



SLOW FOOD SONOMA COUNTY :: NORTH ::

February 2020 NEWSLETTER



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Climate Change and Slow Food



“It is Slow Food’s duty to work on climate change: There can be no quality, no good food, without respect for the environment, for resources and for human labor.”

This statement from Slow Food's President, Carlo Petrini, launched Slow Food's *Menu for Change* campaign in September, 2017. The campaign made explicit the connection of climate change and food, and sought to promote a series of simple steps for mitigating the damage from increasing weather anomalies.

Scientists agree that human activity has contributed to climate change, especially by generating greenhouse gases produced by fossil fuels. And shockingly, agriculture is responsible for 21% of total global emissions (compared with 37% from energy, 14% from transport and 11% from industry). Of this 21%, nearly half (40%) of greenhouse gas comes from methane produced by livestock during digestion.

But agriculture, particularly small-scale farming, is also the first victim of climate change, as farmers have to deal with devastating droughts interrupted by flash floods, and make longer and longer journeys to find water for their animals.

"We must ask ourselves a few simple questions: How was the food that I share with my family produced? Where did it come from? How much energy and water was needed to make it?" --Carlo Petrini

Menu for Change offers these steps for reducing your carbon footprint:

1. Eat
less

- meat
and
dairy.
- 2. Buy
local.
- 3. Buy
organic.
- 4. Opt
out
of
processed
and
pre-
packaged
foods.
- 5. Cook-
-
and
cook
smart.
- 6. Don't
throw
away
your
food.
- 7. Grow
your
own
food.

Check out [How to Fight Climate Change with Your Fork](#) for why these actions will impact climate change.

Sonoma County North is hosting a panel discussion on the relationship between climate change and food on April 5 in Healdsburg. Watch for your invitation soon.

Slow Food Events

COMING EVENTS

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

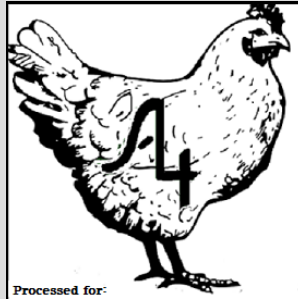
February

- 8 Around the Slow Table** with Ruth Reichl's *My Kitchen Year*, Windsor
- 24 Slow Books:** Michael Pollan's *The Omnivore's Dilemma*, Cloverdale
- 26 Third Annual Snail of Approval Awards**, Sebastopol Grange [Tickets](#)

April

- 5 Panel on Climate Change** with John Mihalik, Marshall Turbeville, and Evan Wiig, Healdsburg

Spotlight on Sonoma County North Member/Producer: A4 Farms



A4 Farms - Pasture Raised Chickens

Right here in Sonoma County, we have our very own little house on the prairie. In the mid-1850s, traveling by covered wagon, Jessica Ascoop's family left the Midwest and settled in Fulton, California. In order to feed the family, they worked the land, grew hay, and raised dairy cattle. Now in 2020, five generations later, Jessica, her parents, her husband, and two children keep the tradition alive.

You might say that Jessica is pasture-raised. She was born on the family ranch and grew up in 4-H and Future Farmers of America. She loves agriculture; her ethics and values around raising animals developed through a lifetime of hands-on experiences. Now as a seasoned rancher, she understands the challenges and relishes the joys. She loves working with her family and seeing them every day. It takes the whole family and a very supportive community to keep everything working in sync.

A4 Farms consists of three plots of land. The family home ranch in Fulton on 60 acres supports the pasture-raised chickens. Additionally, 250 acres on River Road and 2,500 acres on Skaggs

Springs Road in Healdsburg provide lush grazing pastures for the cows and calves. Just like the original settlers, Jessica grows hay for the farm's straw and hay delivery service.

Raising chickens is a tough gig. Every other week, in the wee hours of the morning, Jessica hops in the truck with a load of chickens. She drives 130 miles to Modesto, the closest processing plant. The good news: thanks to a generous grant from Slow Food Sonoma County's Local Farmer Project in 2018, Jessica received funds to improve the farm's infrastructure and to create a beautiful label for her products. That meant another hoop house for more chickens and a label that would withstand the wear and tear of packaging--a huge benefit for her business.

Small farmers face many challenges, but Jessica says she is grateful for the experience and would choose it all over again. "Often times, general consumers are very disconnected from where their food comes from," Jessica explains. "I'm proud to say that I raised this food. It's the small steps that are most important."

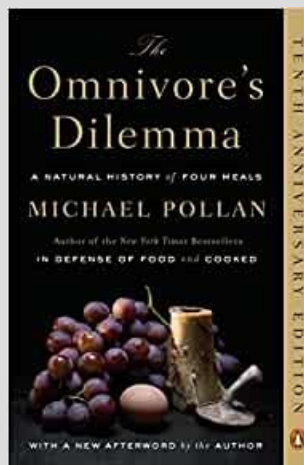
A4 Farm's pasture-raised chickens can be found in several nearby locations. Thanks to the generosity of [Sonoma County Meat Company](#), A4 Farms broilers are found in local restaurants and can be purchased in the shop. In addition, [Panizzera Meat Company](#) in Occidental and [Andy's Produce](#) in Sebastopol sell A4 Farms broilers.

If you want to meet Jessica, she sells year-round at the [Napa Farmers Market](#). She would love to talk to you about her farm, her family, her history, and her beloved animals.

To place an order, or for more information, visit [A4 Farms on Facebook](#), email A4farms@aol.com or call (707) 529-4277.

And stay tuned for a future tour of the farm with Sonoma County North!

Slow Books: "The Omnivore's Dilemma"



On Monday, February 24, Slow Books will discuss *The Omnivore's Dilemma: A Natural History of Four Meals* by Michael Pollan. We will meet at 5:30 pm at Denaire Nixon's home in Cloverdale.

What should we have for dinner? Ten years ago, Michael Pollan confronted us with this seemingly simple question and, with "The Omnivore's Dilemma," his brilliant and eye-opening exploration of

our food choices, demonstrated that how we answer it today may determine not only our health but our survival as a species. In the years since, Pollan's revolutionary examination has changed the way Americans think about food. Bringing wide attention to the little-known but vitally important dimensions of food and agriculture in America, Pollan launched a national conversation about what we eat and the profound consequences that even the simplest everyday food choices have on both ourselves and the natural world. Ten years later, "The Omnivore's Dilemma" continues to transform the way Americans think about the politics, perils, and pleasures of eating. (Amazon)

Snail of Approval



[Tickets](#)

3rd Annual Snail of Approval Awards

Wednesday, February 26, 2020

5:30 PM – 7:30 PM

Sebastopol Grange, 6000 Sebastopol Avenue, Sebastopol

Join Slow Food Russian River and Slow Food Sonoma County North as we honor our 2019 Snail of Approval farm awardees:

Be Here Farm - Sonoma County

Bernier Farms - Healdsburg

Laguna Farm - Sebastopol

We are excited to announce that we are also launching our Artisan Producer Snail of Approval program and awarding our first Snails to:

DaVero Farms & Winery - Healdsburg (olive oil)

Tilted Shed Ciderworks - Windsor

We also honor our 2019 Snail of Approval renewal awardees (a Snail of Approval must be renewed after 2 years. The following restaurants received their original award in 2017):

Backyard - Forestville

Black Piglet - Sonoma County

Diavola Pizzeria & Salumeria - Geyserville

Estero Cafe - Valley Ford

The Naked Pig - Santa Rosa

After the ceremony we will enjoy "nibbles & bites" from our Snail of Approval restaurants, farms, artisan producers, and our own Slow Food Sonoma County North Events Committee. Wine and other beverages will accompany the snacks.

Snail of Approval recognizes these food-related providers in Sonoma County for making significant contributions to transform our food system to one that is good, clean and fair.

Complete list of our Snail Awardees

We are looking for volunteers to help with this event. If you are interested, please email us at snailofapprovalsc@gmail.com.

Favorite Recipes from Our Chapter

Due to popular demand, we are adding a new recipe section to our newsletter! We will include one of the recipes used for a recent chapter event, along with a link to our website for many other recipes from our events and archives.

For more recipes visit [Recipes-Chapter Favorites](#) on our website.

This recipe was prepared by Lynn Davis for our *Slow Tapas* event and our *Terra Madre Day Dinner*. It has become a favorite and much requested recipe.

Red Chimichurri Sauce

Delicious served over grilled chicken, fish, or vegetables

Prep Time: 15 minutes; Servings: 10

Ingredients

- 1 red bell pepper, stem and seeds removed, cut into chunks
- 2 scallions trimmed, cut up
- 6 cloves garlic
- 1 bunch parsley cut up, including stems

¼ bunch cilantro cut up, including stems
1 tablespoon dried oregano
1 ½ teaspoon mild Spanish paprika
1 teaspoon chili flakes
1 teaspoon kosher salt
½ teaspoon black pepper
1/3 cup red wine vinegar
2 tablespoons lemon juice
¼ cup extra virgin olive oil

Instructions

Place all ingredients except oil in food processor. Pulse until finely chopped. Continue pulsing and slowly add oil to salsa.

Source: *jeanetteshealthyliving.com*, adapted from *thelatinkitchen.com*

Membership

Welcome Back

Jonathan Bravo

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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