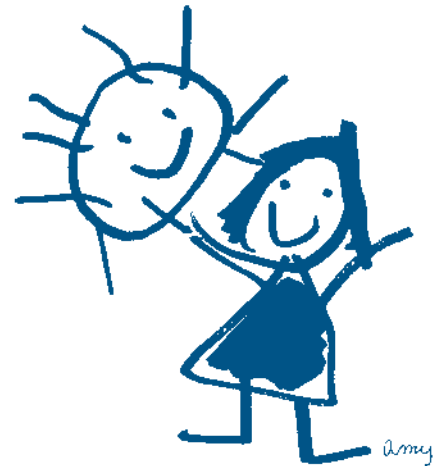


River Currents

Spring 2000

Shipping Deadlines!

see back cover.



Stockpile for the summer season now!

WHOLESALE DISCOUNT PRICES

ONE POUND GLASS JARS BY THE CASE*

Minimum order is one case (12 jars).

You can order a combination of different varieties.

	one year	three year	dandelion leek	shipping wt.
cost/lb.	5.20	5.65	7.50	
CASE (12 jars)	\$62.40	\$67.80	\$90.00	23 lbs.
Refrige				jars.
m				
s				
4 lbs.	\$17.50	\$20.00	N.A.	5 lbs.
9 lbs.	39.00	42.85	N.A.	11 lbs.
18 lbs.	75.80	83.45	N.A.	21 lbs.
45 lbs.	183.90	203.15	N.A.	49 lbs.

*This pricing information is out of date.
Please refer to the order form
in our current newsletter issue
available at
www.southrivermiso.com*

*A \$5 handling charge will be applied to each wholesale order.
Shipping charges are not included in these prices.

Looking for Adventure?

Know someone who is? In September 2000 the internship position of miso co-worker will be available at South River. The position requires active physical work, attention to details, and an interest in natural food production. Depending upon individual interest, there is opportunity for hands-on learning experience in all facets of our business. Private apartment provided. Become part of South River Farm community where these additional activities are ongoing: organic gardening, seed saving, draft horse and animal care, bread baking, building projects, working in the woods, community meals. Call or write for further information. (413) 369-4057.

NEW!

Spice Up Your Life

Try rich, red pepper paste from our friends at Tohum in southern Turkey. This traditional food is made from organically grown chili peppers, ground into a paste, and placed outside to bake in the Mediterranean sun.

High in vitamins A and C, red pepper paste gives a medium hot tang to many dishes. Try a quarter teaspoon in a bowl of miso soup. Mix a teaspoonful in heated olive oil and serve on rice or add to your favorite pasta dishes.

NEW!

Soak No More

You may receive a 3 Year Barley or Dandelion Leek Miso that features a new label this Spring. To remove, soak in hot water for a minute and peel. Any remaining paper comes off easily with a little rubbing. (The old labels do not come off even if

you soak them for two weeks! Sorry.) By sometime next year all varieties will be sporting these new labels. The empty jars serve well as storage for seeds, herbs, etc.

Unpasteurized miso is a living fermented food, which does not travel well in warm weather. Heat and vibration from road travel can activate fermentation causing the miso to expand, lids to swell or pop off, sometimes causing leakage. For this reason we do not ship our miso in the warm weather months.

SHIPPING DEADLINES

FOR UPS ZONES 4-8

No ground shipments after April 1st.

April 1st to May 30th:

Second Day Air shipping only. Call for rates.

FOR ALL UPS ZONES

No shipping after May 30th.

FALL SHIPPING WILL RESUME SEPTEMBER 15TH.

SOUTH RIVER MISO COMPANY

Certified Organic & Unpasteurized

WOOD-FIRED HANDMADE MISO SINCE 1979

SOUTH RIVER FARM | CONWAY, MASS. 01341

Spring Pasta

- 1 lb sliced mushrooms
- 3 cloves minced garlic
- 1 Tbsp olive oil
- 1/2 cup chopped parsley or watercress
- 2 Tbsp Sweet Tasting Brown Rice Miso
(or other light miso)

- put mushrooms, olive oil, and garlic in large skillet over medium flame, sauté until mushrooms begin to turn soft.
- add miso with greens and sauté 4-5 minutes longer
- remove from heat and serve over your favorite pasta

OUR GUARANTEE

If you are not happy with any of our products, we will gladly refund your total cost of purchase.

Please call or write to us with any questions or comments you may have.

We are here to learn from each other and to help each other grow in the True Spirit of all people.

Line drawing by Akiko Aoyagi in *The Book of Miso*
(Berkeley: Ten Speed Press, 1983). Call 925 283-2991 to obtain a copy.