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## PRESS RELEASE



### **Suribachi**

A suribachi is a traditional Japanese food grinder. These bowls are grooved inside for hard to grind seeds, nuts and herbs, and are recommended for macrobiotic cooking. Bowls come in a variety of designs and colors like brown, blue, green, cream with blue stripes and embossed dragonflies. All bowls come with wooden pestles, which are also sold separately.