

**CULTIVATED GRAINS**

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## COMMUNITY FOOD SYSTEM DATA TABLE # 1

**Food category:** Cultivated grains

**Scientific identification:**

*Echinochloa crus-galli*

**Local name & other common names:**

piyapa, Barnyard millet (English)

**Part(s) used:** Grain

**Preparation:** Porridge

Nutrient	Nutrient Composition/100g (edible portion)
	Millet, grains
Moisture, g	13.1
Energy, Kcal	362
Protein, g	9.7
Fat, g	3.7
Carbohydrate, g	72.4
Fiber (soluble), g	0.4
Fiber (insoluble), g	3.9
Fiber (total), g	4.3
Ash, g	1.1
Vitamin A, RE- $\mu$ g	0
Vitamin A, RAE- $\mu$ g	0
Beta-carotene, $\mu$ g	0
Total carotene, $\mu$ g	0
Folic acid, $\mu$ g	14.0
Vitamin B6	-
Vitamin C, mg	-
Vitamin D, $\mu$ g	-
Vitamin E, mg	-
Vitamin B <sub>12</sub> , mg	-
Calcium, mg	7.0
Copper, $\mu$ g	300
Iron, mg	1.6
Magnesium, mg	95.0
Phosphorus, mg	280
Potassium, mg	240
Sodium, mg	3.0
Zinc, mg	2.7

--- = not analyzed

**Type of procurement:** Cultivated  
**Home harvested or purchased:** Harvested  
**Seasonality of use:** September-October  
**Cost of production, if known:**  
**Importance value to the community by age/gender and other miscellaneous information:** The most common way of preparing it is porridge.  
**Source of nutrient data:** Japan Standard Food Composition Chart. Fifth Revised Edition (2000).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>									*	*		
<b>Seasonality of use</b>									*	*		

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## COMMUNITY FOOD SYSTEM DATA TABLE # 2

**Food category:** Cultivated grains

**Scientific identification:**

*Panicum italicum*

**Local name & other common names:**

munciro, Italian millet (English)

**Part(s) used:** Grain

**Preparation:** Steamed, pounded to make cake.

Nutrient	Nutrient Composition/100g (edible portion)
	Millet, raw
Moisture, g	12.5
Energy, Kcal	359
Protein, g	10.5
Fat, g	2.7
Carbohydrate, g	73.1
Fiber (soluble), g	0.4
Fiber (insoluble), g	3.0
Fiber (total), g	3.4
Ash, g	1.2
Vitamin A, RE- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Beta-carotene, $\mu$ g	-
Total carotene, $\mu$ g	-
Folic acid, $\mu$ g	29.0
Vitamin B6	-
Vitamin C, mg	-
Vitamin D, $\mu$ g	-
Vitamin E, mg	-
Vitamin B <sub>12</sub> , mg	-
Calcium, mg	14.0
Copper, $\mu$ g	450
Iron, mg	4.8
Magnesium, mg	110
Phosphorus, mg	280
Potassium, mg	280
Sodium, mg	1.0
Zinc, mg	2.7

**Type of procurement:** Cultivated  
**Home harvested or purchased:** Harvested  
**Seasonality of use:** September-October  
**Cost of production, if known:**  
**Importance value to the community by age/gender and other miscellaneous information:** Two types are used, nitne munciro (rice millet) and riten munciro (sticky rice millet). The riten type is steamed, pounded to make a cake  
**Source of nutrient data:** Japan Standard Food Composition Chart. Fifth Revised Edition (2000).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>									*	*		
<b>Seasonality of use</b>												

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### COMMUNITY FOOD SYSTEM DATA TABLE # 3

**Food category:** Cultivated grains

**Scientific identification:**

*Panicum miliaceum*

**Local name & other common names:**

sipuskep, Egg millet (English)

**Part(s) used:** Grain

**Preparation:** Ground to make dumpling & soup or cooked with vegetable dishes.

Nutrient	Nutrient Composition/100g (edible portion)
	Egg millet, raw
Moisture, g	14.0
Energy, Kcal	350
Protein, g	10.6
Fat, g	1.7
Carbohydrate, g	73.1
Fiber (soluble), g	0.1
Fiber (insoluble), g	1.6
Fiber (total), g	1.7
Ash, g	0.6
Vitamin A, RE-μg	-
Vitamin A, RAE-μg	-
Beta-carotene, μg	0
Total carotene, μg	0
Folic acid, μg	13.0
Vitamin B6	-
Vitamin C, mg	-
Vitamin D, μg	-
Vitamin E, mg	-
Vitamin B <sub>12</sub> , mg	-
Calcium, mg	9.0
Copper, μg	380
Iron, mg	2.1
Magnesium, mg	84.0
Phosphorus, mg	160
Potassium, mg	170
Sodium, mg	2.0
Zinc, mg	2.7

**Type of procurement:** Cultivated  
**Home harvested or purchased:** Harvested  
**Seasonality of use:** September-October  
**Cost of production, if known:**  
**Importance value to the community by age/gender and other miscellaneous information:** Two types are used, nitne sipuskep (hard egg millet) and riten sipuskep (soft egg millet). Egg millet is popular among the Ainu, it can be ground up into flour and used to make dumplings and other local specialties such as ratashikep and kosayo.  
**Source of nutrient data:** Japan Standard Food Composition Chart. Fifth Revised Edition (2000).

--- = not analyzed

#### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>									*	*		
<b>Seasonality of use</b>												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 4

**Food category:** Cultivated grains

**Scientific identification:**

*Solanum tuberosum*

**Local name & other common names:**

pene emo, Potatoes, frozen (English)

**Part(s) used:** tuber

**Preparation:** Soaked in water, mashed and shaped into balls.

Nutrient	Nutrient Composition/100g (edible portion)
	Potatoes, frozen
Moisture, g	15.7
Energy, Kcal	340
Protein, g	1.5
Fat, g	0.8
Carbohydrate, g	81.7
Fiber (soluble), g	-
Fiber (insoluble), g	-
Fiber (total), g	-
Ash, g	0.3
Vitamin A, RE- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Beta-carotene, $\mu$ g	-
Total carotene, $\mu$ g	-
Folic acid, $\mu$ g	-
Vitamin B6	-
Vitamin C, mg	-
Vitamin D, $\mu$ g	-
Vitamin E, mg	-
Vitamin B <sub>12</sub> , mg	-
Calcium, mg	24.0
Copper, $\mu$ g	700
Iron, mg	3.1
Magnesium, mg	20.0
Phosphorus, mg	71.0
Potassium, mg	23.0
Sodium, mg	8.0
Zinc, mg	0.9

**Type of procurement:** Cultivated  
**Home harvested or purchased:** Harvested  
**Seasonality of use:** April  
**Cost of production, if known:**  
**Importance value to the community by age/gender and other miscellaneous information:** Soaked in water, mashed, made in to balls and cooked in the hearth. They have a sweet flavor and children enjoy eating them as snacks.  
**Source of nutrient data:** Composition analysis was completed in 2005 at Rakuno Gakuen University, Ebetsu, Japan.

-- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>				*								
<b>Seasonality of use</b>				*								

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