

# South River Currents

from SOUTH RIVER  MISO COMPANY

NOURISHING LIFE FOR THE HUMAN SPIRIT SINCE 1979.™

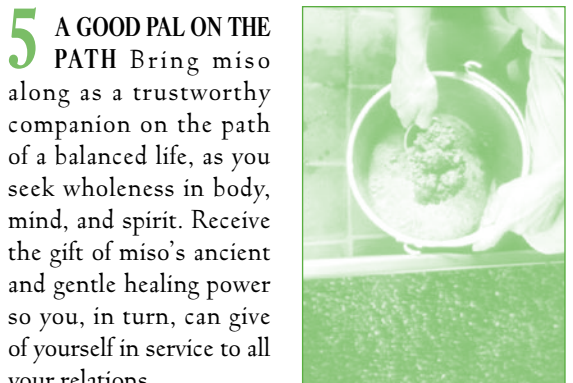
Spring 2005

## EAT your MISO!

Recently I received a coupon for a new facial tissue with the message, “Americans Suffer from 1 Billion Colds Every Year.” The tissue features an anti-viral layer which is advertised to, “Kill 99.9% of cold and flu viruses.”

At South River, we advocate a different approach to health care: “Eat your miso today!” We believe using miso as part of a balanced life helps develop better resistance to colds and flu, and creates a solid foundation for overall health. What follows is a fresh reminder of the benefits of eating unpasteurized, organic miso.

—Gaella Elwell



### FIVE GOOD REASONS to eat SOUTH RIVER MISO

**1 IT IS DELICIOUS AND VERSATILE.** Whether you are making a tangy salad dressing with mild Sweet White miso, or simmering a Three-Year Barley miso soup with baby spinach greens, the culinary possibilities abound with the sweet, savory flavors of miso and its earthy browns, deep reds, and creamy beige hues.

**2 ENZYMES, ENZYMES, ENZYMES!** Increase your own dynamic digestive powers and promote better resistance and increased vitality by becoming “cultured” with the beneficial microorganisms in miso. Demonstrate for yourself this active digestive power by stirring 1 teaspoon of any One-Year Miso into a bowl of cooked (warm) oatmeal. In seconds, the oatmeal begins to liquefy as it is digested by the amylase enzymes—the same enzyme we have in our saliva! Try eating miso regularly and see if you feel more energized.

**3 A SOURCE OF HIGH QUALITY PROTEIN** Miso provides highly usable, vegetable protein. When eaten in combination with whole grains, it significantly increases the total protein available in the diet. Another big plus is a high percentage of heart-healthy unsaturated vegetable oils and zero cholesterol.\*

**4 PREVENTATIVE CARE** Modern scientific studies are now confirming ancient wisdom; that regular use of miso may help prevent cancer, heart disease, and other serious illnesses. Miso may also help eliminate radiation and heavy metal from the body, as well as nicotine and air pollutants.\*

**5 A GOOD PAL ON THE PATH** Bring miso along as a trustworthy companion on the path of a balanced life, as you seek wholeness in body, mind, and spirit. Receive the gift of miso’s ancient and gentle healing power so you, in turn, can give of yourself in service to all your relations.



\* *The Book of Miso*, William Shurtleff and Akiko Aoyagi.

# Tantalizing Miso Tamari

Folks often rave about our unique miso tamari! Here is some of the inside story:

As miso ages in large wooden vats, small pools of rich liquid called miso tamari accumulate. Tamari (which in Japanese means “to puddle”) is the very essence and life-blood of miso and is available only in limited quantities—just a few gallons are produced from a ton or more of miso!

We are now offering single varieties of tamari (Chickpea tamari from Chickpea miso, for example) as well as blends. Check the web or call us to find out what is currently available.

We ship only in plastic pint containers (\$8–\$10 per pint) and recommend that you transfer the tamari into glass and keep in a cool place or refrigerate.

A handy way to use tamari by the stove or at the table is to pour some into a small soy sauce serving bottle (many culinary shops carry them.)

Tamari is delicious used either in cooking or sprinkled on vegetable, grain, and pasta dishes, in salad dressing, as a marinade for

fish or poultry, or on just about anything! Our tamari is rich and concentrated— a little goes a long way.

## Tantalizing Tamari Salad Dressing

- 1 Tbsp. cider vinegar or  
1½ Tbsp. fresh squeezed lemon juice
- 1 Tbsp. extra virgin olive oil
- 1 Tbsp. South River Miso Tamari
- 1 tsp. maple syrup (optional)

Add ingredients to glass jar and shake well.  
Makes 2-4 servings.

## Tamari Bread Dip or Grain/Pasta Topping

In a shallow bowl add a few drops of tamari to a small pool of olive oil. Add a pinch of dried basil or oregano if desired. Dip in chunks of steamed whole grain bread, or use as a topping for grain or pasta dishes.



Drawing from *The Book of Miso*,  
William Shurtleff and Akiko Aoyagi.

Miso Tamari may be ordered **only**  
by phone (413-369-4057) or web  
([www.southernrivermiso.com](http://www.southernrivermiso.com))

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SOUTH RIVER FARM | CONWAY, MASS. 01341

WOOD-FIRED HANDMADE MISO SINCE 1979

Certified Organic & Unpasteurized

**SOUTH RIVER**  
**MISO COMPANY**

## Final Shipping Dates

Unpasteurized miso is a living fermented food which does not ship well in warm weather. Heat and vibration from road travel may activate fermentation and expansion of miso, causing lids to swell or pop off, resulting in leakage. For this reason our final shipping dates for UPS GROUND SHIPMENTS are:

Kentucky north).

(east of the Mississippi River and from Virginia and

♦ JUNE 1<sup>ST</sup>: For customers in all other states

west of the Mississippi River).

Carolina, all states south of these, and all states

and western states (including Tennessee, North  
♦ MAY 1<sup>ST</sup>: For customers in southern

Fall shipping resumes SEPTEMBER 15<sup>TH</sup>.

vulnerable to warm weather shipping.

cially if you order miso in glass jars, which are most

ORDER EARLY before summer weather, espe-

We encourage all of our customers to

until JUNE 1<sup>ST</sup>.

We ship to all areas by UPS 2<sup>ND</sup> DAY AIR

Order Miso Now for the Spring and Summer '05