

Blessings of the Sea

Fishing is one of Minamisanriku's flagship industries, and its residents have a deep respect for the bounty provided by the region's ocean, coastal waters and rivers. The changing seasonal offerings at the local seafood markets are proof of this lifestyle rooted in the rhythms of nature.

Depending on the time of year, you may find chum salmon, coho salmon, or Pacific cod. Conger eel, giant Pacific octopus, sea urchin, and clams are also often available. More exotic offerings include sea pineapple and North Pacific krill, but fans of more typical Japanese cuisine will want to pick up some of the locally harvested wakame seaweed.