



Have You Heard About Minoh Yuzu?

Minoh is one of the 3 places in Japan that grows yuzu (a type of citrus fruit) from seed! Grafting is the standard way of growing yuzu. The yuzu grown in the Todoromi district of Minoh is mostly grown from seed. Compared with yuzu grown from a grafted tree it is larger, more fragrant and higher quality.



Minoh yuzu is special

Situated in northern Minoh with rich nature and wonderful water and air is the Todoromi district, where Minoh yuzu is grown. It is said that nationwide there are only 5,000 yuzu trees that are grown from seed rather than being grafted. It takes about 15-16 years for the trees to reach maturity before these rare yuzu can finally be harvested. They are large and very fragrant, grafted yuzu just cannot compare. They're delicious because of how the tree grows and thrives under its own power. Yuzu trees grown from seed are left to people's hands and the nature of the mountains, over 100, 200 years the lives of the trees are connected through the generations. They are an intrinsic part of Japanese food culture.

The power of yuzu

Out of all citrus fruits yuzu are particularly resistant to the cold. They also aid with digestion and detoxification. In the language of flowers they mean 'healthy beauty'. The invigorating sourness of yuzu is due to the abundance of citric acid. It is said that this aids with recovery from exhaustion, increased stamina, increased calcium and iron, and also helps to prevent food poisoning. Not only are yuzu great to eat, but their fragrance (from their essential oil) also has an effect on stimulating the brain and refreshing your mood. The fragrance permeates into your body and aids with circulation.

