



**SLOW FOOD
SONOMA
COUNTY
:: NORTH ::**

AUGUST 2019 NEWSLETTER



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Report on Slow Food Nations

Five members of Sonoma County North attended Slow Food Nations, which included a Slow Food leader summit and international food festival in downtown Denver. Temperatures in the mile-high city were around 100 degrees and a thrilling but violent thunderstorm interrupted an afternoon of workshops and food tastings--but we all had a stimulating and meaningful experience. Here are our reports.

For me, Slow Food Nations was about the people: five of us from Sonoma County North who shared a house; the hundreds who attended the Leader Summit; and the thousands that attended the festival. It was about the indigenous community members who came to celebrate and teach us about their mission of “Reclaiming Native Truth”; the farmers, chefs, and merchants who fed us and shared with us about their foods; the speakers who came to teach us about policy, EIJ (equity, inclusion & justice), working together across cultures and exploring where we go from here. We were all there to participate in a gathering to celebrate our grassroots movement in a hopeful way. ***Carol Diaz***



Slow Food School Gardens was very active this year. There were panels, meet-ups, and a forum. School Garden leaders came from all over to share visions, challenges, best practices, and future plans for gardening with youth. There were activities daily for children--breakfast bowls, herb gardens, veggie tacos, tattoos, story time, seed bombs, salad dressing kits, etc. As a passionate member of the school gardening team, I was inspired and encouraged to go home and do the important work. ***Kathy Matonak***

In looking at Denver as a potential Slow Food mecca, we need to acknowledge its beauty: towering Rockies and historic buildings with old mining names. Once there were stockyards but no more. Fish? Well, I guess the river trout deliver. But that's about it. Not an ideal location, not like the whole of Italy! Yet somehow Denver worked as a place to celebrate Slow Food, perhaps because of its farms and farmers, fishermen, producers, restaurants, chefs, and indigenous peoples with herbal plants and foraged specialties.

And that is what we beheld at Slow Food Nations 2019: sausage makers, ancient grains and plants, coffee distributors, cheese purveyors, Mama's salsa, blue tortillas, dried fish morsels, try my stuff, taste and see. We want to make a difference with our wonderful products! Look what we bring to the table!

Panels on Indigenous Foods and Slow Meat and Slow Fish and yes, Slow Craft Beer! So maybe it doesn't have anything to do with location. In the end, maybe it's people and commerce and community that we all crave and share irrespective of location. It's about the commonality of food, and especially breaking bread together, even if it is a mile high. **Marisha Zeffer**

I was surprised to come away from Slow Food Nations with stirrings of hope for our country and beyond. Despite the huge challenges to first-generation young farmers, their number is growing and they are addressing critical issues such as climate change, food access, and soil health. The knotty question of how to incorporate equity, inclusion, and justice into Slow Food (and our personal lives) was informed by sessions and modeled with the visible and interactive presence of indigenous leaders in the U.S. and delegates from Kenya, Uganda, Ivory Coast, and Burkina Faso. Ian McFaul said in his session, "Become an ally [of other cultural and racial groups] by being intentional and willing to be corrected. Ask questions. Don't generalize groups as being all the same. Learn the history of those in your area." Daily acts create change, one step at a time, and we can do that. **Lisa Hunter**

A couple of things touched me during the Leader Summit. First, I was impressed by the blessing ceremony, conducted in, I believe, the Lakota language. It sounded like a song as it

began and continued; I did not want it to end. Also, I have heard so much about Alice Waters, have eaten at Chez Panisse, and know of her involvement in Slow Food. But this was the first time I'd heard her speak. As she gave her thoughts about food, I felt she was a very genuine person and feels deeply about the Slow Food movement. **Manuel Diaz**

[See some other observations of Slow Food Nations.](#)





Slow Food Events

Detailed invitations will be emailed approximately 4 weeks before each event.

AUGUST

11 Slow Food Potluck Feast and Annual Meeting, 4:30 pm, Healdsburg. [Sign up here.](#)**12 Slow Books: The Language of Baklava**, 5:30 pm, Cloverdale. [Sign up here and specify "Book."](#)**24 Slow Tapas in the Vineyard**, 6 pm, Cloverdale. [Sign up here and specify "Tapas."](#)

SEPTEMBER

10-12 National Heirloom Exposition, Santa Rosa

12 Around the Slow Table, Cookbook Version, 6 pm, Healdsburg and Cloverdale

[Slow Books: The Language of Baklava](#)

**On Monday, August 12,
Slow Books will discuss
"The Language of
Baklava: A Memoir," by
Dana Abu-Jaber. We will
meet at 5:30 pm at
Shelley Witten's home in
Cloverdale.**

Dana Abu-Jaber's vibrant, humorous memoir weaves together delicious food memories that illuminate the two cultures of her childhood—American and Jordanian. Here are stories of being raised by a food-obsessed Jordanian

father and tales of Lake Ontario shish kabob cookouts and goat stew feasts under Bedouin tents in the desert. These sensuously evoked repasts, complete with recipes, paint a loving and complex portrait of Diana's impractical, displaced immigrant father who, like many an immigrant before him, cooked to remember the place he came from and to pass that connection on to his children. The Language of Baklava irresistibly invites us to sit down at the table with Diana's family, sharing unforgettable meals that turn out to be as much about "grace, difference, faith, love" as they are about food. (Amazon)

Snail of Approval Awards



**Congratulations
to our newest
Snail of Approval
farm!**

**Be Here Farm + Nature
has joined our growing
list of local farms that are
making a significant
contribution to improving**

the food system in Sonoma County.

Be Here Farm + Nature is a certified biodynamic farm. They have a strong commitment to sustainability, health, wellness, and quality. You can find them at the St Helena Farmers' Market on Friday mornings.

Join us in supporting our Snail of Approval farms and restaurants, and when you do, be sure to let them know you are with Slow Food!



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