



SHOPPING LIST:

- 4 teaspoons Miso mellow yellow for summer - must be organic and aged for those live cultures!
- 2 teaspoons of Wakame seaweed (from Whole Foods comes already cut and ready to go)
- 1 teaspoon of organic Shoyu sauce
- 1/2 a medium onion sliced in half moons
- 1/2 a carrot slice in matchsticks
- 2 dried shitake mushrooms
- Daikon - a long white radish (ask your grocer, he'll know)
- 5 Cups of spring water
- 1 scallion, thinly sliced for garnish (if you can handle it)