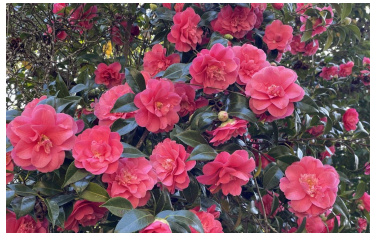




Newsletter

April 2026



What is Slow Food?

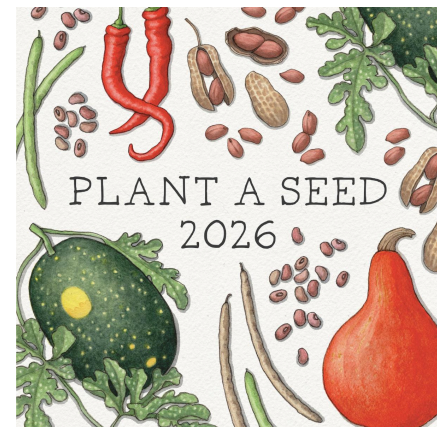
"To me, Slow Food is a vibrant, caring community that works together to make a difference in the world. Our chapter is a family within that community, each one contributing their best and above all, laughing while we work."

Lisa Hunter - a member since 2006

Plant a Seed Campaign 2026

As Spring bursts upon us and the soil begins to warm, we're reminded that one of the most hopeful acts we can take is also one of the simplest: planting a seed. **Slow Food's Plant a Seed Campaign** returns for 2026 with a powerful theme—*Seeds of Memory: Cultivating Heritage, Healing the Land*—inviting all of us to reconnect with the stories, flavors, and traditions carried in every seed.

And the moment to begin is coming soon.



Honoring Seeds, Stories and Stewardship

This year's campaign highlights six heritage fruit and vegetable varieties from the Ark of Taste library, each chosen for its cultural significance, biodiversity value, and connection to the landscapes and communities that have protected them. These seeds are more than crops—they're living memory.

The collection is described as a curated set of rare, historical, and culturally meaningful fruits and vegetables that “tell a story about heritage seeds and their connection to history and culture across generations.”

- Sea Island Red Pea
- Moon & Stars Watermelon
- Jimmy Nardello Pepper
- Boston Marrow Squash
- Carolina African Runner Peanuts
- Brandywine Tomato

To buy seeds for your own garden, please support our Campaign sellers:

- [The Living Seed Company](#): Boston Marrow Squash, Moon & Stars Watermelon, Jimmy Nardello Pepper
- [Nature and Nurture Seeds](#): Brandywine Tomato
- [Isla's Garden](#): Carolina African Runner Peanuts
- [Sow True Seeds](#): Jimmy Nardello Pepper
- [Sistah Seeds](#): Sea Island Red Pea

The Planting Window is Near

We're just days away from the ideal planting time for many of these varieties. Now is the perfect moment to:

- Prepare your soil or containers
- Plan your garden layout and planting schedule

([UCCE Master Gardener Program](#) offers a printable year-round planting calendar and guide.)

- Gather tools and compost

([Zero Waste Sonoma](#) is providing free compost for Sonoma County residents through compost distribution hubs.)

More Ways to Participate

- [Support School Gardens](#)—a \$10 donation helps get seeds into the hands of young growers nationwide.
- Grab the latest in [Plant a Seed Merch](#) to show off at the next Slow Food event!
- Share your garden's progress with your local Slow Food chapter.
- Save seeds at the end of the season to keep these varieties thriving and to share with others.

Sonoma County North Calendar

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

April

13 Slow Books, *Women in the Kitchen* by Anne Willan, Occidental

May

8 Tour of Stemple Creek Ranch with lunch at Estero Cafe, Valley Ford

18 Slow Books, *At Poupon's Table* by Kermit Lynch, Sebastopol
30 100-Mile Dinner, Cloverdale, 6 pm. [5 seats left](#)

June

29 Slow Books, *Slow Noodles* by Chantha Nguon, Windsor

July

11 Annual Summer Picnic, Healdsburg

More About the 100-Mile Dinner, May 30

Every ingredient at a 100-Mile Dinner is sourced from within 100 miles of the meal. Dinner will be served on the patio overlooking the vineyard at the beautiful Diaz Ranch in Cloverdale. There are 5 seats left (for a total of 16 guests) at \$165 per person. [Tickets are available here.](#)



Menu

Appetizers

Flatbreads with preserved Meyer lemon, ricotta and arugula

Warmed herbed olives

Crudites with Green Goddess dip

Starter

Chilled asparagus soup with creme fraiche

Salad

Spring greens and shaved fennel

Main

Grilled steak with chimichurri sauce

Roasted potatoes

Spring vegetable

Vegetarian option available

Dessert

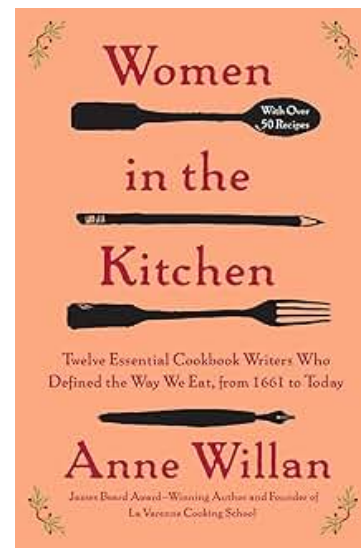
Strawberry semifreddo strata

Local wines will accompany the meal.

April Slow Books

Women in the Kitchen: Twelve Essential Cookbook Writers Who Defined the Way We Eat, from 1661 to Today, by Anne Willan

Beginning with the first published cookbook by Hannah Woolley in 1661 to the early colonial days to the transformative popular works by Fannie Farmer, Irma Rombauer, Julia Child, Edna Lewis, Marcella Hazan, and up to Alice Waters, Willan offers a brief biography of each influential woman, highlighting her key contributions, seminal books, and representative dishes. The book features fifty original recipes—as well as updated versions Willan has tested and modernized for the contemporary kitchen.



Snail of Approval



New Snails!

Slow Co. Pizza in Cotati. Here every choice reflects a commitment to food that is good, clean, and fair. Rooted in the bounty of Sonoma County, they source 100% local produce, build relationships with nearby farmers, and make everything from scratch with care.

Their naturally leavened dough—crafted through a slow fermentation process—is a true expression of time, skill, and respect for tradition. From their slow-crafted pizzas to fresh seasonal salads and organic Strauss soft serve, each dish tells a story of thoughtful sourcing and community connection.

The roomy outdoor patio is a lovely place to enjoy your meal!



Tidbits

Events from Our Food Partners

2026 Slow Food Russian River Members/Friends Annual Meeting and Auction

Sunday, April 19, 2026

2:00 - 5:00 pm

Sebastopol Community Cultural Center Youth Annex

425 Morris Street, Sebastopol



There is no charge for the meeting, but please reserve your place.

Membership

Welcome New Members!

Michelle Sawyer

[Join or Renew](#)

Editors: Carol Diaz, Allison Eckert, Kate Hendricks, Lisa Hunter



Slow Food Sonoma County North | [Contact Us](#)
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