

Blueberry Picking in Shinano Town

Shinano Town is the first extensive producer of blueberries in Japan, and is the first region that made blueberries its special product. Blueberries are very difficult to keep fresh, but ripe blueberries are very delicious, with little tartness and rich sweetness. They are known to include a lot of anthocyanin, which is good for your eyes. Therefore, they are attracting a lot of attention as healthful food of the 21st century. You can pick ripe blueberries at tourist farms, or buy them at farmer's markets in the town. Blueberries are good to eat as they are, or as processed food such as blueberry ice cream, jam, juice and wine. They are also for sale in various places in town.



Season	Harvest time: July~August
Location	Farms in Shinano Town, Nagano Prefecture
Fee	Please inquire at each farm.
Contact	Shinanomachi Tourist Association TEL: +81-26-255-3226 E-mail: info@shinano-machi.com
Website	Shinanomachi Tourist Association http://www.shinano-machi.com/ (Japanese)
Access	By car: Get off the Joshin'etsu Expressway at the Shinanomachi Exit By Train: Gett of the North Shinano Line, Shinano Railway at Kurohime Station.
Available Language	English