

Slow Food California Leaders Meeting

Save the Date! The next Slow Food California Leaders Meeting will be **September 6-7 in Sonoma County**. Come spend your Labor Day weekend breaking bread, sharing information and learning new skills with your extended Slow Food family. We hope that you'll consider sticking around for the [2015 National Heirloom Exposition](#) which is held September 8-10 in Santa Rosa. SFUSA and SFCA will have an expanded presence at the festival this year. Much more to come!



California Policy Update

Brenda Ruiz, Chair Slow Food California Policy Committee

The Slow Food California Policy Committee has begun advocacy efforts in pursuit of realizing a sustainable food system in which Good, Clean, and Fair food can be accessed by all people. As Slow Fish, Slow Meat, and our National School Garden program have been focusing on AB226, the new dietary guidelines championing sustainability and the Farm to School Act of 2015 respectively, the policy committee has been discussing and organizing policy priorities for the current California legislative session. [Read more](#)

Ark of Taste at the National Heirloom Expo - Sept. 8-10 Santa Rosa

Peter Ruddock, Chair Slow Food California Ark of Taste Committee

Hello Slow Food California! I wanted to take this opportunity to introduce myself as the new Ark of Taste chairperson in California. I have been a long time member of Slow Food and a former chapter leader at Slow Food South Bay and Slow Food Santa Cruz. I am also a steering committee member of Slow Money Northern California and of the California Food Policy Council. I see my affiliations as a three-legged stool supporting my platform of food system change that produces Good, Clean and Fair Food for all. [Read more](#)



The Felix Gillet Trees on the Ark of Taste

Linda Elbert, Past Chair Slow Food California Ark of Taste Committee

We were informed that some of the detail reported in the previous issue of the Slow Food California newsletter, regarding the fruit and nut trees boarded on the Ark of Taste this past year was inaccurate. Following is a corrected summary of the story behind the trees. The name of the organization responsible for nominating the collection of trees was misspelled and is correctly written as the Felix Gillet Institute. Gillet is known as the father of perennial agriculture in California and the Pacific Northwest. The Felix Gillet Institute, a 501 (c) 3 non profit educational organization, was "founded in 2003 by Amigo Bob Cantisano to identify, preserve and propagate the best of the varieties still thriving in the mining camps, farms, homesteads and towns of the Sierra, and elsewhere." [Read more](#)

Join our Ark of Taste Tour & Culinary Expedition Slow Food Mexico + California -- Oct 29 - Nov 7 2015

Gayla Pierce, International Committee



There is an old fairy tale about stone soup feeding an entire village as well as the strangers who come looking for a place to rest and to share a meal. And today there is Caldo de Piedra, Stone Soup, still cherished deep in the tropical mountains of Oaxaca. The stones in this soup are super-heated and used to cook the soup. In a community where women traditionally do all the cooking, Caldo de Piedra is the only dish men cook and they do it as a way to preserve their culture, their heritage and to honor the women and elders in their lives.

Travelers on the upcoming Ark of Taste and Presidia trip co-sponsored by Slow Food California and Slow Food Mexico will have a chance to go interactive and learn how to assemble and cook their own gourd bowl of Caldo de Piedra.

Additionally, there will be opportunities to sample tamales made with yucca rather than corn masa, taste popo, a drink made with cocoa flowers and the seed of a tropical fruit, visit ceramicists using pre-Colombian pottery methods, find out how amaranth is making a comeback thanks to a Slow Food Presidia project, discover pulque, the drink of the pre-conquest nobility and learn how the Aztecs fed an enormous city on floating farms.

More information and details about how to sign up for the trip will be included in the upcoming Slow Magazine.

Register for Slow Meat Now -- Meat Your Delegates -- Take Action -- June 4-6 Denver

Charity Kenyon, Governor Central Valley California Region & International Councilor

Register for the biggest Slow Food USA gathering since Slow Food Nation. [Slow Meat](#) 2015 is a Symposium on June 4-5 and a Fair June 6 in Denver, Colorado. All chapters are guaranteed one delegate to the Symposium, which will assemble artisans and thought leaders from around the country to celebrate advances in sustainable husbandry and also work on a menu of recommended actions to positively impact the practices of meat production and consumption: **Better Meat, Less** is the motto. Interested members and supporters of Slow Food are invited to apply to be a delegate. The application form and FAQ's are all on the Slow Food USA [Slow Meat](#) web site. The fair is open to all and will feature skills workshops, public lectures, Slow Meat-related products and services, and tastings of the best meat in the country – with friends!

[Read more](#)



Slow Fish Pacific Region

Sarah Shoffler, Slow Food Urban San Diego

A Slow Fish Pacific Region Committee is under development and will have members from Alaska, Washington, Oregon, California and Hawaii to support Good, Clean & Fair Seafood for All. The purposes of the Slow Fish Pac Region Committee will be to (1) Support Slow Fish activities in the Slow Food Pacific Region by providing information and promoting education, helping coordinate communication and activities between States and among Chapters. (2) Connect Pacific Region Slow Fish activities and interests with other Slow Food Regions, Slow Food USA and Slow Food USA Policy Committee, Slow Fish Mexico and Canada, and Slow Fish International and (3) Maintain the integrity of the Slow Food and Fish “brand” through appropriate process and protocols. Slow Fish California will be submitting nominations for California members to this new Committee.

If you are interested, please get in touch with [Slow Food California](#).



International News

Sharon Akin Sheets, Slow Food International

The **seventh edition of Slow Fish** – the international event organized by the **Liguria Regional Authority** and **Slow Food** – will be held **from Thursday, May 14 to Sunday, May 17, 2015** in the spacious outdoors of **Genoa's Porto Antico (Italy)**. Dedicated to the world of fish and marine ecosystems, the event once welcomes visitors from Genoa and around the world **with free admission**, taking place on the docks overlooking the sea. The event ties together the pleasure of food with the protection of biodiversity of marine species. [Read more](#)

School Gardens in Southern California

Gary Spoto, Slow Food San Diego & Christina Nelson, Slow Food Urban San Diego

Slow Food USA's National School Garden Program (NSGP) aims to reconnect youth with their food by teaching them how to grow, cook and enjoy real food. Through increased confidence, knowledge gain and skill building, we want to empower children to become active participants in their food choices. By becoming informed eaters, today's children will help make a positive impact on the larger world of food and farming well into the future.



Read more about [school garden projects](#) in San Diego County

Slow Food Youth Network Launches in Bay Area

Grace Treffinger, Bay Area Youth Network



Our first round table was a success! A great group of individuals came together (farmers, chefs, educators, tech workers, students, interested community members) and broke down the word "youth". What does "youth" mean in the U.S. and what are we trying to accomplish as SFYN Bay Area?

Future plans are:

- to expand our audience through the incredible networks of those in this discussion: Power in Numbers!
- as a local network, to promote missions of local organizations (seasonally or monthly) through social media and attending events
- Disco Soup!

Lots of ideas were brought up and the momentum is growing. We're excited to see how the network develops and these conversations are vital to the success of the food movement. Thank you for participating! Follow the [Bay Area Youth Network on Facebook](#).

Chapter Spotlight - A glimpse into Slow Food Chapters across the state

San Francisco

Laura O'Donohue, Slow Food San Francisco

Slow Food San Francisco's 4th Annual [Childhood Obesity Bay Area Conference](#) took place on March 6-7, 2015 at UCSF Medical Center and brought together over 200 local and national leaders. This year's conference focused on topics ranging from antibiotic use, soil health, food insecurity to behavioral economics.

A large theme of this year's conference was sugar sweetened beverage policy in California and the Bay Area. We shared lessons learned from San Francisco's Prop E as well as how to support CA's new soda warning label bill, SB 203. You can learn more about SB 203 and lend your support on [CCPHA's website](#). [Read more about the conference](#)



Lake Tahoe

Charity Kenyon, Governor Central Valley California Region & International Councilor

[Slow Food Lake Tahoe](#) is full of ideas for small but mighty rural chapters – this one with a high altitude focus. Check out their [Skillshare](#) Workshop series with a screening of The Story of Slow Food and workshops on home brewing, fermentation, and chicken-raising. Demystifying, fun, great value. And as of March 2014, SFLT has taken on management of the [Truckee Community Garden](#). The mission is to cultivate a community committed to local food production and increased food security, through education and demonstration of high-altitude gardening techniques. There are workshops, classes, educational events and volunteer opportunities. The chapter [Facebook](#) page is one



to watch – supportive and immersed in a vibrant, growing local food economy. Kudos!

Ventura

Charles Barth, Slow Food Ventura

[Slow Food Ventura County](#) is excited to announce its official chapter recognition by Slow Food USA. Our chapter is affiliated with California Lutheran University (CLU) located in Thousand Oaks.

Several members of the board represent expertise in entrepreneurship, seed saving and biodiversity as well as nutritional and exercise physiology.

CLU and the city of Thousand Oaks sit on the eastern edge of Ventura County and represent both the best and worst of local food access and regional food culture. Several farmers' markets, CSA's and a few 'Farm to Table' restaurants provide a taste of the region to local residents. However the majority of the food businesses in this part of Ventura County are national chains. This chapter's current mission is to connect the community directly to the numerous regionally grown fruits, vegetables, meats, cheeses, grains, wines and beers - and the people who grow, harvest, pack, ship, brew, sell and serve these exceptional items within our immediate area.



cook,

Gatherings for 2015 will reflect Slow Food's Ark of Taste selections as well as educate about soil biology (yes, there will be microscopes) and drought impacts on food in Ventura County and beyond. Teaming with local chefs, our events promise a chance to taste the terroir at its finest!

Email us at: venturacountyca@slowfoodusa.org, Like us on Facebook at: [Slow Food Ventura County](#)

Los Angeles

Alexandra Agajanian, Slow Food Los Angeles



[Slow Food](#) has a long History in [Los Angeles](#). The chapter was originally established in the 90's and had continued successfully through the early 2000's. However, until most recently Slow Food LA had been on hiatus with little to no activity for the past several years. With such strong community support though it was only a matter of time before they returned. In November of 2014 Slow Food LA threw a [Re-Launch Party](#) at GreenBar, LA's only Organic Craft Distillery. The event was a fundraiser for a Drought Relief with an emphasis on native drought tolerant plants. Local chefs & a well-known mixologist shared with guests dreamy concoctions using CA Bay Laurel, Cactus Pear, Hummingbird Sage & Mugwort.

Sonoma County North

The Secrets of Potato Culture

Lisa Hunter, Slow Food Sonoma County North

On a sunny early spring afternoon, 9 of us gathered around a backyard plot to learn how to plant the Bodega Red potatoes* we had just purchased. Our leader was Nathan Boone, founder of First Light Farm in western Sonoma County, one of the first new growers of this Ark of Taste potato.

He introduced us to potato culture by discussing when to plant (after the last frost date in soil that has begun to warm); how to plant and irrigate;



and how and when to harvest. [Read more](#)

Want to know more or participate in one of Slow Food California's projects?

- email info@slowfoodcalifornia.org
- follow and like the [Slow Food California Facebook](#) page
- check our archived Slow Food California newsletters on our [Slow Food California Web site](#).

Thank you for your interest in Slow Food California!

Tiffany Nurrenbern, President (Russian River), Linda Elbert, Vice President (Orange County),
Dominick Fiume, Treasurer (San Diego Urban), Charity Kenyon, Secretary (Sacramento)