| 項目/Items | | エリア/Area | | 1月/Jan. | 2月/Feb. | 3月/Mar. | 4月/Apr. | 5月/May | 6月/Jun. | 7月/Jul. | 8月/Aug. | 9月/Sep. | 10月/Oct. | 11月/Nov. | 12月/Dec. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 気象現象/Weather | けあらし/Kearashi (steam arising from the sea) | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | やませ/Yamase (cold northeasterly wiind) | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| 植物/Plants | サクラ/Cherry blossoms | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | シロバナシャクナゲ/White rhododendrons | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | スカシユリ/Lilium maculatum (sukashi-yuri) | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | ツバキ/Camellias | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | ニッコウキスゲ/Day lilies | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | ハマギク/Nippon daisy | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | ハマナス/Rugosa roses | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | ハマボウフウ/Beach silvertop | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | 紅葉/Autumn colors | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| 農産物/Produce | いちご/Strawberries | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | いちじく/Figs | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | エダマメ/Edamame | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | 柿（渋柿）/Persimmons (astringent) | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | 栗/Chestnuts | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | 山菜/Wild vegetables (sansai) | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | シイタケ（原木）/Shiitake mushrooms (cultivated) | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | シャインマスカット/Shine Muscat grapes | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | セリ/Java waterdropwort (seri) | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | ソバ/Buckwheat | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | 花/Flowers | | 収穫/Harvest | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | 花/Flowers | | 収穫/Harvest | | |
| | トマト/Tomatoes | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | 北限のオリーブ/Hokugen ("northern limit") olives | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | マツタケ/Matsutake mushrooms | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | メロン/Melons | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | ユズ/Yuzu | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | 花/Flowers | | | | | 実/Fruit | |
| | リンゴ/Apples | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | 実/Fruit | | | | 花/Flowers | | | | 実/Fruit | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | 実/Fruit | | | | 花/Flowers | | | 実/Fruit | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | 実/Fruit | | | | 花/Flowers | | | | 実/Fruit | | | |
| 動物/Animals | イノシシ　※網掛けは猟期/Boars ※Hatched section is hunting season | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | 繁殖期/Mating season | | | | | | | | | | | 繁殖期/Mating season |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | 繁殖期/Mating season | | | | | | | | | | | 繁殖期/Mating season |
| | ウシの放牧期（夏山冬里方式）/Freerange cattle period (freerange in summer, indoors in winter) | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | 金華山のサル/Monkeys on Kinkasan Island | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | 繁殖期/Mating season | | | 出産期/Birthing season | | | | | | 繁殖期/Mating season | | |
| | ツキノワグマ　※網掛けは猟期/Asian black bear ※Hatched section is hunting season | 海岸段丘エリア/Coastal terrace area | 八戸市－洋野町/Hachinohe to Hirono | | | | | 目撃数が増加/Increase in sightings | | | | | | | |
| | | 海岸段丘エリア/Coastal terrace area | 洋野町－宮古市/Hirono to Miyako | | | | 目撃数が増加/Increase in sightings | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | 目撃数が増加/Increase in sightings | | | | | | | | |
| | ニホンカモシカ/Japanese serow | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | 出産期/Birthing season | | | | | 繁殖期/Mating season | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | 出産期/Birthing season | | | | | 繁殖期/Mating season | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | 出産期/Birthing season | | | | | 繁殖期/Mating season | | |
| | ニホンジカ　※網掛けは猟期/Sika deer ※Hatched section is hunting season | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | 出産期/Birthing season | | | | | 繁殖期/Mating season | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | 出産期/Birthing season | | | | | 繁殖期/Mating season | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | 出産期/Birthing season | | | | | 繁殖期/Mating season | | |
| | ウミネコ　※生活場所が不変の留鳥もいます/Black-tailed Gulls ※Some birds stay year-round | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | 産卵・繁殖期/Egg-laying・Mating season | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | 産卵・繁殖期/Egg-laying・Mating season | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | 産卵・繁殖期/Egg-laying・Mating season | | | | | | | |
| | オオワシ・オジロワシ/Steller's Sea Eagle, White-Tailed S | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | コクガン/Brant Goose | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | ハクチョウ/Whooper Swans | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | スズメバチ/Giant hornets | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | 要注意/Caution | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | 要注意/Caution | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | 要注意/Caution | | | | | | |
| | マダニ/Ticks | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－気仙沼市/Miyako to Kesennuma | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 南三陸町－石巻市/Minamisanriku to Ishinokamaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | ヤマビル/Leeches | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| 水産物/Seafood | アンコウ/Monkfish | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | イカ類/Squid | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | カツオ/Skipjack tuna | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | カレイ類/Flatfish | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | 金華サバ/Kinka mackerel | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | サケ（シロサケ）/Salmon (chum salmon) | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | サンマ/Pacific saury | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | トラフグ/Japanese pufferfish | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | ドンコ（エゾイソアイナメ）※網掛けは旬/Brown hakeling ※Hatched area is in-season | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | ヒラメ/Flounder | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | 北限のシラス/Hokugen no shirasu (whitebait) | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | マダラ　※網掛けは旬/Pacific cod ※Hatched area is in-season | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | マグロ類/Tuna | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | 三陸塩竈ひがしもの/Sanriku Shiogama Higashimono brand | | | |
| | メカジキ/Swordfish | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | アカガイ　※網掛けは旬/Ark clam ※Hatched area is in-season | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | アカザラガイ/Farrer's Scallop | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | アワビ/Abalone | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | カキ/Oysters | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | ホタテ　※網掛けは旬/Scallops ※Hatched area is in-season | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | |
| | ホッキ貝/Sakhalin surf clam | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | | |
| | ホヤ/Sea squirts (hoya) | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | | |
| | ウニ/Sea urchin | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | | |
| | ケガニ/Horsehair crab | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | | |
| | 養殖コンブ/Farmed kombu seaweed | 海岸段丘エリア/Coastal terrace area | 八戸市－洋野町/Hachinohe to Hirono | | | | | | | | | | | | | |
| | | 海岸段丘エリア/Coastal terrace area | 洋野町－宮古市/Hirono to Miyako | | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | | |
| | 養殖ノリ/Farmed nori seaweed | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | | |
| | メカブ/Mekabu seaweed | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | | |
| | ワカメ/Wakame seaweed | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | | |
| 暮らし /Daily life | ブルーインパルスの飛行訓練　※平日のいずれか。/Blue Impulse aerobatic demonstration team practice ※ some weekdays | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | | |
| | 北上川のヨシ原/Kitakami River reed beds | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | | |
| | 海女の素潜り（小袖海女センター）/"Ama" female free-diving (at Kosode Ama Center) | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | | |
| | 新巻鮭の寒風干し/Aramaki salmon drying | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | | |
| | 稲の稲架(はさ)掛け/Hasagake (drying rice on racks) | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | | |
| | 養殖コンブ干し/Drying farmed kombu seaweed | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－大船渡市/Miyako to Ofunato | | | | | | | | | | | | | |
| | | | 大船渡市－気仙沼市/Ofunato to Kesennuma | | | | | | | | | | | | | |
| | はらこ飯（炊込ご飯）/Harako meshi (rice with salmon and salmon roe) | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | | |
| | 干し柿の風景/Drying persimmons scenery | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | | |
| | ワカメ塩蔵作業/Wakame seaweed salt preservation | 海岸段丘エリア/Coastal terrace area | 八戸市－宮古市/Hachinohe to Miyako | | | | | | | | | | | | | |
| | | リアス海岸エリア/Ria coastline area | 宮古市－石巻市/Miyako to Ishinomaki | | | | | | | | | | | | | |
| | | 仙台湾エリア/Sendai Bay area | 石巻市－相馬市/Ishinomaki to Soma | | | | | | | | | | | | | |