



# SLOW FOOD SONOMA COUNTY :: NORTH ::

## July 2021 NEWSLETTER



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## The Snail Goes National

### Sonoma County Snail of Approval

Since 2017, [Slow Food in Sonoma County](#) has been awarding the Snail of Approval to local restaurants, farms/ranches and producers who are making a significant contribution to improving the food system. By celebrating these model providers, Slow Food in Sonoma County highlights the importance of the Slow Food philosophy of good, clean and fair food for all people. Slow Food in Sonoma County is a partnership of two local chapters, Russian River and Sonoma County North.

The process includes a written application, followed by a 3-person interview with the business principals. Since California businesses began to open this spring, 10 new restaurants, food purveyors, and farms have been awarded a Snail of Approval in Sonoma County. (Previous awardees are listed on the [website](#).)



*National Snail of Approval  
Logo*

### New Restaurant/Food Purveyor Snail Awardees:

[4th Street Social Club](#), Santa Rosa  
[Epicurean Connection](#), Sonoma  
[Geyserville Gun Club](#), Geyserville  
[Patisserie Angelica](#), Sebastopol  
[Relish Culinary Adventures](#), Healdsburg

### New Farm/Ranch Awardees:

[DMS Ranch](#), Sebastopol  
[Farm to Fight Hunger](#), Healdsburg  
[Gradek Family Farm](#), Healdsburg  
[Jackson Family Gardens](#), Fulton  
[SRJC Shone Farm](#), Forestville

## The Snail Goes National

For decades, the Snail of Approval award has provided international recognition of food businesses who are committed to joy and justice. A limited number of chapters in the US have led their own Snail of Approval programs as well and will continue to do so under a unified, national Snail of Approval program.

Slow Food USA is currently adding businesses with chapter-awarded Snails of Approval to a US map and directory. A national application will be introduced, but local chapters will continue to be in control of awarding the Snail to their local food businesses. All of our current Sonoma County Snail awardees will be grandfathered in and be included in the national directory.

The national program will kick off on July 6. A Snail of Approval map will allow users to find businesses across the US that are embracing the slow food mantra of good, clean and fair food for all. The interactive, mobile-friendly map can be sorted by business type and whether the business is women- or BIPOC-owned. Watch for an announcement about the new website on July 6.

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## Slow Food Events

**Look for an invitation with details about a month before each event.**



### July

5 Slow Books (*Grocery*, Michael Ruhlman)

29 Fundraiser for chapter's School Gardens Project with a take-out dinner from **Diavola Pizzeria & Salumeria** (a Snail of Approval restaurant). **Meals must be ordered by July 15.**

1-31 Snail Trail: Handline Coastal California restaurant, Tilted Shed Ciderworks

### August

13 Tour of Farm to Fight Hunger, Healdsburg

16 Slow Books (*The Man Who Ate Too Much: The Life of James Beard* John Birdsall)

22 Picnic at Gradek Ranch, Healdsburg

1-31 Snail Trail

### September

27 Slow Books

1-30 Snail Trail

### October

TBA Annual Meeting

1-31 Snail Trail

### November

8 Slow Books

1-30 Snail Trail

### December

10 Terra Madre Dinner

20 Slow Books

1-31 Snail Trail

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**Spotlight on Member/Producer: Farm to Fight**

# Hunger



*Anthony, Bruce, and their solar-powered chicken coop*

Listen to the bees shuttling back and forth between the resident hive and hear the buzz and hum of beneficial insects keeping everything in balance. Smell the fragrant hedgerows of native plants and flowers. Wave to volunteers from [Farm to Pantry](#) gleanng thousands of pounds of nutritious produce for donation. Spy the solar-powered chicken coop on the hill, and when night falls, watch the owls and bats fly from their boxes to start the hunt.

It all happens on [Farm to Fight Hunger](#).

Bruce Mentzer and his husband Anthony Solar envisioned a farm where everything can be given away. Now in its third year, Farm to Fight Hunger, located in Healdsburg, is in full swing. Just last year they donated 10,000 pounds of healthy produce to community organizations and gave 20,000 eggs to Redwood Empire Food Bank.

It all started three years ago when the couple bought an abandoned vineyard rife with bermuda grass and transformed it into a thriving farm. Bruce says, "We bought 5 acres, tore out grapes, added compost and cover crops, corrected the Ph and calcium levels. Then we were ready to plant." Bruce and Anthony wanted to feed the community with organic, nutritious produce grown with regenerative and sustainable farming practices.

The concept of community farming is not new to Mr. Mentzer. His grandparents were dairy and corn farmers in Pennsylvania. Additionally, his father, now age 91, ran a half-acre church garden for 25 years. "My dad worked on the farm on weeknights after work, and then drove the food to soup kitchens in Baltimore, Maryland," Bruce says proudly. After a career in advertising, Bruce's genetics and desire to work the land came to the fore. Now he says, "I have never been so content in my life. I love to be outside...Anthony loves the chickens. It is amazing to do what we really love and be helpful at the same time."

Anthony and Bruce have many aspirations for Farm to Fight Hunger in the coming year. They plan to expand their educational program with [School Garden Network](#) and want to host field trips for the sustainable agriculture program at [Shone Farm](#) at Santa Rosa Junior College. Anthony is working to double the number of eggs going to Redwood Empire Food Bank. For the families in need at [Corazon Healdsburg](#), the farm will continue to grow culturally relevant foods such as poblano, Manzano, and jalapeno peppers; nopales cactus paddles; chayote squash; and herbs and medicinal plants.

Thank you, gentlemen, for the kind and benevolent work you do to fight hunger in our community. For more information, to donate or to volunteer, please visit [Farm to Fight Hunger](#).

## Snail of Approval: Continuing the Snail Trail

### Join Us on the Snail Trail!

Continuing on the Snail Trail, this month we visit Handline Coastal California restaurant and Tilted

Shed Ciderworks. After a tough and long haul during which these businesses supported our community, we want to return the favor by enjoying a meal and purchasing some seasonal, local products.



### July's Snail Trail Restaurant is **Handline Coastal California**

Handline Coastal California  
935 Gravenstein Avenue South, Sebastopol 95472  
(707) 827-3744

Handline is a restaurant that celebrates California food and offers a modern take on order-at-the-counter service in Sebastopol--at the old Foster's Freeze location. Handline

features fresh, sustainable seafood from the California coast and locally-grown produce. You can also purchase fish to prepare at home.

**Open daily 11:00 am - 8:00 pm.**

***Snail of Approval awardee since 2018.***

### July's Snail Trail Artisan Producer is **Tilted Shed Ciderworks**

7761 Bell Road, Windsor 95492  
(707) 657-7796

Tilted Shed Ciderworks is a family-run maker of vintage ciders and the second-oldest cider company in Sonoma County. There is outdoor seating and to-go sales-Saturdays, 12-5 p.m. You can order online or find it at select stores.

***Snail of Approval awardee since 2019.***



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## **Bodega Red Potato**

The first sighting of beautiful small, new Bodega Red potatoes was at **Preston Farm and Winery** at the Healdsburg Farmers Market. **Front Porch Farm** will be harvesting soon and will also sell at the Healdsburg Farmers Market.

Now that our farmers have made it through the pandemic, many are losing access to water and won't be able to continue planting throughout the summer and fall. Please support our farmers now as much as possible!

Here is more information about the **Bodega Red Potato Presidium**.

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# 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.

## Cianfotta Italian Vegetable Stew

Ellen Shick

Blog: [An Italian Dish](#)

This southern Italian summer stew from Campania is similar to the French ratatouille. Commonly this is made in stages on the stovetop, but I love this oven method. It's faster, all in one dish, and is just as yummy.



### INGREDIENTS

- ¾ cup olive oil plus 3 tablespoons
- 1 onion, large dice
- 2 medium potatoes, diced
- 2-3 medium tomatoes, large dice (you can also use a 15 oz can whole tomatoes)
- 1-2 eggplants (1 globe or 2-3 small Italian style)
- 2 bell peppers, sliced (red, yellow, or green or any combination)
- 1 handful fresh basil leaves
- 2 cloves garlic, minced
- salt, to taste
- ½ cup olives (optional)
- 2 Tbsp capers (optional)

### INSTRUCTIONS

1. Preheat oven to 400° F
2. Spread 1 Tbsp olive oil in the bottom of a 9' x 13" baking dish.
3. Add onion, potatoes, and tomatoes and spread evenly.
4. In a separate bowl, mix eggplant, garlic, and bell peppers with ¾ cup olive oil. Salt to taste. Mix well to coat. (We use this quantity of olive oil to make sure the eggplant cooks completely.)
5. Pour the eggplant, garlic, bell pepper mixture over the onions, potatoes and tomatoes. Spread evenly. Tear basil leaves and scatter over the top. If using, top with olives and capers. Finally, broadcast 2 Tbsp olive oil over all.
6. Bake at 400° F for 20 - 30 minutes until all the vegetables are cooked through but not soggy. No need to stir while cooking. Check once or twice to prevent overcooking.

This dish can be served right out of the oven or at room temperature. It goes great with crusty bread. I have been known to serve this on top of toasted bread--bruschetta style. The possibilities are endless! Buon appetito!

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## Membership

### Welcome New Members!

Dino Bugica

Kasey Drady

Chef Jeremy Cabrera

Sheana Davis

Melissa and Athena Matteson

Barbara Saarni Oddone and Pier Oddone

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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## Amazon Smile Raises Money for Our Chapter

AmazonSmile is an easy way for you to support Slow Food Sonoma County North every time you make a purchase on Amazon, and it doesn't cost you a penny extra! When you shop at [smile.amazon.com](#) you will see the same items, for the same prices, but Amazon donates a portion of your purchase to us.

Instead of going to [amazon.com](#), simply go to [smile.amazon.com](#) to shop! Don't forget to bookmark the page for ease of finding it the next time!

Follow this link to get started to [raise some funds for our chapter!](#)



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