

SOUTH RIVER MISO COMPANY
Product Description

ONE YEAR VARIETIES:

Azuki Bean

Nowhere else can you find miso made with the small red azuki beans, highly regarded for their nutritional and healing properties in Oriental medicine. Festive burgundy in color, this delicate miso is ideal for seasoning light soups, bean dishes, sauces, and salad dressings. Made with brown rice and azuki beans. No gluten or soy ingredients.

Ingredients: Deep well water, lightly polished organic brown rice, organic azuki beans, sun-dried sea salt, organic sea vegetables and koji culture.

Nutrition Facts: Serving Size 1 tsp. (6g)
Servings Per Container: 60; Amount Per Serving: Calories 10; Fat cal 0; Total Fat 0g, 0%; Sodium 180mg, 7%; Total Carbohydrate 2g, 1%; Sugars 0g; Protein 0g. (% Daily Value)

Chickpea

This is our family favorite for a versatile light miso. It has characteristics similar to Sweet Tasting Brown Rice; only, it is made with the sumptuous chickpea instead of soybeans. We are always remarking about the wonderful, sweet flavor this miso brings to our table. Made with brown rice and chickpeas. No gluten or soy ingredients.

Ingredients: Deep well water, lightly polished organic brown rice, organic chickpeas, sun-dried sea salt, organic sea vegetables, and koji culture.

Nutrition Facts: Serving Size 1 tsp. (6g)
Servings Per Container: 60; Amount Per Serving: Calories 10, Fat cal. 0; Total Fat 0g, 0%; Sodium 170mg, 7%; Total Carbohydrate 2g, 1%; Sugars 0g; Protein 1g. (% Daily Value)

Golden Millet

Millet has been a staple in our family for many years. This tiny grain adds its sunny color and gentle sweetness to this smooth textured miso. Made exclusively at South River where we have the flexibility of making small batches of unique varieties. Made with millet and soybeans. No gluten ingredient.

Ingredients: Deep well water, organic millet, organic soybeans, sun-dried sea salt, organic sea vegetables and koji culture.

Nutrition Facts: Serving Size 1 tsp. (6g)
Servings Per Container: 60; Amount Per Serving: Calories 15; Fat cal 0; Total Fat 0g, 0%; Sodium 190mg, 8%; Total Carbohydrate 2g, 1%; Sugars 0g; Protein 1g. (% Daily Value)

Sweet Tasting Brown Rice

Blonde or caramel in color, this is our most popular light miso. Several leading natural food restaurants use this variety for making delicious salad dressings. Over the years, this has been a favorite variety for a number of holistic health institutes such as the Omega Institute in Rhinebeck, New York. Made with brown rice and soybeans. No gluten ingredients.

Ingredients: Deep well water, lightly polished organic brown rice, organic soybeans, sun-dried sea salt, organic sea vegetables, and koji culture.

Nutrition Facts: Serving Size 1 tsp. (6g)
Servings Per Container: 60; Amount Per Serving: Calories 10, Fat cal. 0; Total Fat 0g, 0%; Sodium 170mg, 7%; Total Carbohydrate 2g, 1%; Sugars 0g; Protein 1g. (% Daily Value)

THREE YEAR VARIETIES:

Chickpea Barley

We first made this soy-free variety for a friend who requested a long-term barley miso without soybeans. The chickpea, staple of Middle Eastern and Mediterranean peoples since ancient times, is one of the most easily digestible beans. This miso has a rich, well-rounded taste. Made with barley and chickpeas. No soy ingredients.

Ingredients: Deep well water, organic barley, organic chickpeas, sun-dried sea salt, organic sea vegetables, and koji culture.

Nutrition Facts: Serving Size 1 tsp. (6g)
Servings Per Container: 60; Amount Per Serving: Calories 10, Fat cal 0; Total Fat 0g, 0%; Sodium 230mg, 9%; Total Carbohydrate 2g, 1%; Sugars 0g; Protein 0g. (% Daily Value)

Hearty Brown Rice

Deep, dark, nourishing, this miso is wonderful in soups, stews, and casseroles. It is a satisfying alternative to the three year barley misos, containing all their depth and power along with the extra sweetness of brown rice. No gluten ingredients.

Ingredients: Deep well water, organic black soybeans, organic brown rice, sun-dried sea salt, organic sea vegetables, and koji culture.

Nutrition Facts: Serving Size 1 tsp. (6g)
Servings Per Container: 60; Amount Per Serving: Calories 10, Fat cal 0; Total Fat 0g, 0%; Sodium 200mg, 8%; Total Carbohydrate 1g, 0%; Sugars 0g; Protein 1g. (% Daily Value)

Three Year Barley

This ancient and robust miso is our most popular variety. Now a staple in many American kitchens, it is most often recommended for healing diets. The color ranges from dark pumpkin to russet brown as it ages. Some years ago, this variety was the winner of East-West Journal's "Most Hearty Miso" award. Made with barley and soybeans.

Ingredients: Deep well water, organic barley, organic soybeans, sun-dried sea salt, organic sea vegetables, and koji culture.

Nutrition Facts: Serving Size 1 tsp. (6g)
Servings Per Container: 60; Amount Per Serving: Calories 10, Fat cal 0; Total Fat 0g, 0%; Sodium 230mg, 9%; Total Carbohydrate 1g, 0%; Sugars 0g; Protein 1g. (% Daily Value)

SPECIALTY VARIETIES:

Dandelion Leek

Each spring we gather the wild, vibrant greens from the untreated fields and woodlands of our farm. It takes three of us working for a week to make 600 pounds of this special miso. We steam dandelion greens, wild leeks (*Allium tricoccum*), Maine sea vegetables, and nettle greens, and pickle the mixture in our three-year Hearty Brown Rice Miso for at least one full summer. Many people have told us that a broth made with this miso has nursed them through illness and helped them while traveling when good quality food was not always available. This miso is great for an instant soup broth in the workplace or for a "pick-me-up" instead of coffee. One friend even gave Dandelion Leek Miso as a gift to the Empress of Japan.

Ingredients: Deep well water, organic soybeans, organic brown rice, sun-dried sea salt, dandelion greens, wild leeks*, nettle greens, organic sea vegetables, and koji culture. *Wild crafted. No gluten ingredients.

Nutrition Facts: Serving Size 1 tsp. (6g)

Servings Per Container: 60; Amount Per Serving: Calories 10, Fat cal 0; Total Fat 0g, 0%; Sodium 150mg, 6%; Total Carbohydrate 1g, 0%; Sugars 0g; Protein 1g. (% Daily Value)

Garlic Red Pepper

Mildly spicy and deeply warming, this chickpea miso is made with immune-strengthening fresh garlic and sun-baked Turkish red pepper paste. May it spice up your culinary adventures! No gluten or soy ingredients.

Ingredients: Deep well water, lightly polished organic rice, organic chickpeas, organic fresh garlic, sun-dried sea salt, red pepper paste, organic nettle greens, organic sea vegetables, and koji culture.

Nutrition Facts: Serving size 1 tsp (6g)

Servings Per Container: 60; Amount Per Serving: Calories 10, Fat cal 0; Total Fat 0g, 0%; Sodium 150mg, 6%; Total Carbohydrate 2g, 1%; Sugars 0g; Protein 0g. Soy free. Gluten free ingredients

Sweet White

Famous to the Kyoto region of Japan for generations, this miso is popular for its very sweet, gentle flavor and its smooth, creamy texture. It has a low salt content (4 percent) and a very short fermentation time (3 weeks), and it is delicious in spreads, dips, sauces and salad dressings, or for seasoning light soups. Made from soybeans and lightly polished brown rice. No gluten ingredients.

Ingredients: Deep well water, lightly polished organic brown rice, organic soybeans, sun-dried sea salt, organic sea vegetables, and koji culture.

Nutrition Facts: Serving Size 1 tsp. (5g)

Servings Per Container: 60; Amount Per Serving - Calories 15, Fat cal 0; Total Fat 0g, 0%; Sodium 115mg, 5%, Total Carbohydrate 2g, 1%; Sugars 0g; Protein 1g. (% Daily Value)