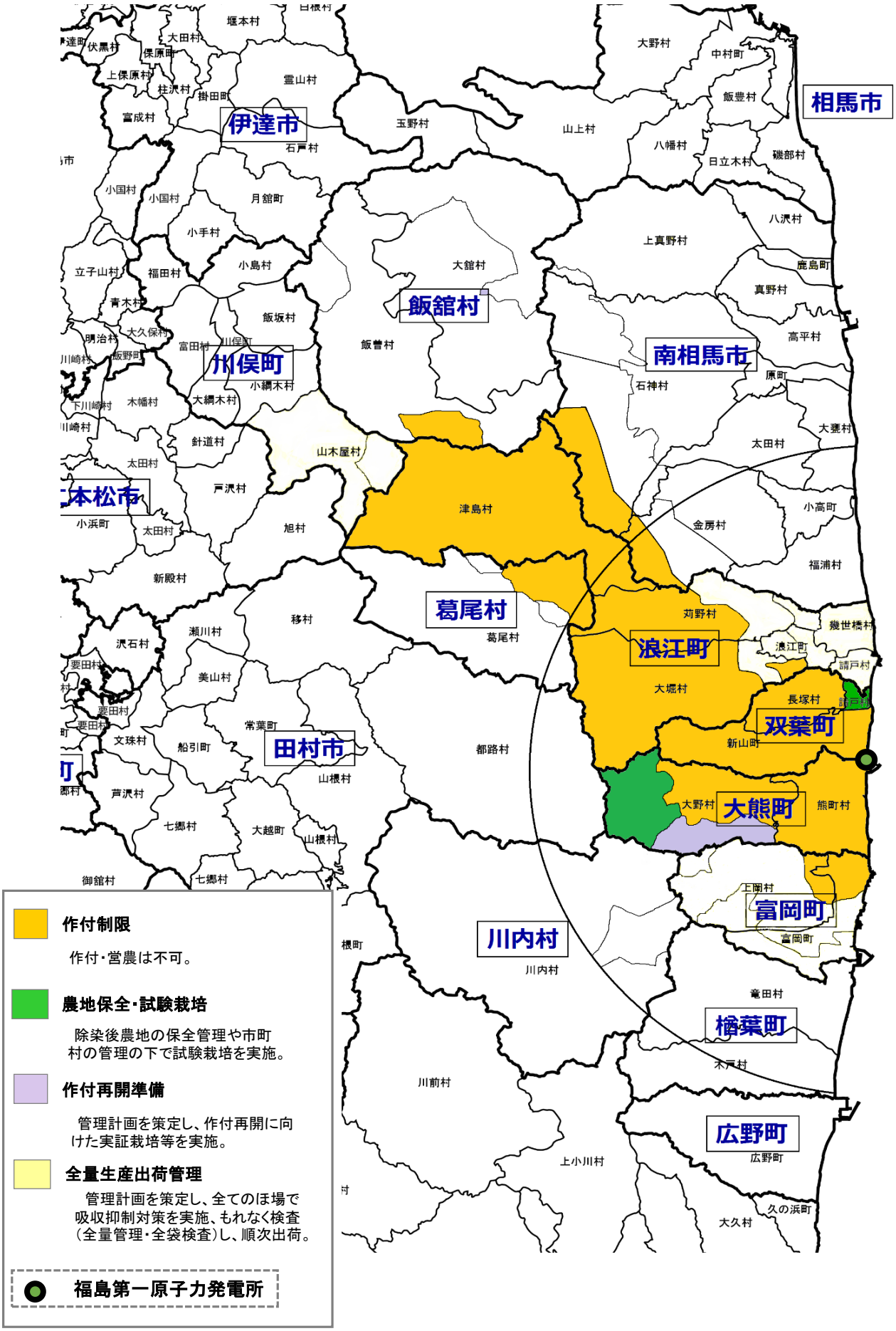31年産米の作付制限等の対象地域