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Clearspring

MACROBIOTIC OUALITY WHOLEFOODS



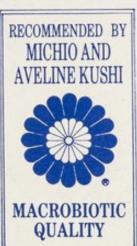
The seal we use on our Japanese products means 'medicine and food (have the) same source'. It is an old saying, and it's not only Oriental philosophy. In the 4th century BC, Hippocrates taught that environment, food and lifestyle were prime influences on our health. Today, modern science has begun to agree. More and more, people are realising that diet is directly connected with health. This is the Macrobiotic point of view.

For over 20 years, Mitoku, our agents, have searched throughout Japan for traditional foods that meet the highest macrobiotic standards. And

for 16 of those years we have been their distributor for the British Isles. To honour this exceptional commitment, world macrobiotic leaders, Michio and Aveline Kushi, have awarded our Japanese Foods their special seal

of Macrobiotic quality.

HELPING YOU MAKE HEALTHY CHOICES



Clearspring

The Finest Range of Macrobiotic Wholefoods

- MALTED CEREAL SYRUPS
 Wholesome Sweeteners rich in Maltose YINNIES ORGANIC BROWN RICE SYRUP, JAPANESE BROWN RICE MALT, CORN and BARLEY MALT, and ORGANIC BARLEY MALT.
- ORGANIC JAPANESE TEAS
 From the Nagata Family Mountain Tea Gardens at Uji –
 Low Caffeine KUKICHA, smoky HOJICHA, and tangy
 SENCHA All available Loss and in Tea Page.
- SENCHA. All available Loose and in Tea Bags.

 SEA VEGETABLES

 Delicious, Mineral-rich Food from the Ocean,
 with wonderful varied tastes. NORI, KOMBU, WAKAME,
 ARAME, HIJIKI, DULSE, AGAR-AGAR, and SEA PALM.
- ARAME, HIJIKI, DULSE, AGAR-AGAR, and SEAPALM.

 ORGANIC MISO
 Rich, Satisfying Soya Puree Genuine Unpasteurised
 Farmhouse Miso from the Onozaki Family MUGI & GENMAI.
 Also HATCHO MISO and SWEET and WHITE MISO.
- ORGANIC SOYA SAUCES
 The very finest traditional Japanese Shoyu and TamariSuperb Seasonings. SAKAE ORGANIC SHOYU,
 MANSAN ORGANIC TAMARI δ JOHSEN PREMIUM SHOYU.
- AMAZAKE
 Delightfully Sweet, Rich and Creamy cultured Organic
 Brown Rice. Use as a Drink or Dessert.
 A classic wholefood Sweetener.
- ORGANIC UMEBOSHI
 Tart and Tangy Salt Pickled Plums that make a Delicious Savoury Seasoning. Prized for their Health-giving properties for over 1000 years in the Orient.
- JAPANESE PASTA
 Genuine Rolled and Cut Noodles from the Sakurai Family.
 Smooth textured and easy to digest SOBA Buck wheat,
 UDON Wheat Noodles, ε RAMEN Quick cooking Noodles.
- SAUCES, RELISHES & CONDIMENTS ORGANIC BROWN RICE VINEGAR, TOASTED SESAME OIL, KUZU, SHIITAKE, MOCHI, NATTO MISO CHUTNEY, TEKKA, TAKUAN and SUSHI PICKLES.
- CRACKERS, BISCUITS & SWEETS
 A wide range of tasty Japanese Baked BROWN RICE
 SQUARES ε PUFFS. Also genuine RICE MALT SWEETS,
 flavoured with natural essences.
- SPECIAL COOK WARE
 AETERNUM STAINLESS STEEL PRESSURE COOKERS,
 BAMBOO Cooking Utensils, KATANA Vegetable Cutting
 Knives. SURIBACHI Mortar δ Pestles, and much More!
- RECIPE & INFORMATION LEAFLETS
 We have prepared a series of Leaflets, packed with useful
 information so you can thoroughtly enjoy, and get the most
 from our traditional wholesome foods.

CLEARSPRING LTD

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