SLOW FOOD SONOMA COUNTY :: NORTH ::

JUNE 2019 NEWSLETTER

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Embrace Equity, Inclusion, and Justice

In May, Sonoma County North and Russian River chapters held an event called “Embrace Joy and Justice.” We raised money to support speakers and workshops on Equity, Inclusion, and Justice (EIJ) in the food system at Slow Food Nations in Denver next month.

So what is EIJ, and what does it have to do with Slow Food?

In 2018, Slow Food USA launched a new initiative to address justice in the food system, and released the *Slow Food USA Manifesto for Equity, Inclusion and Justice (EIJ) in the Food System*. The goal of this document was to acknowledge the structural inequalities within our food system and the voices that are marginalized as a result.

The current campaign, “Embrace Joy and Justice,” puts the manifesto into action and reminds us to embrace this goal with joy, not grimness.

In other words, food shouldn’t just taste good; it should do good.

Embrace Joy and Justice aims to bring more diverse voices to the table, especially those often excluded by the mainstream food movement. For example, chapters can prioritize support for underrepresented producers, host events that highlight a variety of food traditions, and promote discussions around bias in the food system as well as chapter membership.

Two recent Slow Food examples of introducing a variety of food traditions involve a series of meals with immigrant and indigenous chefs (Slow Food East Bay), and a Snail of Approval award to Mateo's Cocina Latina for Yucatan (not Mexican!) cuisine (Sonoma County).

Many of the sessions at Slow Food Nations 2019 will be devoted to topics such as immigration and labor, indigenous food traditions, the future of cooperatives, and EIJ leadership training.

And the green and blue bracelets?

An artifact has been created for people to declare their support for EIJ. You may have seen blue

and green woven bracelets sporting the Joy and Justice motif. They were handmade by the Red Sweater project in a Maasai community in rural Tanzania. Sale of the bracelets will support the Mungere School's organic garden and educational programs, as well as the EIJ programs at Slow Food Nations. Sporting this bracelet declares your belief in striving for justice--with joy--in the food system.

Our multicolored snail logo

On a personal note, the multicolored snail logo used by Sonoma County North was designed by chapter leader Lynn Davis to represent the beauty and joy of our Slow Food movement. "I created it in 2011 at the beginning of my first term on the board," she says. "We were preparing to send two people to Italy as delegates for Terra Madre. That people from all over the world would be there together was amazing to me. I learned that the spiral on the snail represents the circle of life and portrays the rotation of the Earth around the Sun. When you look at a picture of the Earth from space, it has shades of blue, green, and other colors. The snail I painted was an interpretation of Terra Madre as the Circle of Life with people from all over the world."

The Equity, Inclusion, and Justice Manifesto

Joy and Justice campaign

Sonoma County North Events

Detailed invitations will be emailed approximately 4 weeks before each event.

JUNE

24 Slow Books: "The Food Explorer" by Daniel Stone, 5:30 pm, Windsor
25 Tour of Kendall Jackson Gardens with Tucker Taylor, director of culinary gardens. 10 am, Fulton.

JULY

13 Annual Summer Picnic, Gradek Family Farm, 4:30 pm, Healdsburg
19-21 Slow Food Nations, Denver

AUGUST

24 Tapas in the Vineyard, 6 pm, Cloverdale
TBD Annual Meeting, Healdsburg

SEPTEMBER

10-12 National Heirloom Exposition, Santa Rosa
11 Around the Slow Table, Cookbook Version, 6 pm, Healdsburg

Spotlight on Sonoma County North

Member/Producer: Jackson Family Gardens

Looking for more gardening know-how? Tired of watching slugs lace your lettuce and aphids chomp your chard? Head over to Kendall-Jackson Gardens where seven distinct garden spaces offer education and beauty to inspire your own backyard.

A colorful garden map illustrates just how biodiverse and interconnected these gardens are: composting; water conservation; beehives; bird, bat, and owl boxes all play a role in the success of these gardens. According to Tucker Taylor, director of culinary gardens at Jackson Family Wines, they have seen a dramatic improvement in pollination of their fruiting crops such as tomatoes, beans, squash, and apples since they began using these natural helpers several years ago.

As you stroll the pathways, you'll notice numerous compact garden beds instead of traditional rows. Taylor explains that culinary gardening can be more intensive than the "row cropping" we're accustomed to seeing on nearby farms. "We are trying to maximize production in a relatively small space," he adds, "while continually striving to build our soils in order to produce nutrient-dense fruits, vegetables, and herbs."

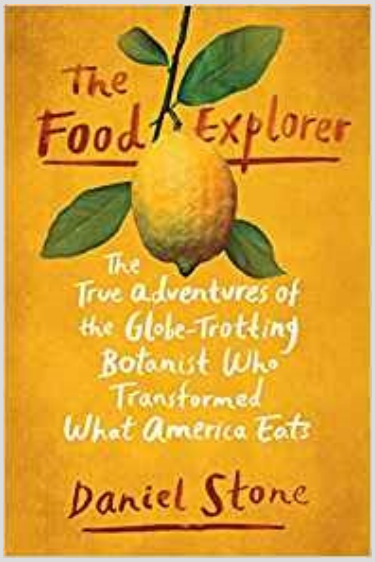
These four supercharged acres provide produce for winery chefs Justin Wangler and Tracey Shepos Cenami and pastry chef Robert Nieto. This trio of talent also collaborated on their 2018 cookbook, *Season*, which was recently awarded Cookbook of the Year by the International Association of Culinary Professionals.

In addition, the gardens grow produce for some of the best chefs in the Bay Area—all four three-Michelin-star restaurants including Single Thread in Healdsburg—and for those in need through the nonprofit Farm to Pantry, where Taylor serves on the board.

Taylor's impressive resume includes the redesign of the culinary garden at The French Laundry and five years of growing specialty produce for Chef Thomas Keller's restaurants before joining Jackson Family Wines. And like creative gardeners the world over, he's always thinking how the gardens could be even better next year. To that end, he's currently developing a business plan for three hoophouses. "These will aid in increasing our winter production by keeping the rains off of our soils so we can continually prepare our beds and plant through the winter," he says. "They will also aid in increasing plant growth and protecting more tender crops from frosts and freezes."

Don't miss the chance to see the gardens firsthand on June 25 when SFSCN offers a tour led by Tucker Taylor and brown-bag lunch at the Kendall-Jackson Gardens. Watch for your email invitation!

Slow Books: The Food Exporer



On Monday, June 24, Slow Books will discuss "The Food Explorer:The True Adventures of the Globe-Trotting Botanist Who Transformed What America Eats" by Daniel Stone. We will meet at 5:30 pm at Violet Nelson's home in Windsor.

David Fairchild was a late-nineteenth-century botanist who traveled the globe and introduced diverse crops such as avocados, mangoes, seedless grapes—and thousands more—to the American plate.

In the nineteenth century, American meals were about subsistence, not enjoyment. But as a new century approached, appetites broadened, and David Fairchild set out in search of foods that would enrich the American farmer and enchant the American eater.

Kale from Croatia, mangoes from India, and hops from Bavaria. Peaches from China, avocados from Chile, and pomegranates from Malta. Fairchild's finds weren't just limited to food: From Egypt he sent back a variety of cotton that revolutionized an industry, and via Japan he introduced the cherry blossom tree, forever brightening America's capital. Along the way, he was arrested, caught diseases, and bargained with island tribes. But his culinary ambition came during a formative era, and through him, America transformed into the most diverse food system ever created. (Amazon)

Snail of Approval Awards

Congratulations to our newest Snail of Approval farms!

Bernier Farms and Laguna Farm join our growing list of local farms that are making a significant contribution to improving the food system in Sonoma County.

Bernier Farms is a small, certified organic, family-run farm in Dry Creek and Alexander Valleys of

Sonoma County. You can find their produce at local restaurants and purchase for home use at the Healdsburg and Santa Rosa farmers markets. Known for 14 varieties of hardneck and softneck garlic, they offer their organic seed for sale online.

Laguna Farm is a 25+ acre farm located just south of downtown Sebastopol off Highway 116. The foundation of the farm is their Community Supported Agriculture (CSA) program, where they serve over 400 families with produce boxes weekly or twice monthly. The CSA operates year round, and serves as a meeting place and educational/social hub for their community. You can also purchase their produce at the Sebastopol and Santa Rosa farmers markets.

Join us in supporting our Snail of Approval farms and restaurants, and when you do, be sure to let them know you are with Slow Food!

Bernier Farms

Welcome to New Members

Welcome to New Members!

Karen Clark

Patricia Deignan

Jeanette Gulbronsen

Les Raffel

And Welcome Back!

Zureal and Anna Bernier

Patti Buttitta

Mike and Sally Hillis

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.

Food for Thought Needs Kitchen Volunteers

Local nonprofit **Food for Thought** provides healthy food and compassion to people living with HIV and other serious illnesses in Sonoma County. They are looking for "Loving Spoonful" kitchen volunteers to assist their chef to prep, prepare, and package healthy and delicious soups, salads, and other items for their clients to enjoy. Volunteers with all levels of cooking experience are welcome. Shifts are every Monday from 10 am-12:30 pm and 1-4 pm at Shone Farm, Forestville.

For more information, please contact Helen Myers at helenm@fftfoodbank.org or 707/887-1647, extension 103.

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