea	TB 10 g x 16	¥378

1 teabag makes 1-1.5 litres of barley tea.

0812		Lotus Root & Ginger Tea	50 g	¥378
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Bean & Ground Coffees

0821	OG	Sumatran Ground Coffee	170 g	¥819
0822	OG	Sumatran Coffee Beans	170 g	¥819
0823	OG	Decaf Mexican Ground Coffee	170 g	¥924
0824	OG	Decaf Mexican Coffee Beans	170 g	¥924
0828	OG	French Roast Ground Coffee	170 g	¥872
0827	OG	French Roast Beans	170 g	¥872
0829	OG	Fresh Vanilla Ground Coffee	200 g	¥998
0830	OG	Fresh Vanilla Beans Coffee	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 Coffees & Cocoa

0814		Evermalt Instant Grain Coffee	125 g	¥2,100
0815	OG	NO-CAF Instant Grain Coffee	100 g	¥1,365
0816		Dandelion Coffee	100 g	¥1,470
0817		Brown Rice Coffee	360 g	¥1,575

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.

0820	OG	Cocoa	150 g	¥557
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Iron and fibre rich fair trade organic cocoa. Grown by a workers cooperative in the Dominican Republic.

Coffee Filters

0836		Gold Coffee Filter 1~6 cups		¥2,940
Pure gold filter, no waste, no taste, will last as long as you do.				
0825		Hemp Cloth Filter 1~2 cups	S	¥785
0826		Hemp Cloth Filter 2~4 cups	L	¥685
Reusable hemp cloth filters, wash, dry then ready reuse.				
0831		Coffee Filters 3~4 cups	L	100 pc ¥336
0832		Coffee Filters 1~2 cups	S	100 pc ¥284

Made with unbleached, acid free paper.

Soya Milk & Rice Dream

0901	OG	Soya Milk Original	L	1 L	¥546
0903	OG	Soya Milk Original	S	250 ml	¥210
0902	OG	Soya Milk Vanilla	L	1 L	¥546
0904	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.

0923	OG	Rice Dream Original	L	946 ml	¥609
0922	OG	Rice Dream Original	S	236 ml	¥231

Superb flavour, light and refreshing beverage, serve chilled or at room temperature. Dairy, soya, wheat free, no added sweetener.

Rice & Soya Blend

0907	OG	Rice & Soya Blend	L	1 L	¥546
0905	OG	Rice & Soya Blend	S	250 ml	¥210

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

Amazake

0906	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 amazake the residue from brewing sake.

Juices

0931	OG	Apple Juice		946 ml	¥777
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Juiced from a variety of US, organic apples. Simply delicious!

0934	JO	Mikan Juice		900 ml	¥1,040
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Squeezed from locally grown, organic mikans. Unpasteurised.

0946	OG	Apple Juice		200 ml	¥252
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0947	OG	Orange Juice		200 ml	¥252
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0948	OG	Rose Grapefruit Juice		200 ml	¥252
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Organic apples, oranges, grapefruits and grapes are freshly squeezed, sealed to hold in the rich and fruity goodness. France.

0933	OG	Apple Juice Concentrate		222 ml	¥1,155
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Organic apple concentrate. Dilute 1 part concentrate to 7 parts water. A gentle a sweetener in desserts and sauces. US.

0522	OG	Lemon Juice Concentrate		250 ml	¥368
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From freshly squeezed Sicilian lemons.

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.

2622		Brown Rice & Seaweed Senbei		60 g	¥231
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2624		Brown Rice & Quinoa Senbei		60 g	¥231
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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
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2637		Black Sesame Brown Rice Senbei		60 g	¥231
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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
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2002	JO	Salted Brown Rice Senbei		60 g	¥294
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Two delicious rice crackers made with domestic organic brown rice black sesame seeds. Lightly salted or seasoned with shoyu.

2658	OG	Mung Chips		50 g	¥247
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Delicious non-fried chips with just a sprinkle of sea salt to flavour.

2631	JO	Brown Rice Cakes		8 pc	¥368
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Organic puffed brown rice cakes that are delicious plain, toasted or with the topping of your choice.

2623		Raisin Crunch		80 g	¥294
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2629		Almond Crunch		80 g	¥347
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Marble sized snacks in a malt sweetened, crunchy pastry shell with a raisin or almond centre.

2015	OG	Whole Wheat Biscotti		300 g	¥735
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2016	OG	Spelt Whole Wheat Biscotti		300 g	¥735
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2017	OG	Blueberry Tarts		4 pc	¥756
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2018	OG	Apricot Tarts		4 pc	¥756
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2661		Taro Kun		8 pc	¥336
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Raisins sandwiched between two wheat flour crusts and then baked. Naturally sweet.

2662		Hanako San		6 pc	¥336
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A firm biscuit, sweetened with barley malt with an organic almond centre.

2666		Ao Nori Karinto		110 g	¥357
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2675		Buckwheat & Soya Bean Karinto		110 g	¥357
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A crispy deep fried savoury snack with either wheat or buckwheat flavoured with nori and sea salt.

2668		Genki Kun		90 g	¥357
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Delicious crunchy bite size chunks bursting with walnuts, sesame seeds and currants.

2679		Pumpkin Marilyn		80 g	¥336
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Pumpkin orange with a tinge of cinnamon wheat snack.

2669	OG	Trail Mix		120 g	¥399
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A mix of organic fruit 'n' nuts. A great energy snack.

2658	OG	Mung Chips		50 g	¥247
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Delicious non-fried chips with just a sprinkle of sea salt to flavour.

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
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2302		Ginger Brown Rice Malt Candy		50 g	¥210
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2303		Dandelion Brown Rice Malt Candy		50 g	¥210
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2304		Lotus Root Brown Rice Malt Candy		50 g	¥210
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2305		Sour Plum Brown Rice Malt Candy		50 g	¥210
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LÄRABAR is a delicious blend of unsweetened fruits, nuts and spices - energy in its purest form. Made from 100% raw whole food, each. Pure and simple, just as nature intended.

2039		Larabar Cashew Cookie		51 g	¥315
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Two ingredients, one incredible flavour! The unprocessed, creamy cashews are rich in iron, zinc and B Vitamins. The chewy dates have more potassium than bananas. Together they form a sustaining nourishment in such a simple recipe.

2040		Larabar Lemon		51 g	¥315
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Tart and tangy, simply bursts with flavour. Made with dates, cashews, almonds and real lemon.

2041		Larabar Cinnamon		51 g	¥315
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Spicy and chewy. Made with dates, walnuts, almonds, raisins, cashews and cinnamon.

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	368 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.

ORGANIC VEGETABLE BOX

The majority of vegetables are sourced locally from farmers who farm organically here in Gifu. With the bulk of the vegetables grown and supplied 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 typhoon can destroy one. We do what we can to keep the price within the price range printed below.

9010	JO	Organic Vegetable Box	¥2,000 ~ ¥3,000
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※Vegetable Box Orders are shipped on Thursdays Only. Orders need to be in by the MONDAY.

※June ~ October the vegetable box can be shipped cool with additional charge of ¥315 per order upon request. Please specify when ordering.

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 choice of plain buns and 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 Only. Orders need to be in by SUNDAY. Nov to April Only.

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	Compleat 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 very 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, toast or toasted sandwiches. 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 loaf. 100% organic whole rye flour, rye and whole wheat sour dough and sea salt.

※Bread orders are shipped on Mondays or Thursdays Only. Orders need to be in at least two days prior to shipping to the nearest bread day.

German Black Breads

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

Prepackaged organic German Rye breads.

ORGANIC VEGETABLE BOX

The majority of vegetables are sourced locally from farmers who farm organically here in Gifu. With the bulk of the vegetables grown and supplied by Nishibu San here who has been farming organically for over 27 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 typhoon can destroy one. We do what we can to keep the price within the price range printed below.

9010 JO Organic Vegetable Box ¥2,000 ~ ¥3,000

※Vegetable Box Orders are shipped on Thursdays Only. Orders need to be in by the TUESDAY.

※June ~ October the vegetable box can be shipped cool with additional charge of ¥315 per order upon request. Please specify when ordering.

HERBS & SPICES

There is nothing better for adding distinct though subtle flavours, tastes, and aromas to ones 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 ¥336
 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
 2831 OG Cardamoms Powder Bottled 25 g ¥1,050
 2831 OG Cardamoms Whole Bottled 25 g ¥840
 2811 OG Cinnamon Powder 20 g ¥294
 2820 OG Cinnamon Sticks 20 g ¥315
 2826 OG Clove Powder Bottled 25 g ¥462

2825 OG Coriander 20 g ¥336
 2905 OG Coriander Seed 20 g ¥478
 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
 2819 OG Ginger Powder Bottled 25 g ¥462
 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 ¥336
 2823 Sansho Powder 10 g ¥504

An aromatic Japanese pepper.

2824 Shichimi Powder 15 g ¥420

Traditional local blend of ground red pepper and aromatic spices.

2821 Bottle for Condiments Holds 20~30 g ¥105

2814 Spice Bottle with Ceramic-Mill-Action-Cap ¥500

Spice bottle Ceramic mill action cap. Great for making your own gomashio and herb salt.

ORGANIC UMEBOSHI & PICKLES

Ume products are popular for their zesty flavour in onigiri and on rice as well as an effective folk medicine, especially recommended for digestive disorders. Our salted plums are less salty and tart than other plums, and made only with locally grown 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

Less tarte 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

From the umeboshi keg. Very high in iron sprinkle over grains stir-fries, steamed vegetables and salads.

PICKLES

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

Long white radish pickled in rice bran and sea salt.

1821 Bettarazuke 1 pc ¥483

Radish pickled in brown rice amazake. ※Winter Only

- 1825 Sun-Dried Takuan 100 g ¥630**
Repeatedly salted and sun-dried. Slice and marinate in shoyu.
- 1809 Shibazuke 150 g ¥483**
Cucumber, aubergine, ginger, shiso in shoyu, umesu, sea salt.
- 1814 Fukujinzuke 150 g ¥425**
Radish, aubergine, ginger shiso in shoyu, umesu, sea salt.
- 1823 Red Pickled Ginger 100 g ¥368**
Ginger pickled in ume vinegar.
- 1819 OG Dill Pickles 610 g ¥788**
- 1820 OG Black Spanish Olives 230 g ¥945**
Succulent black Spanish olives with pit. Not cheap but quality never is. Superb in pastas and light summer salads.

NUTRITIONAL SUPPLEMENTS

- 0409 OG Flax Oil 237 ml ¥1,890**
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**
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**
- 1677 Kamut & Alfalfa Wheatgrass Veggie Caps 240 ¥3,450**
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**
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 the 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 naturally 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 and helps.
- 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.
- 1672 Bentonite Clay 113 g ¥780**
Bentonite clay, as well as other types of healing clays, has been used externally and internally by indigenous cultures for centuries. Taken internally, it supports the intestinal system in the elimination of toxins by binding and slowly drawing them out. When hydrated with water it rapidly swells open like a highly porous sponge and its molecular properties produce an electrical charge that attract and bind heavy metals and other impurities into the sponge and eliminates them.

PERSONAL CARE

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

lavera Lavera uses organic raw plant materials, as much as possible. Their products are 100% free from synthetic perfumes, NATURAL COSMETICS 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**
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.
- N103 Neutral Body Lotion 200 ml ¥3,465**
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.

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 contains 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 skins 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 millenniums, by people the world over.

Natural Skin Care

~ღ Normal Skin ზ~

- 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 and protects 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. Helps restore softness and elasticity. Has a SPF 10.
- 8002 Normal Skin Trial Kit** **¥840**
Kit contains: Green tea facial cleansing lotion, green tea facial toner, green tea moisturiser, green tea rejuvenating mask, vegecell night-time hydrator crème and eucalyptus bath soak.

~ღ Dry Skin ზ~

- 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, is absorbed almost 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.
- 8000 Dry Skin Trial Kit** **¥840**
Kit contains: seaware with rosa mosqueta facial cleanser, rosa mosqueta English lavender facial toner, rosa mosqueta moisturiser, rosa mosqueta night cream, jojoba & oatmeal mask scrub, eucalyptus bath soak.

~ღ Oily Skin ზ~

- 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 residue 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.

- 8004 Oily Skin Trial Kit** **¥840**
Kit contains: natural herbal facial cleansing lotion, natural herbal facial astringent, natural herbal oil balancing moisturiser, herbal balancing mask, vegecell night-time hydrator crème, eucalyptus bath soak.

~ღ Sensitive Skin ზ~

- 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, vegecell 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 fiber to overcome dryness and brittleness and leave hair irresistibly fragrant and silky-soft. Also recommended for bleached or 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 off your skin) and PABA ester helps reverse the drying effects of the sun with organic rosa mosqueta oil and other botanical moisturizers soothes sun exposed skin with Canadian 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 Aloe Vera Baby Liquid Soap** S 236 ml ¥1,155
9123 OG Aloe Vera Baby Liquid Soap L 472 ml ¥2,100
9135 OG Aloe Vera 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 the 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** 40 g ¥221
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 Pads, Buds

E120	OG Cotton Buds	100 pc	¥389
E121	OG Cotton Pads	100 pc	¥389
E123	OG Cotton Pleats	100 g	¥493

For applying and removing creams, lotions and cosmetics.

MEADOWS ESSENTIAL OILS

The use of Aromatherapy oils in healing, massage and perfumes dates back over 4000 years. The benefits of these oils are being rediscovered as the use and popularity of aromatherapy spreads.

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

Very mild natural insect repellent coils safe babies and children.

8917 ✳ Frog Anti-Mosquito Herb Spray 120 ml ¥1,380

A 100% natural none 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

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

Fry pan & saucepan set that inter-link as a cooker top oven.

9209 Milk Pot 1.7 L ¥17,850

Boil up water, tea or coffee. Comes complete with a glass lid.

Stone Flour Mill & Rice Mill

9003 Hawo's Flour Mill ¥73,500

The German built hand assembled motorised mill is 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. Mill can be opened without the need of tools and disassembled and reassembled by hand. 3-year warranty.

9018 Handy Compact Rice Mill ¥22,890

A Japanese built powerful 300 watt motor. Various settings from cleaning husk to polished white rice. Mills from 1-5 cups. Easy to use, disassembled, clean and reassemble.

Water Filters Cartridge

9017 Ultima Water Filter Cartridge ¥16,275

※ 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

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

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 the bath too, in tempura oil for crisper tempura and to reduce rancidity. Venerated nationwide!

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

Cooking Oil Filter & Storage Pot

9066 Oil Pot & Filter ¥3,675

A strainer and filter, come storage pot.

9067 Replacement Oil Filters 8 pc ¥525

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	90 m	10 Rolls	¥588

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 for 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
8955	SquirtEco All Purpose Cleaning Spray		500 ml	¥997
8956	SquirtEco Replacement Bottle		500 ml	¥788

Replacement bottle minus the spray head attachment.

8957	Toilet Cleaner	1 L	¥1,575
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Baking Soda

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

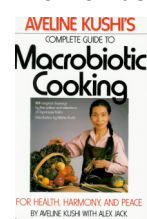
An environmentally friendly way to clean kitchens and bathrooms, even your teeth. Use as a raising agent in cakes and desserts.

BOOKS

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

Macrobiotics Cookbooks & Guides

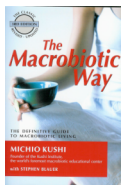
9500 Complete Guide to Macrobiotic Cooking P.389 ¥2,625
Aveline Kushi.



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.

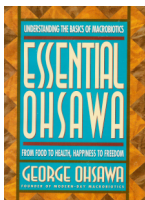
Contains some Fish recipes.

9502 The Macrobiotic Way P.272 ¥1,365
Michio Kushi



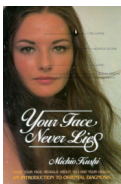
The Macrobiotic Way is recognised as one of the definitive guides to macrobiotics. Written by Michio Kushi the foremost authority on the subject today. Clearly defines the connection between diet and many of today's illness, including cancer. Gives clear common sense advice that includes exercise and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

9508 Essential Ohsawa P.176 ¥1,700
George Ohsawa



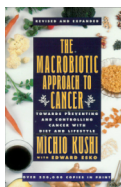
An excellent, detailed introduction to understanding the principles of the macrobiotic movement and the man who launched it worldwide, George Ohsawa. Details his philosophy and reasoning to why we need to adopt the grain based centred diet for the betterment of our health and a better world.

9503 Your Face Never Lies P.96 ¥945
Michio Kushi



An introduction to oriental diagnosis to 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.

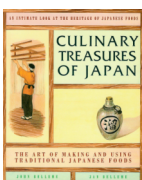
9505 The Macrobiotic Approach to Cancer P.226 ¥1,365
Michio Kushi & Ed Esko



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 P.248 ¥2,415
John & Jan Bellame



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.

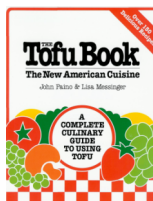
9504 Cooking with The Right Side of The Brain P.312 ¥2,048
Vicki Rae Chelf



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.

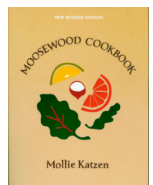
9507 The Tofu Book P.184 ¥1,523
John Paino & Lisa Messinger



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.

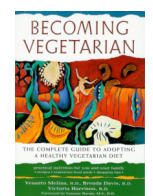
9510 Moosewood Cookbook P.236 ¥2,205
Mollie Katzen



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.

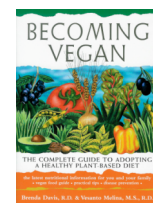
9574 Becoming Vegetarian P.262 ¥2,415
V.Melina, B.Davis, V.Harrison



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



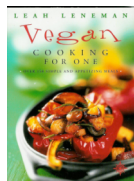
From the same people who brought you 'Becoming Vegetarian', explore the benefits of a vegan diet. More and more people are being motivated to become vegans because of the impact of their food choices on their health, the environment, animal rights, and human hunger.

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 healthy 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**

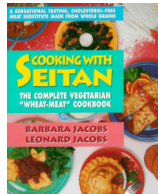
9435 Vegan Vittles P.262 ¥2,205
Joanne Stepaniak



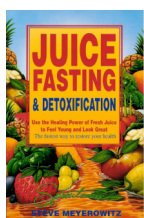
Vegan Vittles is a timeless treasure jam-packed with vegan staples for every meal, purpose, and taste. The superb classic no nonsense recipes and tips have impressed vegans, vegetarians, and omnivores alike. Included are sections on veganism, alternatives for animal products and information on factory 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**

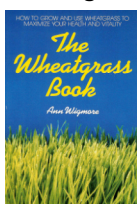
The revised and updated 'Single Vegan' with an additional 70 new recipes offering a larger selection of mouth-watering recipes to choose from. Meals are quick and easy to prepare with lots of great ideas on how to plan meals ahead of time and other practical tips. **Vegan.**

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

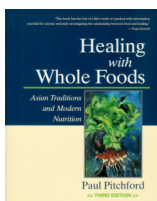
This book is a wonderful introduction to this versatile and easy to prepare wheat protein, Seitan. There are clear step-by-step instructions on how to make seitan from scratch. Over 100 recipes with tips on using seitan in a variety of interesting ways from stews to desserts. **Vegan.**

Juicing**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 the 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, Rolaids, 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.

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

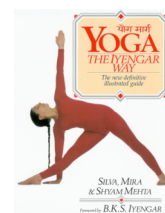
Wheatgrass is one of the most powerful and cleansing superfoods on the planet. Extremely high in antioxidants that free the body of free radicals. All you could ever need or want to know on how to sprout and juice wheatgrass to heal, improve and maximise your health.

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.

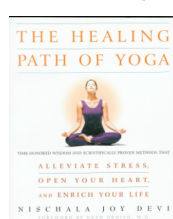
Clear discussions of the Chinese healing arts applied to physical and emotional conditions. Information on making a gentle transition from an animal based diet to one centred on whole grains and fresh vegetables, with over 300 wonderful and simple

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**

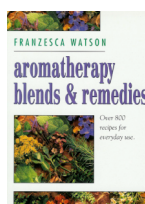
The Ancient practise of Yoga has long been regarded as an effective way of relieving emotional stress, curing bodily ills and achieving personal equilibrium. This is a comprehensive, practical and authoritative guide to method developed over the last fifty years by B.K.S Iyengar, the world's foremost

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**

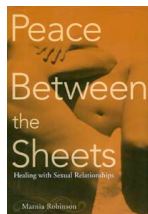
Aromatherapy has grown substantially over the last few years and this book has everything you ever needed to know on the subject. Has a comprehensive list of 60 essential oils with over 800 uses that includes special recipes for men, travel, pregnancy, massage, face and body care

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

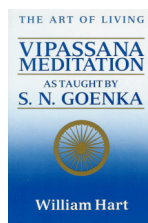
An in depth look at 54 medicinal and healing teas from around the world. Their preparations, uses and healing properties are described in detail with the aid of the handy A- to-Z guide to help.

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.

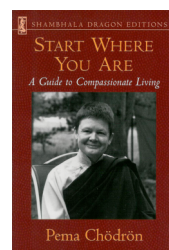
Self-help**9446 Peace Between the Sheets****P.346 ¥2,100****Marnia Robinson**

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-bhavanna, "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 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, his teaching has won the approval of senior Buddhist monks in Burma, India, Sri Lanka, and a number whom have taken courses under his guidance.

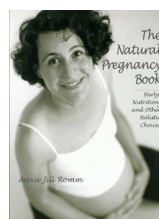
9593 Start Where You Are**P.272 ¥2,100****Pema Chodron**

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

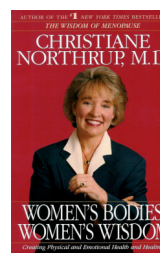
understanding, forgiveness and humour as aids in transforming your life. Filled with down to earth advice on how not to judge others but instead how to act wisely and honestly with your-self and all. Many amusing and witty examples drawn from her own wealth of experiences, in dealing with her own ego-based battles. An uplifting but and calming guide to compassionate living.

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

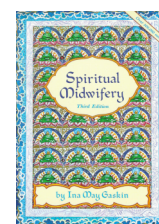
Being Peace is taking the essence of Buddhist philosophy and applying it to life's situations in overcoming personal and social conflicts by bringing peace to oneself, family and society. The light-hearted stories and simple practises show how to bring peace back into your life.

Women's Health**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.

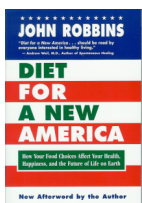
9453 Co-operative Method of Natural Birth Control
Margaret Nofziger P.107 ¥1,208



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. Recommended by family centres throughout the US.

Miscellaneous

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



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

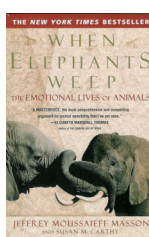
shows us why a humane society cannot be built upon an inhumane system of food production. Robbins does not play on our guilt, but shows us how our own wellbeing is linked to the development of radically new sensibilities to non-human life. What you perceive behind the supermarket meat counter will never be the same after reading Diet for a New America."

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



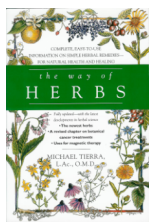
What can we do to help stop global warming, feed the hungry, prevent cruelty to animals, avoid genetically modified foods, be healthier and live longer? Eat vegan, Robbins (Diet for a New America) argues. Noting the massive changes in the environment, food-production methods, and technology over the 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
J.M. Masson & S. McCarthy P.236 ¥2,100



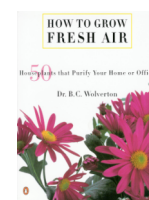
A deeply moving and impeccably researched account of the emotional lives of animals from as far field as the wild plains of Africa to the pets in our own our homes. This book clearly shows how deeply animals in the wild or in captivity experience, feel and express emotions. The authors have left no stone 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
Michael Tierra P.364 ¥2,100



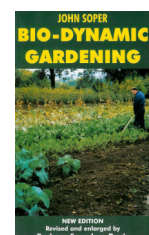
Herbs have been used for millenniums to aid us in helping support our health and healing. This condensed and informative book gives clear practical guidance on the benefits and uses of the 171 herbs in its pages. Shows the way to a holistic health and healthy lifestyle through commonly known herb

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



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
John Soper P.244 ¥2,520



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
Karen Logan P.301 ¥1,890



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.

