



SLOW FOOD SONOMA COUNTY :: NORTH ::

April 2020 NEWSLETTER



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Resources to Support Slow Food's Mission during COVID-19

Most of us are feeling powerless in the face of this pandemic. Wondering at home if we'll get sick, how many new cases and deaths will be coming before they begin to retreat, when things will return to normal. And what is normal now?

Two small ways to regain some sense of control is to master new strategies and skills and help others where we can. For example, organizations are offering ways to support our farming community and our local businesses, including restaurants. Many suggestions take the form of webinars, which have the advantage of bringing us together remotely.

Help for Farmers

CAFF (Community Alliance with Family Farmers) has a weekly webinar series about adapting farming during the crisis (“an opportunity to learn from your fellow farmers and ranchers and from subject area experts about the challenges farmers are currently facing and the different strategies folks are implementing”). Webinars are on Wednesdays 4-5:30 pm beginning on April 1 (“Creative Solutions to Market Instability”). [Register for the webinars.](#)

CAFF also publishes tips, resources, and guidelines to help keep farmers safe, informed, and in business during this crisis. [CAFF COVID-19 Resources](#)

Help for Businesses and Consumers

Farm Trails publishes up-to-date ways for consumers to access local food resources, thereby supporting our farmers. Information includes current CSAs and farmers markets (since farmers' markets have been declared as "essential services," they thankfully are allowed to operate), as well as restaurants and other food businesses that provide deliveries and take-outs. [Farm Trails Food Resources](#)

See also the ***Snail of Approval*** column below for our Snail businesses that are currently operating with a distance model.

Help for Those in Need

Farm to Pantry engages volunteers who glean (harvest) and collect from a continually growing network of local growers—farms and home gardens. The freshly harvested food goes to food pantries and similar organizations. Their March 27, 2020 e-letter says, "Right now, volunteers are still out in the fields and orchards, gleaning fresh produce for those who are hungry or in need of healthy food. We are practicing all the CDC recommended protocols to ensure the health and safety of our volunteers, staff, and those served by our programs and community partners. We know they rely on us for much needed, nutritious food ... and we are here for them!" **Join with them to harvest and help.**

Help for Ourselves

The current **School Garden Network** newsletter frames our current reality beautifully: “For many people, this seems to be a period of deep reflection and a remembrance of values that have been hidden from our society at large for some time; values that include social connectedness and care, nourishing ourselves, and the mental and physical benefits of spending time outdoors. At School Garden Network, we feel that this moment really underscores the fundamental educational imperative to teach children how to grow and prepare their own foods, as well as explore their relationship to nature.” [The Network](#) offers resources and suggestions for what to plant now.

And **Slow Food USA** is hosting “Slow Food Live,” a series of near-daily skill-based workshops led by experts designed to help us access and engage in all of the things Slow Food champions and supports. You can **sign up for video classes** such as Making Pizza at Home and Zero Waste Minestrone [here](#). Workshops are hosted on Zoom, and include 30-45 minutes of learning and 15 minutes for questions.

Slow Food Events

COMING EVENTS

Don't miss these coming events! Detailed invitations will be emailed approximately 4 weeks before each event.

April

13, Postponed. Slow Books: *Clementine in the Kitchen*, by Phineas Beck

June

20 Summer Picnic at the Gradek Ranch, 4 pm, Healdsburg

Spotlight on Member/Producer: Ellen Shick's "An Italian Dish" Blog



My blog, **An Italian Dish**, is a labor of love and my dedication to everything Italian. It's full of recipes, stories and travel tips about Italy. I've been a vegetarian for many years, so I focus on naturally vegetarian dishes like eggplant parmigiana and vegetable-based pasta sauces. Of course, the Slow Food philosophy informs many of my posts. As a long-time member, I promote local and sustainable foods. Cooking can be a peaceful way to spend an afternoon and a beautiful way to feed our souls. I hope the stories and the recipes will give you some respite and joy as we go through these hard times.

I started the blog in 2017 after I was bitten by the genealogy bug. My maternal great grandparents immigrated to America from a remote region in Southern Italy called Irpinia. To find it, start in Naples, travel due east for about 30 km and you'll find many little villages tucked inside the nooks and crannies of the Southern Apennine mountain range. After talking to family members and doing ancestry work, I had the opportunity to visit these little villages. I recognized my family in the faces of the Italian people.

After a long career as an instructor at Santa Rosa Junior College, I began to yearn for more personal expression. I love my work as a teacher, but after my first trip to Italy in 2015 and some genealogy research, I felt driven to make some life changes. I wanted to start writing about Italy, my family and the cuisine; creating a blog seemed like a good place to start. I hired a writing coach, took an online food photography course, and posted my first few blog posts. The experience was terrifying and freeing. I climbed a very steep learning curve, but after many hours of study, I now have a quarterly newsletter, an ever-growing collection of authentic Italian recipes, and a good start on a food-based memoir.

Come on over for a taste of Italy--visit [An Italian Dish](#).

What is Cucina Povera?

The old saying, necessity is the mother of invention, describes *cucina povera*, or peasant kitchen. Throughout the centuries in Naples, Sicily, and other parts of the south, people couldn't afford or didn't have access to meat, eggs, or cheese, which led to the creation of simple and inexpensive dishes such as pizza and pasta. The recipe I want to share with you is from the *cucina povera* tradition.

Baked Potatoes, Tomatoes, and Onions (*Patate, Pomodori, e Cipolla al Forno*)

Serves 4

(Note that *cucina povera* often uses a combination of breadcrumbs and olive oil as a substitute for cheese.)

2 small or 1 medium onions, sliced ½" thick
5-6 medium sized potatoes, sliced ¼" thick
6 large tomatoes, thickly sliced or a 28-ounce can of whole tomatoes
2 tablespoons olive oil
oregano
bread crumbs
salt and pepper to taste

Using 1 tablespoon olive oil, grease the bottom of a 9" x 11" baking pan. Layer the bottom with sliced onions. Next alternately layer potatoes, tomatoes, oregano, salt and pepper, ending with tomatoes on the top. Sprinkle with bread crumbs and drizzle 1 tablespoon of olive oil over the top. Bake in a 325 degree F oven for 45 minutes, until potatoes are soft. Buon appetito!

Slow Books: "Clementine in the Kitchen"



The April 13 discussion of *Clementine in the Kitchen* by Phineas Beck has been postponed until it's safe to meet up again. In the meantime, enjoy reading the book!

When "*Clémentine in the Kitchen*" first appeared in 1943, it immediately captivated American readers. Written by the artist Samuel Chamberlain under the pen name Phineas Beck, it recounts the gastronomic adventures of the Beck/Chamberlain family during the decade that their beguiling Burgundian cook Clémentine produced wonderful French meals for them, both in France and in their New England home in Marblehead, MA. An appendix contains 125 recipes--classic dishes, regional specialties, and much that is useful for special occasions. But the most compelling are plain and old-fashioned. These are the dishes that identify the Clémentine family style, a style so French, so civilized, so knowing in its use of ingredients that it cannot become impractical or ever go out of date: filets de sole au vin blanc, boeuf à la mode, endives braisées— trophies of la cuisine bourgeoise that never fail to please. (Amazon)

Snail of Approval



What a difference a few weeks make. Just over a month ago we held our awards ceremony celebrating our 2019 Snail of Approval restaurants, farmers, and artisan producers (both new and renewing). Now as a community we are working to support their businesses during the COVID-19 crisis.

Many of our Snails are still open for business, although their processes vary and change often. And although some of our Snails have temporarily closed, you can still support them and all our Snail businesses with the purchase of gift cards. We look forward to fully supporting our Snails again when we emerge from our shelter-in-place.

Contact information for restaurants offering pick-up orders:

Backyard, Forestville, 707-820-8445, [Backyard pick-up-only-menu](#)
Diavola Pizzeria, Geyserville, 707-814-0111, [Diavola Pizzeria](#)
Estero Café, Valley Ford, 707-876-3333, [Facebook-Estero Cafe](#). Pick up also at Americana, Estero's sister restaurant, Santa Rosa
Mateo's, Healdsburg, 707-433-1520, [Facebook-Mateo's](#). Delivery also.
The Naked Pig, Santa Rosa 707-978-3231, [Facebook-The Naked Pig Cafe](#)
SingleThread, Healdsburg, 707-723-4646, [Tock-SingleThread Farms](#). They are also taking donations for the meals they are preparing for the community-in-need through various local non-profits.
Trading Post, Cloverdale, 707-894-6483, [The Post Cloverdale](#)

Contact information for online orders with delivery or shipping from producers:

Black Pig Meat Co., Sonoma County, [Black Pig Meat Co.](#)
DaVero Farms & Winery, Healdsburg, 707-431-8000, [DaVero](#)
Tilted Shed Ciderworks, Windsor, 707-657-7796, [Tilted Shed](#)

Contact information for farms:

Bernier Farms, Geyserville, 707-849-7592, [Instagram-Bernier Farms](#). CSA sign-ups
Laguna Farm, Sebastopol, 707-823-0823, [Laguna Farm CSA](#). CSA sign-ups
Lantern Farm, Cloverdale, [Facebook-Lantern Farm](#). Delivery in Cloverdale/Asti
Tierra Vegetables, Santa Rosa, 707-544-6141, [Facebook-TierraVegetables](#). Farmstand

Contact information for other locations:

Be Here Farm + Nature, Sonoma County [Instagram-Be Here Farm](#). Farm
Flower + Bone, Santa Rosa [Facebook-/Flower+Bone](#). Restaurant
Handline, Sebastopol, 707-827-3744, [Handline](#), [Facebook-Handline](#). Restaurant

A complete list of our Snail awardees is here.

Bodega Red Potatoes: Time to Plant!

It's spring planting time. And local farmers and gardeners have responded enthusiastically with orders for Bodega Red seed potatoes that totaled 4500 pounds. The seeds were distributed in late March to 30 farms, community gardens, school gardens, Slow Food chapters, and retailers. If you are ready to plant your own crop of these heirloom potatoes, you may purchase them now at the following nurseries and retailers:

Cloverdale Nursery
216 S. Cloverdale Blvd.
Cloverdale, CA
707.894.6654

Harmony Farm Supply & Nursery
3244 Gravenstein Highway North
Sebastopol, CA
707.823.9125

Petaluma Seed Bank
110 Petaluma Blvd. North
Petaluma, CA
Closed Saturdays
707.773-1336

Wright's Feed
10 Mill Street
Healdsburg, CA
707.433.3745

Please support these local businesses. They are helping us restore Sonoma County's heirloom potato.

Membership

Join or [renew your membership online](#) and list Sonoma County North-CA as your chapter. If you prefer to renew locally by check, please download our [membership form](#) and follow the instructions.



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