

news from SOUTH RIVER  MISO COMPANY

South River Currents

NOURISHING LIFE FOR THE HUMAN SPIRIT SINCE 1979.™

Spring, 2003

East Meets West in the Kitchen



Ikuko Matsuda and Gaella Elwell cooking together for peace.

A TRULY TRADITIONAL MISO SOUP

4-6 c. water	1 cup chopped Chinese cabbage (or spinach)
1 6-inch strip dried kombu (kelp)	1/2 block of tofu (about 7 oz)
3/4 cup bonito (dried fish) flakes	3-4 Tbsp. <i>South River 3-Year Barley Miso</i>
1/4 cup dried wakame (sea vegetable)	3-4 Tbsp. <i>South River Sweet White Miso</i>
1 med. onion cut in crescents	2-3 scallions (finely chopped)

Soak kombu in soup pot in cold water 3-4 hrs. (or overnight). Bring kombu/water almost to boil and remove kombu (reserve for other uses). Soak wakame in bowl of cold water.

Add bonito flakes to kombu stock. Simmer 2-3 mins. Pour broth through fine mesh strainer into another pot, pressing flakes to extract flavor before discarding. Add onions to broth, simmer 3-4 mins. Add Chinese cabbage, simmer 2-3 mins. Add tofu cut into very small cubes. Simmer 2 mins.

Remove some of the broth and mix with the two misos. Return miso mixture to soup. Drain and chop wakame and add. Serve immediately garnished with scallions.

Ikuko Matsuda grew up in Shizuoka, Japan, with a view of Mt. Fuji from her bedroom window. She has rarely lived a day without miso. In the early mornings of her youth, sure as the sun would rise, her mother would be making miso soup for the family. Ikuko would help by shredding *bonito* (dried fish) flakes for the soup stock. She also remembers walking with her mother to the local miso shop, one of several in Shizuoka, where many different kinds of miso from all over Japan were displayed in open, wooden kegs. Her mother always purchased a dark miso and a light miso; invariably she would mix them together in her soup.

In 1995 Ikuko came to Conway, Massachusetts. She teaches *Ikebana* (traditional Japanese flower arranging) and is the mother of two boys. At South River she packs miso with swiftness and inspires us with her joyful attention to detail.

In March, Ikuko taught me how to make traditional miso soup with a sea vegetable and dried fish stock (*kombu dashi*). We served over 65 bowls of soup at a local benefit concert and donated the proceeds to organizations dedicated to world peace and to ending domestic violence. People loved the soup, especially the children, who often wanted seconds!

Take the time—at least once—to make this soup. One of our long-time employees said, on trying it, “I never knew miso soup could taste this good.” *Kombu* (dried kelp), *bonito* flakes, and *wakame* can be found in Asian or natural food stores or on the Web.



For kelp and other sea vegetables hand harvested from the coast of Maine, contact Larch Hanson, Maine Seaweed Company, P.O. Box 57, Steuben, ME 04680; tel. 207-546-2875.

To learn more about the bonito fish as they are traditionally smoked and prepared in Ikuko's hometown of Shizuoka, go to Google on the Web and type in “the best of Shizuoka bonito” for your search.

—G.E./C.E.



Love Letters

March 21, 2003

Dear Customers and friends, one and all,

You continue to inspire us with your encouragement, appreciation, and support for our work with miso. Together may we form a circle, and may the circle be unbroken to nourish all.

At this time of great trial and prayer, of pain and struggle for the heart-thinking soul of humanity, we humbly pray that the miso we produce may carry and contribute active forces for healing. As we all awaken to our divine and spiritual origins, awaken to the truth and suffering of our fellow human beings world-wide, awaken to the beauty and vulnerability of Nature who gives us life on Earth, may wisdom, protection, courage, and strength be with us.

Thank you.

Christian and Gaella Ellwell

Your brand of miso has been a favorite of my family's for the past year, ever since the first time we tried it. I recently tried the Azuki Bean miso for the first time. Wonderful!

Y. D. BOISE, ID

Thank you for continuing to make the best miso available!

M. M. PORT HADDOCK, WA

How I admire your courage and commitment ... for performing such an artful labor of love. ... Your food is truly medicine, for the soul as well as the body.

Long live South River Miso!

J.M. AND FAMILY, SEAFORD, NY

It's been awful without my Chick Pea Miso. I've been out for two months, trying to see if life is possible without it. It's not!

D.L., FORT COLLINS, CO

Enclosed is my check ... for your wonderful 3-Year Barley Miso. It is the best miso I have ever had! Thank you for shipping it so quickly.

D. A., HOLLAND, NY

I picked up a container of South River Miso—the Sweet White—and basically, you've just turned all restaurant miso soups I've ever had in my life completely anemic. Congratulations! I normally don't call up people to compliment them on their soup stocks, but this one is truly exceptional!

A MESSAGE LEFT ON THE PHONE FROM AN UNKNOWN CUSTOMER IN OTTAWA, CANADA

Thanks for your AWESOME miso. I especially love the Dandelion Leek. Yum! Please send recipe booklet and brochure.

A.M., CARBONDALE, CO

Your miso is the absolute best on the market. Please send your recipes...

C. O., DAYTONA BEACH, FL

I recently purchased your Dandelion leek and nettle miso. Thank you for a truly nutritional product. It has been a true blessing to my family. Can you please forward me a brochure and the free recipes on your miso? May God continue to bless your work.

P.M., PHILADELPHIA, PA

