

contents

02 Peach Sommelier Program Begins!

03 Prefectural News

Topics This Month

04 [Series] Taro Yabe x Takasugi “Jay” Jiro: Here and There in Yamanashi

Refreshing Peach Menu

Since 1966 (Showa 41), Yamanashi Prefecture has ranked first in Japan for peach production. One out of every three peaches in Japan is grown in Yamanashi soil. To help more people discover the appeal of these peaches, the “Peach Sommelier” program has begun. New varieties that overturn conventional ideas have also been born. Yamanashi peaches are still evolving.

Yamanashi peaches, evolving.





Peach Sommelier Program Begins!

To help more people learn about the lesser-known appeal of peaches, the prefecture launched the “Peach Sommelier” program in fiscal 2026.

Why create such a program? Yuki Imamura of the Prefectural Agricultural Marketing and Export Division explains, “Unlike grapes, peach varieties are difficult to identify by appearance, so peaches tend to be grouped simply as ‘peaches.’”

Hiroto Ishikawa, assistant manager in the same division, once asked restaurants in the prefecture to use locally grown fruit. Grapes were adopted, but peaches were not. The reason was that “they discolor immediately after being cut.” However, new varieties have now been developed that can retain the vivid color of the flesh for a longer time, and the prefecture wants people to learn about them.

More than 80 peach varieties are cultivated in Yamanashi. Each has its own characteristics and flavor. Yet few people can tell the differences. “Through information shared by Peach Sommeliers, we hope people will deepen their understanding of peaches and find their favorite variety,” Imamura says.

The peach pizza on the cover is a recipe created by Emiko Kato, who was appointed an “Honorary Peach Sommelier” in May. It uses the qualities of the new variety “Yumetoka”—it keeps its shape when cut and does not discolor easily—and decorates the pizza with peaches cut in various ways.



Raw, in sweets, in cooking, and more... by learning from Peach Sommeliers, you should be able to discover delicious ways to enjoy each variety’s individuality.

Peach Sommelier website: A peach study session for those who wish to take the exam will be held in July. It will include lectures by Honorary Peach Sommeliers and researchers from the Fruit Tree Experiment Station, as well as tastings comparing peach varieties.



The exam date is November 1. Please give it a try!

Which peach do you like?

*The “flavor” and “texture” indicators in this chart are based on the average of individual tastes perceived during each peach’s peak season. The peach characteristics were provided by Mr. Shinya of the Fruit Tree Experiment Station.

- Hikawa Hakuho

A leading early-season variety born in Yamanashi. Its color and shape look great!

• Hakuho

No. 1 in production volume within the prefecture. Juicy in the mouth. Many people say, “When I think of peaches, I think of Hakuho.”

• Kanoiwa Hakuto

A star born in the Kanoiwa district (Yamanashi City), which produces many branded peaches.

• Asama Hakuto

Low in fiber with a smooth texture. Its firm flesh and flavor are outstanding.

• Natsukko

Sweet like a confection, almost like drinking sugar water. Aims to become the top producer.

• Yumemizuki

An original Yamanashi variety. Size, color, and shape all come together in this “classic standard.”

• Yumetoka

A one-of-a-kind texture: firm, yet sweetness spreads through the mouth. See the article for details.

• Sachiakane

A vivid red, large peach that appears at the end of the season like a final boss.

• Kawanakajima Hakuto

Firm flesh and good shelf life. An honor student with no weaknesses. The main variety in August.

• Hanayome / Chiyohime

The first runners announcing the arrival of peach season. Each has its fans.

Shipping Season Calendar

June: Hanayome / Chiyohime / Hikawa Hakuho / Yumetoka (Yamanashi original variety)

July: Kanoiwa Hakuto / Yumemizuki (Yamanashi original variety) / Hakuho / Asama Hakuto / Natsukko

August: Kawanakajima Hakuto / Sachiakane



A miraculous peach, perfectly ripe!

At the Prefectural Fruit Tree Experiment Station, where more than 300 peach varieties are cultivated, Katsuhiko Shinya, then a senior researcher in 2009 (now head of the Breeding Department), noticed a strange peach. “It was a peach produced by crossing Momo Yamanashi No. 6 (Yahata Hakuho x Chiyohime) with Hikawa Hakuho.”

It was a mysterious peach that did not soften even when fully ripe. “I picked one and ate it without thinking, and I was amazed by its exquisite texture,” Shintani says.

Generally, however, soft peaches are preferred. There were concerns that “firm peaches might not sell.” Even so, Shinya did not give up. When tastings were held at universities in the prefecture and at an antenna shop in Tokyo, the response was excellent: “It’s firm but sweet!” People also said, “It doesn’t make your hands messy even when cut.”

In 2019, the prefecture registered the peach variety. The following year it was named “Yumetoka” and registered as a trademark. Last year, sales also began at a fruit specialty store in Tokyo. Farmers have been placing many orders for seedlings, saying it is “less likely to become overripe and easy to handle.”

Harvest begins around late June. Please look for the miraculous peach, Yumetoka, and let Peach Sommeliers bring out even more of its appeal!



Yamanashi Prefecture is a Globally Important Agricultural Heritage System

In July 2022, the fruit farming system adapted to the alluvial fans of the Kyoutou region (Yamanashi City, Fuefuki City, and Kosu City) was recognized by the Food and Agriculture Organization of the United Nations (FAO) as a Globally Important Agricultural Heritage System.

The Delicious Appeal of Yumetoka

“Peaches are sweet, so they must be fattening...” Have you ever thought that? Peaches have only 38 kilocalories per 100 grams. They are a healthy fruit with fewer calories than apples. They are also rich in vitamin E, sometimes called the “vitamin of youth.” They are packed with nutrients that are especially pleasing for women. Please enjoy them generously and with confidence.

My top recommendation is, above all, “Yumetoka”!

“When I first tasted it, I was amazed: ‘Can a peach really be this firm and sweet!?’” Most early-season varieties available from late June to early July are soft. Yumetoka, with both firm bite and sweetness, was a surprise. It is somehow different from the crunchy firm peaches represented by Natsukko and Kawanakajima Hakuto. Not too firm, not too soft—an exquisite texture. I hope people who think, “Firm peaches are just unripe, right?” will try it.

The key to eating it is to “eat it with the skin.” The area just under the skin is the sweetest, and the red parts contain polyphenols. If you gently wash it along the central seam under water, the fuzz will come off cleanly. Chill it in the refrigerator one hour before eating to feel the sweetness more strongly.

Eating it fresh and raw is wonderful, but sweet-and-salty pairings are also recommended. It works beautifully in fruit sandwiches, on toast, and as a topping for chilled pasta. This summer, please discover new ways to enjoy peaches!



Honorary Peach Sommelier

Emiko Kato

Born in Kai City, Yamanashi Prefecture. As an advanced professional vegetable sommelier, she shares delicious ways to enjoy vegetables and fruits. In 2026, she was appointed an Honorary Peach Sommelier.

Prefectural News

YAMANASHI POLICY NEWS

Enhancing Brand Value

Promoting the Appeal of Yamanashi Fruit

Sweets Contest Participants Wanted

The prefecture holds the “Yamanashi Sweets Contest” to widely promote the appeal of Yamanashi fruit and to provide a place for patissiers and others to improve their skills and present their work. This year marks the third contest, and many entries are submitted from both inside and outside the prefecture each year.

In three categories—fresh sweets, baked sweets, and sweets using Yamanashi wine—works that pass the document screening based on photos and recipes proceed to the final judging. In the final judging, presentations and tastings determine each category’s Grand Prize, Excellence Award, and Special Jury Award.

Applications for this fiscal year are scheduled to begin in mid-June. We look forward to creative works using Yamanashi fruit.



Photo captions: Works that won the Grand Prize in each category at the 2025 contest
Momodama - Togen Ikka



Ichijiku no Hana / Kajitsu no Okan - Yamanashi Ringo to Fuka no Megumi -
column

An Honorary Peach Sommelier Teaches!



Topics This Month

• Prefectural Employee Recruitment Exams Will Be Held <Recruitment>

▶ Positions: Pharmacist, physical therapist ▶ Application period: From Friday, June 5 ▶ Exam dates: Saturday, June 20 and Sunday, June 21

Contact: [Health and Sanitation] Veterinarian / Physical Therapist / Pharmacist,
Administrative Division for Public Health and Welfare
TEL 055-223-1441 / FAX 055-223-1447

Contact: [Agriculture] Veterinarian, Administrative Division for Agriculture
TEL 055-223-1581 / FAX 055-223-1585



• Joint Job Information Session for Municipal Employees in Yamanashi <Notice>

▶ Date and time: Tuesday, August 4, 1:30 p.m.-4:00 p.m. ▶ Participating municipalities: 20 municipalities (planned) ▶ Format: Online ▶ Application period: Sunday, May 31-Monday, July 20 ▶ Fee: Free ▶ How to apply: Electronic application service

From “Yamanashi Kurashi Net”

Contact: Municipal Administration Division
TEL 055-223-1424 / FAX 055-223-1428



• Open Campuses Will Be Held <Recruitment>

Institute of Gemology and Jewelry Art

▶ Dates: Saturday, July 4; Saturday, July 25; Saturday, August 1; Saturday, August 22; Saturday, August 29

Contact TEL 055-232-6671 / FAX 055-233-6357



Kyonan Advanced Technical College

▶ Dates: Saturday, June 20; Saturday, July 25; Friday, September 18

Contact TEL 0556-22-3171 / FAX 0556-22-3172



Yamanashi Prefectural University

▶ Dates: Saturday, July 11; Sunday, July 12; Saturday, August 1; Sunday, August 2; Tuesday, August 18; Wednesday, August 19

Contact TEL 055-224-5260 / FAX 055-224-5386



Industrial Technology Junior College

Enzan Campus

▶Dates: Monday, July 6; Sunday, July 12

Contact TEL 0553-32-5201 / FAX 0553-32-5203

Tsuru Campus

▶Dates: Sunday, July 26; Saturday, August 22

Contact TEL 0554-43-8911 / FAX 0554-43-8919



College of Agriculture and Forestry

▶Dates: Saturday, June 13; Saturday, July 11; Saturday, July 25; Saturday, August 8; Saturday, August 22; Saturday, October 31

Nagasaka Campus

Contact TEL 0551-32-2269 / FAX 0551-32-2034

Fujikawa Campus

Contact TEL 0556-42-7080 / FAX 0556-22-8002



• **Drug Abuse: “No. Absolutely Not.” <Notice>**

Taking excessive amounts of medicine is called overdose. It is increasing especially among young people in their teens and twenties and can cause various health problems. Do not struggle alone; please seek consultation first.

Contact: Environmental Health and Pharmaceutical Division

TEL 055-223-1491 / FAX 055-223-1492



• **Beware of Accidents and Heatstroke During Farm Work! <Notice>**

June is Farm Work Safety Promotion Month. Accidents involving agricultural machinery such as tractors and lifts are frequent, and heatstroke also requires attention. When doing farm work, remember:

“Do not rush; do not hurry; be careful!”

Contact: Agricultural Technology Division

TEL 055-223-1616 / FAX 055-223-1622



• **New Podcast Episodes Now Available <Notice>**

“Yamanashi Tsunagaru Jikan - Awareness, Connection, and Mutual Support” is a program on themes such as carers, nursing care, hikikomori, and people in difficult circumstances. It is designed to nurture a “comfortable place to belong” for listeners. You can listen anytime, anywhere on your smartphone or computer to the experiences of different guests each month.

▶Release schedule: Twice a month (every other Thursday)



Contact: Citizens Planning Office
TEL 055-223-1339 / FAX 055-223-1516

• **Special Needs Education Promotion Seminar <Notice>**

A seminar to think about diverse values, where children with and without disabilities learn together while respecting each person's individuality.

▶Date and time: Sunday, June 14, 9:50 a.m.-11:45 a.m. ▶Venue: Kofu City Minami Community Center

▶Content: Lecture, individual consultations, etc. ▶Audience: Anyone ▶Format: In person

and online ▶Application period: Until Saturday, June 13 ▶How to apply: Dedicated application form

Contact: Special Needs Education and Student Support Division

TEL 055-223-1752 / FAX 055-223-1759



Taro Yabe and Takasugi “Jay” Jiro: Here and There in Yamanashi



<Two Yoshimoto Kogyo talents who rank among the most knowledgeable about Yamanashi>



Taro Yabe (manga artist, comedian)

Born in Higashimurayama City, Tokyo. His debut manga *My Landlord* became a bestseller. In autumn 2025, he founded the solo publishing house Taro-sha and published Mitsunori Yabe's book *Mitsuko Note*, written by his father.

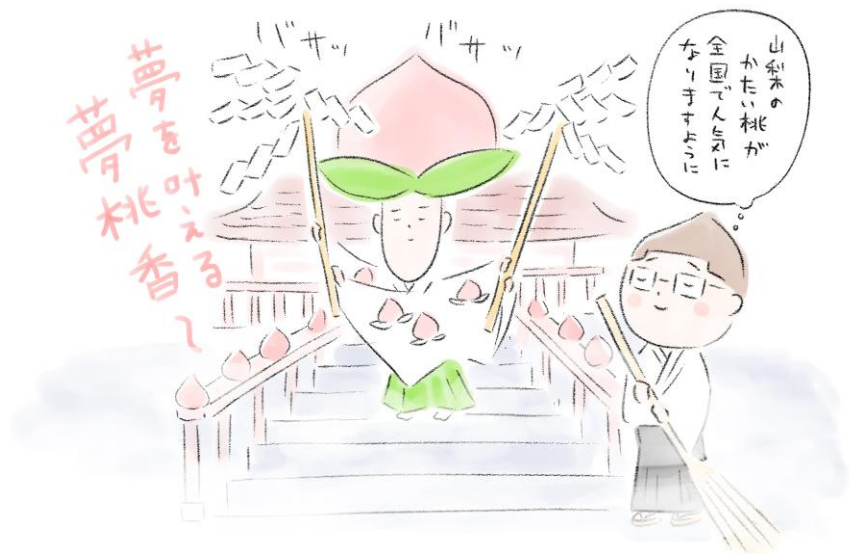


Takasugi “Jay” Jiro (sports DJ, radio DJ)

Born in Katano City, Osaka Prefecture. His DJ skills were honed in the United States. He is also a rakugo performer, SUP instructor, and special lecturer at Yamanashi Prefectural University. His first essay collection, *Everything Centered on Dogs* (Shogakukan), is now on sale to favorable reviews.

Praying for the Growth of Yumetoka

We Thought Up a Catchphrase



<Taro> People in Yamanashi overwhelmingly prefer firm peaches, don't they?

<Jiro> They even say, "If it's soft, it isn't a peach." But that's hard to convey to people outside the prefecture.

<Taro> I wanted a senior colleague to try them, so I asked a farmer I met during an interview to send some peaches. But I was told, "I waited a while and ate them after they softened."

<Jiro> Don't wait, don't wait (laughs). Well, peaches from Okayama are soft, so as someone from Kansai, I'm more familiar with those.

<Taro> Maybe the word "firm" is not ideal. A fresh peach? Oh, how about "a peach with body"?

<Jiro> Still, peaches have an image of being easily bruised and difficult to handle.

<Taro> It's true. I get very nervous when carrying peaches home.

<Jiro> I've long thought peaches should be used for prayers and good luck. Momotaro has that image of warding off misfortune, and in Journey to the West, Sun Wukong gained immortality by eating peaches, so in China they're auspicious.

<Taro> Maybe we should eat Yumetoka while making a wish. Like ehomaki.

<Jiro> Yes, exactly.

<Taro> Something like "Yumetoka, the peach that makes dreams come true."

<Jiro> Sensei, isn't that actually a pretty good catchphrase?

<Taro> Oh, maybe it is. Yumetoka also keeps well and does not change color when cut. In other words, it also makes the dream of "I wish there were a peach like this" come true.

<Jiro> "Yumetoka, the peach that makes dreams come true," born from Here and There in Yamanashi. Let's have the prefectural office and JA use it.

<Taro> Sounds good. What should we do about the copyright?

<Jiro> Why not make it free?

<Taro> As expected, so generous! Then, free it is.

<Jiro> This copy is easy on the ear, and I'm sure it will catch on.

<Taro> Jiro, actually, could you go through my agency instead of making it free? (laughs)

Perfect for a hot summer!

Refreshing Peach Menu

On the prefecture's official TikTok account, "Yamanashi ga Yosugiru," Governor Kotaro Nagasaki tried cooking "peach open sandwiches" and "chilled pasta with peach and prosciutto." We asked Emiko Kato, who supervised the recipes, for her tips.

The peach open sandwich tastes even better than you can imagine, thanks to the fragrance of Earl Grey tea leaves and peaches. Tea bags are recommended. They are easy to mix with peaches and convenient to use. It is good on bread, but Governor Nagasaki said he likes putting it on vanilla ice cream.



For the chilled pasta with peach and prosciutto, the secret ingredient is a little grated garlic. The sweetness of the peach will surely boost your appetite even on hot days! It is an authentic Italian dish.

Use peaches that are not too soft. To prevent discoloration, soak them in sugar water with the same sugar content as the peaches; this will not harm the flavor of the dish.



The recipes are easy for anyone to make, so please try them while watching the videos!

Let's make the cover's "Peach Salad Pizza"

- ① The cover uses a margherita pizza (bake a commercially available pizza crust).
- ② Arrange sliced peaches around the edge.
- ③ Toss diced peaches, orange, and baby leaves in a dressing made with olive oil, lemon juice, honey, salt, and pepper, then pile plenty in the center.

The key is to add the toppings after the pizza has fully cooled. You can enjoy the different textures of peaches cut in different shapes.



* "The Manager's Favorite Spot" is taking a break this issue.

Reader Present

Packed with the deliciousness of organic vegetables

Made with a commitment to no additives



Natural Dressing (set of 3 bottles)

5 winners by lottery

Product provided by: HAKUSHU FARM

383 Torihara, Hakushu-cho, Hokuto City, Yamanashi 408-0316

TEL 090-1774-7352



Answer the survey and apply!

Please answer items ①-⑤ and the survey. Apply using the “application form.”

①Postal code ②Address ③Name ④Age ⑤Phone number

* One application per person only.

Question: Which content in this issue interested you most, and why?

* Some of the comments received may be introduced.

Application form: <https://forms.office.com/r/6mfn39R2Pm>

Deadline: Tuesday, June 30

Winners will be announced by shipment of the prize. Personal information may be used for prize shipment and for notices from the prefecture.

For “Yamanashi Oishii Mirai e,” please see the prefectural website.

Search for: Yamanashi Oishii Mirai e



Prefectural information now being shared
Yamanashi Prefecture official TikTok

Yamanashi Prefecture PR program



Yamanashi in depth



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