



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

October 2020 NEWSLETTER



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[Do Black Lives Matter to Slow Food?](#)

The simple answer is yes. Slow Food USA is committed to bringing equity, inclusion, and justice (EIJ) to all aspects of the organization and its membership. This commitment began with creating a [Slow Food Equity, Inclusion, and Justice Manifesto](#) a year ago. The Manifesto was followed by creating the COVID-inspired [National Resilience Fund](#), which prioritizes grants to Black, Indigenous, and People of Color. Recently, Slow Food USA has challenged every chapter to select six action steps to promote EIJ in their local food system.

As a framework, Slow Food USA offers [Rachel Cargle's](#) three-part "recipe" to hold ourselves accountable to anti-racism: We need to combine “knowledge plus empathy plus action. If you take any one away, you’re performing” (i.e., faking it). These steps apply to ourselves as individuals and to our chapter.

Commit to Knowledge

Educate yourself by reading and discussing any of a number of books about racism. In August, Sonoma County North leaders read *How to Be an Antiracist*, by Ibram X. Kendi, and participated in a conversation that focused on reactions to the book, personal insights, and potential personal and chapter action steps. We will continue this discourse by including books such as the following in our Slow Books meetings:

White Fragility, Robin DiAngelo

Dying Of Whiteness, Jonathan M. Metz

Between The World And Me, Ta-Nehisi Coates

Tears We Cannot Stop, Michael Eric Dyson

The Bluest Eye, Toni Morrison

Kindred, Octavia Butler

Race Matters, Cornel West

If They Come In The Morning, Angela Davis

Notes of a Native Son, James Baldwin

Heavy: An American Memoir, Kiese Laymon

So You Want to Talk About Race, Ijeoma Oluo

Me And White Supremacy, Layla Saad

Mindful of Race: Transforming Racism From The Inside Out, Ruth King

Caste: The Origins of Our Discontents, Isabel Wilkerson

Commit to Empathy

Follow the lead of local and national food justice organizations. Show up for them. Build those relationships. There are many [organizations near us](#) with which we can partner and support.

Commit to Action

Sonoma County North has committed to concrete action steps within our projects.

Educate our leadership by reading and discussing *How to Be an Antiracist*.

The Snail of Approval project will actively seek nominations from artisans of color, and restaurants and farms owned by people of color in Sonoma County.

The Bodega Red Potato Presidium will actively seek farmers of color and organizations that feed the hungry in Sonoma, Napa, and Marin Counties to buy seed potatoes.

The Local Farmer project will advertise the grant application process through organizations with racially and ethnically diverse members and/or that serve people of color in Sonoma County.

The School Garden project will invite schools that serve low-income students to participate in the project, when existing schools in the project resign/drop out. The Grow Out will offer Ark seeds to farmers of color who are identified by the Bodega Red Potato Presidium.

The Events team will offer events led by and about farmers, chefs, advocates from a variety of backgrounds and cultures. Among these will be a Slow Book group with a focus on food justice issues and food-related books by authors of color.

Chapter leaders will discuss with the AMIDI project ways in which the chapter can be more actively involved with the women of AMIDI in Guatemala.

We invite you to join with us in spirit and deed in supporting Black Lives Matter through Equity, Inclusion, and Justice within our food system.

[Slow Food Events](#)

We are happy to announce that we are starting a new Slow Books that will focus on food justice.

Slow Food USA has compiled an extensive list of books for us to start with, such as the following. Additional books will be nominated by Slow Books participants.

Farming While Black: Soul Fire Farm's Practical Guide to Liberation on the Land, Leah Penniman, Karen Washi

The Color of Food: Stories of Race, Resilience and Farming, Natasha Bowens

Buttermilk Graffiti: A Chef's Journey to Discover America's New Melting-Pot Cuisine, Edward Lee

Braiding Sweetgrass, Robin Wall Kimmerer

Notes from a Young Black Chef: A Memoir, Joshua David Stein and Kwame Onwuachi

Yes, Chef, Marcus Samuelsson and Veronica Chambers

Recovering the Sacred: The Power of Naming and Claiming, Winona LaDuke

Soil Not Oil: Environmental Justice in an Age of Climate Crisis, Vandana Shiva

The Nature of California: Race, Citizenship, and Farming Since the Dust Bowl, Sarah D. Wald

Franchise: The Golden Arches in Black America, Marcia Chatelain

Black Rice: The African Origins of Rice Cultivation in the Americas (Revised), Judith A. Carney

Hog and Hominy: Soul Food from Africa to America, Frederick Opie

Stirring the Pot: A History of African Cuisine, James C. McCann

The Jemima Code: Two Centuries of African American Cookbooks, Toni Tipton-Martin

Slow Books: Food Justice will be held via Zoom until we can meet again in person. An invitation to the first meeting will be sent soon.

- Meetings will be held approximately every 6 weeks for 1 to 1.5 hours.
- Each meeting will be limited to 10 people and consist of the first 10 participants to sign up.
- The discussions will be gently facilitated.

Annual Meeting

This year our annual meeting will be held remotely on Terra Madre Day, December 10.

Spotlight on Member/Producer: Kicking Bull Farms



Congratulations to William Henpenn, owner of [Kicking Bull Farms](#) in Sonoma, California, this year's recipient of the Slow Food [Sonoma County North's Local Farmer Grant](#).

While many of us aspire to one successful career, William Henpenn is working on his third. William's culinary passions began early: "In high school, I went to a culinary program for three hours a day, and it put the bug in me that I wanted to cook for a living. After high school, I cooked around the Pacific Northwest for seven years before landing in Portland, Oregon, where I opened my first restaurant. It was fine dining, white tablecloth, local, fresh, whatever was in season. The menu changed every day. The next year in 2000, I opened a bistro-style eatery right next door."

Always hungry for the next challenge, William sold both his restaurants in 2004; moved to Brooklyn, NY; became a master sommelier; and began working as the wine and beverage manager for top New York eating establishments. After six years of harsh winters and humid summers, though, William had enough of the East Coast weather and moved to Napa, California, where he and his wife set their sights on farming, with a twist. Turning all his gastronomic expertise toward the land, he conceived Kicking Bull Farms in the Carneros region of Sonoma, producing unique, one-of-a-kind fruits and vegetables for Michelin-Star restaurants. "I wanted to enlighten chefs," William said. "I'd pick half of my Bosc pears early to thin the tree and to prevent waste. I'd inform the chefs it's a good fruit to pickle. This cute little Bosc pear that is really hard and unripe to eat, if you pickle it, it's really cool on a plate."

Around the same time, William learned about [Phillip Paine's squab farm](#) in Sonoma. He valued Phillip's commitment to raising animals humanely, sustainably, and for their outstanding flavor. The squab, a young pigeon, is a culinary delicacy, possessing all the tasty qualities of a pasture-raised chicken in miniature form. William purchased Phillip's flock of 3000 and sold the tender birds to Michelin-Star restaurants in the Bay Area, including [Chez Panisse](#) and [Meadowood](#).

When COVID-19 hit, sales to restaurants dropped and William was once again challenged to pivot and try something new. Shifting from squab and chef-centered veggies at Kicking Bull, William morphed his farmland into Community Supported Agriculture (CSA), where members of the local community purchase a three-month subscription to the farm's produce. The driving force behind the CSA illustrates William's culinary ethos. "I have always practiced organic. Three years ago I shifted to biodynamic farming and am learning about the balance of the soil. I am interested in a diverse selection of perennials, herbs, and plants. Recently I've begun working with Dan Barber's [Row 7 Seed Company](#). He's doing important work with seed saving."

What will he do with Sonoma County North's Local Farmer grant? "I am a self-proclaimed technophobe," William admits. "With the funds, we are building a website, which will go live soon." In the meantime, follow Kicking Bull Farms on [Instagram](#).

[Snail of Approval](#)



COVID 19: Support our Snails

It is imperative to support local food, now more than ever before.

COVID-19 has deeply disrupted our food system, leading to extreme challenges for food growers, producers, distributors, and the restaurant industry. The list below showcases Sonoma County Snail of Approval awardees that remain operational during the pandemic. Please help support these incredible businesses and the wonderful people who built them.

[Backyard](#), Forestville

[Be Here Farm + Nature](#), Sonoma County

[Bernier Farms](#), Geyserville

[Black Pig Meat Co.](#) & [Black Piglet](#), Sonoma County

[DaVero Farms & Winery](#), Healdsburg

[Diavola Pizzeria & Salumeria](#), Geyserville

[Estero Cafe](#), Valley Ford

[Handline](#), Sebastopol

[Laguna Farm](#), Sebastopol

[Lantern Farm](#), Cloverdale

[Mateo's Cocina Latina](#), Healdsburg

[The Naked Pig](#), Santa Rosa (new

address-640 5th St)
[SingleThread](#), Healdsburg
[Tierra Vegetables](#), Santa Rosa
[Tilted Shed Ciderworks](#), Windsor
[Trading Post](#), Cloverdale

[Bodega Red Presidium Update](#)

**A few farms are still harvesting Bodega Red Potatoes!
This is where you can purchase them.**

Armstrong Valley Farm, Sebastopol: Santa Rosa Luther Burbank (Saturday) and Sebastopol (Sunday) farmers markets

Front Porch Farm, Healdsburg: Healdsburg and Marin farmers markets

Little Organic Farm, Petaluma: San Francisco Ferry Plaza and Marin farmers markets. You may also call to pick up at the farm in Petaluma, 707/235-4988.

Shone Farm, Forestville: [Order online](#) and pick up curbside at SRJC Shone Farm.

Great Publicity

Diane Peterson, food writer for the *Press Democrat*, wrote a compelling and comprehensive three-page article about our potato. [Check it out here!](#)

Looking for Bodega Red Scouts!

Our chapter's Bodega Red Potato Presidium needs Scouts to spot Bodega Reds around Sonoma, Marin, and Napa counties and send us photos and information about the sightings.

Where are they being sold? Are they appearing on restaurant menus? Are they being written about locally? Are they being donated to community food banks?

If you areinterested in promoting the history and importance of this heirloom potato, someone who enjoys following the seasonal activities of local farms, and would like to help link our members to farms, restaurants, and food trucks that grow or cook up Bodega Reds, please send an email to slowfoodsonomacountynorth@gmail.com!

Here is more information about the [Bodega Red Potato Presidium](#).

Membership

[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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