

and has a thick, hard skin (shell), difficult to break; it has very little meat. In the *Honzō* (*Pen ts'ao*, usually referring to the *Pen ts'ao kan mu*) it is called 山胡桃 (*yama-gurumi*, *šan hu t'ao*). It is customary to open the shell by first baking it a little while in a bed of charcoal, and suddenly plunging it in water to cool off; then it is taken out of the fire, the shell is struck at the joint so that it is crushed, and the meat can be easily removed. The second variety is called *hime-gurumi* 姫ノ栗 (‘demoiselle walnut’), and has a thin shell which is somewhat flat in form; it is very easily broken when struck with an iron hammer at the joint. It has plenty of meat, is rich in oil, and has a better taste than the one mentioned before. The names ‘devil’ and ‘demoiselle’ are derived from the appearance of the nuts, the one being rough and ugly, while the other is beautiful.

“The third variety, which is believed to have come from Korea, has a thin shell, easily cracked, with very little meat, but of the best quality. Moñ Šen 孟詵 (author of the *Ši liao pen ts'ao* 食療本草, second half of the seventh century) says, ‘The walnut, when eaten, increases the appetite, stimulates the blood-circulation, and makes one appear glossy and elegant. It may be considered as a good medicine of high merit.’ For further details refer to the prescriptions of the *Pen ts'ao*.

“Translation of the notice on walnut from the *Honzō kōmoku keimō* (Ch. 25, pp. 26–27) by Ono Ranzan; revised edition by Iguči Bōši of 1847 (first edition 1804).

“*kotō*, *kurimi* (walnut, *Juglans regia* L., var. *sinensis* Cas., ex MATSUMURA, *Shokubutsu Mei-i*, ed. 1915, Vol. I, p. 189).

“Japanese names: *tō-kurimi* (‘Chinese walnut’); *čōsen-kurimi* (‘Korean walnut’).

“Chinese synonymes: *kaku-kwa* (*Jibutsu imei*); *činsō kyohō* (*ibid.*); *inpei činkwa* (*ibid.*); *kokaku* (*Jibutsu konšu*); *kenša* (*ibid.*); *tōšūši* (*Kummō jikwai*).

“Names for kernels: *kama* (*Rōya taisui-hen*).

“Other names for *šan hu t'ao*: *sankakutō* (*Hokuto-roku*); *banzai-ši* (*Jonan Hoši*); *šū* (*Kummō jikwai*).

“The real walnut originated in Korea, and is not commonly planted in Japan.

“The leaves are larger than those of *onigurumi* (giant walnut, *Juglans sieboldiana* Maxim., ex Matsumura, *l.c.*). The shells are also larger, measuring more than 1 *sun* (1.193 inches) in length, and having more striations on the surface. The kernels are also larger, and have more folds.

“The variety commonly planted in our country is *onigurumi*, the