

Warabe Mura Wholefoods

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

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 ¥324. If you are not at home to receive the order the delivery company will leave an attempted delivery slip with the drivers contact telephone number on in your post box for you to call and arrange a new delivery time.

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

❖ On orders from ¥10,000 there is No Shipping Charge. For orders less than ¥10,000, the shipping charges are as follows:

Kanto, Koshinetsu, Hokuriku, Chubu, Kansai:	¥540 +
Shikoku, Chukoku, Tohoku:	¥756 +
Hokkaido, Kyushu:	¥1,080 +
Okinawa:	¥1,296 +
+ COD Handling Charge:	¥324 +

Additional Optional Cool Shipping Charge for the Vegetable Box (June ~ Oct): ¥324 applied to all orders shipped cool.

❖ From the months of June to October vegetable box orders are shipped cool with an additional charge of ¥324 per order. The cool shipping is optional but we do strongly recommend it, summers being very hot. If you want this service or not please let us know when placing a vegetable box order.

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

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SHOYU

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

127 OG Marumata Tamari 360 ml ¥691

Tamari is not a shoyu but authentic, organic, wheat-free, condiment taken from liquid puddle (tamari) that forms in the natural fermentation process of hacho miso. Has an outstanding, deep, rich taste. Made locally in Aichi prefecture.

121 JO Namashibori Shoyu 1 L ¥1,674

Rich full-bodied flavour. Fermented for 2 years using locally grown organic soya beans, whole wheat and sea salt.

123 JO Hand Made Shoyu 1 L ¥1,210

122 JO Hand Made Shoyu 1.8 L ¥2,020

Traditionally handmade with all organic local ingredients.

124 JO Honnama Shoyu 720 ml ¥1,112

125 JO Honnama Shoyu 1.8 L ¥2,268

A superb organic shoyu made with local soya beans, whole wheat and sea salt and fermented for 2 years in cedar casks.

MISO

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

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

316 JO Onozaki Barley Miso 750 g ¥919

303 JO Onozaki Brown Rice Miso 750 g ¥994

The Onozaki family has been making miso traditionally with great skill and commitment for several generations. They combine the finest organic soya beans and grains with pure water from their mountain spring, then age the miso in cedar kegs for 5 seasons, producing, without doubt, some of the best miso in Japan.

311 JO Tateshina Barley Miso 750 g ¥1,145

314 JO Tateshina Barley Miso 3.6 kg ¥4,784

Superb all organic barley and soya bean miso, fermented for up to 2 years. Mellow in flavour.

323 JO Hacho Miso 400 g ¥821

Organic soya beans and sea salt are fermented over 6 seasons in Alchi Prefecture. A deeply rich tasting miso.

312 JO Tateshina Soya Bean Miso 750 g ¥1,080

319 JO Tateshina Soya Bean Miso 3.6 kg ¥4,428

Local organic soya beans and sea salt are fermented over 4 seasons creating a robust and richly flavoured miso.

313 JO Uminosei Soya Bean Miso 1 kg ¥1,555

A blend of 3 types of local organic soya beans, fermented over 2 years producing a miso of exceptional flavour and taste.

315 JO Uminosei Barley Miso 1 kg ¥1,469

Local organic barley, soya and sea salt are fermented over 2 years creating a miso with a rich, mellow flavour.

318 JO Uminosei Brown Rice Miso 1 kg ¥1,566

A slightly sweet miso made from a combination of local organic brown rice, soya beans and sea salt. Fermented for 2 years.

308 OG White Miso 250 g ¥356

Organic miso made with polished rice, soya beans, sea salt and koji. Slightly sweet, works well in sauces, dressings and soups.

675 JO Tekka Miso 70 g ¥810

A mixture of organic hacho miso and vegetables cooked for several hours in cast iron pots giving the tekka miso its high iron content. Granular in form. Gives great added flavour sprinkled over brown rice, noodles and as a flavourful condiment in onigiri.

911 JO Brown Rice Kouji 500 g ¥864

Make your own amazake or miso, never been easier!

INSTANT SOUPS & STOCKS

563 Eight Grain Potage 5 pc ¥886

560 OG Instant White Miso Soup 1 pc ¥205

561 OG Instant Red Miso Soup 1 pc ¥205

Quick and easy, just add hot water for a great cup of soup.

1324 Vegetable Bouillon Powder 120 g ¥727

Makes 30 cups of vegan broth. Great spread too. Germany

1751 Vegetable Bouillon Cubes 11 g x 8 ¥493

Makes up to 14 servings of vegetable vegan bouillon. Italy.

202 OG Noodle Stock 310 ml ¥657

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

1715 OG Brown Rice Cream 200 g ¥263

Domestic organic brown rice and conventional vegetables. Pre-cooked, just heat and serve, comes in a retort pack.

Sakurai's Vegetarian Quick Meals & Sauces

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

1503 100% Vegetarian White Sauce Roux 120 g ¥410

Simple, quick white sauce for vegetable and pasta dishes

1504 100% Vegetarian Macaroni Gratin 105 g ¥351

Ready minutes. Enjoy it as it is or add your own vegetables.

669 Root Vegetable Curry 200 g ¥355

657 Vegetable Curry 200 g ¥335

658 Bean Curry 200 g ¥335

A delicious choice vegetable curries. Quick 'n' easy, heat & eat retort packs of all natural, all vegan curries.

Curry Roux & Curry Powders

1500 Japanese Vegetarian Curry Roux 150 g ¥400

A very mild tasting Japanesque flavoured curry. Great for kids.

1501 Nepali Vegetable Curry Powder 36 g ¥518

1450 Thai Green Curry 50 g ¥432

Full flavoured and delicious..

Ramen

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

1401 OG Shoyu Ramen 80 g ¥248

1402 OG Miso Ramen 80 g ¥248

Organic wheat non-fried ramen that comes with a seasoned vegan organic broth.

7630 Brown Rice Ramen 80 g ¥219

A wheat & brown rice non-fried ramen blend. Comes with a seasoned vegan broth.

1416 Miso Ramen 100 g ¥150

1415 Shoyu Ramen 100 g ¥150

7612 Junsei Ramen 5 x 92 g ¥637

Instant fried wheat ramen with a vegan broth.

1400 Shoyu Cup Ramen 78 g ¥240

Instant cup ramen. Add hot water ready in 3 minutes. Fried wheat ramen with a vegan broth. Container is made with 100% biodegradable unbleached sugar cane pulp.

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.

206 Ohshima Sea Salt 500 g ¥1,296

204 Ohshima Sea Salt 3 kg ¥6,480

210 Aguni Sea Salt 500 g ¥1,296

An excellent unrefined sea salt high in minerals and trace elements, hand harvested on the pristine island Aguni-Shima.

213 Khan Hoa Stone Ground Sea Salt 500 g ¥583

Vietnamese sun-dried sea salt farmed in same tradition as the French farm their Celtic sea salts, by hand and in clay beds.

216 OG Herb Sea Salt 55 g ¥518

216 OG Herb Sea Salt Refil Pack 55 g ¥346

2797 OG Black Pepper Corn & Rock Salt 50 g ¥302

UNREFINED OILS

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

421 JO Kahoku White Sesame Oil 160 g ¥864

422 JO Kahoku Black Sesame Oil 160 g ¥972

Satin smooth with the full flavoured taste and aroma of freshly roasted sesame seeds. The labour intensive process avoids the harsh chemicals used by modern processors and preserves much of the nutrition and taste of the sesame seed. Chinese roasted whole white or black sesame seeds.

408 JO Kuki Light Sesame Oil 340 ml ¥670

410 JO Kuki Dark Sesame Oil 340 ml ¥605

405 OG Olive Oil 500 ml ¥3,348

406 OG Olive Oil 5 L ¥21,600

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

412 Canola Oil 650 g ¥918
Cold pressed, domestic canola oil.

400 OG Hemp Oil 200 ml ¥1,944
409 OG Flax Oil 237 ml ¥1,944
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.

VINEGARS

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

509 JO Kyoto Rice Vinegar 900 ml ¥1,188
510 JO Kyoto Rice Vinegar 500 ml ¥756
Local organic rice fermented in wooden kegs. Light flavour.

513 JO Umeboshi Vinegar 200 ml ¥336
Deliciously tart, wine red juice drawn from organic pickled plums. Use in dressings and sauces.

514 OG Mino Brown Rice Vinegar 500 ml ¥551
Made from US organic brown rice, fermented in Mino Shi, Gifu.

503 OG Apple Cider Vinegar 473 ml ¥680
A teaspoon before bed helps alkalise the body, balancing the pH levels. Great in salad dressings US organic.

511 OG Balsamic Vinegar 250 ml ¥1,620
From the city of Mantova, Italy where the finest organic wines are slowly matured in wooden casks for 3 years producing a rich dark, aromatic full flavoured vinegar. Use in dressings, sauces, stir-fries, soups, or as a condiment by itself.

523 OG Italian Red Wine Vinegar 250 ml ¥626
524 OG Italian White Wine Vinegar 250 ml ¥626
Matured slowly in wooden casks producing organic red & white wine vinegars of exceptionally quality and taste.

MIRIN & COOKING SAKE

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

551 OG Mikawa Mirin 500 ml ¥1,123
550 OG Mikawa Mirin 1.8 L ¥3,499
Handcrafted with locally grown organic rice in Mikawa Aichi

552 JO konnichiwa Cooking Sake 720 ml ¥980
555 JO Miyako Cooking Sake 500 ml ¥702
Organic rice fermented with koji and sea salt.

JAPANESE DRIED FOODS

1930 JO Donko Sun-Dried Shiitake 35 g ¥702
1931 JO Heikoshin Sun-Dried Shiitake 35 g ¥702
1933 JO Sliced Sun-Dried Shiitake 40 g ¥680
1949 JO Sun-Dried Shiitake powder 50 g ¥497
Sun-dried shiitake, organically grown in Gifu by the Yokota family. Shiitake are prized for their exotic flavour and revered for their medicinal qualities. Makes delicious soups, stews, stock.

1913 OG Snow Dried Tofu (Thin) 6 pc ¥410
Traditionally handmade, with local organic soya beans. A versatile, protein-rich vegetarian entree that absorbs flavours exceptionally well.

1580 JO Katakuriko 'Potato Starch' 200 g ¥297
Easy to use thickener.

1940 OG Sundried Shredded Radish 50 g ¥324
1916 OG Sundried Shredded Radish 100 g ¥410
Organic, sun-dried radish, especially sweet and mellow. Add to soup, stews or sauté alone or with other vegetables

1922 Dried Kampyo 40 g ¥486
Reconstitute, use in kombu and sushi rolls or as a side dish.

1922 Sundried Kikurage (Jelly/Wood Ear) 20 g ¥605
A fungi found on tress. Reconstitute, use in soups and stirfries.

1902 OG Kuzu 100 g ¥523
1902.3 OG Kuzu 500 g ¥2,138
1902.4 OG Kuzu 1 kg ¥4,039
Hand-extracted from wild kuzu roots, this of kuzu offers superior gelling strength in cooking. Makes a delicious restorative drink.

WILD SEA VEGETABLES

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

770 Yaki Nori Sheets 10 pc ¥756
771 Onigiri Nori Sheets 10 pc ¥525
Harvested from the coastal waters of Kyushu this nori is one of the rare exceptions still farmed traditionally and naturally. Rich in protein, vitamin A, C, high in calcium and iron.

715 San-Riku Wild Hijiki 30 g ¥540
717 Genkai Hijiki 50 g ¥518
All sun-dried, all extremely high in calcium.

725 Kizami Wild Arame 28 g ¥285
Arame adds an exotic flair to salads, and is delicious sautéed with carrots and onions. Rich in vitamins and trace minerals.

724 Ito Wakame 45 g ¥998
Whereas most wakame in Japan is cultivated, this one grows wild in the cold, clear waters off the Seto-Nai-Kai. Soft texture and full flavoured and sun-dried.

736 Hokkaido Funori 20 g ¥399
A sun-dried reddish seaweed with a distinctive taste. Adds colour to soups and salads as well as nutrition.

732 Nebaneba Mekabu 20 g ¥432
734 Ma-Kombu 120 g ¥1,058
A young & tender kombu that's harvested within its second year. Add to beans, grains and soups for extra minerals & vitamins.

704 Tororo Kombu 40 g ¥324
Silky thread texture that is finely shaved from Kombu. Great around onigiri, or in soup..

1760 Hokkaido Kombu Powder 7 g x 10 ¥702
Ideal for making instant soup stocks and broths.

706 Seaweed Salad 12 g ¥328
A combination of funori, wakame, Kanten, kombu and various types of nori. Add dried to miso soup or re-hydrate and serve as, or part of a salad.

728 AO Nori Flakes 4 g ¥335
Aromatic, mineral-rich condiment that is delicious in onigiri or sprinkled over fried rice and noodles.

703 Kanten Flakes 30 g ¥551
708 Kanten Powder 4 g x 5 ¥292
720 Kanten Sticks 50 g ¥700
Crafted in the Japanese Alps by a centuries-old snow dried process. Kanten is known to help draw certain toxins out of the body. Perfect for fruit jellies, aspics, puddings and custards.

SEITAN, GLUTEN & SOYA MINCE

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

604	Seitan	230 g	¥605
Flavoured in an onion, kombu, shiitake, ginger & shoyu broth.			
620	Gluten Meat Seasoned	150 g	¥443
621	Gluten Mince Seasoned	150 g	¥443
Ready to serve gluten meat, seasoned in tamari sauce. Extremely versatile and can be used in any number of dishes.			
1909	Sheeted Fu	5 pc	¥324
1877	Whole Wheat Round Fu	12 pc	¥420432
Dried wheat gluten is similar to unseasoned seitan, except fu is toasted, steamed then dried. Absorbs liquids and seasonings easily. Great in soups, stews & sautés. Makes divine tempura!			
625	OG Soya Mince	150 g	¥470
Made from organic soya beans from the US.			

LEGUMES

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

1101	OG Chickpeas	500 g	¥864
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	¥821
1116	OG Red Lentils	500 g	¥745
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.			
1123	OG Soya Beans	200 g	¥454
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	¥464
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.			
1127	OG Azuki Beans	200 g	¥324
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.			
HW01	JO Gintebō 'White Kidney' Beans	200 g	¥324

HW02	JO Kintoki 'Japanese Kidney' Beans	200 g	¥324
HW03	JO Tora 'Tiger' Beans	200 g	¥486
Heirloom beans organically grown on Hokkaido.			
1134	OG Mung Beans	500 g	¥864
Renowned for their liver detoxifying qualities. Sprout or cook as you would azuki beans. Organically grown in China.			

PRE-COOKED BEANS

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

Tinned & Retort Packaged Beans

1151	OG Tinned Chickpeas	425 g	¥410
1155	OG Tinned Red Kidney Beans	425 g	¥410
Pre-cooked organic use in stews, soups, curries and salads. US.			
6109	OG Azuki Beans	230 g	¥259
1172	OG Soya Beans	230 g	¥281
1173	OG Black Beans	100 g	¥302
Domestic organic beans. Quick & simple protein in a retort pack.			
1161	OG Whole Sweet Corn	340 g	¥367
Very sweet and succulent whole corn kernels. Thailand organic			

GRAINS

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

1038	OG Raw Buckwheat Groats	300 g	¥540
1008	OG Raw Buckwheat Groats	1 kg	¥1,620
Delicious in soups, gratins and pilaffs. US organic.			
1055	JO Whole Barley	300 g	¥388
1103	Pressed Pearled Barley	700 g	¥483
Locally grown barley. Superb in winter soups..			
1005	OG Whole Wheat Berries	500 g	¥302
Grown organically locally. Mill for breads, pastas, sprout for wheat grass or Essene sprouted flat bread.			
1043	OG Whole Spelt Wheat Berries	500 g	¥594
Ancient European grain. Low allergen. Use in breads and cakes.			
1044	OG Whole Kamut Wheat Berries	500 g	¥594
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	¥500
Sprout, steam or, mill into flour. Organically grown in the US.			
1076	Pearled Hatomugi	200 g	¥626
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 ' <i>Job's Tears</i> '. Cook alone or with brown rice.			
1106	OG Amaranth Grain	350 g	¥940
' <i>The Aztec Super Grain</i> '. High in protein, more lysine, calcium iron, and potassium. Cook alone or cook with rice. Peru.			
1108	OG Quinoa Grain	340 g	¥994
' <i>The Mother Grain</i> ' 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.			
2208	OG Popcorn (un-popped)	120 g	¥271
For a great night in all you need is a pan with a lid, drop of oil, hand full of popcorn and a good movie and you're all set			

Oats & Couscous

1117 OG Whole Wheat Couscous 500 g ¥756

1118 OG Couscous 500 g ¥756

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 ¥508

1009 OG Quick Oats 500 g ¥562

Quick oats cook in 3-5mins the rolled oats in 5-10mins. US.

Brown Rice

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

1085 OG Brown Rice 1 kg ¥998

1086 OG Brown Rice 5 kg ¥4,871

1087 OG Brown Rice 10 kg ¥9,386

1088 OG Brown Rice 30 kg ¥26,755

1001 OG Sweet Brown Rice 1 kg ¥1058

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 ¥1,350

1046 JO Black Rice 250 g ¥626

1047 JO Red Rice 250 g ¥626

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.

Millets

Millets are one of the few grains that are very high in amino acids and alkalis, 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.

SP08 Hie 'Barnyard' Millet 200 g ¥778

1075 Takakibi 'Sorghum' Millet 250 g ¥810

SP02 Mochi Kibi 'Glutinous' Millet 200 g ¥778

1078 Mochi Awa 'Glutinous Foxtail' Millet 250 g ¥810

Grown domestically in Nagano prefecture.

1048 OG Uruchi 'Common' Millet 300 g ¥540

1049 OG Uruchi 'Common' Millet 1 kg ¥1,620

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 ¥475

1701 OG Brown Rice Mugwort Mochi 300 g ¥497

1709 OG Brown Rice & Black Bean Mochi 300 g ¥529

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 ¥194

1715 OG Brown Rice Cream 200 g ¥270

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

BAKING GOODS

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

Flours

1676 OG Nanbu Whole Wheat Bread Flour 500 g ¥454

Locally grown JAS certified organic whole wheat flour.

1696 OG Nanbu Sifted White Bread Flour 500 g ¥540

Sifted JAS certified organic unbleached domestic wheat flour.

1662 OG Sifted White Bread Flour 1 kg ¥1058

Sifted organic unbleached bread flour. Canada/USA.

1668 OG Whole Wheat Pastry Flour 1 kg ¥994

1697 OG Sifted White Pastry Flour 500 g ¥540

Whole & sifted organic unbleached pastry flours. Canada/USA.

1653 OG Kamut Whole Wheat Flour 500 kg ¥691

1646 OG Kamut Whole Wheat Flour 1 kg ¥1307

An ancient un-hybridized 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 ¥691

1647 OG Spelt Whole Wheat Flour 1 kg ¥1307

An ancient, low allergenic organic whole wheat flour with a history of use that dates back some nine thousand years. USA.

1608 OG Rye Flour 500 g ¥648

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

1606 OG Corn Flour S 300 g ¥486

7064.2 OG Corn Flour L 1 Kg ¥1,458

1613 OG Corn Meal 907 g ¥594

1611 OG Japanese Brown Rice Flour 400 g ¥670

7035 OG Japanese Brown Rice Flour 1 kg ¥1,588

Milled organic brown rice. Blends well with other flours, yielding sweeter bread. Delicious in soups adding nutrients and body.

1639 OG Japanese White Rice Flour 500 g ¥735

1666 OG Stone Ground Buckwheat Flour 200 g ¥607

Stone ground from domestic organic buckwheat.

1650 OG US Buckwheat Flour 300 g ¥605

1651 OG US Buckwheat Flour 1 kg ¥1,728

1634 JO Shiratamako 150 g ¥821

Great for making Japanese rice sweets, mochi, dango etc.

1645 Mugwort Flour 25 g ¥432

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 ¥275

Adds crunchy crispness to tempura, koroke and baked dishes..

Hot Cake, Tenpura & Pudding Mixes

1644	Mountain Potato Flour	20 g	¥231
Harvested wild in Ishikawa ken. For okonomiyaki, mix with flour, water and vegetables, pour in to a frying pan or skillet flip a few times every few minutes making sure it does not burn and serve.			
1621	Tenpura Mix	400 g	¥391
Quick 'n' easy, just add water and mix until an even consistency.			
1620	Hot Cake Mix	400 g	¥391
Simple to make, just add water and the desired amount of sweetener to the mix, stir in, pour in to a fry pan or a skillet with a smidgen of oil, flip until it is light golden brown and serve.			
171	Rice Pudding Mix	4 servings 80 g	¥205
Quick 'n' simple wheat and gluten free desserts. To prepare just add your preferred liquid and sweetener of choice and let stand to set in the fridge.			

Extracts & Flavourings

2760 OG	Vanilla Extract	59 g	¥1,512
2763 OG	Almond Extract	59 g	¥1,298
Organic extracts in distilled water and organic alcohol base. US.			
2210 OG	Carob Powder	300 g	¥433
94 OG	Chips	100 g	¥378
T28 OG	Cocoa Nips	100 g	¥670
0820 OG	Cocoa Powder	150 g	¥680
2211 OG	Coconut Cream	400 g	¥475
0931 OG	Apple Juice	946 ml	¥777
0946 OG	Apple Juice	200 ml	¥252
0947 OG	Orange Juice	200 ml	¥252
0522 OG	Lemon Juice Concentrate	250 ml	¥518

Raising Agents

1632	Mongolian Baking Soda	300 g	¥270
1603	Mongolian Baking Soda	1 kg	¥648
NaHCO ₃ , raising agent for all manner of desserts at its most primitive. Harvested in Mongolia.			
1612	Baking Powder	113 g	¥281
Double-acting, aluminium-free and Non-GMO. US.			
1626 OG	Dried Sourdough Starter	9 g x 2	¥399
1635	Active Dry Yeast	114 g	¥1008
1633	Active Dry Yeast	7g x 3	¥448
Simple to use with no fuss. Ideal for bread machines. Germany.			
1638	Hoshino Natural Yeast Starter	50 g x 5	¥1,339
Add the yeast to tepid water, stir in and leave standing in a warm place (30°C) for 1- 2 days, blend into the flour and bake.			

Non-Dairy Alternatives

901 OG	Soya Milk Original	L	1 L	¥583
902 OG	Soya Milk Vanilla	L	1 L	¥583
Eden's enriched bean milks are delicious alternatives to milk, great in cakes, desserts and over cereals.				
923 OG	Rice Dream Original	L	1 L	¥626

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	¥1028
2752	Uchida Brown Rice Malt	L	600 g	¥1,080
2753	Uchida Brown Rice Malt	S	300 g	¥702
Traditionally handmade with locally grown sprouted barley, rice				

or brown rice and water producing delightfully mild sweeteners. Perfect for baking and in or over your favourite dessert.

2758 OG	Barley Malt	560 g	¥1,112
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	¥1,296
2746 OG	Vermont Maple Syrup	946 ml	¥4,644
Organic grade A dark amber maple syrup.			
2754 OG	Maple Sugar	170 g	¥972
Fine powdery granules from organic Canadian maple syrup.			
2780 OG	Agave Syrup	354 g	¥1,350
Light sweetener with no strong after taste or aroma.			
2766	Coconut Sugar	200 g	¥600
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.			

NUTS & SEEDS

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

2200 OG	Sunflower Seeds	100 g	¥324
7207.3 OG	Sunflower Seeds	1 kg	¥1,890
Rich in protein, high in saturated fats, zinc, iron calcium, and phosphorous. For a sweet 'n' salty tasty snack lightly pan roast over a low heat and season with shoyu, when cool add raisins.			
902235 OG	Almonds	50 g	¥432
7203.3 OG	Almonds	1 kg	¥6,588
Almonds are high in manganese, copper, riboflavin (B ₂), vitamin E and antioxidants especially when not skinned. Product of USA.			
902232 OG	Almond Powder	50 g	¥680
7213.3 OG	Almond Powder	1 kg	¥9,365
Organic almonds are milled here on the premises to guarantee the freshest product as possible.			
2230 OG	Cashew Nuts	100 g	¥497
7201 OG	Cashew Nuts	1 kg	¥4,860
Unsalted raw Sri Lankan organic cashews.			
902236 OG	Walnuts	50 g	¥518
7202.5 OG	Walnuts	1 kg	¥7,467
Not only good brain food but gives a lovely flavour to breads, cakes and crunchy wholesome addition to at tossed salad.			
2220 OG	Pumpkin Seeds	100 g	¥443
7209.3 OG	Pumpkin Seeds	1 kg	¥4,104
One of the highest protein bearing seeds and high in omega 3.			
2229 OG	Popcorn (un-popped)	250 g	¥346

DRIED FRUIT

Dried fruit is an excellent source of vitamins, minerals and natural sugars. Ideal for baking, in cereals or eaten as a quick energy snack. For getting you moving and a tasty breakfast, soak a handful of prunes, apricots and figs over night simmer for an hour and serve over oatmeal. All our dried fruit is organically grown and with no oil coating. USA and European crop.

2107 OG	Dried Apricots	100 g	¥648
7218 OG	Dried Apricots	1 kg	¥5,130
Sun-dried and a good source of iron and beta-carotene.			

2102	OG	Dried Apples Rings	100 g	¥540
7105.3	OG	Dried Apples Rings	1 kg	¥4,698
Great in apple pie, scones, delicious in cereals and as a snack.				
902124	OG	Dried Pitted Prunes	100 g	¥367
7104.3	OG	Dried Pitted Prunes	1 kg	¥3,348
Rich in iron, potassium and fibre.				
2109	OG	Dried Raisins	100 g	¥335
7101.3	OG	Dried Raisins	1 kg	¥2,037
2117	OG	Dried Sultana Raisins	250 g	¥540
7113.3	OG	Dried Sultana Raisins	1 kg	¥1,890
912021	OG	Dried Currants	100 g	¥378
7102.3	OG	Dried Currants	1 kg	¥2,546
2209	OG	Dried Figs	100 g	¥356
7217	OG	Dried Figs	1 kg	¥3,348
Figs are high in vitamins and minerals, alkaline forming and aid digestion. Very sweet.				
2209	OG	Goji Berries	60 g	¥648
F42	OG	Dried Pitted Deglet Dates	200 g	¥583
7111.3	OG	Dried Pitted Deglet Dates	1kg	¥2,808
2217	OG	Coconut Flakes	100 g	¥238
2215	OG	Coconut Fine	100 g	¥210
7212.3	OG	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	¥475
2115	OG	Dried Tomatoes	50 g	¥389
Great in soups and stews and naturally, magical on pizzas.				

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	¥1,080
2413		Kahoku White Sesame Paste S	80 g	¥1,080
Ground from locally grown whole sesame seeds, grown without any agrochemical fertilisers or pesticides.				
2421		Kuki Black Sesame Paste	170 g	¥486
2420		Kuki White Sesame Paste	170 g	¥486
Made from Chinese sesame seeds.				
2416	OG	Tahini	454 g	¥1,836
2450	OG	Peanut Butter ~Crunchy~	454 g	¥1,458
2453	OG	Peanut Butter ~Smooth~	454 g	¥1,458

SESAME, HEMP, SHISO & SEEDS

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

2202		Black Sesame Seeds	50 g	¥540
2203		White Sesame Seeds	50 g	¥540
2204		Golden Sesame Seeds	50 g	¥540
2226	OG	Pan Roasted Sesame Seeds	30 g	¥432
2231		Pan Roasted Ground Chinese Sesame	85 g	¥313
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 a C, E, B1, B2, B3 B6, and minerals phosphorus, potassium, magnesium, calcium silica and iron				
2241	JO	Black Shiso Seeds	50 g	¥540

2242	JO	Black Shiso Seeds	80 g	¥448
Also Known as 'Egoma', very high in the omega-3 essential oils. Grind and add to soba, udon, ohagi and dressings.				

Sesame Seed Condiments

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

FRUIT SPREADS

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

2701	OG	Strawberry	284 g	¥950
2702	OG	Apricot	284 g	¥950
2715	OG	Blackcurrant	284 g	¥950
2717	OG	Raspberry	284 g	¥950
2700	OG	Marmalade Spread	220 g	¥562

MUSTARD

2900	OG	Browns Stone Ground Mustard	255 g	¥518
2901	OG	French Stone Ground Mustard	200 g	¥756
Superb French mustard. Mustard, apple cider vinegar & sea salt.				

SPROUTING SEEDS & 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	¥518
1131	OG	Mustard Seeds	100 g	¥389
1135	OG	Radish Seeds	100 g	¥367
1134	OG	Mung Beans	500 g	¥864
1010	OG	Hard Red Whole Wheat Berries	500 g	¥389
1043	OG	Whole Spelt Wheat Berries	500 g	¥594
1044	OG	Whole Kamut Wheat Berries	500 g	¥594

Hand Operated Juicer

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				

WARABE MURA ORGANIC HOMESTYLE JAPANESE PASTAS

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

1202	OG	100% Soba	200 g	¥416
A wheat-free – gluten-free full flavoured buckwheat noodle.				

Delicious served with warming stock 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.

1230 Whole Wheat Somen 200 g ¥275

A very fine whole wheat organic noodle

JAPANESE PASTAS

Noodle the traditional Japanese fast food. Convenient, quick and nourishing meals any time of the day.

1511 Udon 250 g ¥216

1513 Hiyamugi 250 g ¥216

1514 Somen 220 g ¥216

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

Wheat ramen that comes with a seasoned vegan broth.

7630 Brown Rice Ramen 80 g ¥219

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

1416 Miso Ramen 100 g ¥141

1415 Shoyu Ramen 100 g ¥141

7612 Ramen 5 x 92 g ¥599

Instant fried wheat ramen with a vegan broth.

1400 Shoyu Cup Ramen 78 g ¥230

Instant cup ramen. Add hot water ready in 3 minutes. Fried wheat ramen with a vegan broth. Container is made with 100% biodegradable unbleached sugar cane pulp.

PASTAS

1304 Elbow Macaroni 300 g ¥394

1306 Twist Macaroni 300 g ¥394

Made with domestic flour.

1317 OG Whole Wheat Penne 250 g ¥279

1312 OG Spaghettini 500 g ¥403

1314 OG Whole Wheat Spaghetti 500 g ¥428

1315 OG Whole Wheat Spaghettini 350 g ¥300

Wholesome organic whole wheat pastas from Italy.

1311 OG Spelt Whole Wheat Penne 250 g ¥475

1333 OG Kamut Whole Wheat Fusilli 250 g ¥475

1334 OG Corn Penne Pasta (Gluten Free) 250 g ¥475

Stone ground organic Kamut and Corn pasta. Low allergenic.

1310 OG Macaroni Pasta 250 g ¥279

1326 OG Tri-Colour Fusilli Pasta 250 g ¥358

1328 OG Penne Pasta 250 g ¥279

3 organic pastas from Italy.

1928 Brown Rice Vermicelli 40g x 3 ¥454

Ready in minutes. Just pour on boiling water let stand for a couple of minutes then drain and serve. Add to salads, soups and great in stir-fries. Thailand.

1951 Mung Harusame Glass Noodles 15g x 5 ¥194

Ready in minutes. Great chilled in summer salads and in hot winter soups. China

PASTA SAUCES & THINGS

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

603 OG American Roma Tomatoes 794 g ¥594

616 OG Italian Tomatoes 400 g ¥356

617 OG Whole Tomatoes 2.50 kg ¥1,728

2115 OG Dried Tomatoes 50 g ¥389

618 OG Italian Tomato Paste 150 g ¥432

591 OG Italian Tomato Puree 200 g ¥186

SO-01 OG Tomato & Basil Pasta Sauce 300 g ¥638

SO-02 OG Tomato & Courgette Pasta Sauce 300 g ¥638

Rich tasting Italian made tomato based pasta sauces.

617 OG Amy's Medium Salsa 425 g ¥1037

630 JO Tomato Ketchup 300 g ¥562

Sugar free, organic, locally produced ketchup.

631 OG Worcester Sauce 250 ml ¥778

628 OG Chuono 'Brown' Sauce 250 ml ¥778

A light, fruity 'n' spicy flavoured organic brown sauce.

632 Okonomiyaki Sauce 300 g ¥540

A great sauce for not only okonomiyaki but most things fried from chips to savoury pancakes.

6771 Soya Mayonaise 300 ml ¥718

Domestic canola oil, soya beans, apple cider vinegar, organic white miso, seas salt maple sugar, mustard and white pepper

BEVERAGES

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

Traditional Japanese Tea

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

801 OG Kukicha 1 kg ¥2,700

807 OG Kukicha 500 g ¥1,404

802 OG Kukicha 85 g ¥281

805 OG Kukicha TB 1.8 g x 16 ¥432

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

Herbal Teas

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

851 OG Peppermint 25 g ¥356

852 OG Rose hip 25 g ¥400

853 OG Lemon Grass 25 g ¥378

855 OG Chamomile 25 g ¥400

861 OG Chamomile TB 2 g x 16 ¥734

Pukka Teas

834	OG	Vanilla Chai	TB 2 g x 20	¥918
835	OG	Lemongrass & Ginger	TB 1.8 g x 2	¥918
836	OG	Elderberry & Echinacea	TB 2 g x 20	¥918

Leaf, Scented, Grain and Root Teas

842	OG	Earl Grey	TB 2 g x 16	¥734
844	OG	Darjeeling	TB 2 g x 16	¥734
CL01	OG	English Breakfast	TB 3 g x 20	¥774
893	OG	Earl Grey Tea	100 g	¥778
890	OG	Mango Fruit Tea	100 g	¥799
891	OG	Cinnamon Spice Tea	100 g	¥778
892	OG	Orange Spice Tea	100 g	¥778
849	OG	Chai Indian Style Spiced Black Tea	60 g	¥1,296
810	JO	Barley Tea	TB 10 g x 16	¥432

1 teabag makes 1-1.5 litres of barley tea.

812		Lotus Root & Ginger Tea	50 g	¥378
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Soothing for coughs and sore throats.

Bean & Ground Coffees

821	OG	Sumatran Ground Coffee	200 g	¥929
822	OG	Sumatran Coffee Beans	200 g	¥929
823	OG	Decaf Ground Coffee	170 g	¥972
824	OG	Decaf Coffee Beans	170 g	¥972
828	OG	French Roast Ground Coffee	170 g	¥896
827	OG	French Roast Beans	170 g	¥896
829	OG	Fresh Vanilla Ground Coffee	200 g	¥1,026

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

Grain, Root & Instant Coffees & Cocoa

813		Inka Instant Grain Coffee	150 g	¥950
815	OG	NO-CAF Instant Grain Coffee	100 g	¥1,404
816		Dandelion Coffee	100 g	¥1,512
817		Brown Rice Coffee	360 g	¥1,620
846	OG	Instant Colombian Coffee	100 g	¥1,234

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

820	OG	Cocoa	150 g	¥680
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Grown by a workers cooperative in the Dominican Republic.

Coffee Filters

825		Reusable Hemp Cloth Filter	1~2 cup	S	¥850	
826		Reusable Hemp Cloth Filter	2~4 cups	L	¥950	
831		Coffee Filters	3~4 cups	L	100 pc	¥346
832		Coffee Filters	1~2 cups	S	100 pc	¥292

Made with unbleached, acid free paper.

Rice & Soya Milk

901	OG	Soya Milk Original	L	1 L	¥583
902	OG	Soya Milk Vanilla	L	1 L	¥583

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

923	OG	Rice Dream Original	L	1 L	¥626
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Superb flavour, light and refreshing, serve slightly chilled or at room temperature. Dairy, soya, wheat free, no added sweetener.

Juices

931	OG	Apple Juice	946 ml	¥999
Juiced from a variety of US, organic apples. Simply delicious!				
946	OG	Apple Juice	200 ml	¥259
947	OG	Orange Juice	200 ml	¥259
948	OG	Rose Grapefruit Juice	200 ml	¥259

Organic apples, oranges, grapefruits and grapes are freshly squeezed, sealed to hold in the rich and fruity goodness. France.

522	OG	Lemon Juice Concentrate	250 ml	¥518
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From freshly squeezed Sicilian lemons.

Amazake

906	JO	Brown Rice Amazake	250 g	¥432
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A naturally sweet drink made from organic brown rice and koji. Use in breads and cakes as a natural sweetener. Not to be confused with amasake the residue from brewing sake

BREAKFAST CEREALS

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

2501	OG	Walnut Granola	359 g	¥929
1009	OG	Quick Oats	500 g	¥562
1047	OG	Rolled Oats	500 g	¥508

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

SWEET & SAVOURY SNACKS

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

2658	OG	Mung Chips	50 g	¥299
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Delicious non-fried chips with just a sprinkle of sea salt to flavour.

2631	JO	Brown Rice Cakes	8 pc	¥378
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Organic puffed brown rice cakes, delicious plain, toasted or with the topping of your choice.

2028		Lightly Salted Brown Rice Senbei	60 g	¥280
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2027		Shoyu Brown Rice Senbei	60 g	¥280
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Lightly seasoned with hint of salt or shoyu.

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.

2623		Raisin Crunch	80 g	¥346
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Raisin centred snack in a malt sweetened, crunchy pastry shell.

2661		Taro Kun	80 g	¥346
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Raisins sandwiched between two baked wheat flour layers.

2668		Genki Kun	80 g	¥346
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Delicious crunchy bite size chunks bursting with organic walnuts, sesame seeds and currants.

2666		Karinto & Ao Nori	12 pcs	¥346
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Deep fried savoury wheat snack flavoured with Ao nori & sea salt.

2673		Cocoa no Koko	12 pcs	¥346
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Maple sweetened, cocoa flavoured whole wheat and wheat snack size square biscuits.

2669	OG	Trail Mix	120 g	¥518
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A rich mix of organic fruit 'n' nuts. An ideal quick energy snack.

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	¥238
2302	Ginger Brown Rice Malt Candy	50 g	¥238
2304	Lotus Root Brown Rice Malt Candy	50 g	¥238
2305	Sour Plum Brown Rice Malt Candy	50 g	¥238



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

2045	OG Rawbite Cashew	50 g	¥368
Back to basic wholesome essentials Organic dates, organic cashew nuts.			
2046	OG Rawbite Cacao	50 g	¥368
All raw all organic oat based energy bar made with gluten-free oats. Organic dates, cashews, almonds, coconut, raw cocoa paste, raw cocoa powder			
2047	OG Rawbite Coconut	50 g	¥368
Coconut naked! All organic dates, cashews, coconut, almonds virgin coconut oil			



Taste of Nature is 100% certified organic, Non-GMO certified and Gluten Free. They are made with the very best ingredients the world has to offer that are simple and healthy that vitalize and provide your body with essential whole food nutrition. And yes, they taste as good as they look!

2082	OG Cherry	40 g	¥302
Sweet cherry red passionate, filled with sharp & tarte wholeness.			
2086	OG Persian Pomegranate Garden	40 g	¥302
Fly away to exotic lands with this fruit and nut bar with antioxidant-rich pomegranates, perfect figs and tasty walnuts.			
2087	OG Caribbean Ginger Island	40 g	¥302
A bar chock full of tropical candied ginger and succulent hazelnuts, as enticing as the islands they come from.			
2088	OG Polynesian Coconut Breeze	40 g	¥302
Feel a burst of energy with our island inspired toasted coconut treat, complete with almonds and a hint of lemon.			
2089	OG California Almond Valley	40 g	¥252
Dude! California almonds and raisins, plus nutritious certified organic seeds make for a great energy snack.			

Kato-Noen Sprouted Steamed Breads

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

3100	Brown Rice Plain Bun	2 pc	¥421
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	¥421
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	¥421
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	¥421
Organic domestic sprouted brown rice flour, domestic whole wheat flour, natural yeast, sea salt.			
3110	Brown Rice Black Rice Bun	2 pc	¥421
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	¥400
Radish, carrots, shiitake, burdock, shoyu, sake, mirin.			
3105	Brown Rice Bun w/t Pumpkin Filling	1 pc	¥400
Pumpkin, sea salt.			
3106	Brown Rice Bun w/t Azuki Bean Filling	1 pc	¥400
Azuki beans, rice malt.			
3107	Brown Rice Bun w/t Cabbage Filling	1 pc	¥400
Pumpkin, shiitake, carrot, glass noodles, leek, soya, shoyu, sesame oil, sake, mirin, wheat gluten.			
3108	Brown Rice Bun w/t Aubergine Filling	1 pc	¥400
Aubergine, onion, soya gluten, miso, sesame oil and sea salt.			
3109	Brown Rice Bun w/t Veg Curry Filling	1 pc	¥400
Onion, carrots, mushrooms, shiitake, celery, gluten, curry powder, olive oil, apple, sea salt.			
3111	Brown Rice Bun w/t Miso Gluten Filling	1 pc	¥400
Gluten meat, bamboo shoot, carrots, soya bean miso, shiitake, ginger, sea salt, sesame oil.			
3112	Brown Rice & Mugwort w/t Azuki Filling	1 pc	¥400
Organic domestic sprouted brown rice, mugwort, domestic wheat flour, azuki, natural yeast, domestic whole wheat flour, sea salt.			

※ Kato-Noen Orders are shipped on Thursdays and generally delivered on Fridays. Orders need to be in by SUNDAY. Thank you. **OCTOBER 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	¥594
Sifted wheat, whole wheat, rye, brown rice flours and sea salt. A light and flavourful bread . Makes great sandwiches.		
3002	Compleat Bread	¥432
Sifted wheat, whole wheat flour, & sea salt.		
3003	Walnut Bread	¥864
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	¥896
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	¥724
Lighter than the fruit & cereal but as every bit as good. Sifted wheat, whole wheat loaf bursting with currants, raisins and oats and a pinch of sea salt.		
3007	Whole Wheat Loaf	¥594
By far the most popular loaf we sell. Makes great sandwiches, and toast. Sifted wheat flour, whole wheat flour and sea salt.		
3009	Pita Bread 2 pc	¥227
Pocket bread, stuff with your favourite fillings. Sifted wheat flour, whole wheat flour and sea salt.		
3017	Campagne Loaf	¥772
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	¥918
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	¥589
3016	JO Rokenbrot (100% Rye) Whole Loaf	¥1,177
A bread of substantial body and exceptional, flavour, evidence of the care and skill taken in baking this organic whole rye loaf.		

※Bread orders are shipped on Mondays or Thursdays and are delivered the next day for most areas of Japan. Monday orders need to be in by THURSDAY - Thursday orders need to be in by MONDAY. Thank you.

ORGANIC VEGETABLE BOX

The majority of our vegetables are grown organically here in Gifu by Nishibu San who has been farming organically for over 35 years. No animal manure is used with all inputs coming directly from composted vegetable matter from the land itself. When ordering the box a point to bear in mind is that there are good weeks and not such good weeks. We have very little say in what comes in from one week to the next. It's truly dependent on what the farmers and Mother Nature can provide. Apologies if it's not one of the better weeks, though, happily most weeks tend to be good. Naturally as the seasons change, so do the contents. Weather conditions do affect availability and price, an early frost or a sudden snowstorm can kill a crop as quickly as a typhoon can destroy one. The price generally stays within the price stated.

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

※Vegetable Box Orders are shipped on Thursdays and delivered on Fridays for most areas of Japan. Orders need to be placed by MONDAY. Thank you.

※June ~ October the vegetable orders are shipped cool with an additional charge of ¥324 per order. If you do not want cool shipping please do let us know. Thank you

HERBS & SPICES

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

2905	OG All Spice	15 g	¥420
2803	OG Basil	20 g	¥356
2813	OG Bay Leaves	5 g	¥378

2815	OG Black Pepper Powder	20 g	¥346
2816	OG Black Whole Pepper Corns	25 g	¥325
2797	OG Black Pepper Corn & Rock Salt	50 g	¥302
2811	OG Cinnamon Powder	20 g	¥294
2820	OG Cinnamon Sticks	20 g	¥324
2825	OG Coriander Powder	20 g	¥302
2828	OG Cumin Powder	20 g	¥475
2833	OG Cumin Seed	20 g	¥454
Z36	OG Garam Masala	20 g	¥410
2806	OG Garlic Powder	20 g	¥410
2841	OG Nutmeg Powder	20 g	¥518
2801	OG Oregano	20 g	¥378
Z07	OG Paprika	20 g	¥324
2802	OG Parsley	20 g	¥410
2812	OG Rosemary	20 g	¥410
2804	OG Sage	20 g	¥324
2807	OG Thyme	20 g	¥315
2839	OG Turmeric	25 g	¥410
2817	OG White Pepper Powder	20 g	¥336
2818	OG White Whole Pepper Corns	25 g	¥324
2823	Sansho Powder	10 g	¥518
An aromatic Japanese pepper.			
2824	Shichimi Powder	15 g	¥443
Traditional local blend of ground red pepper and aromatic spices.			
2824	Wasabi Powder	20 g	¥270
2821	Bottle for Condiments	Holds 20~30 g	¥108

ORGANIC UMEBOSHI & PICKLES

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

Ryujin & Benitama Umeboshi

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

1802	OG Ryujin Umeboshi	1 kg	¥3,888
1803	OG Ryujin Umeboshi	4 kg	¥14,256
1807	OG Ryujin Umeboshi	8 kg	¥25,920
1804	JO Benitama Small Umeboshi	200 g	¥691
1806	JO Benitama Umeboshi	200 g	¥918
1805	JO Benitama Umeboshi Paste	250 g	¥1,145

Less tart than Ryujin but as every bit as good. Handmade to traditional recipes that capture the full flavour of the organic plums and the shiso.

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

PICKLES

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

1808	Takuan	1 pc	¥513
Long white radish pickled in rice bran and sea salt.			
1821	Bettarazuke	1 pc	¥497
Radish pickled in brown rice amazake. ※Winter Only			
1827	Sun-Dried Sliced Takuan	100 g	¥380
Repeatedly salted and sun-dried. Slice and marinate in shoyu.			
6741	Shibazuke	120 g	¥356
Cucumber, aubergine, ginger, shiso in shoyu, umesu, sea salt.			

- 6740 Fukujinzuke 120 g ¥400**
Radish, aubergine, ginger shiso in shoyu, umesu, sea salt.
- 1823 Red Pickled Ginger 100 g ¥496**
Ume pickled giinger adds zing to fried rice, noodles and sushi
- 1835 OG Black Pitted Greek Olives 170 g ¥1,026**
- 1836 OG Green Pitted Greek Olives 170 g ¥1,026**
Succulent black & green Greek olives without pit. Superb in pastas, light summer salads or eaten alone.

NUTRITIONAL SUPPLEMENTS

- 400 OG Hemp Oil 200 ml ¥1,944**
Hemp seed oil has been called "Nature's most perfectly balanced oil", due to the balanced 3:1 ratio of Omega 6 to Omega 3 EFA's with smaller amounts of 3 other polyunsaturated fatty acids in gamma-linolenic acid (GLA), oleic acid and stearidonic acid. Contains (Vitamin E), carotene (precursor to Vitamin A), phytosterols, phospholipids and a number of minerals including calcium, magnesium, sulphur, potassium, phosphorus, iron and zinc. Also is a good source of chlorophyll.
- 409 OG Flax Oil 237 ml ¥1,944**
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 ¥4,536**
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 ¥4,012**
- 1670S OG Spirulina Powder 90 g ¥2,206**
Spirulina is a super green whole food that rests atop the green pantheon. This tiny aquatic plant offers 60%+ all plant based protein, essential vitamins and phytonutrients such as the antioxidant beta carotene, the rare essential fatty acid GLA, sulfolipids, glycolipids and polysaccharides. Its deep green color comes from its rainbow of natural pigments - chlorophyll (green), phycocyanin (blue) and carotenoids (orange) - that harvest the sun's energy. Easy-to-digest so nutrients are absorbed quickly. This blue-green algae has been a source of nutrition since the Aztecs harvested it from Lake Texcoco in Mexico centuries ago. Spirulina well may have been one of the first photosynthetic life forms created over 3.6 billion years ago.
- 1674 Chlorella Powder 220 g ¥4,320**
- 1675 Chlorella Tablets 600 pc ¥3,584**
100% fresh-water chlorella grown on the coral reef island of Ishigaki, Japan. Chlorella is a whole green food that enhances health naturally by supporting the immune system and promoting energy, vitality, and natural cleansing. Has the highest content of chlorophyll of any plant. Rich in chlorella growth factor (CGF), high in the nucleic acids RNA & DNA, the building blocks of life, vitamins, minerals, beta-carotene, and other phytonutrients. Helps balance the body's pH, and improves digestion.

- 1673 B12 Vegetarian Lozenges 1000 mcg x 100 pc ¥1,615**
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.

PERSONAL CARE

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

Lavera

NATURAL COSMETICS

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

Hair Care

- N300 Repair & Care Shampoo 250 ml ¥1,188**
The mild formula of repair and care shampoo with organic rose and pea protein moisturises, smoothes, strengthens and repairs the hair structure of dry and damaged hair and lets your hair naturally shine.
- N301 Repair & Care Conditioner 200 ml ¥1,188**
This conditioner helps to strengthen, hydrate, and nourish dry and damaged hair, leaving hair soft, smooth and easy to comb.
- N302 Colour & Shine Shampoo 250 ml ¥1,188**
Lavera colour & shine shampoo with organic cranberry & Organic Avocado protects colour-treated and highlighted hair and gives a natural radiant shine.
- N303 Colour & Shine Conditioner 200 ml ¥1,188**
Protects and cares for colour treated and highlighted hair, giving the hair nourishment, protects against moisture loss and leaves the hair with a brilliant shine and longer lasting colour.
- N304 Moisture & Care Shampoo 250 ml ¥1,188**
The organic and natural ingredients of almond milk and aloe vera are both soothing to alleviate scalp irritation and hydrate brittle hair.
- N305 Moisture & Care Conditioner 200 ml ¥1,188**
Gently conditions hair and scalp and is suited to individuals with dry hair and scalp sensitivities. Natural calming ingredients of organic almond milk and organic aloe vera nourish, sooth and care for dry and flaky scalp whilst revitalising rigid hair and bringing back shine.

AUBREY
ORGANICS, INC.

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

~ღ Dry Skin ზ~

- AU910 Rosa Mosqueta Facial Toner 100ml ¥2,160**
Combines rosa mosqueta with beetroot formula, replenishing your skin's natural moisture for a fresh, naturally soft complexion.
- AU911 Rosa Mosqueta Cleanser 100 ml ¥2,160**
Ultra-rich, creamy cleanser gently removes makeup and impurities while maintaining your skin's moisture balance for a soft, beautifully radiant complexion

AU912 Rosa Mosqueta Moisturiser 100 ml ¥2,160

This replenishing anti-wrinkle formula firms and supports the skin and restores youthful softness for a healthy, vibrant complexion.

AU990 Every Day Cleansing Cream 100 ml ¥2,160

Hydrating daily cleanser clears away makeup and impurities while maintaining the skin's natural moisture balance.

~ღ Oily Skin ღ~

AU930 Aloe & Sea Ester Facial Toner 100ml ¥2,160

Antioxidant-rich cleanser gently clears away makeup and impurities while refining your skin's appearance for a soft, healthy glow.

AU931 Aloe & Sea Ester Moisturiser 100 ml ¥2,160

Preventative moisturiser protects skin from environmental stressors and reduces the appearance and depth of wrinkles for a firmer, younger-looking complexion.

AU932 Aloe & Sea Ester Cleanser 100 ml ¥2,160

Refining toner instantly softens skin and boosts its natural moisture with beet root extract for up to 8 hours of soothing hydration. Rich in antioxidants, this powerful humectant forms a film on the skin's surface that actually locks moisture in.

~ღ Sensitive Skin ღ~

AU950 Aloe & Sea Ester Facial Toner 100ml ¥2,160

Gentle, alcohol-free toner calms and refreshes sensitive skin and boosts its natural moisture with beetroot extract.

AU951 Aloe & Sea Ester Moisturiser 100 ml ¥2,160

Calming moisturiser firms and rehydrates sensitive skin, prone to redness and irritation, and works to counter balance daily stressors with nature's most soothing ingredients

AU952 Aloe & Sea Ester Cleanser 100 ml ¥2,160

Mild, soothing cleanser gently removes makeup and impurities to leave skin silky smooth and lightly hydrated.

Essential Natural Skin Care

8045 100% Aloe Vera Gel 118 ml ¥2,052

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 ¥2,376

An excellent make-up remover that moisturises and soothes.

Natural Baby Care

L100 Baby Wash Lotion & Shampoo 200 ml ¥1,188

The formulation of Lavera Baby and Kinder Organic Neutral organic wash lotion & shampoo has been specially developed for the gentle cleansing of your baby's hair and skin. Extremely sensitive skin receives gentle cleansing and long-lasting moisture care. Free from artificial fragrance, colours and preservatives.

Aleppo Olive Oil Soaps

9013 Olive Oil & Laurel Extra Soap Bar 180 g ¥972

9012 Olive Oil & Laurel Soap Bar 200 g ¥680

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 really does go a long way.

9109 OG Rose Liquid Soap S 236 ml ¥1,188

9108 OG Rose Liquid Soap L 472 ml ¥2,160

9137 OG Rose Soap Bar 140 g ¥907

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 ¥1,188

9122 OG Lavender Liquid Soap L 472 ml ¥2,160

9134 OG Lavender Soap Bar 140 g ¥907

Contains both lavandin and lavender essential oils to create a soothing and harmonizing bathing experience. Lavender showers not only replenish body but soul.

9141 OG Tea tree Liquid Soap S 236 ml ¥1,188

9121 OG Tea tree Liquid Soap L 472 ml ¥2,160

9140 OG Tea tree Soap Bar 140 g ¥907

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

9132 OG Baby Liquid Soap S 236 ml ¥1,188

9123 OG Baby Liquid Soap L 472 ml ¥2,160

9135 OG Baby Soap Bar 140 g ¥907

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.

Toothpastes

9000 Esukes Children's Toothpaste 60 g ¥292

All natural toothpaste, flavoured with pure orange essence.

9001 Dentie Toothpaste 80 g ¥497

Unique black toothpaste made from roasted aubergine, sea salt.

9004 Family Spearmint Toothpaste 140 g ¥378

Saledo Toothbrushes & Refills

E05 Brush & 3 Refills Set -Pink- M ¥486

E06 Brush & 3 Refills Set -Orange- M ¥486

E07 Brush & 3 refills Set -Blue- M ¥486

E11 Refills x 6 M ¥562

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

Anti-Static Hair Brushes

8526 Bamboo Pin Hair Comb 31 Mini ¥1,620

8525 Bamboo Pin Hair Brush 61 Mini ¥2,160

8524 Bamboo Pin Hair Brush 46 S ¥1,944

8532 Bamboo Pin Hair Brush 91 L ¥3,564

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

Organic Cotton Buds, Pads & Pleats

E120 OG Cotton Buds 100 pc ¥400

E121 OG Cotton Pads 100 pc ¥400

Soft unbleached organic cotton for applying and removing creams, lotions and cosmetics and 100% biodegradable.

MEADOWS ESSENTIAL OILS

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

ME039 OG Cedar wood	10 ml	¥3,240
Refreshing and uplifting, helps with respiratory issues.		
ME016 ※ OG Citronella	10 ml	¥2,700
Helps keep the mosquitoes away.		
ME046 OG Eucalyptus	10 ml	¥2,700
Great for stuffed up noses when vaporised or inhaled.		
ME017 OG Geranium	10 ml	¥3,888
Added to a bath or compress helps cystitis.		
ME050 OG Lavender	10 ml	¥3,240
Helps thrush, stress and tension, add to a bath, compress.		
ME027 OG Lemon	10 ml	¥2,700
Its antiseptic properties helps throat and respiratory problems.		
ME009 OG Orange Sweet	10 ml	¥2,700
Add to a bath or massage helps with constipation.		
ME018 OG Peppermint	10 ml	¥3,672
Inhalation provides relief from head colds and asthma.		
ME030 OG Rosemary	10 ml	¥3,801
Relief for stress-related disorders, add to a bath or vaporise.		
ME014 OG Tea Tree	10 ml	¥3,988
Anti-bacterial, anti-fungal and antiviral, great for athlete's foot.		
ME001 OG Ylang Ylang	10 ml	¥3,996
Add to bath or vaporise to relieve stress and nerve disorders.		

Meadows Base Oils, balm and Butter

MC008 OG Grape Seed	50 ml	¥1,129
MC012 OG Rose Hip	50 ml	¥3,024
MC017 OG Evening Primrose	50 ml	¥5,184
MC010 OG Jojoba Oils	50 ml	¥2,592
Excellent essential oil carriers, superb massage oils and moisturisers for the skin. Product of the UK.		
MK004 OG Shea Butter	30 ml	¥2,700
MC031 OG Rose Body Balm	15 ml	¥2,052
Use for moisturising dry and chapped skin.		

Anti-Mosquito Sprays Oil, & Coils

8651 100% Palm Oil Candle Lights	10 pc	¥399
8927 Anti-Mosquito Coils	30 pc	¥1,015
Combination of insect repellent herbs. Non-toxic and safe.		
8916 Frog Anti-Mosquito Coils	30 pc	¥1008
Naturally mild insect-repellent coils. Safe for babies and children.		
8971 ※ Anti-Mosquito Outdoor Spray	152 ml	¥3,528
Synergetic combination of insect repellent organic essential oils.		
BZ31 ※ Anti-Mosquito Indoor Spray	250 ml	¥2,484
A 100% natural non-alcohol based insect repellent herb spray.		
BZ33 ※ Anti-Mosquito Essential Oil	10 ml	¥2,484
8633 ※ Anti-Mosquito Oil	5 ml	¥1,260
A blend of citronella, lemon grass and mint.		

※ 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	¥43,200
9202 Pressure Cooker	4.5 L	¥49,680
The pressure cooker, saves time, energy, preserves the vitamins, minerals, flavour and energy content of food.		
9209 Milk Pot	1.7 L	¥21,600
Boil up water, tea or coffee. Comes complete with a glass lid.		

Stone Flour Mill & Rice Mill

9003 Hawo's Flour Mill	¥75,600
This German built hand assembled motorised mill encased in a solid beech wood body is of the highest quality. Mills grains to a fineness of 0.3 mm for flours fine enough for pastries and other desserts. Has an exceptional hard millstone that uses corundum, a mineral that is second in hardness only to diamond. The mill can be opened without the need of tools and disassembled and reassembled very easily. Has a 3-year manufacturers warranty.	
9018 Handy Compact Rice Mill	¥22,890
A Japanese built powerful 300 watt motor. Has various settings from cleaning husk to polished rice and all in between. Mills from 1-5 cups. Easy to use, disassemble, clean and reassemble.	

Water Filters Cartridge

9011 Hurley Water Filter II ¥138,240

One of the best water filters available in Japan. The Filter has an 19 year life span. Backwash to clean.

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

Cooking Oil Filter & Storage Pot

9066 Oil Pot & Filter ¥3,780

A strainer and filter, come storage pot.

9067 Replacement Oil Filters 8 pc ¥410

Flame Deflector

11 Flame Deflector ¥1,296

A deflector for gas top hobs and stoves. Greatly reduces the possibility of burning food when making slow cook pot meals. Also ideal when using a pressure cooker.

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 ¥367

9065 Large Kame Tawashi Soft ¥648

9068 Small Kame Tawashi Hard ¥346

9069 Small Kame Tawashi Soft ¥476

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 ¥880

9849 Recycled Toilet Paper 130 m 10 Rolls ¥910

Made by the special needs community 'Kyodo Gakusha.'

9850 Packle Recycled Tissue Paper 1 Pack ¥153

A work creation project for the Kobe special needs community.

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.



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 ¥626

8959 Washing-Up Liquid Lemon & Aloe 1 L ¥1,058

8951 Multi-Surface Cleaner Lemon 500 ml ¥864

8954 Liquid Laundry Soap 1.5 L ¥1,512

8961 Liquid Laundry Soap 5 L ¥4,536

8952 Delicate Liquid Laundry Soap 750 ml ¥1,404

8960 Fabric Softener 750 ml ¥756

8957 Toilet Cleaner 750 ml ¥1,296

Baking Soda

1632 Mongolian Baking Soda 300 g ¥270

1603 Mongolian Baking Soda 1 kg ¥648

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

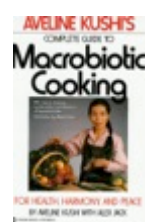
BOOKS

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

Macrobiotics Cookbooks & Guides

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

Aveline Kushi.



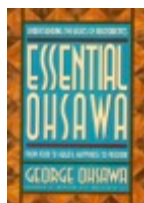
Regarded as one of the macrobiotic cookbook classics. A perfect macrobiotic starter that includes detailed macrobiotic applications to all your daily meal preparations. Includes sections on harmonising your cooking with the changing seasons, the medicinal energy of foods, great tips on pressure cooking and pickling. Delicious recipes from the Mediterranean, the Americas, the Middle East and the Far East, you're sure to enjoy.

Contains some Fish recipes.

9508 Essential Ohsawa

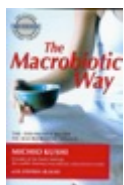
P.176 ¥1,700

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 as to why we need to adopt a grain-based centred diet for the betterment of our health and a better world.

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 incorporate whole grains, beans, locally grown fresh vegetables and sea vegetables that prevent illness and rejuvenate the body and the mind.

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



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

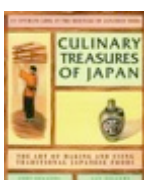
9505 The Macrobiotic Approach to Cancer P.226 ¥1,365
Michio Kushi & Ed Esko



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.

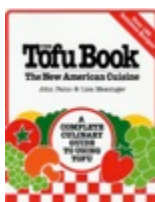
Contains some Fish recipes.

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.

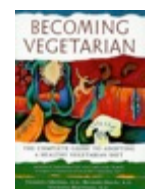
Contains one or two Fish & Fowl recipes.

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.

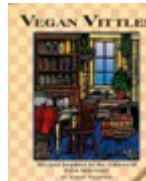
9434 Becoming Vegan P.288 ¥2,415
V.Melina, B.Davis, V.Harrison



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:

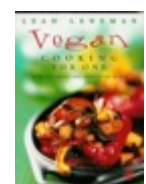
how a vegan diet can protect against cancer; heart disease and other chronic illnesses; getting all the protein you need without meat; meeting your needs for calcium without dairy products; what vegans need to know about B12; why good fats are vital to health and how to get them; balanced diets for infants,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

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



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

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



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

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



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

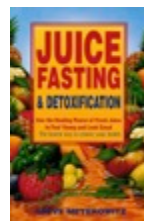
Juicing

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



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

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



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

Health & Healing Guides

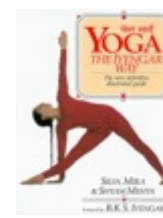
9591 Healing with Whole Foods 3rd Edition P.629 ¥4,095
Paul Pitchford



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

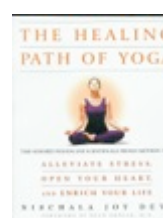
Clear discussions of the Chinese healing arts applied to physical and emotional conditions. Information on making a gentle transition from an animal based diet to one centred on whole grains and fresh vegetables, with over 300 wonderful and simple to prepare vegan recipes. Sections on weight loss, heart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

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



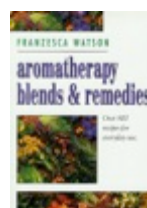
The ancient practice of Yoga has long been regarded as an effective way of relieving emotional stress, curing bodily ills and achieving personal equilibrium. This is a comprehensive, practical and authoritative guide to the method developed over the last fifty years by B.K.S Iyengar, the world's foremost exponent of Yoga. Here is a course manual embodying the purity and precision that have always been the hallmark of Iyengar's work. It features over 100 key postures each accompanied by clear step-by-step photographs and detailed instruction and graded according to the level of difficulty. It expands on finer details of technique for more advanced students and incorporates some advice for beginners and the less flexible. Included are sections on pranayama (breathing), meditation and the history and philosophy of Yoga, together with progressive course of practice and remedial programs for a range of common problems. Fully illustrated with hundreds of photos, written and demonstrated by students who have studied with Iyengar for over thirty years. An indispensable guide for practitioners and teachers everywhere.

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



More than just a beginners guide to yoga postures but rather a path to health and vitality. A union of the ancient time honoured wisdom of yoga, supported with scientific techniques that alleviate stress-related illness and enrich your life. The basic yoga postures are clearly illustrated and the guidance on meditations is excellent. The dietary guidelines are from the findings of Dean Ornish, in reversing serious cardiovascular conditions and restoring health. An insightful book for those of us who are just starting out and unsure of where or how to begin the journey. To health and happiness through the healing power of diet & yoga

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



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

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.

9571 Healing Teas
Marie Nadine Antol

P.256 ¥1,890



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.

Self-help

9446 Peace Between the Sheets
Marnia Robinson

P.346 ¥2,100

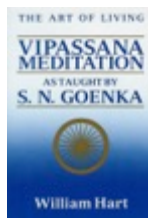


Based on the author's twelve-year inquiry into why relationships fail, *Peace Between the Sheets* offers a simple but revolutionary analysis: modern relationships often founder because of dysfunctional sexual habits. But when couples shift away from "heat-centered" toward "heart-centered" sexual interactions, 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
William Hart

P.115 ¥1,050

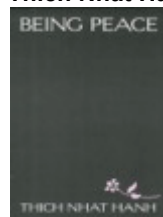


Vipassana-bhavanna, "the development of insight," embodies the essence of the teaching of the Buddha. As taught by S.N.Goenka, this path to self-awareness is extraordinary in its simplicity, its lack of dogma and, above all, its results. The technique can be successfully applied by anyone.

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

9450 Being Peace
Thich Nhat Hahn

P.115 ¥1,365



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

9593 Start Where You Are
Pema Chodron

P.272 ¥2,100



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

Women's Health

9453 Co-operative Method of Natural Birth Control
Margaret Nofziger

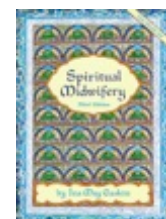
P.107 ¥1,208



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. Recommend by family centres throughout the US.

9452 Spiritual Midwifery
Ina May Gaskin

P.469 ¥2,205



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.

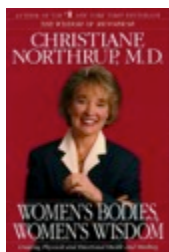
9447 The Natural Pregnancy Book
Aviva Jill Romm

P.346 ¥2,500



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.

Miscellaneous

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



Diet for A New America is one of those rare and classic books that has awakened millions to question how their eating habits and modern day intensive livestock practises are devastating all on life on the planet. Frances Moore Lappe, author of Diet for a Small Planet, had this to say on the book.

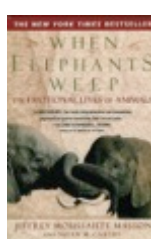
"In a tender, not strident, voice, Robbins shows us why a humane society cannot be built upon an inhumane system of food production. Robbins does not play on our guilt, but shows us how our own wellbeing is linked to the development of radically new sensibilities to non-human life. What you perceive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

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



What can we do to help stop global warming, feed the hungry, prevent cruelty to animals, avoid genetically modified foods, be healthier and live longer? Eat vegan, Robbins (Diet for a New America) argues. Noting the massive changes in the environment, food-production methods, and technology over the last two decades, he lambastes contemporary factory-farming methods and demonstrates that individual dietary choices can be both empowering and have a broader impact. Robbins, heir to the Baskin-Robbins ice-cream empire (he rejected it to live according to his values), takes on fad diets, the meat industry, food irradiation, hormone and antibiotic use in animals, cruel animal husbandry practices, the economics of meat consumption, biotechnology and the prevalence of salmonella and E. Coli. Some details are downright revolting (euthanized dogs and cats often are made into cattle feed), horrific (some 90% of cows, pigs and poultry are still conscious when butchered) and mind-boggling (it takes 5,214 gallons of water to produce one pound of beef). Despite all this and more distressing information, Robbins ends on a hopeful note, detailing growth in organic farming, public awareness and consumer activism worldwide, as well as policy changes, especially in Europe. Well researched and lucidly written, this book is sure to spark discussion and incite readers to examine their food choices.

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



A deeply moving and impeccably researched account of the emotional lives of animals from as far field as the wild plains of Africa to the pets in our own our homes. This book clearly shows how deeply animals in the wild or in captivity experience, feel and express emotions. The authors have left no stone unturned in bringing to light the many common bonds we all share as

animals in the guise of love, loss, anger, sadness and joy. All expressed in a plethora of ways that anyone who's ever owned a dog or cat or seen animals in their natural environs will certainly testify to. After reading this book one will never again see animals in the separated light science would have us view them but instead as a wonderful part of the animal kingdom to which we all belong. Moving and compassionate.

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



Herbs have been used for 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 P.144 ¥2,100
Dr. B. C. Wolverton



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

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



This guide offers essential information for private biodynamic gardening based on the principles of Rudolph Steiner. Clear instruction is given on working with the unifying cosmic whole to bring the best out from your organic garden. Included are full details on using the Star Calendar for planting times, making one's own compost, implementing crop rotation, mulching, cultivating

herbs and flowers, and coping with pests and diseases. A book that appeals to many gardeners who are seeking alternatives to chemical fertilizers and systemic pest and disease control.

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



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

