

あま

A tiny kiwi.



*Actual size

Tamakawa Village

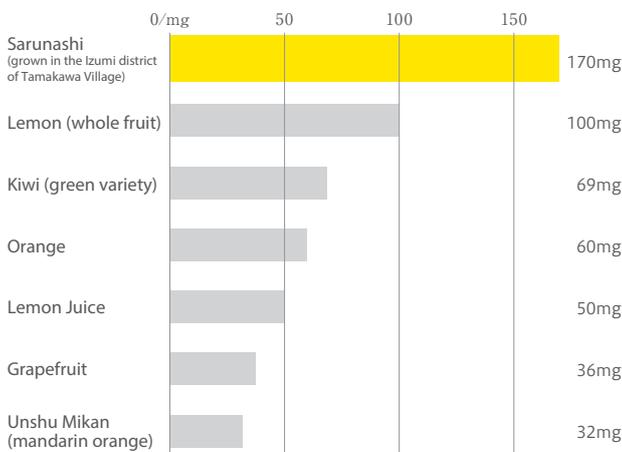
なし



Sarunashi is an ancestor of the kiwi fruit. Also called *kokuwa*, this superfruit is naturally packed with nutrition. Some say the name "saru nashi" or "monkey pear" refers to monkeys enjoying them as a delicious snack—and sometimes leaving none for people! Sarunashi fruits are indigenous to many different regions, but Tamakawa Village in Fukushima Prefecture is one of the top production areas. Shaped like miniature kiwi fruits, each sarunashi is about 3 cm in size. This tiny fruit is a nutritional powerhouse packed with vitamins and minerals. Most delicious when freshly picked in the wild, this enchanting fruit is rarely found at markets due to its very short shelf life.

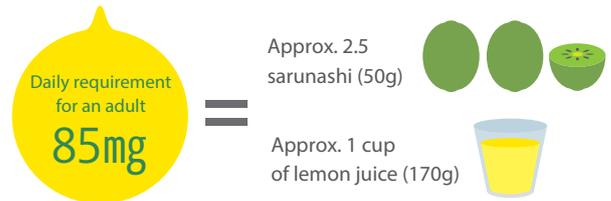
Sarunashi tops the fruit rankings for vitamin C content

Quantity of vitamin C contained in a 100g serving of fruit



*From MEXT's Food Composition Database, and Japan Food Research Laboratories

2.5 of these tiny fruit provide a full day's worth of vitamin C



*From MHLW's Dietary Reference Intakes for Japanese (2015)

Be beautiful and healthy with sarunashi

Along with vitamin C, this fruit is also rich in nutrients that regulate the body, such as actinidin, an enzyme that breaks down proteins, and chlorophyll that excretes waste products. This fruit is small and cute but strong enough to effectively support digestive health, so try to eat two or three each day. Delicious fresh or in jams and drinks. Why not try adding the sweet and sour flavor of sarunashi fruit to your daily menu?

Tamakawa Village Sarunashi Products



Frozen Sarunashi



Sarunashi Drink



100% Sarunashi Juice / Sarunashi Wine



Sarunashi Jam

Processed foods showcasing sarunashi are available for purchase from:

Michi no Eki Tamakawa Kobushi no Sato online shop

Tamakawa Village Kobushi no Sato



Tamakawa Village

- Tamakawa Village Hall 9 Odaka Nakanawate, Tamakawa Village, Ishikawa District, Fukushima Prefecture 963-6392 Tel. 0247-57-3101 / Fax. 0247-57-3952 <http://www.vill.tamakawa.fukushima.jp/>
- Michi no Eki Tamakawa Kobushi no Sato Miyanomae 140-2, Ganpoji, Tamakawa Village, Ishikawa District, Fukushima Prefecture 963-6311 Tel. 0247-57-3800 / Fax. 0247-57-4346
- Tamakawa Village Tourism and Products Association <https://tamakawa-kanko.jp>

Tamakawa Village