

【Garland Chrysanthemum】

Dark-colored vegetables with top-class-level nutritional value

Now in season

Mar. Apr. May. Jun. Jul. Aug. Sept. Oct. Nov. Dec. Jan. Feb.



Garland chrysanthemum (also known as crown daisies) come in different varieties and names depending on the region of Japan. Generally called "shungiku" in Japanese, they are also mainly referred to as "kikuna" in Kansai. They are an essential ingredient in hot pot dishes during the cold season, but you should use them in other dishes, too!



How to Choose and Store

- Choose ones that are fragrant and firm.
 - Choose leaves that are dark green and firm from stem to tip.
 - Wrap in wet paper towels, place in a plastic bag, and store upright in the vegetable compartment of the refrigerator.
- *They spoil quickly, so use them as soon as possible.

Recommended Dishes



Stir-fried garland chrysanthemums with garlic



Garland chrysanthemum salad with almonds

Nutritional Content

- Beta-carotene (vitamin A), vitamin C, potassium, iron, folic acid, perillaldehyde (aroma component), etc.



The antioxidant effect of beta-carotene, which turns into vitamin A in the body, is thought to prevent arteriosclerosis and improve immunity. Garland chrysanthemums also contain calcium and iron, helping to prevent osteoporosis and anemia.

Use the leaves for salads, and the stems for blanched dishes and miso soup. You can even lightly cook the leaves and stems in hot pot dishes and enjoy their aroma! Adding a little oil increases the absorption of Vitamin A, so you can kill two birds with one stone!



Reference websites: "Vegetable of the Month: Garland Chrysanthemum, November 2009." Agriculture & Livestock Industries Corporation / "Why are they called 'shungiku' (spring chrysanthemum) when winter is their peak season? They are also called 'kikuna' in the Kansai region. What is their nutritional value?" Weathernews Inc. / "Garland chrysanthemum." Yasainavi.com Reference: "Adult Visual Dictionary Vol. 4: Vegetables" (PIA MOOK, December 2018)
[Note] The prime season was roughly determined using statistical data from the Tokyo Metropolitan Central Wholesale Market as a guide.

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website (English version)!

The website is available in English. Please be sure to read it.



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