

SOUTH RIVER MISO COMPANY

NOURISHING LIFE FOR THE HUMAN SPIRIT SINCE 1979

HEARTY MISO *Aged a minimum of 27 months or three summer seasons*

These three varieties are ideal for winter ways of cooking, and hearty soups and stews at any time of year. They are also recommended for medicinal soups and healing broths to bring balance to, stabilize, strengthen and restore the digestive core of our being.



Hearty Brown Rice Miso Deep, dark and delicious, this miso has all the nourishing flavor and fortifying strength of hearty miso lore. The sweetness derived from the brown rice combines with the rich flavor of black soybeans, known for their own rich sweetness and fullness of flavor. *Certified Organic.*

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

Nutrition Facts: Serving Size 1 tsp. (6g) Servings Per Container: 75; 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 Miso Our original hearty miso variety. It is ideal for hearty soups and stews and for simple medicinal healing broths. *Certified Organic.*

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: 75; 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)



Chickpea Barley Miso A soy-free, three-year, barley miso. Chickpeas are one of the most easily digestible legumes and one of the most ancient in human consumption. This miso has characteristics, qualities and attributes similar to our Three-Year Barley Miso, its soy cousin. *Certified Organic.*

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

Nutrition Facts: Serving Size 1 tsp. (6g) Servings Per Container: 75; 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)

SOUTH RIVER MISO COMPANY

NOURISHING LIFE FOR THE HUMAN SPIRIT SINCE 1979

Light Miso *Aged a minimum of 3 months*

These three varieties are most versatile for seasoning soups and stews; for salad dressings, sauces, toppings, and marinades; for making chutneys and baked dishes; for pickling and bread-making; also for desserts. In Japan, this type of miso is generally known as Amakuchi (Sweet-tasting) miso.



Azuki Bean Miso is prized for its delightful, delicate flavor; for its festive, red burgundy color; and for its unique healing properties– all qualities which are elevated and enhanced through the wonder-working wisdom of miso fermentation. Azuki Bean Miso was introduced by us in the 1990's and is made exclusively at South River. *Certified Organic.*

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

Nutrition Facts: Serving Size 1 tsp. (6g) Servings Per Container: 75; 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 Miso With its balanced and satisfying taste, Chickpea Miso has been a family favorite for seasoning soups for many years. This miso is warm yellow in color, deepening darker with age. *Certified Organic.*

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

Nutrition Facts: Serving Size 1 tsp. (6g) Servings Per Container: 75; Amount Per Serving: Calories 10, Fat cal. 0; Total Fat 0g, 0%; Sodium 170mg, 7%; Total Carbohydrate 2g, 1%; Sugars 0g; Protein 0g. (% Daily Value)



Sweet-Tasting Brown Rice Miso is the traditional favorite of the amakuchi (sweet-tasting) varieties and is perhaps the most widely used miso in Japan. Sweet, savory, and highly versatile, this miso helps to create delicious soups, sauces, salad dressings, and marinades. *Certified Organic.*

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

Nutrition Facts: Serving Size 1 tsp. (6g) Servings Per Container: 75; 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)

SOUTH RIVER MISO COMPANY

NOURISHING LIFE FOR THE HUMAN SPIRIT SINCE 1979

Three Specialty Varieties *Various aging, 3 weeks to 3 years*



Dandelion Leek Miso Each spring we take to the woods in western Massachusetts, to gather native wild leeks. We steam these, along with dandelion greens, which are then chopped by hand and mixed with Hearty Brown Rice Miso (already aged for at least two years) and mature Sweet-Tasting Brown Rice Miso, garlic, dried nettles and sea vegetables. This mixture is then aged for one additional full summer season. *Made with 98% Certified Organic ingredients.*

Ingredients: Deep well water, organic soybeans, organic brown rice, sun-dried sea salt, organic dandelion greens, organic garlic, wild leeks, organic scallions, organic nettle greens, organic sea vegetables, and koji culture. *Gluten-free.*

Nutrition Facts: Serving Size 1 tsp. (6g) Servings Per Container: 75; 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 Miso Fresh steamed garlic and red pepper paste are combined together with our Chickpea Miso base of ingredients for this mildly spicy miso. The red pepper paste combined with the yellow chickpeas gives a gorgeous warm orange glow to this miso. Nettle greens and sea vegetables add to its immune-strengthening, healing properties. Aged for a minimum of three months. *Made with 96% Certified Organic ingredients.*

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

Nutrition Facts: Serving size 1 tsp (6g) Servings Per Container: 75; Amount Per Serving: Calories 10, Fat cal 0; Total Fat 0g, 0%; Sodium 150mg, 6%; Total Carbohydrate 2g, 1%; Sugars 0g; Protein 0g.



Sweet White Miso This miso has a relatively sweet flavor and smooth, creamy texture. Sweet White Miso has the lowest salt content of all the varieties we make. It also has the shortest fermentation time and is the only variety we mechanically purée. Sweet White Miso is delicious in spreads, dips, sauces and salad dressings; or for seasoning light soups. *Certified Organic.*

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

Nutrition Facts: Serving Size 1 tsp. (5g) Servings Per Container: 90; 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)