

SOUTH RIVER MISO COMPANY

NOURISHING LIFE FOR THE HUMAN SPIRIT SINCE 1979.™



Miso making time at South River Farm.



One of our main ingredients is time.


Miso is an ancient food. South River Miso is the only certified organic, unpasteurized miso available that is still entirely 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 advent of modern food processing.



SOUTH RIVER MISO IS A HAND CRAFTED ARTISAN FOOD, processed entirely without machinery. Following ancient methods, the cooked beans are mashed underfoot and mixed together with the salted grain-koji. This results in our signature miso with the **traditional chunky texture**, making possible the most dynamic fermentation and the greatest complexity of flavor. Until the advent of industrialized food processing, virtually all miso was made in this way. (The treader wears organic cotton socks and plastic foot coverings during this process. Due to its short fermentation period, our Sweet White miso is puréed by machine.)



♦ **CERTIFIED ORGANIC** Since our founding in 1979 we have used nothing but the finest organic ingredients available. Since 1996 we have been certified organic by  Quality Assurance International (QAI). This means our products are free of GMOs and radiation treatment.

♦ **WOOD FIRE COOKING** A central and unique feature of our process, in keeping with the 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.

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♦ **AGED IN WOOD ONLY** — cypress or oak. 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 the Light varieties, to dark and deep, for the Three Year varieties.

♦ **UNPASTEURIZED** South River Miso is a *living food*. Each teaspoonful contains millions of active microorganisms and enzymes that aid the digestion and assimilation of all foods. This is not true of pasteurized miso, nor of freeze-dried, instant-miso products.

♦ **PACKAGED IN GLASS** to ensure the purity of our product. Glass packaging is best for fermented foods, and eliminates concern about migration of toxins that may occur with plastic.



www.southernrivermiso.com

South River Miso Company | Conway, MA | (413) 369-4057 | fax (413) 369-4299 | mail@southernrivermiso.com