

# TRADITIONS

QUARTERLY NEWSLETTER OF SLOW FOOD SONOMA COUNTY CONVIVIAM

## Our New Projects & Events

THIS ISSUE OF TRADITIONS is devoted to updating you about all of the exciting projects and events we have been working on over the last few months.

We hope you will become involved in the ones that strike your fancy!

Please go to [www.slowfoodsonomacounty.org](http://www.slowfoodsonomacounty.org) for more information.

## SOMETHING LOCAL, SOMETHING NEW— A CALL TO SLOW FOOD



JOIN US Saturday, November 14, noon to 5 pm on the grounds of the Geyserville Inn for Artisanso, the first annual celebration of local artisan food and wine along with offerings by local artists. *Not to be missed!*

ARTISANO, a festival of our own Sonoma hand-crafted tastes and arts, is gearing up for an autumnal debut. This unique boutique of boutiques is the brainchild of Slow Food Sonoma County member Mark Tharrington. In partnership with Artisanso, our convivium will hold an auction—both silent and live, proceeds from which will benefit our School Garden Project. Our local schools in Northern Sonoma County will reap the harvest.

To whet your appetite for this event, our local restaurants will tantalize with food stations serving “small plates” and Relish’s Donna Del Rey has assembled an array of talented and cutting edge chefs to demonstrate with flair throughout the day.

Many Slow Food members have been invited to be part of the festival. Some of the small production, premium wineries that will participate include Reynoso, Duxoup, Forth,

Medlock Ames, Montemaggiore, MacPhail, Verge, Stromberg, and Leo Steen. Some food purveyors include Carrie Brown’s Jimtown Store and Gayle Okumura Sullivan’s Dry Creek Peach & Produce. Food fanciers won’t be disappointed.

Tickets are \$90 at the door, \$75 in advance with a \$5 discount for Slow members. Follow our progress at [www.artisanso.org](http://www.artisanso.org) or call 707-894-8500.

We will be sending you information soon about opportunities to donate auction items such as a picnic in your yard, a weekend at a vacation home, a ride on your horse, a sail on your boat. If you have special auction items you’d like to donate, let us know.



## SLOW FOOD SCHOOL GARDEN PROJECT

**I**N JUNE, a large and energetic group of Slow Food Sonoma County members and others in the community came together to create a committee to bring gardens to some of our local schools. The committee is chaired by Lise Ciolino, and members have committed to working in six schools in our convivium's service area of north county.

At this stage, the project is focusing only on school gardens. Getting garden produce into the cafeteria and/or integrating nutrition and gardens into the curriculum will be later steps when and if they are appropriate.

The mission of the project is to expose the youth of northern Sonoma County to good, clean, and fair food by supporting the development and maintenance of gardens in schools.

The project's role is primarily one of brokering (locating the resources the schools need) and supporting (regular contact, trouble-shooting, brainstorming). Each targeted school will have a team of a School Garden committee member and a garden champion employed by the school.

Some of the ways in which the project can help a school to develop or continue a school garden include: finding volunteers to work in the garden, providing seeds or seedlings, buying or locating tools, and locating funds for irrigation or other one-time systems.

Committee members include Blanche Becker, Zureal Bernier, Bryan Brylka, Melissa Cash, Lise Ciolino, Debbi Crapeau, Donna del Rey, Marie Giacalone, Bill Hawn, Lisa Hunter, Mary Kelley, Melita Love, Care Morgenstern, Kenneth Rochford, Anne Fisher Silva, and Barbara Wollner.

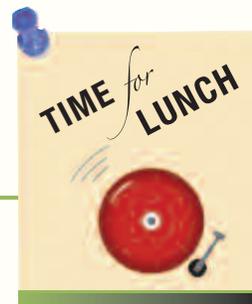
For more information about this project, email Coordinator, Lise Ciolino at: [lise@montemaggiore.com](mailto:lise@montemaggiore.com)

*I wanted to get involved with the Slow Food School Garden Project after seeing the cafeteria food that 90% of the children eat at my son's school (which bears little resemblance to real food). Providing kids with the opportunity to watch real food grow is the first critical step in educating them to make good, lifelong, healthy choices.*

—Lise Ciolino



## SLOW FOOD NATIONAL “TIME FOR LUNCH” CAMPAIGN



ON JUNE 23, Slow Food USA unveiled a national campaign to tell Congress to provide America’s children with real food at school. According to its press release, Slow Food USA states that one of the major goals for the campaign will be orchestrating local *Eat-Ins* around the country on Labor Day, September 7, 2009. The *Eat-Ins* are designed to draw attention to “the need for real, healthy food for the more than 30 million children who participate in the National School Lunch Program.”

Slow Food USA hopes to influence legislators to make changes in the Child Nutrition Act

that is up for reauthorization this year. Full information about the campaign and the Child Nutrition Act is available at [www.slowfoodusa.org/timeforlunch](http://www.slowfoodusa.org/timeforlunch).

Slow Food Sonoma County, with leadership of the School Garden Committee, is organizing a Labor Day *Eat-In* as a potluck meal on the Healdsburg Plaza from 5-8 pm. We hope to attract at least 100 Slow Food and community families. An invitation to this event has been sent to members by email and announced in the local press.

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*I started our convivium gleaning project because food pantry requests are growing beyond their ability to keep up.*

*I believe this is a great way to connect Slow Food members with each other, the community, farmers, the land, all on a shoe-string budget by distributing what we already have—our hands, hearts, and mother nature’s bounty.*

—Aletha Soule

*For more information about Slow Harvest, contact Aletha Soule: [slowharvest@gmail.com](mailto:slowharvest@gmail.com)*

## SLOW HARVEST GLEANNING PROJECT

THE CONCEPTION of Slow Food Sonoma County board member, Aletha Soule, Slow Harvest connects food banks and other programs that bring food to people who need it with farmers and families that have excess fruits and vegetables.

In its first month, the project gathered over 400 pounds of fruit, vegetables and bakery goods and delivered them to Food for Thought in Forestville, a food bank that helps meet the nutritional needs of over 500 individuals living with AIDS and HIV. One of the main donors so far has been SFSC member Nathan Boone’s First Light Farm.

In Aletha’s words, “Because people who wish to help and those in need are all over the county, we are building a network so folks can do their part close to home.” For example, the project is working closely with Melita Love’s Farm to Pantry project in Healdsburg [www.farmtopantry.com](http://www.farmtopantry.com)

The project sponsored the first of a series of canning events at Relish Kitchen on August 11, “Of Course We Can!” A total of 240 quarts of Gravenstein applesauce were canned by volunteers led by Elissa Rubin-Mahon and donated to Food for Thought and Farm to Pantry.

## SONOMA-GUATEMALA FOOD TRADITIONS EXCHANGE

**A**NA MARIA CHALI CALAN is a powerful and charismatic woman who is devoted to sustaining the agricultural roots and traditions of her Mayan village, Pachay las Lomas. She created AMIDI, the Association of Indigenous Women for Holistic Development, to accomplish this. Last November, Slow Food Sonoma County hosted Ana Maria as part of our food traditions exchange project with AMIDI in Pachay. That visit has resulted in exciting changes in Pachay and new directions for the project here in Sonoma County.

At a reception held here for Ana Maria, she told us about new fuel-efficient, properly vented and fuel-efficient stoves that would change the lives of the villagers. Since that moment, enough money has been raised so that all of the 40 women in AMIDI have one of these new stoves!

The AMIDI women and girls are master weavers, and many of us bought the woven items for the table that Ana Maria brought with her to Sonoma County.

On her visit, Ana Maria toured several backyard gardens and farms. She was most impressed with our attention to the care of the soil through worm composting and the use of organic amendments including



manure. On her return home to Pachay, Ana Maria constructed raised growing beds and collects animal manure to amend the soil. She is now working with the women of AMIDI so that every home will have a raised bed and compost.

Slow Food Sonoma County will work with Native Seed Search to identify traditional native crops and provide seeds to the village; we will also teach the villagers how to save seed.

For more information about this project, email Marilee Wingert at [marileewingert@earthlink.net](mailto:marileewingert@earthlink.net) or Stephanie Chiacos at [schiacos@seam-stress.com](mailto:schiacos@seam-stress.com).

Slow Food Sonoma County will work to develop a market for table weavings made by the women in Pachay. To begin, items will be available at events and through our website. In addition, there will be an ongoing raffle of table runners to raise money for the AMIDI weavers.



## ANNOUNCEMENTS

OUR WEBSITE is now managed by Patti Buttitta, who also designs the newsletter. We are excited about launching a section on the site, called “Producers,” where you can place information about your business or program—as long as it is related to the mission of Slow Food.

The goal of this section is communication and interaction among convivium members and the larger food community. We invite you to send a brief description of your business or program, following these guidelines:

- 1) Write a description of 25 words or less.
- 2) Briefly state how your business or program meets the Slow Food Sonoma County mission.
- 3) Include the name of your business or program, contact person, and your website or email address.

*Please email your description to Lisa Hunter at [lhunter@aol.com](mailto:lhunter@aol.com).*

You can find our Mission Statement on the landing page (home) of the Slow Food Sonoma County website: [www.slowfoodsonomacounty.org](http://www.slowfoodsonomacounty.org)



### WELCOME NEW MEMBERS!

Karen Boness & Mark Feichtmeir, Kenwood  
Kelly & Joe Cleaver, Kenwood  
Emmy & Tom Cleland, Healdsburg  
Jennifer Dolence, Healdsburg  
Judy Edmonds & E.J. Neil, Healdsburg  
Shirley Heringer, Santa Rosa  
Kay & Jim Kline, Healdsburg  
Sara Little, Guerneville  
Andrea Lederle & Greg Adams, Sebastopol  
Melita Love, Healdsburg  
Yvonne Mathieu & George Reed, Geyserville  
Chris & Deb Means, Santa Rosa  
Renee Pisan, Santa Rosa  
Rosemary Rasori, Healdsburg  
Christine Schantz, San Anselmo  
Sally Singingtree & Thomas Bickford, Rohnert Park

## NEWS & EVENTS

### Newsletter & Website

Thank you to everyone who responded to our survey about whether you wanted this newsletter sent electronically or in print. The vote was overwhelmingly—55 to 8—to continue providing it as an email attachment and on the website.

All past issues of Traditions are archived on the website for you to download.

### COMING EVENTS

Please watch for emailed information for the following events approximately three weeks before each event listed below.

#### SEPTEMBER

- **September 7, 5–8 PM**  
Eat-In for *Time for Lunch*, national campaign  
Healdsburg Plaza
- **September 11, NOON**  
Making Sausage with Jim DiMartini  
and Dennis Imbach  
Cloverdale
- **September 16, 6:30 PM**  
Meet-up at Restaurant Eloise  
Sebastopol

#### OCTOBER

- **October 10, 3 PM**  
Art of Taste Potluck &  
Brief General Meeting  
Gradek Ranch, Healdsburg
- **October 11, NOON**  
Regional Event with  
Sonoma State University Convivium  
Sonoma State University Campus
- **October 25, 6 PM**  
Meet-up at Taverna Santi  
Geyserville

#### NOVEMBER

- **November 14, NOON–5 PM**  
Artisano Festival to benefit  
Slow Food Sonoma County  
Geyserville Inn
- **TBD**  
Food Justice Round Table Discussion  
Location to be announced