



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

JULY 2022 NEWSLETTER



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

- [Climate Change and Our Food](#)
- [Slow Food Events](#)
- [Spotlight on Member/Producer: Kitchen Table Advisors](#)
- [Snail of Approval](#)
- [Local Climate Resources](#)
- [Recipe of the Month: Cassoulet](#)
- [Membership](#)

Climate Change and Our Food

This year, our chapter is focusing many of our events on the **effects of climate change on our food system**. In late March, we visited some farms in West County that showed us how regenerative farming techniques have improved the natural environment and mitigated some of the effects of climate change. We reported on this in the [May 2022 newsletter](#).

Slow Books

Our ongoing **Slow Books meetings** have selected several books around climate change. *Our Changing Menu (Climate Change and the Foods We Love and Need)* by Michael P. Hoffmann, Carrie Koplinka-Loehr, and Danielle L. Eiseman is our current read and has gotten our attention!

The authors say, "There are plenty of worrisome stories about the impacts climate change is having around the world, but few about what climate change means to the many foods and beverages we love and need—fish from the Bering Sea, cocoa from West Africa, Brazil nuts from Bolivia, tea from India, or Sushi rice from California. Our goal is to draw attention to climate change through food because it is highly relevant to everyone—we all eat."

Much of the book is devoted to "The Menu," which describes how the ingredients of a meal—from a pre-dinner drink through dessert—are affected by increasing extremes and variability in temperatures, rainfall, and frost. When we plan a meal, we may consider wine, salad, salad dressing, vegetables, meat, grains or fish, a dessert of fruit, cheese, or ice cream, finished by coffee and perhaps a liqueur or digestif. The sobering fact is that the growth or production of nearly all on that menu is influenced by or contributes to changes in the climate.

For an overview of the findings of their book and the rapidly changing environmental factors and solutions, the authors have created a [website](#).

Film Night

We are excited to be showing the film *Embers of Awakening: From Firestorms to Climate Health*, based on the 2017 Tubbs Fire. The film is "a gripping exploration of how fire is changing the way we live. It reveals personal stories of damage and recovery in Sonoma County and ways that we need to change the way we live to create a path towards a healthy world." After the film will be a moderated "chat." Look for a detailed invitation in August.

Slow Food Events

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

July

6 Slow Books: *Our Changing Menu: Climate Change and the Foods We Love and Need*, Cloverdale, 5:30 pm: Sign up at slowfoodsonomacountynorth@gmail.com.

10 Annual Summer Picnic, Gradek Ranch, Healdsburg, 4 pm: [Get Your Ticket Here by July 3](#). **Deadline to purchase tickets is July 3rd!**

August

10 Garlic Tasting at the Source, Geyserville, 11:30 am

September

TBA Slow Books: *Rebel Chef*, by Dominique Crenn

Spotlight on Member/Producer: Kitchen Table Advisors



photo by Jeff Spierer

Paige Phinney held a bundle of fresh farm beets in her hand, beets she had planted, nurtured, picked, and then sold at the farmers market for \$2 per bunch. At that moment, she was humbled, “These numbers are hard. When I saw how much work and capital it took, I was struck by what our farmers are challenged with every day.”

The numbers are hard, indeed. According to the USDA, only 50% of new small farms survive the first five years, and of those, only 25% make it to 15 years.

After a summer working on a farm, Paige gained a visceral understanding of the physical demands of working the land, and

knew then that she wanted to help farms to survive.

Paige received her degree in Environmental Education and Communications, and in the ensuing years, she immersed herself in educating others and building relationships within the farming community. From growing a Petaluma CSA, to environmental education at [Slide Ranch](#) and working in her own garden, Paige has developed a powerful set of skills and connections.

Helping Small Farms

Now, as the Director of the North Bay Region of [Kitchen Table Advisors](#) (KTA), Paige utilizes her connections and years of experience. KTA's mission is simple: to help small farmers to thrive in an industry that disempowers small-scale farmers and ranchers. Operating since 2013, KTA's client base includes small sustainable farms and ranch owners [from Madera and San Benito to Siskiyou County](#). The North Bay region includes Marin, Mendocino, Napa, and Sonoma counties.

KTA works with communities that have historically been excluded from resources and recognition within our food system, for example, BIPOC, women, low-income, immigrant, and LGBTQIA+ communities. KTA's underlying vision is to begin with the wisdom of each farmer or rancher and then streamline their specific needs within the network of resources available. KTA offers clients a three-year program where they provide coaching to match the client's needs and to help them thrive. To date, KTA has advised 220 farms, ranches, and business owners.

Ecosystem Building

In addition, KTA has recently expanded to include what they call "ecosystem building." In essence, this service breaks down barriers to obtaining:

long-term land security,
sustainable small farms,
financial resources such as grants and loans.

Paige sees the big picture. "Focus on the small, and that will affect the big. We are supporting farms one at a time. If you are looking to source food from our clients, check out our [LOVE LOCAL GUIDE!](#) It has all the places you can find them."

Paige also wanted to put in a plug for FEED Sonoma's [FEED Bin](#), sourcing from local farmers in the North Bay region.

Thank you, Paige, for your important work.

Snail of Approval



Congratulations to our newest 2022 Snail of Approval awardee!

Maison Porcella

We awarded the certificate to Marc-Henri and family (his wife Maud and son Henri) at the Healdsburg Farmers' Market. A family award presentation seemed appropriate as it really is a family-run business, making French style charcuterie and savory pastries. You can find them at these farmers' markets: Healdsburg, Petaluma, Santa Rosa, Mill Valley, and Corte Madera. They also ship and make local deliveries.

Maison Porcella will be coming soon to Windsor with a Charcuterie Bar and Retail shop at 8499 Old Redwood Highway #114. We look forward to their grand opening.

Snail-approved Tierra Vegetables is celebrating 40 + 2 years of farming!

Make merry and kick up your heels with Tierra farmers Lee and Wayne James for a day of food, fun, and festivities. The open-farm event will offer games, live music, tastes, sips, and tours of our beloved Tierra Vegetables, sustainably farmed, going strong for 40 + 2 years.

Chefs from the Bay Area will create small bites made with Tierra Vegetables' harvest. Local wines and cider will be flowing. Come for the day or drop in for a taste or a wheelbarrow race.

Sunday, August 7, 2022, 10 am - 4 pm,
\$25 [advance tickets](#) or \$30 at the door.
651 Airport Blvd, Santa Rosa (707) 544-6141



Local Climate Resources



[CAFF](#) (Community Alliance with Family Farmers) is relaunching its [California Family Farmer Emergency Fund](#) for farmers in crisis, offering grants to those impacted during the past few wildfire seasons or those currently facing hardship as a result of this year's drought. Apply today or please help spread the word!

For instructions and eligibility, click on the link above. (Applications are also available in Spanish.)

Drought applications accepted until July 15, 2022.

Wildfire applications accepted until August 15, 2022.

Recipe of the Month: Cassoulet

Baked Cassoulet Beans with Summer Squash and Corn

Rancho Gordo

Main Dish, serves 4

Nothing beats pulling a bubbling cassoulet out of the oven. Our cassoulet beans are West Coast–grown from classic French Tarbais seed stock, and have been bred for this slow-baked dish. Something magical happens when you bake these beans. The texture changes and they become firm, yet creamy. It's hard to explain, but we suggest you give it a try.

INGREDIENTS

2 tablespoons butter or olive oil, plus more for topping
1 cup fresh breadcrumbs (crusty bread torn into small chunks or cut into cubes)
1 large tomato, sliced, plus 1 cup cherry tomatoes
1/2 pound summer squash, very thinly sliced
2 ears of corn, kernels removed
2 cloves garlic, minced
1 teaspoon lemon zest, plus more for finishing
Salt and freshly ground pepper
3 to 4 cups cooked Rancho Gordo Cassoulet beans (Ayocote Blanco, Royal Corona, or Flageolet), drained, some cooking liquid reserved
4 oz pancetta or bacon, chopped (optional)
Grated pecorino or Parmesan cheese
Minced fresh mint or basil

PROCEDURE

Preheat the oven to 350F. Lightly grease an oven-proof gratin dish.

In a small skillet over medium-high heat, melt the butter. Add bread crumbs and stir, frying until light golden. Set aside.

Arrange the tomato slices so they cover the bottom of the dish. Add a layer of squash slices, then top with corn kernels and cherry tomatoes. Save about one-fourth of the squash, corn, and cherry tomatoes for the top layer. Sprinkle with the minced garlic, lemon zest, and salt and pepper to taste. Add a layer of beans on top of the vegetables. Pour about 1/4 cup of bean broth over the beans (just enough to wet them). Over the beans, add another layer of squash, corn, and cherry tomatoes. Top with the breadcrumbs and pancetta, if using. Drizzle with olive oil or, if you prefer, dot with butter.

Bake for about 30 minutes, until the breadcrumbs are golden and the squash is tender. Before serving, drizzle with a bit more olive oil and dust with a generous amount of cheese, fresh herbs, and more lemon zest.

Note for pressure cooker fans: We cooked unsoaked Cassoulet beans in an Instant Pot for 40 minutes, with natural pressure release (NPR).

You can find a printable copy of this recipe on our [website](#).

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. *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.*



P.O. Box 1494 | Healdsburg CA | 95448 [unsubscribe](#)