

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

After April 15th, no ground shipments; call for express rates.

### FOR ALL UPS ZONES

No shipping after June 1st.

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

news from **SOUTH RIVER**  **MISO COMPANY**

# South River Currents

NOURISHING THE BODY FOR THE HUMAN SPIRIT SINCE 1979.™

Spring 2001

## South River Goes Public

### Not on Wall Street, but in the news!

On April 17, 2001, we are scheduled to be featured on the popular TV program, "Martha Stewart Living." Martha Stewart herself plans to cook with South River Miso to accompany a short film feature of our traditional shop in action. The filming for this was done over a two-week period, including two full-day visits, in order to capture the entire process of miso making for the television audience. Since we do not have a TV here, we will

be visiting friends to see the film ourselves for the first time when it airs.

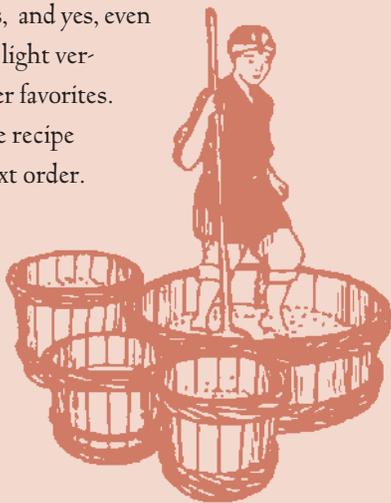
In print, we are featured this month on the back cover of *Fine Cooking* magazine (April-May issue), after a full page spread in *Metropolitan Home* last fall (September issue). A mention of South River Miso also appears in the April issue of *Food and Wine*.

## On the Web:

[www.southernrivermiso.com](http://www.southernrivermiso.com) has been up and running since October 2000, averaging about 15 visits per day for the past month. In our latest update, photos of the miso making process have been added. Although direct ordering is possible from our website, most of our customers still prefer to order by mail or by phone. If you would like to keep up to date with us via the Web only, then let us know and we will not send you our price lists via the post office.

# Miso is not just for Winter Soups

South River has eleven varieties of miso! Each one is unique and so versatile. Now that winter is almost behind us, we have a few suggestions about ways to bring South River Miso into your spring and summer cooking. Salad dressings, dips, spreads, marinades, and yes, even soups—wonderful light versions of your winter favorites. Please ask for a free recipe book with your next order.



Line drawing by Akiko Aoyagi in  
The Book of Miso (Berkeley: Ten Speed Press, 1983).

## Easy Miso Marinade

- ¼ cup *Sweet Tasting Brown Rice Miso* or other light miso
- 2-4 tablespoons mirin, lemon juice, or cider vinegar
- 1-2 teaspoons *South River Miso Tamari* (optional)
- 2-3 cloves garlic minced
- 1-2 teaspoons fresh grated ginger (optional)

Mix all ingredients together well. Pour over tofu, fish, or chicken and let marinate in refrigerator for at least 2 hours. Then bake, broil, sauté, fry or poach.

Try **Three Year Barley Miso** for beef or tempeh, **Hearty Brown Rice Miso** for tofu and vegetables, or **Azuki Miso** for salmon and tofu.

## Sweet Vinaigrette

- 4 tablespoons *Sweet White, Sweet Tasting Brown Rice,*  
or *Chick Pea Miso*
- ⅓ cup rice or cider vinegar
- ⅓ cup water
- ¼ cup chopped parsley
- ¼ cup chopped chives
- ½ cup olive oil
- 1-2 teaspoons honey or rice syrup (optional)

Blend miso, vinegar, sweetener, and half the water on high speed. With blender on medium, slowly add olive oil. Remaining water can be added on low speed or by hand to reach desired consistency. Hand mix parsley and chives.

These recipes are from our Little Book of Miso, available free with your order.