

Carp in Koriyama

Taken special care about good quality water, fish feed, and the method of cultivation, the carp flesh becomes tinged with the beautiful cherry blossom pink.

In Koriyama City, irrigation reservoirs were built in various places due to a national project of the Asaka Cultivation by making good use of water from Asaka Sosui, the Asaka Irrigation Canal which drew water from Lake Inawashiro in the Meiji era, and the vast wilderness of the Asaka Plain was reclaimed to cultivate large farm fields. It is said that the reasons carp cultivation has actively flourished are because that the reservoirs could be utilized for carp fish farming, and "silkworm chrysalis" as carp feed was easy to get because of the prosperity of sericulture industry in the region. In addition, as a precious source of protein for the people who reclaimed the land of those days, carp cultivation had increased, so the city has become one of the most prominent producing areas of carp production in Japan.

Dishes of carp in Koriyama

You can enjoy various flavors of the dishes using carp in Koriyama which are raised in the mineral rich water from Lake Inawashiro. The cuisines includes "Arai" (sliced raw carp), really freshly carp flesh washed in cold water and "Kanroni" (sweetened boiled carp) which even the bones are edible.



Slices of raw carp



Sweetened boiled carp



Simmered carp wrapped in kombu (sea vegetable)



Smoked carp

The first national ranking in carp production (by municipality)

Fukushima prefecture ranks second in Japan in the amount of the aquaculture production of carp of about 1,000 tons for the fiscal year 2014 (Heisei 26), and in fact many of them are produced in Koriyama City. Broken down by municipality, Koriyama City boasts the highest number across the country in the amount of carp production.

■ [Carp in Koriyama] Production (ton)



Carp, the greatest medical food

It is described in the "Shen Nong Ben Cao Jing" ("Shinno Honzongyo", the Divine Husbandman's Classic on pharmacology, which is the oldest existent Chinese materia medica classic) that carp are safe to eat over a long period of time, and are classified into medicine that is referred to as "Ideal Drug" which was used for the sake of the health maintenance of the people.

Even in the present day, it is said that carp have many positive effects on such as the followings, ①diet therapy for diabetes, ②the best food for promoting liver health, ③protecting our eyes from glaucoma, etc. ④diet therapy for kidney diseases, ⑤improving blood circulation, ⑥improving low back pain and joint pain, ⑦improving women's diseases, ⑧helping to increase breast milk supply, and so on.

Major nutrients		Content(50g)
Caloric value		85.5kcal
Protein		8.85g
Lipid		5.1g
Vitamin (Water-soluble)	B1	0.23mg
	B3 (Niacin)	1.65mg
	B5 (Pantothenic acid)	0.74mg
Vitamin (Fat-soluble)	A	2 μg
	D	7 μg
	E	1mg
Mineral	Calcium	4.5mg
	Sodium	24.5mg
	Potassium	170mg
	Magnesium	11mg

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