



# SLOW FOOD SONOMA COUNTY :: NORTH ::

## NOVEMBER 2021 NEWSLETTER



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

- [Preview of 2022](#)
- [Spotlight on Member/Producer: SingleThread](#)
- [Snail of Approval](#)
- [Bodega Red Potato Presidium](#)
- [Meatless Monday Recipe](#)

## Preview of 2022



### 2021 Activities

Sonoma County North was surprisingly active in 2021--two farm tours, three take-away meals from Snail of Approval restaurants to support school gardens, a large summer picnic, and regular meetings of Slow Books. We highlighted Snail of Approval awardees with monthly

Snail Trails, initiated monthly Meatless Monday recipes, and held an in-person annual meeting.

Our projects were busy as well, promoting school gardens and the Bodega Red potato, welcoming new producers to the Snail of Approval program, supporting local farmers, and working with the AMIDI women in Guatemala.

### 2022 Activities

We will continue these endeavors in 2022, and add a few more activities such as a movie night and a cheese-making class.

We are excited to announce a new series that will begin in January: ***Slow Cookbooks***! This group will be modeled on our successful Slow Books series: meeting on a regular basis to discuss the chosen book and sharing a meal based on recipes from or inspired by the book.

*Slow Cookbooks* will choose a particular focus for each meeting, such as one cookbook, one cookbook author, one culture or country, comparison of regions in a country--there are infinite possibilities. Meetings will rotate among people's homes. Each meeting will be open to anyone interested in that session's focus and limited to the number of people who can be accommodated in the location. Participants will select a recipe to prepare, and will discuss the book(s) over the meal.

*Slow Cookbooks* is coordinated and led by Lynn Davis and Marie Giacalone. Stay tuned for details and the invitation to the first meeting early next year!

### Your Input

**We want to hear from you! What farms would you like to tour next year? What activities would you like to see? What food-related books do you want to discuss? What Slow Food-appropriate movie should we show? Please send all of your thoughts and comments to us at [our email](#).**

## Spotlight on Member/Producer: SingleThread

Sustainability, seasonality, biodiversity, and relationship with the land are words that resonate within the Slow Food community and beyond. Katina and Kyle Connaughton, owners of **Single Thread Farm-Restaurant-Inn** in Healdsburg, embody these concepts and so much more. As a result of their commitment to these values, the couple has received much-deserved recognition. They earned **three Michelin stars in 2021** for the third year in a row, were listed at #37 in the **World's 50 Best Restaurants**, and received the Sonoma County **Slow Food Snail of Approval** in 2018.

We interviewed Katina Connaughton in October for this newsletter.



*Katina Connaughton*

For many years, the couple was drawn to Japanese culture and cuisine. After much hard work and planning, their dream to work and study in Japan was realized: In 2004, Katina, Kyle and their two daughters moved to a rural area on Hokkaido, Japan. While Kyle learned the cuisine by working with local chefs, Katina learned about farming. "In Japan, I learned the importance of reverence for nature, attention to seasonality, and the significance of cultivating a meaningful relationship with the land. These lessons run so deep in Japanese culture and have informed not just the way I tend to the land, but the way I walk through life."

Katina and Kyle brought what they learned in Japan to Sonoma County, and opened SingleThread in 2016. The inn and stunning restaurant occupy a spot in downtown Healdsburg in Sonoma County.

The restaurant centers around the concept of *omotenashi*: the commitment to Japanese traditions of hospitality that showcases local products and cultivates the wellness of guests. At their farm, Katina produces the heirloom vegetables, fruit, honey, eggs, herbs, wine, and olive oil that husband and master chef, Kyle, uses to create the 11-course tasting menu centered on *kaiseki*-style dining (see below for a description).

The dynamic couple keeps moving forward despite all of the challenges brought on by recent fires, floods, and the global pandemic. Katina and her team recently moved into a 24-acre farm site in Dry Creek Valley. They removed all the heavy equipment and are working the land by hand. Katina says, "We are thrilled to be bringing so

much biodiversity to this predominately grape-growing region. Our focus is to grow slowly and gently in harmony with nature and never against it.”

Furthering their community-centric sustainable dining ethos, Katrina and Kyle will open a second restaurant in the early months of 2022. With a more casual setting, Little Saint will offer a 100% plant-based menu highlighting the agriculture of Sonoma County. Little Saint derives its name from its collaboration with the non-profit [St. Joseph's Art Foundation](#). It will occupy the former SHED building in downtown Healdsburg.

In the complex web of life, every single thread plays a vital role. Thank you, Katina and Kyle, for your generous gifts of hospitality and nurturing food.

For more information about the restaurant, farm, inn and the people who run them, please visit [Single Thread Farm-Restaurant-Inn](#). SingleThread is on November's Snail Trail (see the Snail of Approval section below).

### ***Kaiseki-Style Dining***

*Kaiseki* cuisine features a set course meal chosen by the chef to highlight a specific seasonal theme—at the height of spring, for example, this may be represented by a budding *sakura*, a cherry blossom in full bloom. Such themes, each rooted in nature, highlight the superior quality of the natural ingredients used. Japanese *kaiseki* dining, the very epitome of the country's formal dining experience, is characterized by a calm atmosphere featuring subdued lighting and elegant tableware. A sense that one should appreciate the artful display just as much as the taste permeates every aspect of the meal. ([Savor Japan](#))

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## **Snail of Approval**

### **Join Us on the Snail Trail!**

Continuing on the Snail Trail, in November we visit SingleThread. 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.

#### **SingleThread Restaurant**

131 North Street, Healdsburg  
(707) 723-4646

[SingleThread Restaurant](#), located in the heart of



downtown Healdsburg, is a source-focused, farm-driven restaurant and inn concept that offers its diners and guests time-honored preparations of seasonally inspired cuisine and a uniquely curated taste of Sonoma Wine Country. They currently offer indoor dining with bookings released online at 9 a.m. PST on the first of every month, for the following month. Restaurants bookings are made via Tock. The restaurant is closed on Thanksgiving, Christmas

and New Years Day.

**Thursday through Monday, 4-8pm**

*Snail of Approval awardee since 2018.*

## Snail Updates

### Snail of Approval Awards

We are excited to announce that our Snail of Approval awards are back! Save the date for Wednesday, February 23, 2022. We will be celebrating our 12+ new 2021 awardees. The event will be held once again at the Sebastopol Grange.



### Applications Closed

Our applications are closed for 2021; we will start accepting applications again in January 2022.

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## Bodega Red Potato Presidium

Our seed potato producer, Zuckerman Farms, planted Bodega Red mini-tubers this summer, which will yield the next generation of seed potatoes. They report that growth was good, and the potatoes will be harvested in November. At that point we will know whether we will have any seed potatoes to sell in 2022 or whether they will all need to be replanted for the 2023 crop.

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.

Visit our website for a printable copy of this recipe.

**Slow Food Sonoma County North**

## Three Sisters Stew

**November is Native American Heritage month. Celebrate by making this traditional stew!**

From **Citizen Potawatomi Nation**

**Serves: 8 or more**

### INGREDIENTS

1 large butternut squash (about 2#), cooked and cubed (see cooking tips below)  
2 tablespoons olive oil  
1 medium onion, chopped  
2 to 4 cloves garlic, minced  
1 medium red bell pepper, cut into short narrow strips  
14- to 16-ounce can diced tomatoes, with liquid  
2 to 3 cups cooked or canned (drained and rinsed) pinto beans  
16 oz. frozen corn kernels  
1 cup chicken or vegetable stock, or water  
2 teaspoons ground cumin  
1 teaspoon chili powder  
1/2 teaspoon dried oregano  
Salt and freshly ground black pepper  
1/4 cup minced fresh cilantro



### INSTRUCTIONS

Heat the oil in a soup pot. Add the onion and sauté over medium-low heat until translucent. Add the garlic and continue to sauté.

Add all the remaining ingredients except the last 2, and bring to a simmer. Simmer gently, covered, until all the vegetables are tender, about 20 to 25 minutes.

Add squash in for the last 15 minutes. Season to taste with salt and pepper. Sprinkle

each bowl with fresh cilantro.

### **Cooking Butternut Squash**

Remove stem from squash and cut in half lengthwise. Scrape out the seeds and fibers (clean the seeds for roasting, if you'd like). Place the halves, cut side down, in a baking pan (glass for microwave) and fill with 1/2" of water.

**For oven:** Preheat the oven to 375 degrees F. Bake for 40 to 50 minutes, or until you can pierce through with a knife, with a little resistance. When cool enough to handle, slice and peel, then cut into large dice.

**For microwave:** Microwave for 10-15 minutes until you can pierce through with a knife, with a little resistance. When cool enough to handle, slice and peel, then cut into large dice.

### **The Three Sisters**

*For millennia, from Mexico to Montana, women have mounded up the earth and laid these three seeds [corn, beans, and squash] in the ground, all in the same square foot of soil. The corn is the firstborn and grows straight and stiff; it is a stem with a lofty goal. Just about the time that the corn is knee high, the bean shoot extends itself into a long vine and wraps itself around the corn in a graceful upward spiral. Meanwhile, the squash, the late bloomer of the family, is steadily extending herself over the ground. As the leaves grow wider, they shelter the soil at the base of the corn and beans, keeping moisture in, and other plants out. The genius of the Three Sisters lies not only in the process by which they grow, but also in the complementarity of the three species on the kitchen table. They taste good together, and the Three Sisters also form a nutritional triad that can sustain a people.*

**Excerpted from "The Three Sisters" chapter of *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and The Teaching of Plants*, by Robin Wall Kimmerer.**

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## **Membership**

### **Welcome New Members!**

**Enrique Alvarez**

**Lynn Behling**

**Katherine Bockelman**

**Karen Diggs**

**Lenora Evans**

Donna Hoover  
Jeanne Knapp  
Judi Lane  
Lisa Meeker  
Chenoa Montiel  
Paige Phinney

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.*



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