



SLOW FOOD SONOMA COUNTY :: NORTH ::

September 2021 NEWSLETTER



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

- [Eating Close to Home](#)
- [Slow Food Events](#)
- [Spotlight on Member/Producer: Tallgrass Ranch Olive Oil](#)
- [Snail of Approval](#)
- [Bodega Red Potato Presidium](#)
- [Meatless Monday Recipe](#)
- [Membership](#)

- Amazon
Smile
Raises
Money
for
Our
Chapter

Eating Close to Home



A number of years ago, writer Barbara Kingsolver's family moved from Arizona to the family farm in Kentucky and learned how to grow food. *Animal, Vegetable, Miracle: A Year of Food Life* (2007) tells the story of "how our family was changed by our first year of deliberately eating food produced from the same place where we worked, went to school, loved our neighbors, drank the water, and breathed the air."

We talk about wanting to eat locally, seasonally, and sustainably. What would you make if you could only use ingredients grown within 100 miles of your home? At first, it sounds easy, especially in Sonoma County. Fresh produce and a variety of meats and fish are easy to find. What about salt? Pepper? Flour? These items take a bit more thought. It turns out that we can buy sea salt from our coast, and California farmers are growing and milling their own grains. No local pepper yet, however.

Several years ago our Slow Food chapter held a "100-mile Dinner" potluck with about 40 people attending. The evening was filled with good food and stories of discovery: "I didn't know where to find local salt...I couldn't make brownies because cocoa pods aren't grown here...I had to use herbs instead of pepper."

Taking off on the success of that event, we decided to offer 100-mile dinners to members and their friends, prepared and served in their homes. Over the next four years, delicious and beautiful evenings ensued on patios and decks and in dining rooms. Here's a menu from one of those dinners; each course was accompanied by a local wine:

SUMMER MENU

Appetizers

Cheese Plate

Bellwether Carmody, Penny Royal Velvet Sister, Andante Picolo

Tomato Confit

Front Porch Farm tomatoes, Crapeau garlic and olive oil

Smoky Eggplant Dip

Crapeau eggplant, garlic, mint, red pepper flakes; Clover yogurt; Sonoma salt

Grilled Padron Peppers

Crapeau peppers, oil

Soup Course

Gazpacho

Giacalone tomatoes, peppers, herbs, cucumbers; Crapeau basil oil; Capitani/Davis olive oil

Salad Course

Alexander Valley and Russian River lettuces; Laura's Gravenstein apples; Sebastopol radishes; Laura's apple cider vinegar

Main Course

Duck Confit

Stuffed breast of duck, Liberty Duck Petaluma; Crapeau herbs, Vella dry jack cheese

Cauliflower and Romanesco

Singing Frogs Farm

Mashed Potato

Windmill Farm

Dessert

Caramelized Honey Custard

Clover cream and milk, Sebastopol honey, Harrtaub nectarines

Plan your own 100-mile meal; maybe it will launch you into a season or year of eating close to home. Or if you want Sonoma County North to prepare a special meal for you, contact our Events Team at slowfoodsonomacountynorth@gmail.com.

How far is Fresno from Cloverdale, anyway?

Slow Food Events

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

September

1-30 Snail Trail: The Naked Pig Cafe

15 Slow Books (*Babette's Feast*, Isak Dinesen)

24 Take-out dinner from Estero Cafe (with pick up at Americana Restaurant in Santa Rosa) to raise funds for the chapter's School Gardens project (go to **Brown Paper Tickets** to order a meal by September 17th).

October

1-31 Snail Trail: Red Horse Pizza Truck, Patisserie Angelica

10 Annual Meeting, 4 pm, Cloverdale

November

1-30 Snail Trail: SingleThread



December

10 Terra Madre Dinner

20 Slow Books

Spotlight on Member/Producer: Tallgrass Ranch Olive Oil



Nancy and Tony receiving the Good Food Award

Nancy Lilly's first encounter with olive oil set the stage for her current appreciation of and expertise with this "liquid gold." Nancy remembers that the San Marino Preserving Kitchen sold fancy canned fruits and vegetables door-to-door when she was young. "They sold olive oil in a 1-quart clear glass bottle. I know now that oil was so rancid! But that was the California olive oil taste that I knew."

Nancy and her husband Tony live in Sonoma Valley on family land that was originally a working cattle ranch. Now Nancy shares the property with her two siblings, and she and Tony now own and operate **Tallgrass Ranch Olive Oil**. They also continue the family ranching tradition by allowing cattle to graze there seasonally.

The path to Tallgrass olive ranch was an interesting and circuitous route. Nancy and beloved olive oil entrepreneur, Nan McEvoy of **McEvoy Ranch**, attended San Domenico School as young girls. Nancy became close to the school's Sister Gervaise and they stayed in touch over the years. When Sister was considering planting some of the school lands in olive trees, she turned to Nancy.

To help Sister Gervaise, Nancy went to **Paul Vossen** and **Ridgely Evers**, the pioneers of modern California olive oil industry. These conversations were the impetus for Nancy to expand her own nascent knowledge of growing and managing an olive grove.

After earning a certificate from the Olive Oil Production course at UC Davis Extension (taught by Paul Vossen), Nancy bought 50 1-gallon sized trees of Tuscan varieties. Her fascination and curiosity with aspects of olive production grew, and the grove expanded to 270 trees, adding French varieties Columella and Aglandau to the Tuscan varieties. The variety of olives allows Nancy to create new and interesting oil blends. The grove produces between 80-150 gallons of olive oil per year, all blended and bottled by Nancy.

Tallgrass Ranch won a Good Food award in 2014, and was awarded a Snail of Approval in 2021 for its oil.

In addition to producing delicious extra virgin olive oil, Nancy believes in educating others about this healthy and fascinating food. She is a member of the **Olive Oil Council** and participates in consumer tastings with **Alexandra Devarenne** who is an important contributor to **Olive Oil.com**.

I asked Nancy about her favorite ways of using olive oil in her own cooking. She loves to fry eggs in her olive oil. "It's so delicious and

healthier, too." Sounds like a great idea!

Tallgrass olive oils are available at [Epicurean Connection](#) in Sonoma. Please visit [Tallgrass Ranch Olive Oil](#) for more information.



Tallgrass Ranch olive grove

Snail of Approval

Join Us on the Snail Trail!

Continuing on the Snail Trail, in September we visit Naked Pig & Flower + Bone. 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.



The Naked Pig & Flower + Bone

640 5th Street, Santa Rosa
(707) 978-3231

The Naked Pig specializes in breakfast, brunch and lunch and features local, sustainable, organic and handmade food. Owner and chef Dalia Martinez founded the Naked

Pig Cafe in 2014 as a place for eating well and mitigating climate change. It is an American cafe destination offering an ever-changing menu of local, seasonal ingredients. Their Little Piggy Market offers a variety of home-made condiments. Flower + Bone is a special beauty- through-food space, check it out to learn more.

Friday 10:30 am - 2:00 pm

Saturday and Sunday 9 am - 2 pm

Take out, indoor and outdoor dining

Snail of Approval awardee in 2017 and 2019.

SloWeekends

Slow Weekends is a travel series from Slow Food USA that highlights businesses that have been awarded the Snail of Approval award. This distinguished recognition is given to food businesses



that make meaningful commitments to the environment, local communities, employees and purveyors, and advance justice. The current edition highlights some of our wonderful Snail of Approval businesses in Sonoma County. [Take a look.](#)

You can also visit the new [National map and directory](#) to see Snail approved businesses across the country, including Sonoma County. Of course, you can learn more about our local program on our [website](#).

Bodega Red Potato Presidium

[Quail & Condor](#) bakery made their Pugliese bread with Bodega Reds from [Bernier Farms](#) again. Delicious!

The following farms planted Bodega Reds this spring. Contact them for information about purchasing the harvested potatoes.

Armstrong Valley Farm
Bernier Farms
Carrot Top Farm
Front Porch
Kendall Jackson
Lantern Farm
Little Organic Farm
Longer Table Farm
Preston
Shone Farm
Suncatcher Farm
Tierra Vegetables



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.

Vegetarian Chili

Kate Hendricks
Sonoma County North

I make this often because it's easy, the ingredients are almost always on hand, and it is very satisfying.

INGREDIENTS

4 servings (I usually make double as it keeps well in fridge or freezer)

8 oz. tempeh (Trader Joe's Organic 3 Grain Tempeh or similar)

½ large yellow or white onion – rough chop

1 rib celery – rough chop

3 tbsp extra virgin olive oil

2 cloves garlic

2-3 tbsp chili powder

1 tbsp cumin seeds

1 tbsp ground cumin

1 tbsp oregano (Mexican variety if you have it)

1 tbsp apple cider vinegar

1 14-oz. can chopped tomatoes (regular or fire-roasted)

1 15-oz. can black or pinto beans (do not rinse)

1 4-oz. can diced fire-roasted chilies (or chipotle pepper for more heat)

Water

Salt/pepper



INSTRUCTIONS

1. Crumble tempeh into small bits. (I do this in the food processor – 5 or 6 pulses.) Place tempeh in heavy pot or Dutch oven and dry-toast over medium heat for

- 3-4 minutes.
2. Pulse onion, celery and garlic in food processor until well minced.
3. Push tempeh to one side of pot, add olive oil, then add and saute onion, celery, garlic and spices. Stir together with tempeh.
4. Add apple cider vinegar, beans, tomatoes and chilies.
5. Simmer for 35-40 minutes. As tempeh absorbs liquid, add water to avoid sticking.
6. Salt and pepper to taste.

Serve with your favorite condiments.

Nutrition Facts per serving (approximate)

Calories - 310

Fat – 10g

Cholesterol – 0mg

Sodium – 300mg

Carbohydrate – 32g

Protein – 16g

Membership

Welcome New Members!

Gergana and Georgi Karabelov

Anna Scally

Mark Schlesinger and Christine Russell

And Welcome Back

Mary Kelley

Jymmey Purtill

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. Several times a year, Slow Food USA promotes **Pay What You Can Day** where you can join or renew for any amount on one day only. Watch your email for these promotions--coming soon.

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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