

# South River Currents

NOURISHING LIFE FOR THE HUMAN SPIRIT SINCE 1979.™

Spring 2004

## Our hands...

what a mysterious, wonderful gift they are, connecting our inmost being with all the world around us.

With these hands we pound a nail, stir a soup, or caress a newborn.

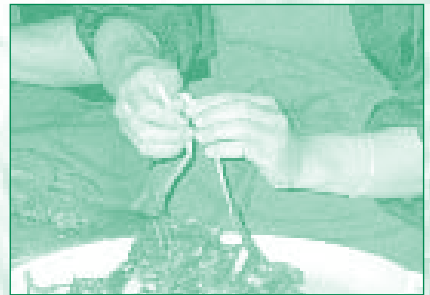
At South River, caring hands wash the soaking beans with a long wooden paddle. They stoke the fire to fuel the flames that boil the beans.

With a little spoon, hands smooth the top of each jar and firmly attach the safety seal. Hands wrap and pack each order and secure the boxes for shipping.

Your hands open the box. Spoonful-by-spoonful you stir and simmer, blend and taste, making your own miso magic.

From our hands to your hands... to paraphrase Robert Frost, *we work together, whether we work together or apart.*\*

— GAELLA ELWELL



\* From "The Tuft of Flowers," 1913.

# Miso Toppings and Spreads

Miso is the secret ingredient for making your own delicious toppings and spreads. They are easy to prepare and wonderful “on top of” cooked vegetables, grain dishes, or tofu, or served with raw vegetables or slices of fresh fruit. For each of the recipes below, combine ingredients in a small bowl, and then simmer about 3-4 minutes in a small skillet over low heat, stirring constantly with a wooden spoon until mixture begins to thicken and takes on a nice luster. Remove from heat and allow to cool before serving. Will keep refrigerated in glass jars 3-4 weeks.

## Sesame Honey Spread

- ¼ cup fresh ground roasted sesame seeds or use ¼ cup Tobum sesame tabini (see order page)
- 3 Tbsp. South River Sweet White Miso
- 2-3 tsp. honey
- 1 tsp. sesame oil (omit if using tabini)
- 3 Tbsp. water, or substitute white wine
- 1-2 tsp grated organic lemon rind

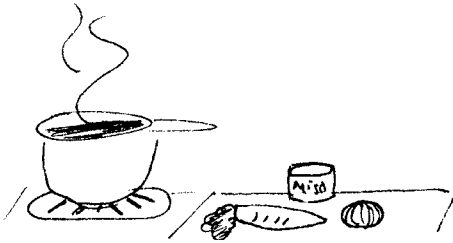
## Garlic Lovers' Topping

- 1 Tbsp. Chick Pea Miso, or other favorite light variety of South River Miso
- 2 tsp. Blue Heron maple syrup (see order page)
- 1 tsp white wine (optional)
- 1 tsp. oil
- 1 Tbsp. water
- 2-3 cloves fresh garlic, finely minced or crushed

## Walnut-Mulberry Topping

- 1 Tbsp. of Azuki Bean Miso, or other favorite light variety of South River Miso
- 3 Tbsp. mulberries (see order page; soak overnight in just enough water to cover the mulberries)
- 1 tsp. honey
- ½ cup chopped walnuts

Crush or puree together miso, mulberries, and honey before adding walnuts. As with other two recipes, continue with cooking directions above.



WILL ELWELL

## Mailing List Spring Cleaning

We will be removing names of customers from our mailing list who have not ordered from us since September 2002. If you have not ordered since then but would like to continue receiving our newsletter please let us know! Tel (413) 369-4057; E-mail: mail@southrivermiso.com; please enter in subject box: “Mailing list”

www.southrivermiso.com

SOUTH RIVER FARM | CONWAY, MASS. 01341

WOOD-FIRED HANDMADE MISO SINCE 1979

Certified Organic & Unpasteurized

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

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 pop off, resulting in leakage. For this reason our final shipping dates for UPS Ground shipments are:

- APRIL 15<sup>TH</sup>: For customers in southern and western states (including Tennessee, North Carolina, all states south of these, and all states west of the Mississippi River).
  - MAY 25<sup>TH</sup>: For customers in all other states (east of the Mississippi River and from Virginia and Kentucky north).
- We encourage all of our customers to order early before summer weather sets in, especially if you intend to order miso in glass jars, which are most vulnerable to warm weather shipping.
- Fall shipping resumes SEPTEMBER 15<sup>TH</sup>.

We ship to all areas by UPS 2<sup>ND</sup> DAY AIR until MAY 25<sup>TH</sup>.

## Final Shipping Dates

Order Miso Now for the Spring and Summer