



NOURISHING LIFE FOR THE HUMAN SPIRIT SINCE 1979™

The South River Conway, Mass



One of our main ingredients is time.

South River Miso is the only certified organic miso commercially available that is handcrafted in the centuries-old, Japanese farmhouse tradition.

Our time-honored methods bring out the full flavor, rich chunky texture, and dynamic digestive power of miso as it was known before the onset of industrial food processing. Aged in wooden vats from 3 weeks to 3 years.

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HANDCRAFTED ARTISANAL FOOD

Following traditional methods, cooked beans are mashed and mixed together with salted grain-koji. Aged in wooden vats, our signature miso has a chunky texture, which makes possible the most dynamic fermentation and the greatest complexity of flavors. Virtually all miso was made in this way before the onset of industrialized food processing.

CERTIFIED ORGANIC



Since our founding in 1979 we have used the finest organic ingredients available. We are certified organic by Baystate Organic Certifiers. This means our miso is free of GMOs and radiation treatment.

WOOD-FIRED COOKING

A central and pivotal feature of our process, in keeping with traditional methods, is the long, slow cooking of the beans by wood fire for nearly 20 hours in our massive masonry stove. We believe that wood fire is the most vitalizing, primal source of heat for cooking.



AGED IN WOOD

No plastic fermentation vats are used for any variety of our miso. As it ages in wood –whether for three weeks or three years– South River Miso develops its character, ranging from mild and sweet for One Year varieties, to dark and deep for Three Year miso.

UNPASTEURIZED LIVING FOOD

Each teaspoonful contains millions of active probiotic microorganisms and enzymes that aid in the digestion and assimilation of all foods. This may not be true of pasteurized miso or freeze-dried instant miso products.

PACKAGED IN GLASS

Glass packaging is best, especially for fermented foods. This eliminates the migration of toxins that may occur with plastic.



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