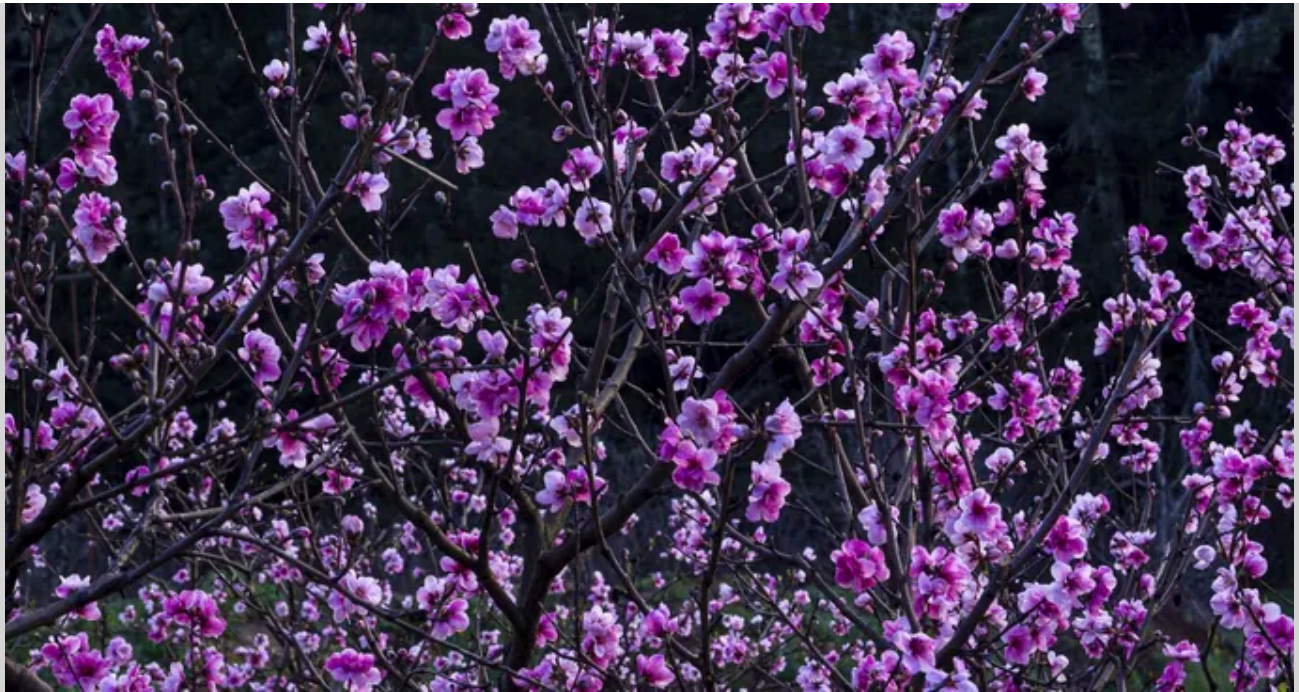




SLOW FOOD SONOMA COUNTY :: NORTH ::

MARCH 2022 NEWSLETTER





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Slow Themes for 2022

The mission of Slow Food is to create a world where all people can eat food that is good for them, good for the people who grow it, and good for the planet. In other words, GOOD, CLEAN, and FAIR food for all. Clean refers primarily to food production that does not harm the environment, and is our chapter's emphasis this year.

Food and Climate Change

Food is both cause and victim of climate change, but also a possible solution. Our food choices have a direct impact on the future of the planet.

According to Slow Food USA: The current global food system is a significant contributor to climate change and biodiversity loss. Food should be produced without causing harm to ecosystems or living species.

To mitigate climate change and biodiversity loss, food should be local, seasonal and sustainably grown.

Food should be produced in a non-polluted environment, free from excessive antibiotic pollution, heavy metals and other pollutants and toxins.

Local Efforts

Recently, California took a significant step to reduce greenhouse gas emissions and improve the environment. The **Short-Lived Climate Pollutants Act** requires counties to collect yard and food waste for composting. Currently, food waste goes into landfills and emits 20% of California's methane--a climate "super pollutant." Composting enriches soil and also increases the soil's capacity to hold water, thus making it more resilient to drought.

This is a stellar example of the power of combining individual and community action: we agree to separate organic materials from the rest of our garbage, and the county turns it into a beneficial product with far-reaching rewards.

Chapter Focus

This year, our chapter is focusing on some of the individual and collective practices that will help our environment. We want to learn more about the relationship between food and climate change through activities such as a panel presentation from growers and researchers, film nights, farm tours, food tastings, and sharing insights from Slow Books discussions.

Some of the **books we've discovered** to inform ourselves about the issues include:

We Are What We Eat: A Slow Food Manifesto, by Alice Waters

Tomorrow's Table: Organic Farming, Genetics, and the Future of Food, by Pamela Ronald and Raoul Adamchak

A Drop of Grace: Finding and Protecting Our Common Ground, by Prudence Foster, Nedra Hecker, et al.

Resilient Agriculture: Expanded & Updated Second Edition: Cultivating Food Systems for a Changing Climate, by Laura Lengnick

The Fate of Food: What We'll Eat in a Bigger, Hotter, Smarter World, by Amanda Little

DENAIRE's book

Slow Food Events

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

March

31 Tour of Stemple Creek Meat, followed by lunch at Estero Cafe (a Snail of Approval restaurant) and a cheese-tasting at Valley Ford Cheese Company, Valley Ford

April

TBD Tasting of Olive Oils with Colleen McGlynn, DaVero Farms and Winery; Nancy Lilly, Tallgrass Ranch; and Chris Lindelof, Moon Dog Olive Farm

20 Slow Books, *Hawker Fare: Stories and Recipes from a Refugee Chef's Isan Thai & Lao Roots*, by James Syhabout and John Birdsall

27 Snail of Approval Awards Ceremony, Sebastopol Grange

May

1 Cheese-Making Class with Sheana Davis, Epicurean Connection (a Snail of Approval business), Sonoma

22 Annual Meeting

Spotlight on Tierra Vegetables



Lee and Wayne James, Tierra Vegetables
Owners

Sister and brother team and farmers extraordinaire, Lee and Wayne James are getting ready to start their 43rd year of spring planting. Their verdant farm, [Tierra Vegetables](#), is an “island of biodiverse greenery, open space, and a place to obtain fruits and vegetables to feed your families.”

The Farm

Lee and Wayne consider their farm a “living network,” and do their part to mitigate the results of climate change by using crop rotation and minimal outside inputs. Wayne says, “In a perfect world, there would be no pesticides, no herbicides. Additionally, water is an issue. For example, to use cover crops, we would need to water them constantly, so that is a problem. The Santa Rosa aquifer is a good source of water now. But if we keep drawing water and it is not getting replenished, we are in trouble.”

Additionally, solar, variable speed pumps, and other efficiencies help with sustainability but cost money. Wayne says, "Climate change is upfront as a major issue for us. I do my part. Personally, 85% of my travel is on my electric bike. It has made a huge change--I took 7,000 miles off my car in the last year."

The Beans

Wayne and Lee grow a large variety of heirloom beans. Most originally came from Mexico, Central, and South America. Each bean has its own history and tells a unique story, and many are on the [Slow Food Ark of Taste](#).

Wayne says the beans hold "thousands of years of genetics and history that we don't want to lose. I see a world movement in saving heritage seeds."

Some of the beans Tierra grows include **Petaluma Gold Rush**, now extremely difficult to find; **Montezuma**, originally grown by the Aztecs; **Tiger Eye**; [Black Tepary](#); and [Pinquitos](#), "Santa Maria Pinkies."

All of these bean varieties are beautiful to behold, their colors ranging from golden, black, yellow, white, speckled, and brown. They are nutrition-dense and can be used in myriad ways. According to Chef Eric Tucker from the Millenium restaurant in San Francisco, Petaluma Gold Rush beans make a great [pot liquor](#).

Farm Store

Stop by the Farm Store to learn more about the beans and other products such as

heirloom corns and a variety of dried peppers. For more information about the farm products, commercial kitchen rentals, and the CSA program, please visit [Tierra Vegetables](#).

Tierra was awarded a Slow Food Snail of Approval in 2018.

Slow Food USA's Plant-A-Seed Campaign is Celebrating Beans

Each year, Slow Food USA puts together a cast of rare and biodiverse seeds that tell a story. This year, we are celebrating beans! When you grow beans, you positively impact soils, land use, water use, biodiversity and directly combat climate change. In addition, beans have been a food staple in numerous food cultures, and are extremely nutritious.



Heirloom beans at Tierra Vegetables

Snail of Approval

Save the Date

Our Snail of Approval Awards have been rescheduled for the evening of Wednesday, April 27, 2022 at the Sebastopol Grange. Join us to celebrate our 2021 Snail of Approval awardees. Watch your email for ticket information, coming soon.



Bodega Red Potato Presidium

The Presidium will be selling approximately 1,400 pounds of Bodega Red Potato seed to 17 farmers and 4 retailers on March 15. This year we are still recovering from the diminished crop in 2021 and all of our seed is allocated. There have been inquiries about seed from over 30 additional growers looking to plant the Bodega Red, and we plan to have ample seed to fulfill all requests in 2023.

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

Recipe of the Month

Mara's Multi-Bean Chili

Mara Welton, Slow Food USA Director of Programs

The most important thing as you approach this recipe is that it can morph completely to what you have in your kitchen! This recipe was born because I always have a lot of varieties of beans around and this is a great catch-all for small amounts of assorted beans. Also, great for assorted peppers you have kicking around or even veggies like corn. Add spices to your taste--nearly every ingredient in this recipe is optional! If you don't have dry beans, try several types of canned beans (4-5 cans); just rinse and drain them before adding to the pot.

INGREDIENTS

3 cups assorted dry beans, 1/2 cup each of:

little black beans

big black beans

little red beans

big red beans

pinto beans

Jacob's cattle beans

1/2 red bell pepper, chopped

1 large onion, chopped

3 cloves garlic, minced

2 jalapeño peppers, chopped (remove seeds and veins for mild)

1 pound ground beef or bison (optional)

1/2 c. corn kernels (fresh or frozen)

1 bottle dark beer (optional)

1 T. red chile powder

1 tsp. ground cumin

1/2 tsp. garlic powder

1/2 tsp. onion powder

1/2 tsp. smoked paprika

1 14 oz. can diced tomatoes

Salt and pepper to taste

INSTRUCTIONS

1. Sort, rinse and soak beans for a minimum of 4 hours. Drain.
2. Add beans to a 4 quart pot, cover with water and bring to the boil. Simmer covered for 1 hour, stirring occasionally.
3. Add some oil to a heavy bottomed dutch oven or stock pot over medium high heat.
4. Add meat if using and brown. Add onions, garlic and all peppers to the pot. Saute until fragrant and vegetables start to soften.
5. Add all of the spices to the pot. Stir to coat meat and vegetables with spices.
6. Add canned tomatoes, stir to mix.
7. Add beer if using. Stir carefully, as it will foam.
8. Add the semi-cooked beans and their cooking liquid into the seasoned meat and vegetables. If using canned beans, add at this time as well (rinse and drain before adding).
9. Bring to the boil, then simmer for up to an hour to meld flavors and finish cooking the beans.
10. If using corn, add near the end.
11. Season to taste.
12. Serve with cornbread, tortilla chips, and your choice of toppings! Favorites include: cilantro, fresh onions, cheese, red pepper flakes, etc.

Visit our [website](#) for a printable copy of this recipe.

Membership

Welcome New Member!

Jacqueline Kramer

[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.* [Hint: look for a notice in mid-April.]



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