

Harvested rice with 70% reduction in chemical fertilizers and 50% in synthetic pesticides!!

～ Efforts Toward Planetary Boundaries ～

Asahimatsu Foods Co., Ltd. (Head Office: Osaka city and Iida city, CEO: Hirotaka Kinoshita) has successfully cultivated rice using the organic fertilizer “Soy Bio Soil,” produced from microbial clumps—a byproduct of its dried tofu business—reducing chemical fertilizer and synthetic pesticide use by 70%. This initiative complies with both the Specially Cultivated Agricultural Products Standard set by the Ministry of Agriculture, Forestry and Fisheries (requiring a 50% or greater reduction in such usage) and the standards of Iida City's unique third-party certification system, the “Miyamashi Agricultural Products Certification*” (requiring a 30% or greater reduction in such usage).

▶ Contributing to the resolution of global challenges

The concept of “planetary boundaries” exists as a global environmental challenge. This is a key term for understanding the difficult problems humanity faces, including global warming. Reports indicate that the nitrogen and phosphorus cycles, in particular, have already exceeded their limits. One cause of this challenge is the chemical fertilizers and synthetic pesticides used in food production.



There is a growing demand for agricultural production that minimizes the use of chemical nitrogen fertilizers. The organic fertilizer “SoyBioSoil” promotes soil aggregate structure and enhances nutrient retention capacity, enabling cultivation with reduced chemical fertilizer use and lower environmental impact. This resource-circulating initiative received the Chairman's Award at the 13th Food Industry Mottainai Awards.



【Miyamashi Agricultural Product Certification】 Iida City's unique agricultural product certification system, “Miyamashi,” promotes “local production for local consumption” and environmentally conscious agriculture. “Miyamashi” is a dialect term from the Iida-Shimoina region meaning ‘proper’ and “excellent.”

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“KoyaTofu with Rice” Recipe

Recommended by Registered Dietitians

Recommended points
By cooking rice with Koya tofu,
You can easily eat Koya tofu.
You can also take in iron, calcium,
and protein nutrients.
Koya tofu has been reported to have a
postprandial blood sugar
suppression effect.



Ingredients

Serves 2~3 people

2 cups of rice (about 300g)
Water for cooking rice (360ml)
160mL of Water (water absorption for Koya tofu)
2 Pieces of Koya Tofu

■ Nutrition facts (per serving (270g) for 1 person)

Energy	444kcal	Salt equivalent	0.0g
Protein	11g	Calcium	60mg
Fat	3.8g	Iron	1.5mg
Carb	88g	Potassium	125mg
Fiber	0.8g		

Calculated from the 2015 edition of the
Japanese Food Standard Composition
Table (7th edition).

How to Cook

Cooking time 50-60 min

(1) Grinding rice

Put the rice in a bowl, add plenty of water and stir gently.
Change the water 2~3 times and sharpen gently, and finally drain the water thoroughly.

(2) Flooding

Put rice in the inner pot of the rice cooker and add water according to the scale.
Add water for absorbing of Koya tofu.
Koya tofu is placed on top of the rice.
(It will be plumper if it is soaked in water before cooking
for 30 minutes in summer and about 1 hour in winter.)

(3) Cook

Start cooking in the "white rice mode" of the rice cooker.
When it is cooked, mix thoroughly.

Allergen(s)

Contains: Soy.

“KoyaTofu with Vegetable Rice” Recipe Recommended by Registered Dietitians

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Cooking example

Ingredients

Serves 2~3 people

2 cups of rice (about 300g)
Water for cooking rice (360ml)
160mL of Water (water absorption for Koya tofu)
2 Pieces of Koya Tofu

150g of radish leaves
20g of Jako (dried young sardines)
2 tablespoons of sesame seeds
A little of salt

■ Nutrition Facts (per serving (315g) for 1 person)

Energy	507kcal	Salt equivalent	0.25g
Protein	14g	Calcium	233mg
Fat	6.0g	Iron	2.8mg
Carb	95.9g	Potassium	353mg
Fiber	2.9g		

Calculated from the 2015 edition of the
Japanese Food Standard Composition Table
(7th edition).

How to Cook

Cooking time 50-60 min

(0) Cook rice with Koya tofu according to the description on the previous page

(1) Pre-treatment of radish leaves

Squeeze with your hands from the stem to the tip of the leaf and pick only the leaves.
Wash it quickly and drain the water.

(2) Boil and chop

Boil in boiling water with a little salt until it becomes colorful.
Let it cool in cold water, squeeze out the water and chop it finely.

(3) Toss with rice

Mix the cooked Koya tofu rice with (2), potatoes, and sesame seeds
Season with salt to taste.

Allergen(s)

Contains: Soy, Sesame.