



Newsletter



Seed Saving and Sharing: Growing More Than Gardens

Every seed holds a story. It carries the memory of the soil it grew in, the hands that nurtured it, and the meals it once nourished. When we save and share seeds, we are not only preserving plants—we are keeping alive traditions, flavors, and connections that might otherwise be lost.

For generations, people have carefully saved seeds from the plants that thrived in their gardens—those that were the most flavorful, the hardiest, or the best suited to their climate. This simple act ensures that life continues season after season. Today, seed saving has taken on new importance. In a world where much of our food comes from just a handful of crops grown by large corporations, saving seeds protects biodiversity and keeps a wide variety of fruits, vegetables, and grains alive for the future.

Sharing those seeds multiplies their power. A tomato seed passed from one neighbor to another might travel across a town, a region, or even across generations. Community seed swaps and seed libraries create a living network of abundance—every shared seed strengthens our resilience and our connection to one another.



This is also why Slow Food created the [Ark of Taste](#), a global catalog of endangered foods, many of which are rare seeds, grains, and crops that risk being forgotten. Here in our own region, the Ark has helped rescue treasures like the [Bodega Red Potato](#), once nearly lost but now celebrated for its rich flavor and resilience, and the [Gravenstein Apple](#), a beloved heirloom whose orchards once blanketed Sonoma County. Saving and sharing these heirlooms connects us not only to the land but also to the generations who tended them before us.

Seed saving and sharing are also about justice and independence. By keeping seeds in the hands of communities rather than corporations, we ensure that the right to grow food remains with the people. Seeds are our common inheritance, not a commodity. When we save and share them, we affirm that food is not just about survival—it is about culture, joy, and community.

In the end, seed saving is an act of hope. To tuck a seed into the soil is to believe in tomorrow. To share it with a friend is to believe in each other. Together, through seeds, we grow more than gardens—we grow connection, resilience, and the promise of abundance for generations to come.

And right here in Sonoma County, we have a chance to live this out. [Petaluma Bounty's Community Seed Swap](#) invites gardeners, farmers, and community members to exchange seeds, stories, and inspiration. It's a joyful reminder that every seed saved and shared helps our community thrive. We hope you'll join in—because when we share seeds, we share the future.

Sonoma County North Calendar

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

October

26 Annual Celebration of Sonoma County North, Healdsburg, 3 pm

27 Slow Books: *Your Table Is Ready: Tales of a New York City Maitre d'*, Michael Cecchi-Azzolina

November

4 Slow Cinema, *Feeding Tomorrow*, Cloverdale, 3 pm

TBD Volunteer With Us: Redwood Empire Food Bank

December

8 Slow Books: *National Dish: Around the World in Search of Food, History, and the Meaning of Home*, Anya von Bremzen

10 Terra Madre Day Dinner, Healdsburg, 5:30-8 pm

Please note that only members--and not their guests--are eligible for the Slow Food Member ticket price.

October Slow Books

Your Table Is Ready: Tales of a New York City Maitre'd, Michael Cecchi-Azzolina

From the glamorous to the entitled, from royalty to the financially ruined, everyone who wanted to be seen—or just to gawk—at the hottest restaurants in New York City came to places Michael Cecchi-Azzolina helped run.

In *Your Table Is Ready*, he breaks down how restaurants really run (and don't), and how the economics work for owners and overworked staff alike. The professionals who gravitate to the business are a special, tougher breed, practiced in dealing with the demanding patrons and with each other, in a very distinctive ecosystem that's somewhere between a George Orwell "down and out in...." dungeon and a sleek showman's smoke-and-mirrors palace.

Your Table Is Ready is a rollicking, raunchy, revelatory memoir.



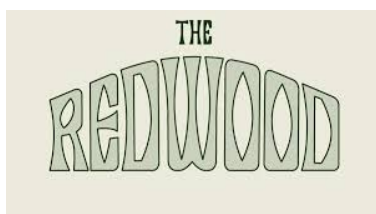
Snail of Approval

The Snail of Approval is awarded to restaurants, farms, food producers and supporting organizations who embody the values of good, clean, and fair food. By choosing Snail-approved establishments, residents and visitors alike support a stronger, more connected food community in Sonoma County.

We hope you will support these local businesses! You can see a full list of businesses who are making a difference in Sonoma County on our [webpage](#).

New Snails!

Click on their logos to find out more about our newest Snails.



In the heart of Sebastopol, The Redwood is more than a wine bar and kitchen — it's a community hub rooted in local relationships, seasonal cooking, and sustainability. Their ever-changing menu is guided by what's available from local farms, with all-organic produce,



A small but mighty community market located in downtown Guerneville. This seasonal market has become a part of summer life in West Sonoma County. From June through August, every Thursday from 3 to 7 PM, the Guerneville market brings people together in a



Chad's Soup Shack specializes in scratch made, small-batch soups, sandwiches, and even biscuits and gravy. The majority of his fresh, seasonal produce is sourced directly from trusted local farmers market vendors. The catering menu offers an even more extensive selection

sustainably raised meats, and ethically caught fish. Their natural wine selection follows this philosophy, offering wines made with minimal intervention. Open Thursday - Monday.



This Cloverdale gem stands out for its dedication to sourcing from reputable, sustainable suppliers — prioritizing local and Sonoma County-grown ingredients whenever possible. Their menu celebrates the seasons with a balance of beloved "regulars" and creative rotating dishes, all adapted to highlight what's fresh and available. Nearly everything is made in-house with care, intention, and a deep respect for food. Open Wednesday - Sunday.

welcoming space filled with fresh, locally grown produce, handcrafted goods, artisan foods, and a strong sense of community.



Tenfold Farmstand exemplifies what it means to support local agriculture by offering food and products grown and produced locally by a network of small-scale farmers and artisans committed to sustainable and humane practices. The farmstand's offerings change seasonally, and every item is carefully sourced to align with organic, pesticide-free growing methods. Their commitment extends to engaging events and creating a vibrant community space. Open Thursday - Sunday.

of fresh, flavorful, and responsibly sourced meals. You can find Chad's Soup Shack at the Santa Rosa Community Farmers' Market and catering events.



A local leader that's transforming lives by using food to nourish health, build community, and inspire lasting change. They provide free, 100% organic, nutrient-dense meals to people facing serious illness, nourishing clients with care, intention, and the belief that food is medicine. At the same time, Ceres is empowering the next generation. Teen volunteers learn to grow organic food, cook nutritious meals, and take on leadership roles.

Tidbits



Annual Celebration of Sonoma County North

Be sure to attend our Annual chapter update and celebration on October 26, 3-5 pm at Farm to Fight Hunger in Healdsburg. Our special guest is Vince Trotter (Sustainable Ag Coordinator and Agricultural Ombudsman, UC Cooperative Extension, Marin County) who will speak about "A Perspective on North Bay Agriculture."

There is no cost for the event but you must register [HERE](#).

Membership

[Join or Renew](#)

Welcome New Members!

Lisa Burnett
Kim Cheiken
Peggy and Gary Dietrichs
Allison Duquette
Leah Halper
Doralice Handal



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