



Slow Food
SONOMA COUNTY NORTH

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SONOMA COUNTY NORTH NEWSLETTER, Winter 2016



The Feast of San Giuseppe

In Sicily, San Giuseppe (St. Joseph) is regarded by many as their Patron saint. In Sicily and in many Italian-American communities, thanks are given to San Giuseppe in March for preventing a famine in Sicily during the Middle Ages. According to legend, there was a severe drought at the time, and the people prayed for their patron saint to bring them rain. They promised that if he answered their prayers, they would prepare a large feast to honor him. The rain did come, and the people of Sicily prepared a large banquet for their patron saint. The fava bean was the crop which saved the population from starvation and is a traditional part of San Giuseppe Feast Day altars and traditions, and giving food to the needy is a custom. (Wikipedia)

In Sonoma County, the North Bay Italian Cultural Foundation (NBICF) hosts an annual San Giuseppe Dinner, which donates to the community and honors the spirit of San Giuseppe with an altar. NBICF [<http://nbicf.users.sonic.net/>] was founded in 1985 as a non-profit corporation to celebrate Italian culture and provide the large Italian community of Sonoma County a focal point for common interests.

On March 12, Sonoma County North is co-hosting the San Giuseppe Dinner with NBICF at St. Rose in Santa Rosa. The two organizations will together prepare a 4-course dinner with wine. There will be a raffle, as well as the premiere showing of a 37-minute documentary, Sacred Flavors of Sicily. The film is about the colorful and spirited preservation of food traditions and festivals in Sicily—including the Festa di San Giuseppe—and was conceived by Fabrizia Lanza (who is a Slow Food member) of the Anna Tasca Lanza Cooking School in Sicily.

An invitation to this festive celebration will be sent to Sonoma County North members soon. Guests are asked to bring canned foods and other non-perishable food for the Redwood Empire Food Bank.



What's Coming in 2016

We have begun work on two initiatives, and welcome your participation in them.

The Snail of Approval: We're developing a process (based on ones implemented by several other chapters) to award recognition to local restaurants, producers, and supporters that embody the Slow Food principles of "good, clean, and fair" food. **Contact**



slowfoodsonomacountynorth@gmail.com if you'd like to join up.

Ark of Taste: We are researching several local products to nominate for the US Ark of Taste.
Contact slowfoodsonomacountynorth@gmail.com if you'd like to help.

Farm Tours: We are planning spring and summer tours again. Stay tuned for details soon!

Save These Dates

Detailed information on each event will be sent several weeks before the date.

February 20-21, Farmers Guild "Guild-Raising": Shone Farm. Workshops and demonstrations; Sonoma County North will have an information table. More information is at [the Farmers Guild](#).

February 24, Around the Slow Table: 6 pm, Santa Rosa. Get to know your fellow members at a small dinner in a historic Santa Rosa home.

March 12, San Giuseppe Dinner: St. Rose, Santa Rosa, co-sponsored with the Northern California Italian Cultural Foundation. Dinner for 120, raffle, and documentary film, "Sacred Flavors of Sicily."

May 1, Annual Chapter Meeting: Timber Crest Farms picnic area, Healdsburg. Meeting and social, with appetizers and wine.

September 6-8, The National Heirloom Expo: Santa Rosa.

September 22-26, Terra Madre Salone del Gusto: Turin, Italy. For the first time, Terra Madre and Salone del Gusto will be combined and move out into Turin so that the message of Slow Food will be available to all. As in years past, a global delegation will be selected to join the meetings. More information will be forthcoming throughout the year.



A Year in Retrospect

Last year Sonoma County North was busy! We:

- participated in the Slow Food California leadership conference and hosted an opening reception;
- co-hosted a booth at the National Heirloom Expo;
- hosted farm tours at Bayer Farm, the Sonoma County Meat Company, Preston Farm and Winery,

and Singing Frogs Farm; and

- hosted a variety of events, including

A presentation and discussion with cookbook author and food columnist Michele Anna Jordan;

A hands-on workshop "The Secrets of Potato Culture," planting the Bodega Red potato;

"Tastes and Tales of Terra Madre," an outdoor dinner for 100 featuring our delegates to Italy's Terra Madre convention and Chef Louis Maldonado;

Two "100-Mile" in-home dinners (using only ingredients from within 100 miles);

Five "Around the Slow Table" dinners where members got to know each other in small-group home settings;

A sit-down Terra Madre Day dinner for 30 to celebrate our local heirloom products.

Our chapter's projects also accomplished a great deal.

The Beginning Farmer Project awarded a scholarship to Chris Jaster to participate in a 6-month internship at the Farm School at the Permaculture Skills Center (Sebastopol).

The School Garden Project is now providing resources and support to 7 project sites. We held an Open Garden networking afternoon in Geyserville, and provided Ark seedlings in the spring and fall to all gardens. Our sites for 2015-16 are:

**Geyserville Elementary School and Boys & Girls Club,
Healdsburg Elementary School,
The Healdsburg School,
Alexander Valley School,
Windsor Boys & Girls Club,
Riebli Elementary School,
Luther Burbank Elementary.**

AMIDI ("Women Who Farm and Weave") received a 3-year grant of \$20,000 from Global Community Works to be donated entirely to the AMIDI women in Guatemala.

Ark Bodega Red: We ordered and delivered 1500 pounds of potatoes to 55 farmers and individuals.

Ark Grow-Out: We donated 27 varieties of Ark seeds to 8 local farmers. We also grew seedlings and gave them to our project schools.

Gift Memberships

Every year we select up to 6 individuals whose work embodies Slow Food values and principles for a gift membership in our chapter. Four outstanding men and women received memberships this year. We look forward to their continuing involvement with our chapter!

Rebecca Bozzelli, farmer at Preston Farm and Vineyards, Healdsburg.

Jonathan Bravo, LandPath's coordinator of Bayer Farm in Santa Rosa.

Chris Jaster, new farmer and recipient of our 2015 Beginning Farmer scholarship.

Allen Thomas, manager of the West End Farmers Market.

Welcome to New Chapter Members in 2015!

Mary and Philip Beard

Chris Call

Kate Elsbree

Tara and Penn Goodman

Eva and Sid Greer

Brianna and Chris Herrod

Corey Hudson

Jules Kragen

Joshua Kucker

Pamela Letourneau

Jan Marks

Melinda Mills

Suzanne Mohler

Karen O'Neill

Gary Osman

Carolynn Pallo

Dave Platt

Deborah Rust

Barbara Jean Veronda

Leslie Vestrich

WANTED! Hosts for "Around the Slow Table" Dinners

This is a series of small dinners in members' homes designed for members to get to know each other. The host provides the main course, and guests provide the rest. Dates are set by the host and Sonoma County North Events Committee.

Contact slowfoodsonomacountynorth@gmail.com if you can host!

Sonoma County North Producer Page on Our Website: Should You Be Listed?

Many of Sonoma County North's members have food-related businesses that fulfill the Slow Food mission of providing good, clean, and fair food. We have created a page on our website dedicated to these producers, with brief descriptions of their products and links to their [websites](#). **We encourage you to support them, and to let us know if you have a business that should be listed (slowfoodsonomacountynorth@gmail.com).**



Why Join Slow Food—or Renew Your Membership?

When you join Slow Food you become part of a global community which is “going Slow”—celebrating and championing regional foods and food traditions, supporting farmers, creating school and community gardens, and joining members from disparate ends of the food system in debate and common cause.

You also become a member of our smaller, local community of northern Sonoma County and can support and participate in monthly events and our projects: the Ark of Taste; scholarships for Beginning Farmers; gardens in elementary schools and after-school programs; an exchange program with Mayan women in Guatemala; and Slow Harvest gleanings. In California you automatically become a member of Slow Food California which is especially active in supporting statewide and local food policies that reflect the Slow philosophy.

To join or renew your membership online go to [Slow Food USA](#) and put Sonoma County North-CA as your chapter. To renew by check locally, contact slowfoodsonomacountynorth@gmail.com.



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