WILD PLANTS ***(Continued from Cultivated grains section)***
(Please click on the page number to go directly to the table)

COMMUNITY FOOD SYSTEM DATA TABLE # 5

Food category: Wild plants
Scientific identification:
Allium victorialis var. platyphyllum
Local name & other common names:
pukusa, Wild onion, fresh (English)
Part(s) used: -
Preparation: Cooked in Soup

Nutrient	Nutrient Composition/100g (edible portion)
	Wild onion, fresh
Moisture, g	88.8
Energy, Kcal	42
Protein, g	3.5
Fat, g	0.2
Carbohydrate, g	6.6
Fiber (soluble), g	0.5
Fiber (insoluble), g	2.8
Fiber (total), g	3.3
Ash, g	0.9
Vitamin A, RE-µg	348
Vitamin A, RAE-µg	174
Beta carotene, µg	2,000
Total carotene, µg	2,170
Folic acid, µg	85.0
Vitamin B6, mg	0.16
Vitamin C, mg	59.0
Vitamin D, µg	0
Vitamin E, mg	0.9
Vitamin B_{12}, mg	0
Calcium, mg	29.0
Copper, µg	160
Iron, mg	1.4
Magnesium, mg	22.0
Phosphorus, mg	30.0
Potassium, mg	340
Sodium, mg	2.0
Zinc, mg	0.4

--- = not analyzed

Type of procurement: Market or home harvest
Home harvested or purchased: Both
Seasonality of use: April-May
Cost of production, if known: 190 yen/10 g
Importance value to the community by age/gender and other miscellaneous information: Now popular among both the young and the elderly, in the past the Ainu avoided pukusa due to its strong taste and social prejudices that were associated to it. It is sold raw or marinated in soy sauce.
Source of nutrient data: Composition analysis was completed in 2005 at Rakuno Gakuen University, Ebetsu, Japan.

Months Harvested and Seasonality of Use

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

Click here to return to the table of contents

COMMUNITY FOOD SYSTEM DATA TABLE # 6

Food category: Wild plants
Scientific identification:
Allium victorialis var. platyphyllum
Local name & other common names:
pukusa, Wild onion, dried (English)
Part(s) used: -
Preparation: Cooked in soup

Nutrient	Nutrient Composition/100g (edible portion)
	Wild onion, dried
Moisture, g	5.6
Energy, Kcal	366
Protein, g	35.4
Fat, g	4.5
Carbohydrate, g	46.0
Fiber (soluble), g	-
Fiber (insoluble), g	-
Fiber (total), g	-
Ash, g	8.5
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin B6, mg	-
Vitamin C, mg	-
Vitamin D, µg	-
Vitamin E, mg	-
Vitamin B_{12}, mg	-
Calcium, mg	330
Copper, µg	1430
Iron, mg	9.6
Phosphorus, mg	730
Potassium, mg	3600
Magnesium, mg	220
Sodium, mg	7.0
Zinc, mg	5.0

Type of procurement: Market or home harvest
Home harvested or purchased: Both
Seasonality of use: Unknown
Cost of production, if known: 190 yen/10 g
Importance value to the community by age/gender and other miscellaneous information: Cooked in soup.
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
Months harvested				*	*							
Seasonality of use												

Click here to return to the table of contents

COMMUNITY FOOD SYSTEM DATA TABLE # 7

Food category: Wild plants
Scientific identification:
Amphicarpa bracteata Edgeworthii var. japonica
Local name & other common names:
aha, Aha bean (English)
Part(s) used: -
Preparation: Boiled, cooked with rice.

Nutrient	Nutrient Composition/100g (edible portion)
	Beans, boiled
Moisture, g	48.7
Energy, Kcal	230
Protein, g	15.1
Fat, g	6.7
Carbohydrate, g	27.2
Fiber (soluble), g	-
Fiber (insoluble), g	-
Fiber (total), g	8.4
Ash, g	2.3
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin B6, mg	-
Vitamin C, mg	-
Vitamin D, µg	-
Vitamin E, mg	-
Vitamin B_{12}, mg	-
Calcium, mg	42.0
Copper, µg	-
Iron, mg	4.0
Phosphorus, mg	240
Potassium, mg	1000
Magnesium, mg	98.0
Sodium, mg	3.0
Zinc, mg	-

--- = not analyze

Type of procurement: Unknown
Home harvested or purchased: Unknown
Seasonality of use: Unknown
Cost of production, if known: n/a
Importance value to the community by age/gender and other miscellaneous information: The aha bean is not much used by the Ainu now that soy beans, red beans and others have become available.
Source of nutrient data: Report of Health Promotion Project using Ainu plants, Ainu Museum, 1996**.**

Months Harvested and Seasonality of Use

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

Click here to return to the table of contents

COMMUNITY FOOD SYSTEM DATA TABLE # 8

Food category: Wild plants
Scientific identification:
Anemone flaccida
Local name & other common names:
pukusakina, Anemone, fresh (English)
Part(s) used: -
Preparation: Boiled, used in soup

Nutrient	Nutrient Composition/100g (edible portion)
	Anemone, fresh
Moisture, g	90.5
Energy, Kcal	36
Protein, g	2.6
Fat, g	0.4
Carbohydrate, g	5.6
Fiber (soluble), g	0.4
Fiber (insoluble), g	3.1
Fiber (total), g	3.5
Ash, g	0.9
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin B6, mg	-
Vitamin C, mg	-
Vitamin D, µg	-
Vitamin E, mg	-
Vitamin B_{12}, mg	-
Calcium, mg	56.0
Copper, µg	60
Iron, mg	1.4
Magnesium, mg	22.0
Phosphorus, mg	43.0
Potassium, mg	400
Sodium, mg	2.0
Zinc, mg	0.3

--- = not analyzed

Type of procurement: Gathered
Home harvested or purchased: Harvested-gathered
Seasonality of use: May-June
Cost of production, if known: n/a
Importance value to the community by age/gender and other miscellaneous information: Used by the elders, most young people do not know about the vegetable, how to collect it or eat it.
Source of nutrient data: Composition analysis was completed in 2005 at Rakuno Gakuen University, Ebetsu, Japan.

Months Harvested and Seasonality of Use

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

Click here to return to the table of contents

COMMUNITY FOOD SYSTEM DATA TABLE # 9

Food category: Wild plants
Scientific identification:
Anemone flaccida
Local name & other common names:
pukusakina, Anemone, dried (English)
Part(s) used: -
Preparation: Boiled, used in soup.

Nutrient	Nutrient Composition/100g (edible portion)
	Anemone, dried
Moisture, g	5.7
Energy, Kcal	371
Protein, g	26.3
Fat, g	6.6
Carbohydrate, g	51.6
Fiber (soluble), g	3.6
Fiber (insoluble), g	28.3
Fiber (total), g	31.9
Ash, g	9.8
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin B6, mg	-
Vitamin C, mg	-
Vitamin D, µg	-
Vitamin E, mg	-
Vitamin B_{12}, mg	-
Calcium, mg	1100
Copper, µg	580
Iron, mg	19.5
Magnesium, mg	210
Phosphorus, mg	450
Potassium, mg	3600
Sodium, mg	7.0
Zinc, mg	2.5

--- = not analyzed

Type of procurement: Unknown
Home harvested or purchased: Unknown
Seasonality of use: Unknown
Cost of production, if known: n/a
Importance value to the community by age/gender and other miscellaneous information: Boiled, cooked in soup.
Source of nutrient data: Composition analysis was completed in 2005 at Rakuno Gakuen University, Ebetsu, Japan.

Months Harvested and Seasonality of Use

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

Click here to return to the table of contents

COMMUNITY FOOD SYSTEM DATA TABLE # 10

Food category: Wild plants
Scientific identification:
Angelica edulis
Local name & other common names:
cihue, Angelica, fresh (English)
Part(s) used: -
Preparation: Raw

Nutrient	Nutrient Composition/100g (edible portion)
	Angelica, fresh
Moisture, g	91.7
Energy, Kcal	31
Protein, g	0.6
Fat, g	0.2
Carbohydrate, g	6.7
Fiber (soluble), g	-
Fiber (insoluble), g	-
Fiber (total), g	-
Ash, g	0.8
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin B6, mg	-
Vitamin C, mg	-
Vitamin D, µg	-
Vitamin E, mg	-
Vitamin B_{12}, mg	-
Calcium, mg	34.0
Copper, µg	0
Iron, mg	0.2
Magnesium, mg	11.0
Phosphorus, mg	15.0
Potassium, mg	390
Sodium, mg	2.0
Zinc, mg	0.1

--- = not analyzed

Type of procurement: Gathered in the mountain
Home harvested or purchased: Harvested-gathered
Seasonality of use: May
Cost of production, if known: n/a
Importance value to the community by age/gender and other miscellaneous information: Not many young Ainu know how to use cihue. When it is well grown it contains slightly sweet water like juice in the center.
Source of nutrient data: Composition analysis was completed in 2005 at Rakuno Gakuen University, Ebetsu, Japan.

Months Harvested and Seasonality of Use

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

Click here to return to the table of contents

COMMUNITY FOOD SYSTEM DATA TABLE # 11

Food category: Wild plants
Scientific identification:
Aralia cordata
Local name & other common names:
cimakina, Udo spikenard (English)
Part(s) used: -
Preparation: Raw, boiled, pickled or grilled

Nutrient	Nutrient Composition/100g (edible portion)
	Udo spikenard stem, raw
Moisture, g	94.4
Energy, Kcal	21
Protein, g	0.8
Fat, g	0.1
Carbohydrate, g	4.3
Fiber (soluble), g	0.3
Fiber (insoluble), g	1.1
Fiber (total), g	1.4
Ash, g	0.4
Vitamin A, RE-µg	0
Vitamin A, RAE-µg	0
Beta carotene, µg	0
Total carotene, µg	0
Folic acid, µg	19
Vitamin B6, mg	0.04
Vitamin C, mg	4
Vitamin D, µg	0
Vitamin E, mg	0.3
Vitamin B_{12}, mg	0
Calcium, mg	7
Copper, µg	40
Iron, mg	.2
Magnesium, mg	9
Phosphorus, mg	25
Potassium, mg	220
Sodium, mg	T
Zinc, mg	0.1

--- = not analyzed

T = trace amount

Type of procurement: Unknown
Home harvested or purchased: Unknown
Seasonality of use: May-June
Cost of production, if known: 190 yen/10 g
Importance value to the community by age/gender and other miscellaneous information: Cimakina is pickled, eaten with vinegar or Miso paste. According to the literature cimakina can be used for medicinal purposes but this did not come up in the interviews.
Source of nutrient data: Japan Standard Food Composition Tables. Fifth Revised Edition (2000).

Months Harvested and Seasonality of Use

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

Click here to return to the table of contents

COMMUNITY FOOD SYSTEM DATA TABLE # 12

Food category: Wild plants
Scientific identification:
Lilium cordatum var. glehnii
Local name & other common names:
turep, Perennial lily, root (English)
Part(s) used: Stem & root
Preparation: -

Nutrient	Nutrient Composition/100g (edible portion)
	Perennial lily, root, raw
Moisture, g	75.6
Energy, Kcal	95
Protein, g	1.4
Fat, g	0.2
Carbohydrate, g	22.0
Fiber (soluble), g	0.2
Fiber (insoluble), g	1.6
Fiber (total), g	1.8
Ash, g	0.8
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin B6, mg	-
Vitamin C, mg	-
Vitamin D, µg	-
Vitamin E, mg	-
Vitamin B_{12}, mg	-
Calcium, mg	9.0
Copper, µg	90
Iron, mg	0.2
Magnesium, mg	-
Phosphorus, mg	-
Potassium, mg	350
Sodium, mg	-
Zinc, mg	-

--- = not analyzed

Type of procurement: Unknown
Home harvested or purchased: Unknown
Seasonality of use: Unknown
Cost of production, if known: n/a
Importance value to the community by age/gender and other miscellaneous information: One of the most important wild vegetables in Ainu culture.
Source of nutrient data: Composition analysis was completed in 2005 at Rakuno Gakuen University, Ebetsu, Japan.

Months Harvested and Seasonality of Use

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

Click here to return to the table of contents

COMMUNITY FOOD SYSTEM DATA TABLE # 13

Food category: Wild plants
Scientific identification:
Lilium cordatum var. glehnii
Local name & other common names:
turep, Perennial lily, powder (English)
Part(s) used: Stem & root
Preparation: Dumplings

Nutrient	Nutrient Composition/100g (edible portion)
	Perennial lily, powder
Moisture, g	17.8
Energy, Kcal	328
Protein, g	0.1
Fat, g	T
Carbohydrate, g	81.9
Fiber (soluble), g	-
Fiber (insoluble), g	-
Fiber (total), g	-
Ash, g	0.2
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin B6, mg	-
Vitamin C, mg	-
Vitamin D, µg	-
Vitamin E, mg	-
Vitamin B_{12}, mg	-
Calcium, mg	3.0
Copper, µg	280
Iron, mg	0.5
Magnesium, mg	-
Phosphorus, mg	-
Potassium, mg	13.0
Sodium, mg	-
Zinc, mg	-

--- = not analyzed

T = trace

Type of procurement: Unknown
Home harvested or purchased: Unknown
Seasonality of use: Unknown
Cost of production, if known: n/a
Importance value to the community by age/gender and other miscellaneous information: There are two kinds of turep starch, ichiban-ko, the finest and sometimes used as stomach medicine and niban-ko which is less refined and used to make dumplings.
Source of nutrient data: Composition analysis was completed in 2005 at Rakuno Gakuen University, Ebetsu, Japan.

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use												

Click here to return to the table of contents

COMMUNITY FOOD SYSTEM DATA TABLE # 14

Food category: Wild plants
Scientific identification:
Lilium cordatum var. *glehnii*
Local name & other common names:
on turep, turep, fermented (English)
Part(s) used: -
Preparation: Added in deer soup and vegetable soup

Nutrient	Nutrient Composition/100g (edible portion)
	Turep, fermented
Moisture, g	11.2
Energy, Kcal	351
Protein, g	3.0
Fat, g	0.2
Carbohydrate, g	84.4
Fiber (soluble), g	1.6
Fiber (insoluble), g	5.7
Fiber (total), g	7.3
Ash, g	1.2
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin B6, mg	-
Vitamin C, mg	-
Vitamin D, µg	-
Vitamin E, mg	-
Vitamin B_{12}, mg	-
Calcium, mg	-
Copper, µg	-
Iron, mg	-
Magnesium, mg	-
Phosphorus, mg	-
Potassium, mg	-
Sodium, mg	-
Zinc, mg	-

--- = not analyzed

Type of procurement: Market
Home harvested or purchased: Purchased
Seasonality of use: Unknown
Cost of production, if known: n/a
Importance value to the community by age/gender and other miscellaneous information: Fermentation of turep requires special knowledge and produces a strong smell, most will buy it as it is available in stores instead of making it at home.
Source of nutrient data: Composition analysis was completed in 2005 at Rakuno Gakuen University, Ebetsu, Japan.

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use												

Click here to return to the table of contents

COMMUNITY FOOD SYSTEM DATA TABLE # 15

Food category: Wild plants
Scientific identification:
Matteuccia struthiopteris
Local name & other common names:
sorma, Ostrich fern, dried (English)
Part(s) used: -
Preparation: Salted, deep fried and boiled.

Nutrient	Nutrient Composition/100g (edible portion)
	Ostrich fern, dried
Moisture, g	7.8
Energy, Kcal	376
Protein, g	36.0
Fat, g	4.0
Carbohydrate, g	48.9
Fiber (soluble), g	-
Fiber (insoluble), g	-
Fiber (total), g	-
Ash, g	3.3
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin B6, mg	-
Vitamin C, mg	-
Vitamin D, µg	-
Vitamin E, mg	-
Vitamin B_{12}, mg	-
Calcium, mg	230
Copper, µg	3100
Iron, mg	8.7
Magnesium, mg	160
Phosphorus, mg	640
Potassium, mg	630
Sodium, mg	260
Zinc, mg	5.6

--- = not analyzed

Type of procurement: Unknown
Home harvested or purchased: Unknown
Seasonality of use: Unknown
Cost of production, if known: n/a
Importance value to the community by age/gender and other miscellaneous information: Not eaten by all Ainu communities but consumed in the Saru River region.
Source of nutrient data: Composition analysis was completed in 2005 at Rakuno Gakuen.

Months Harvested and Seasonality of Use

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

Click here to return to the table of contents

COMMUNITY FOOD SYSTEM DATA TABLE # 16

Food category: Wild plants
Scientific identification:
Petasites japonicus
Local name & other common names:
korkoni, Butterbur, fresh (English)
Part(s) used: -
Preparation: Used in soup, fried or salted and preserved.

Nutrient	Nutrient Composition/100g (edible portion)
	Petiole raw
Moisture, g	95.8
Energy, Kcal	13
Protein, g	0.3
Fat, g	0
Carbohydrate, g	3.0
Fiber (soluble), g	0.1
Fiber (insoluble), g	1.2
Fiber (total), g	1.3
Ash, g	0.7
Vitamin A, RE-µg	8.2
Vitamin A, RAE-µg	4.1
Beta-carotene, µg	49.0
Total carotene, µg	49.0
Folic acid, µg	12.0
Vitamin B6	0.01
Vitamin C, mg	2.0
Vitamin D, µg	0
Vitamin E, mg	0.2
Vitamin B_{12}, mg	0
Calcium, mg	40.0
Copper, µg	50
Iron, mg	0.1
Magnesium, mg	6.0
Phosphorus, mg	18.0
Potassium, mg	330
Sodium, mg	35.0
Zinc, mg	0.2

--- = not analyzed

Type of procurement: Market
Home harvested or purchased: Purchased
Seasonality of use: Year round
Cost of production, if known: 180-190 yen / 100g
Importance value to the community by age/gender and other miscellaneous information: Very popular wild vegetable, consumed both by Ainu and non Ainu. Korkoni was used medicinally to cure Beriberi. It's leaves were used as saucers or to wipe down floors and give them shine.
Source of nutrient data: Japan Standard Food Composition Tables. Fifth Revised Edition (2000).

Months Harvested and Seasonality of Use

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

Click here to return to the table of contents

COMMUNITY FOOD SYSTEM DATA TABLE # 17

Food category: Wild plants
Scientific identification:
Phellodendron amurense
Local name & other common names:
sikerpe, Armur cork fruit (English)
Part(s) used: -
Preparation: -

Nutrient	Nutrient Composition/100g (edible portion)
	Armur cork fruit
Moisture, g	8.8
Energy, Kcal	389
Protein, g	12.1
Fat, g	8.9
Carbohydrate, g	65.0
Fiber (soluble), g	-
Fiber (insoluble), g	-
Fiber (total), g	-
Ash, g	5.2
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin B6, mg	-
Vitamin C, mg	-
Vitamin D, µg	-
Vitamin E, mg	-
Vitamin B_{12}, mg	-
Calcium, mg	1500
Copper, µg	310
Iron, mg	6.2
Magnesium, mg	65.0
Phosphorus, mg	160
Potassium, mg	1500
Sodium, mg	16.0
Zinc, mg	0.4

--- = not analyzed

Type of procurement: Unknown
Home harvested or purchased: Unknown
Seasonality of use: Unknown
Cost of production, if known: n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Source of nutrient data: Composition analysis was completed in 2005 at Rakuno Gakuen University, Ebetsu, Japan.

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use												

Click here to return to the table of contents