

River Currents

Spring 1999



Anni Elwell and friends in 1980.

PHOTO BY WILL ELWELL

Have You Tried Our Tamari?

Tamari means “puddle” in Japanese, and miso tamari is the precious, rich liquid that collects in large pools within a vat of miso. It resembles its cousin, “shoyu”, or soy sauce, which is often sold by the name tamari; but genuine miso tamari is lighter in color and sweeter to taste, with a lower salt content. It takes over 2000 pounds of miso to yield about five gallons of miso tamari!

Our unpasteurized miso tamari is like liquid gold: the distillation of all the subtle flavor and goodness of the miso from which it comes. It is a ready-to-use seasoning for rice and other grains, soups, noodles, salad dressings and more. Because of its limited supply, this miso tamari is not commer-

cially available except by direct purchase from South River.

We ship miso tamari in sturdy plastic jugs but suggest you transfer it to glass. A recycled wine bottle makes an elegant container for this wonderful treasure.



Order now for spring and summer miso

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, further causing lids to swell or pop off, in which case the miso may leak out. The one year light varieties packaged in glass jars are the most vulnerable. For this reason we have a shipping deadline for ground shipments to areas outside the northeastern states.

First shipping deadline is April 15th

After April 15th we can not ship sampler packs or one-pound glass jars of miso by regular UPS ground service to areas outside the Northeast. After April 15th these items can be sent by UPS 3-day or 2nd-day air service.

Final shipping deadline is June 15th

Bulk orders nationwide and regular shipping to customers **within one-day shipping range** will be possible until June 15th as weather permits. For all the above reasons we encourage our customers to order early before warm weather sets in, especially if you wish to order miso in glass jars. There can be exceptions to these dates depending on individual needs and current weather patterns. Call, and we'll see what we can work out.

Fall shipping will resume September 15th

Miso hungry!

Recipes for life



Teriyaki Sauce

- 1 tbsp. grated fresh ginger
- 3 garlic cloves, mashed
- 1 Tbsp. toasted sesame oil
- 1 tbsp. rice vinegar
- 1 tbsp. honey
- 1/2 cup South River Tamari

Mix all ingredients together with a whisk. Use as marinade for chicken or fish. You can also cut one pound of tofu in cubes, cover with teriyaki sauce and let sit over night. The result will be similar to tofu cheese. Delicious with noodles, rice, or on salad. *Makes 3/4 cup.*

Adapted from: *Nourishing Traditions* by Sally Fallon. (Available through the Price-Pottenger Nutrition Foundation: Tel. 619 574-7763; web site: www.price-pottenger.org.)

Spring Salad Dressing

- 2 tbsp. sweet white miso
- 3 tbsp. cider or rice vinegar
- 1/2 cup extra virgin olive oil
- 1 1/2 tsp. chopped garlic
- 1 tbsp. fresh chives, chopped
- 1 tbsp. honey (optional)
- 2-3 tbsp. water

Mix together well in a blender or, if preferred, put all ingredients into a glass jar with a secure lid and shake vigorously.

DISCOUNT RATES FOR BULK ITEMS*

size	shipping wt.
4 lbs.	5 lbs.
9 lbs.	11 lbs.
18 lbs.	21 lbs.
45 lbs.	49 lbs.

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

DISCOUNT RATES FOR ONE POUND GLASS JARS *

minimum order is one case. You can order a

minimum order is one case. You can order a	shipping wt.
CASE (12 jars) cost/lb.	23 lbs.

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



Green pastures

Some of you were puzzled by the statement, "Christian has been put out to pasture," in our winter newsletter. Oops! We realized too late this was an "in" joke at South River. The translation: as our business develops more of a team-work approach, Christian has some time freed up for painting, wood carving, and carpentry work on our house. He is still very much part of South River and like a fine miso, improving with age.



Just in time for spring!

Miso Happy tee shirts

Beautiful 100% pre-shrunk, heavy weight cotton tees in soft pigment-dyed colors. Logo (approximately 3" x 2 1/2") "Miso Happy" as shown.

Sizes: Medium and Large

Colors: Goldenrod, Rose, Sky Blue, and Willow Green.

Price: \$15 includes shipping. Specify size and color when ordering.





PHOTO BY WILL ELWELL

SOUTH RIVER MISO COMPANY

MISSION STATEMENT

Life is sacred. Food is sacred.



South River Miso Company is dedicated to the health and well being of all those it serves.

We strive to produce and distribute the highest quality organic, unpasteurized miso and other traditional foods with the conviction that wholesome food can be our best medicine.

We honor miso for its strengthening and rejuvenating qualities and promote its use as part of a healthy diet.

Our aim is to create a fair-minded, open-hearted learning environment within our organization and to serve each customer honestly, warmly, and effectively.

Our hope is that South River Miso Company and those it serves may evolve together towards greater fulfillment, wholeness and peace.

June 1998

SOUTH RIVER MISO CO., INC.
SOUTH RIVER FARM | CONWAY, MASSACHUSETTS 01341

Shipping Deadlines Inside!

WOOD-FIRED HANDMADE MISO SINCE 1979
Certified Organic & Unpasteurized

SOUTH RIVER  **MISO COMPANY**