SLOW FOOD SONOMA COUNTY :: NORTH ::

May 2021 NEWSLETTER

Click on the links below to go directly to a topic.

- Why Slow Food?
- Slow Food Events
- Snail of Approval: Return of the Snail Trail
- Bodega Red Presidium
- Meatless Monday Recipe
- Membership

Why Slow Food?

Slow Food USA has recently published a draft of *Why Slow Food?,* a document designed to help Slow Food chapters and members align around a central vision and strategy. Below are excerpts, and some notes on how Sonoma County North is pursuing some of the national initiatives.

To make change, we cultivate trusting relationships, align around shared values, and work together for collective impact.

Vision and Mission

We believe in uniting the joy of food with the pursuit of justice. We are committed to transforming the world to guarantee good, clean and fair food for all.

Guiding Values

1. Strong relationships built on trust and patience are the foundation of everything we do.
2. Greater equality and diversity — of people, culture, perspectives, biology, and all things — is fundamentally what creates greater resilience and health.
3. Joy and pleasure are a universal right and motivate people to make lasting

change. Pleasure cannot be separated from the pursuit of justice.

4. We ensure that many voices and perspectives found in the intersection of food with environment, place, gender, race, class, climate and culture are included in decision-making that impacts them most.
5. We interpret the present by understanding and acknowledging our past, while holding a clear vision for future impact.

Impact and Outcomes

Slow Food works to make an impact in three areas.

Cultural and Biological Diversity

Sonoma County North supports biological diversity with our ***Bodega Red Potato Presidium*** and annual ***Grow-Out*** (providing Ark of Taste seeds to local farmers and schools). We also have a representative on ***Slow Food California's Ark of Taste Committee*** We support ***cultural diversity*** by working with farms and restaurants which are owned by and/or employ people of color.

Educating and Mobilizing Citizens

Sonoma County North holds ***Slow Books*** discussions every 6 weeks to help people understand food from diverse food cultures, historical foodways, and role perspectives. We publish a monthly ***Meatless Monday*** recipe from our member farmers and restaurants to reduce our carbon footprint by decreasing meat consumption.

Influencing Policies in Public and Private Sectors

Our chapter has a representative on ***Slow Food California's Policy Committee*** (which analyzes and supports appropriate State and National food-related legislation). In collaboration with Slow Food Russian River, we run the ***Snail of Approval in Sonoma County*** program which recognizes restaurants, farmers, and producers who follow Good, Clean, and Fair principles.

Slow Food Events

We've optimistically planned an Annual Calendar for 2021 with many in-person events, so look for invitations about a month before each event. Everything is, of course, subject to change ...

May

24 Slow Books (*Amarcord,* Marcella Hazan)
1-31 Snail Trail: Mateo's Cocina Latina, Bernier Farms
TBA Farm Tour

June

1-30 Snail Trail

July

5 Slow Books (*Grocery,* Michael Ruhlman)
1-31 Snail Trail
TBA Farm Tour

August

16 Slow Books
22 Picnic at Gradek Ranch
1-31 Snail Trail

September

27 Slow Books
1-30 Snail Trail

October

TBA Annual Meeting
TBA Farm Tour
1-31 Snail Trail

November

8 Slow Books
1-30 Snail Trail

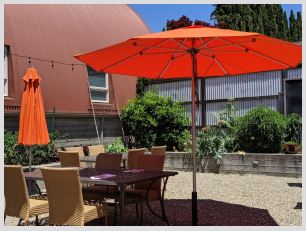
December

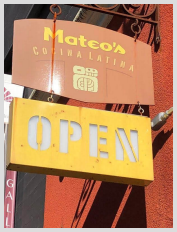
10 Terra Madre Dinner
20 Slow Books
1-31 Snail Trail

Snail of Approval: Return of the Snail Trail

Join Us on the Snail Trail!

Continuing on the Snail Trail, this month we visit Mateo's Cocina Latina and Bernier Farms. We are excited that things are starting to open up and hope everyone will continue to frequent these local Snail of Approval-honored businesses. It has been a tough year and they have supported our community, and we want to return the favor by enjoying a meal and purchasing some seasonal, local produce.





May's Snail Trail Restaurant is Mateo's Cocina Latina

214 Healdsburg Avenue, Healdsburg
(707) 433-1520

Mateo's Cocina Latina is a hip cocina with a garden patio, tequila and mezcal bar with Yucatan-inspired food in Healdsburg, one block off the square. Currently serving indoors, on the patio, and to go.

Telephone or visit their website to order online, view the menu, and make a reservation.

Hours: Sunday 11:30 am-8:00 pm; Monday and Thursday 3-8 pm; Friday and Saturday 11:30 am-8:45 pm. Tuesday and Wednesday closed.

Snail of Approval awardee since 2019.

May's Snail Trail Farm is Bernier Farms

1720 Canyon Road, Geyserville
(707) 849-7592
bernierfarms@gmail.com

Bernier Farms is a small, certified organic, family-run farm in Sonoma County's Dry Creek and Alexander Valleys. They are a diversified farming operation, specializing in dry-farmed grapes and many different vegetables and fruits. Known for their 15 varieties of hardneck and softneck garlic, you can purchase the seed online.

Bernier Farms produce can be found at local restaurants (including Mateo's Cocina Latina) and can be purchased at the Healdsburg Farmer Market.

Snail of Approval awardee since 2019.

Bodega Red Presidium

As we've reported, only 1,200 pounds of Bodega Red seed potato was harvested this year, due to extreme summer heat and a fungus that developed during storage. The limited amount of seed was offered only to local farmers who had grown it in the past. Sixteen farmers picked up their orders of precious seed on March 17 at Bernier Farms in Alexander Valley.

Here is more information about the Bodega Red Potato Presidium.

Meatless Monday Recipe

Meatless Monday is an international campaign that is embraced by Slow Food. Decreasing meat consumption just one day a week results in a significant reduction of our carbon footprint.

Arugula Pesto with Dried Tomatoes and Polenta

Yael Bernier, Bernier Farms

This recipe is loved by all of our family. It's especially good right now because fresh pulled spring garlic is mellow and not as intense as it will be a month later as it cures. The cloves have a fleshy covering that does not need to be peeled off. That same covering will become a paper-like skin after the garlic is cured.

Ingredients

10 cloves fresh spring garlic
1/2 cup dried tomatoes
1 cup walnuts
Juice from 1/2 lemon
1-1/2 lb arugula
Olive oil (enough to blend all the ingredients until smooth and slightly runny)
Parmesan cheese
Salt to taste
Polenta

Bring a pot of water to a boil. Wash the arugula and blanch in the boiling water for about 1 minute. Strain the arugula in a colander and let cool enough to squeeze out some of the liquid. I never squeeze it dry; I just eliminate some of the liquid.

Add the blanched arugula to a blender along with the garlic, walnuts, lemon juice, and 1-2 teaspoons of salt. Process the mixture while adding the olive oil until smooth and slightly runny.

Follow a basic polenta recipe. I use coarse-ground polenta and I like it slightly runny. I generally chop a bit of rosemary into the polenta as it cooks and I use olive oil instead of butter.

When the polenta is finished cooking, pour it into a large shallow bowl and top it with the arugula pesto. Sprinkle dried tomato pieces and parmesan cheese on top.

Membership

Welcome New Members!

Adrienne McCord
Bruce Mentzer
Jesse and Ben Mikalson
Stephen Sellick

And Welcome Back:

Don and Ann Hines

Holly Lefkowitz
James Rainie
John Stewart and Duskie Estes

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.

©2021 Slow Food Sonoma County North | P.O. Box 1494 | Healdsburg CA | 95448

Powered by **Mad Mimi®**
A GoDaddy® company