

りんご「ふじ」の紹介 Introducing "Fuji" Apples

長野県は、青森県に次ぐ全国2位のりんごの産地です。

Nagano Prefecture is the second largest apple producing region in Japan, after Aomori Prefecture.

特に長野市など長野県の北信地域で生産が盛んで、長い日照時間と昼夜の気温差を利用して、高品質なりんごが栽培されています。

In particular, apple production is thriving in areas in the north of Nagano Prefecture, such as Nagano City. The long hours of sunlight and large temperature differences between day and night are utilized to cultivate high-quality apples.

長野県で生産されるりんごの品種の半分以上が「ふじ」です。

Of all the apple varieties grown in Nagano Prefecture, more than half are "Fuji" apples.

「ふじ」は、甘味・酸味・歯ごたえの三拍子が揃った人気品種。蜜が入りやすく、果汁もたっぷりです。

Fuji is a popular variety that combines sweetness, acidity, and a crisp, satisfying texture. It is a juicy apple that is full of nectar.

なお、栽培過程で袋を掛けて育てたふじを「ふじ」、袋を掛けずに太陽の光をたくさん浴びて育てたふじを「サンふじ」と呼び分けており、長野県では「サンふじ」が主流です。

During the cultivation process, apples that are covered with bags while growing are called "Fuji," while those that are grown uncovered and exposed to plenty of sunlight are called "Sun Fuji." In Nagano Prefecture, Sun Fuji is the most abundant.

ふじ以外にも、長野県生まれのオリジナル品種、秋映（あきばえ）、シナノスイート、シナノゴールドがあり、この3種類で「りんご三兄弟®」と呼ばれ、知名度も上がってきており、大変好評です。

In addition to Fuji, there are other original varieties of apples born in Nagano Prefecture, such as Akibae, Shinano Sweet, and Shinano Gold. These three varieties are collectively known as the "Three Apple Brothers®" and they are becoming increasingly popular.

「一日1個のりんごで医者いらず」、「りんごが赤くなると医者が青くなる」とも言われます。是非毎日りんごを食べてみませんか。

They say 'an apple a day keeps the doctor away', so why don't you try eating an apple every day?