

Seaweed

Edible seaweeds grow in abundance off the coast of Toba. Nourished by the confluence of the warm Pacific Japan Current and the nutrient-rich tides of Ise Bay, these waters are an ideal spot for cultivating these undersea plants, which were traditionally collected by *ama* divers. Toba is particularly well known for high-quality wakame, *arame*, *hijiki*, *aosa*, *kenori*, *kuronori*, and *tengusa*—all popular varieties for sushi garnishes, salads, soups, and other dishes. These highly nutritious seaweeds are essential components of Japanese cuisine, and are among the key offerings in Shinto rituals.