

Farmer, Producer of “leaf- burdock” (a.k.a. “young- burdock”)

Mr. Susumu Nakao, living in the Wada area of Kumatori town

“Leaf-burdock” is an agricultural specialty of Osaka Prefecture and its neighboring prefectures.

Differing from ordinary burdock of which only the root is eaten, all parts of “leaf-burdock” including the stem and leaf are good to eat. It is rich in nutrition and contains dietary fiber, vitamins, iron, calcium, etc. Harvesting of “leaf-burdock” planted in greenhouses starts in January, and that planted in fields is harvested from March to April.



From Sowing to Harvesting

In September, seed is usually sown in the middle of the month. In December, the stem is cut off at the base at the end of the month and only the root continues to grow. In February, the “leaf-burdock” bearing a new stem and leaves and having reached a desired maturity is harvested in the middle of the month.



Farmer, Producer of “leaf-burdock”

Here in the town of Kumatori, we had not been accustomed to eating “leaf-burdock” until recently. Cultivation was first started in the city of Yao located in the eastern part of Osaka prefecture, followed by that in Kumatori. At present, 6 or 7 families (including mine) are engaged in growing “leaf-burdock in the town of Kumatori.

Method of Cultivation

Seeds are collected from well grown “leaf-burdock”. However, most of the seeds are purchased from JA (Japan Agricultural Cooperatives), Osaka Senshu branch.

Farmers, producing “leaf-burdock” in greenhouses need to pay special attention to maintaining proper temperature, and to providing adequate protection from strong winds, as most of them are made of plastic and vinyl.

To exterminate the possible existence of plant louse, agricultural chemicals are sprinkled with the utmost care on the leaf-burdock two-months in advance of delivery.



We eat its root as well as its leaves and stem.

In February, the first delivery of “leaf-burdock” is made to the old and traditional restaurants of high repute in Osaka. It signals the arrival of spring and is prized by their patrons.

Delivery continues till March, and even April, during which time we are able to enjoy tasting “leaf-burdock” as well as delighting the palate with its crispy texture.

“Leaf-burdock” is also delicious when deep-fried as “Kakiage Tempura” – assorted tempura- mixed with small shrimp, shell ligament, carrot, onion, etc., when it is fried with bacon, when it is cooked as “Kayaku Gohan” -mixed rice steamed in a pot with “leaf-burdock” and various other ingredients, or when it is made as “Tsukudani” by boiling it down in soy sauce along with some spicy ingredients.

Kakiage Tempura (assorted tempura)



fried with bacon



Kayaku Gohan (mixed rice with various ingredients)



Tsukudani (a la boiled down in soy)

