



## AUGUST 2024 NEWSLETTER



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### Terra Madre/Salone del Gusto in Italy

Terra Madre/Salone del Gusto 2024 is the prominent Slow Food event focused on promoting sustainable food practices and celebrating diverse culinary traditions. It aims to highlight the importance of preserving biodiversity, supporting small-scale producers, and advocating for a good, fair and clean food system. Participants include farmers, chefs, activists, and food enthusiasts from around the world, engaging in workshops, tastings, and discussions to foster dialogue and action towards a more sustainable future in food. This biennial event will take place in *Turin, Italy, from Sept. 26-30, 2024.*



#### Regeneration

The theme for 2024 is *We Are Nature: restoring a balanced relationship between humans and all the rest of nature*

The concept of mere sustainability is no longer sufficient; a process of regeneration is needed, first of all in our language and thought, and then in everything else: a regeneration of social relationships, of the relationships between humans, the soil, plants, animals, and the whole spectrum of biodiversity. We advocate for a transition from an extractive culture to a regenerative one.

#### Food as the link between nature and culture

Food is our most important link between nature and culture: Slow Food, through Terra Madre, aims to show a way forward, to light a new path toward a healthier relationship with nature, through food. Our food reconnects us to the land, the soil, the sea, but it is also an integral part of our identities, our pleasure. It's the perfect tool to reshape the bond between nature and culture.

### Our chapter's delegates

**Slow Food Sonoma County North** will be represented by two **Snail of Approval** awardees and chapter members, Samantha Ramey, owner of restaurants **Americana** and **Estero Cafe**, and Tiffany Holbrook, owner of **Wise Acre Farm**. Both Samantha and Tiffany have been selected by Slow Food International as our chapter's sponsored delegates. Additionally, Donna del Rey, a chapter leader and also a Snail of Approval awardee as owner of **Relish Culinary Adventures**, will attend to complete the team.

### The Slow Food booth

Visitors to the Slow Food North America booth will have an opportunity to meet with Samantha, Tiffany and Donna and hear about our highly successful Snail of Approval program and the importance to them as awardees of building relationships with other like-minded Slow Food activists around good, clean and fair food for all.

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## Sonoma County North Events

**Mark your calendars, and look for an invitation with details about a month before each event.**

### August

5 Slow Books: *Endangered Eating*, by Sarah Lohman  
21 Hog Island Oyster Tour, Marshall, 10:30-12:00, Marshall (sold out)

### September

7 100-Mile Dinner, Santa Rosa. **There are a few seats available for this special dinner in Bennett Valley. Email us for details if you want to join us.**  
12 Heron Shadow Farm Tour, Sebastopol  
16 Slow Books: *The Migrant Chef: The Life and Times of Lalo Garcia*, by Laura Tillman  
26-30 Terra Madre/Salone del Gusto, Italy

### October

27 Annual Meeting, Farm to Fight Hunger, Healdsburg  
28 Slow Books: *The Upstairs Delicatessen: On Eating, Reading, Reading About Eating, and Eating While Reading*, by Dwight Garner

### Slow Books

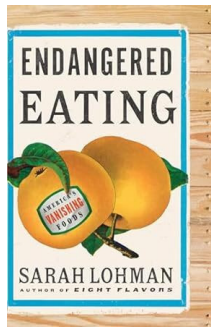
Slow Books is an ongoing activity of our chapter. The group meets every 6 weeks to discuss a food-related book and enjoy a potluck dinner based on the book. We meet in people's homes which can usually only accommodate up to 8 people. For this reason, we are usually unable to invite others than our core group of participants.

But we're learning a lot from the books we've read, and thought you might want to enjoy the books as well. We will therefore let you know what we're reading each meeting through the newsletter and our [website](#).

### August Selection

***Endangered Eating: America's Vanishing Foods*, by Sarah Lohman**

In *Endangered Eating*, culinary historian Sarah Lohman draws inspiration from the Ark of Taste, a list compiled by Slow Food International that catalogues important

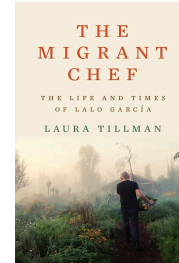


regional foods. Lohman travels the country learning about the distinct ingredients at risk of being lost. [Read more here.](#)

**September Selection**

***The Migrant Chef: The Life and Times of Lalo Garcia*, by Laura Tillman**

A chef's gripping quest to reconcile his childhood experiences as a migrant farmworker with the rarefied world of fine dining. [Read more here.](#)



**Spotlight on Tiffany Holbrook and Samantha Ramey: Chapter Delegates to Terra Madre 2024**



Tiffany Holbrook



Samantha Ramey

Each newsletter features an interview with a member who is a food producer, and/or a Snail of Approval business. This month we feature two chapter members whose businesses have received Snails of Approval. Allison Eckert reports on her conversations with them.

**Meet our Delegates**

Slow Food Sonoma County North is deeply embedded in our local community, but the depth of our commitment to the North Bay region doesn't limit us from taking in a broader view of food systems change. As a local chapter of a worldwide movement (learn more about [Slow Food's global impact here](#)), we are proud to send two of our very own local food luminaries to **Terra Madre**, Slow Food's international conference in Turin, Italy.

This September, Sonoma County's Samantha Ramey (co-owner of **Estero Cafe** in Valley Ford and **Americana**, with locations in Santa Rosa and Sebastopol) and Tiffany Holbrook (owner of **Wise Acre Farm** in Windsor) will travel to Italy with all of us in their hearts as selected international delegates. Upon speaking with Samantha and Tiffany, it is obvious that their voices will be an invaluable addition at Terra Madre. Our delegates represent not only their own Snail-carrying businesses, but also their work as systems change activists.

Samantha will champion healthy, delicious, whole foods, as she does here at home through her partnership with Alice Waters' [Conscious Kitchen project](#). As a practitioner and advocate of regenerative agriculture, Tiffany will bring the expertise she's developed as a farmer, member of [Sonoma-Marin Ag and County Climate Coalition \(SMACC\)](#), and organizer for small, local farmers and ranchers threatened by the forthcoming Sonoma County ballot [Measure J](#). These powerhouse artisan food producers balance owning their own food businesses—notoriously a tough nut to crack—with community advocacy, parenthood, and a remarkable investment in their own learning journeys. We're honored to be represented by the likes of them.

### High Hopes for Life at Terra Madre

At Terra Madre, Samantha will enjoy her first sojourn to Europe, which, in her words, comes at the perfect time because she's developed a base of knowledge and practices to share and is "ready for more—more books, more connections with food people, more exposure to the dense experience of a historical, regionalized network of food producers and markets." During our conversation, in a series of fascinating digressions, she educated me about various food concepts and terms, such as [the difference between processed \(e.g. corn tortillas\) and ultra-processed \(e.g. Doritos\) foods](#). Given her wealth of knowledge, I'd say Terra Madre attendees are "ready for more" of her wisdom as well.

For her part, Tiffany is looking forward to networking with other women producing high quality foods in a responsible way that is responsive to each of their unique home ecosystems. As a proud first-generation farmer, she gently redirects my question about how her methods contrast with "old-school farming" toward a term she prefers and imbues with deep respect, listing a few ways her approach differs from the "original farmers" on whose shoulders our modern food movements stand. Her focus on direct-to-consumer sales (her famous egg vending machine) and marketing (social media) has already given her the chance to network with women "farmers" from places as far afield as Zambia, and at Terra Madre, she will keep "finding common ground" while reverently pushing the envelope.

### Make Our Delegates' Vision a Reality

As these women undertake the journey to Turin to fight for just food in Sonoma County and beyond, let's be sure to do what we can to support them. Visit [Estero Cafe](#) or the two Americana locations ([Santa Rosa](#) and [Sebastopol](#)) for impeccably-sourced meals served to satisfy in the way that only a down-home diner breakfast can. Or check out [Wise Acre](#) to purchase your eggs, chicken, and beef, and sign up for their newsletter!

These delegates wouldn't be the exemplary people we know them to be if they didn't take this opportunity to further educate us about steps we can take to create the thriving food system we all crave. They urge us to support a local farm once per week; do our due diligence on restaurant ingredient sourcing and the ecological practices of our local farmers; and, whenever possible, vote with our dollar. When we buy local products and dishes that support good, clean, and fair food for every person, animal, and field whose resources nourish us, we take a small step toward valuing Slow Food and its place in our Bay Area.

## Snail of Approval

### Congratulations to Our Newest Snails!



[Marin Coast Ranch](#), located in Tomales, is honored for their regenerative agriculture practices to enrich and enhance soil health, watersheds and ecosystems. They also practice rotational grazing, wildlife-friendly fencing, grass-fed certifications, no vaccines

or antibiotics, and humane treatment of animals. They are also honored for their support of the local community and many environmental/ecological groups. You can purchase their beef and lamb on their [website](#).

We have moved a bit beyond our Sonoma County borders to include this "good, clean and fair" ranch.

**Pizzaleah**, located in Windsor, is honored for their commitment to culinary excellence and sustainability. At Pizzaleah, the team goes above and beyond by crafting their menu items in-house, ensuring that every dish is made with care. Owner Leah Scurto's dedication extends to researching ingredients and establishing strong relationships with suppliers, which allows her to maintain high standards of quality.



Influenced by the vibrant flavors of California cuisine, Pizzaleah prioritizes incorporating fresh, local products into their offerings, which is particularly evident in their year-round specials that celebrate seasonal produce. In addition to their sourcing practices, Pizzaleah employs a slow, cold fermentation process for their signature crust, which sets them apart from many other pizzerias.



**Lala's Jam Bar and Urban Farmstand**, located in Petaluma, is honored for their dedication to using pesticide-free California fruit as a core ingredient in their artisanal jams. Made with small-batch production techniques, the jams produced at Lala's are crafted with lemon juice and minimal added sugar, allowing the natural flavors of the fruit to shine through. In addition to producing these artisanal jams, Lala's offers jam-making classes that provide participants with hands-on experience in creating their own preserves. The store also features a curated selection of Sonoma County food products.

### Spot the Snail Contest

**Win a \$50 gift certificate to one of our Snail of Approval businesses!**

Starting August 1st, snap a picture of one of our Snail decals in the window of a business, at a farmers' market, or anywhere you find a Snail recipient. Post it on your social media, tag @snailofapprovalsonomacounty as well as the business you are highlighting.



Don't have Social Media? No problem. Email your picture to us at [snailofapprovalsc@gmail.com](mailto:snailofapprovalsc@gmail.com) and we will post it for you.

Make sure you identify the name of the business! Have fun and be in the picture pointing at the Snail--although that's not required, so a picture of just the decal works, too.

Let's show our Snails some love, and let's start **Spotting the Snail**.

The person who spots the most Snails between August 1st and September 30th will receive the promised gift certificate.

For a full listing of our Snail-approved businesses, visit our [webpage](#).

### Recipe of the Month: Grains

Rather than printing a recipe that's in keeping with Slow Food USA's theme of Roots and Grains, in this newsletter we are sharing a few links related to grains. First is this year's Good Food Awards winners where you can get information on products from the grains category. Next is an interesting blog on quinoa grown in Humboldt County.

And finally, two sites have a variety of fun grain recipes. Try one out and let us know how it goes! [Email us!](#)

[Good Food Award winners for grains](#)  
[Lundberg's Organic Quinoa Thrives in Humboldt](#)  
[Grand Teton Ancient Grains](#)  
[Oldways Whole Grain Council](#)

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## Membership

### Welcome New Chapter Members!

**Teresa Brooks**  
**Yolyn Goldschmidt**  
**Brooke Hazen**  
**Tiffany Holbrook**  
**Nora Linville**  
**Christine Piccin**

[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.

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*Newsletter: Carol Diaz, Allison Eckert, Kate Hendricks, Lisa Hunter*