

# LOCAL MISAWA FRUIT AND VEGETABLE MARKETS



FOR YOUR HEALTH AIM FOR 5 SERVINGS  
FRUITS/VEGGIES A DAY

# Market #1

## Directions:

Walk out main gate.

Turn right at 1st traffic light.

Follow left-hand sidewalk.

Continue to Bridgestone Bike Shop.

Go 4 stores past this.

You'll see department store that sells clothes.

You'll find fruits, vegetables in back of shop.

Look for the following symbol and kanji below.

This will be hanging on sign above store.



**マルナカ**

Walking towards base from Nagasakiya store,  
follow these instructions:

Walk on right-hand side of Green Pole Rd.

Count about 23 shops down.

Look for symbol noted above.

## Sample of Items Offered and cost:

Tomatoes, 8 med. for 280Y

Corn, 5 for 290Y

Potatoes, 5kg for 100Y

Bananas, bunch for 150Y

## Hours of Operation :

**Mon - Sat**

**10:30AM - 6:30 PM**

**CLOSED SUNDAYS**

# Market # 2

## Directions:

Go out main gate.

Turn left at light.

Turn right at 1st small street.

Continue a block or 2 down road.

You will see a sign with a picture of a ram hanging above restaurant on your left.

Go a little past this, and you'll come to warehouse market on right-hand side of street.

Look for sign in lot that reads: "Only Company Parking"  
Market is right there.

## Sample of Items Offered:

Corn, 1/2 dozen for 200Y

Broccoli, 1 bunch for 150Y

Eggplant for 70Y

Potatoes, 5kg for 300Y

## Hours of Operation:

**Mon - Sat**

**8:00 AM - 5:00 PM**

**CLOSED SUNDAYS**

# **Market # 3 (9Day Market)**

## **Directions:**

Go out main gate.

Keep straight .

Turn right at light at corner of Misawa Civic Center.

Continue down street for 4 more lights.

Turn right, continue past Katabuya Furniture store on left.

Follow curving road past Nagasakiya.

Go across railroad tracks.

You will see Misawa Train Station on your left.

Pass the station, make 1st left.

You'll see Komaki Resort on your right.

Proceed across railroad tracks.

"9 Day" open-air market is on your left.

## **Sample of Items Offered:**

Grapes, bunch for 500Y

Apples, 6-8 for 500Y

Corn, 1/2 doz for 300Y

Green Peppers, bag for 100Y

Tomatoes, 4-6 for 300Y

\* Kimchee, flowers, clothes also offered.

## **Hours of Operation:**

**8:00 AM - 5:00 PM**

**ONLY OPEN THE 9, 19, AND 29TH OF MONTH.**

# Market # 4 (2 Day Market)

## Directions:

From Nagasakiya's go down Green Pole Road ,  
toward base.  
Turn left onto street after traffic light. (See map)  
Go about 2 blocks down.  
"2 Day" open-air market on your right.

## Sample of Items Offered:

Eggplant for 300Y  
Cucumbers, bag for 300Y  
Onions, bag for 300Y  
Squash for 200Y

## Hours of Operation:

**9:00 AM - 3:30 PM**

**ONLY OPEN THE 2nd, 12, AND 22nd OF MONTH.**

# Market # 5

## Directions:

Go out POL gate.

Turn right at 1st light and follow road  
a few blocks.

You will see Japanese military apartments on right.

Look on left side of road.

You'll see a barbershop and next to it, a gravel  
parking lot.

This is the parking lot for the market store on corner.

マルフク

ふくだ

## Sample of Items Offered:

Cabbage for 100Y

Tomatoes, 3 for 150Y

Carrots, bag for 120Y

Lettuce, (American) for 50Y

Green Peppers, 6 for 55Y

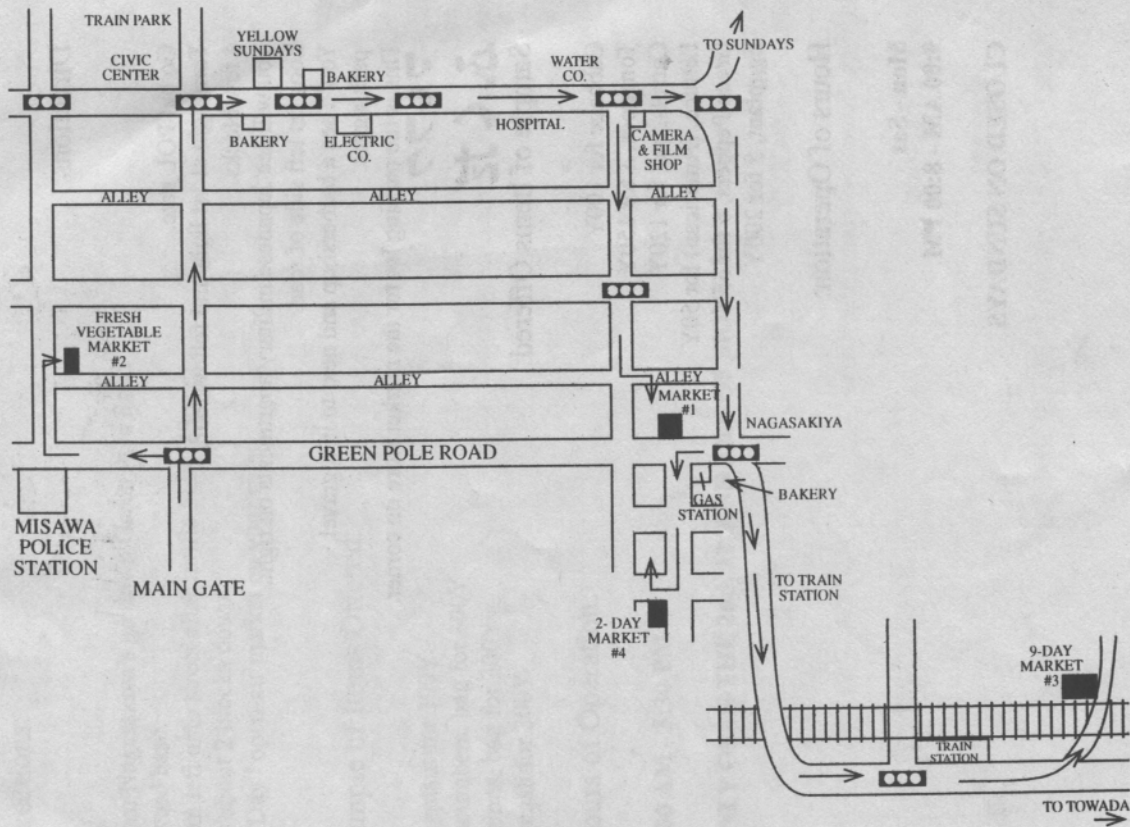
Eggplant, 5 for 200Y

## Hours of Operation:

**Mon - Sat**

**9:00 AM - 8:00 PM**

**CLOSED ON SUNDAYS**



\*PREPARED BY THE 35TH MEDICAL GROUP HEALTH  
 PROMOTION FLIGHT OCT 96 WITH THANKS TO JENNY MOORE