



Slow Food® Shoalhaven

Good, Clean and Fair

SPRING NEWSLETTER 09

ISSUE 5 - NOVEMBER 2009

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Carlo Petrini speaks at Sydney Opera House

It is difficult not to be inspired when Carlo Petrini talks about Slow Food. During the Sydney International Food Festival, in October, Carlo was invited to talk at the Sydney Opera House. Following is an extract of what he had to say. You can download the full transcript of his address [here](#).

I'm here is to present a new political subject. It is called Terra Madre. Terra Madre is a wonderful network made up of farmers, fishermen, nomads, chefs, young and old people, academics and students at universities, and filmmakers, who really care about a new food culture and safeguarding the environment.

Now we are experiencing really an incredible and extraordinary paradox. Food production nowadays is principally responsible for the planet's destruction. People think its cause is industry and cars, but 70 per cent of the main cause is the massive production of food. We are losing soil fertility. More than 150 years of chemical use in our land is really transforming it. The land is tired, exhausted. Second problem: intensive production 'steals' a lot of water. And water will be the great problem in the future. Third problem, we are losing biodiversity. In the past 100 years we have lost 80pc of the world's biodiversity. So we had this wonderful heritage built up over thousands of years and in 100 years we have destroyed it.

Figures from the Food and Agricul-

ture Organisation show that we produce food for 12 billion people. There are 6.3 billion of us on the face of the earth. One billion suffer from malnutrition and hunger, and so more than half of the food we produce is thrown away. It is crazy, just crazy.

We are the environment. Sometimes we feel that we are superior, but after some years we actually go back to earth, all of us, so we are the environment. If we are so stupid as to destroy the environment we are destroying ourselves as well. That is why it is very important to reform and build a new paradigm of food. But farmers alone cannot do it. If there isn't a great movement and the support of consumers then farmers are doomed to disappear.

I don't like to use the word consumers. We must become 'co-producers'. We can support farmers' markets. We can defend food and build school gardens. We can create and support communities and work with them. This way we'll be able to give value back to food.

Because this is the real problem: everything has become a commodity. There is no longer value, but food is value. Food is so important. We live because we eat. But now food has only a price. And for this price we are destroying everything. What we give to feed our children becomes part of our children. So we need to change the paradigm. Give back value to food. That is why this movement and this fight are so important.

It is absolutely important that we 'de-industrialise' food, and eradicate this logic of massive production, and to go back to a local economy. In this way we can also rebuild biodiversity, and we'll be remembered because we will have handed over to the next generation this heritage, not because we have destroyed it.

Today our approach is not just. We need to change it. We need to consider that it is also a great adventure to go back to a local economy, to have the opportunity to speak to farmers and ask how they produce food, to see kids in school gardens sowing seeds and using compost and watching plants grow to yield food. With these things we can build a new humanism. We need to build a new humanism. And it will start from the land. It will start from the way in which we are able to show the love and the respect that we have for the land.

I am always asked by journalists to give two pieces of advice. So I tell producers: learn to rule the limit, and we must avoid waste. Stop this waste of thousands of tonnes of food thrown away every day.

And my advice to co-producers: let's make the alliance, give a hand to this movement. It is important to do things all together. An African proverb says it all: 'If you want to go fast, go alone. If you want to go far, go together.'

Kitchen Gardens



Leonie Winlaw and genesis of a kitchen garden

MANY of you will be familiar with Stephanie Alexander's Kitchen Garden Foundation, the aim of which is pleasurable food education for young children. The underlying belief is that by introducing this holistic approach we have a chance to positively influence children's food choices in ways that have not been tried before.

This aim also sits well with the Slow Food ideal that "each convivium should create a school garden in their town or city".

This way students learn to grow plants, understand the cycle of the seasons and also taste what they've grown before going on to study delicious ways of using the ingredients in the kitchen."

Here in the Shoalhaven a very small seed has been sown to try and establish a kitchen garden at the Berry Public School.

Slow Food Shoalhaven member Léonie Winlaw, with the help of husband Ian, has started a small garden at the school which is gradually gaining support from the Parents and Teachers Association and headmaster of the school.

Léonie was a regular visitor to the school to help out with reading classes and during this time she couldn't help but notice a small plot of land outside the canteen which she felt could be turned into a kitchen garden. Perhaps with a bit of inspiration from Stephanie Alexander's success she approached the

school Principal who gave her permission to start her small garden plot.

Over the last year she managed to get a small group of students together who were willing to water the plot on a regular basis and together with Ian prepared and planted out the garden. Produce from the garden, when available, is used by the canteen in some of it's offerings.

It is a very small start but now there is interest from Parents and Teachers for a bigger program more in line with those that have been established by Stephanie Alexander.

At the moment, there are 50 Victorian Public Schools under her program and now with Federal funding available more public primary schools are set to become involved in the program. It is estimated that by 2012, 250 primary schools will be involved affecting 30,000 children Australia wide.

Experience with children has also been at the genesis of her new book, *The Kitchen Garden Companion* with the sub title, *Dig, Plant, Water, Grow, Harvest Chop, Cook*.

Stephanie Alexander recently spoke to Richard Fidler on the "Conversation Hour" on ABC Radio. You can listen to this conversation or download the podcast by going to abc.net.au

Information on the Kitchen Garden Program can be found at www.kitchengardenfoundation.org.au

Kitchen Garden Companion

by Stephanie Alexander

Like *The Cook's Companion* this huge book started out as an alphabetical guide to the best ways of using popular crops being grown in so many school kitchen gardens. I felt that many good gardeners needed a bit of help when it came to cooking, and many cooks certainly needed to better understand how to grow food and to increase their understanding of seasonal availability. Well it grew and grew. And I realised that this passion of mine for growing and harvesting, and then cooking and sharing was of interest to many, many families. And that many families had limited space so it had to help them too. The result is a large book, with recipes, mostly based on plant foods, and with summarised planting and cultivation notes supplied by the Senior Project Officer of the Stephanie Alexander Kitchen Garden Foundation, Jacqui Lanarus.

The superb photographs are by Mark Chew and Simon Griffiths.

Growing much of my own food has given me enormous pleasure and satisfaction. I have miniature melons and lettuce amongst the roses in the front garden, carrots and broad beans pushing through in wine barrels in the back garden and the very last of the tomatoes which may or may not ripen hanging heavy against their stakes. I hope this book of mine will encourage you too.

The book costs \$125.00 from leading bookstores or online.



A Call to Arms! Australian Raw Milk Cheese

SLOW Food in Australia has launched a public campaign to give Australian artisan cheesemakers the right to produce – and consumers to eat – Australian raw milk cheese.

Raw Milk Cheese project coordinator Michael Croft said milk had been fundamental to human nutrition and health for millennia.

‘When skillfully made, ripening and maturing at its own pace, and developing flavours and textures of complexity and length, cheese retains the inherent and distinctive qualities of the milk used in its making. It expresses diversity through seasonal and local characteristics, and the art of its maker, like no other primary food.

‘The Australian cheese we eat today is pasteurized, sanitized and uniform. Technology and scientific understanding have been used to limit our choice of cheese. We cannot make and market Australian raw milk cheese. We cannot taste it.

Croft said Food Standards Australia New Zealand – the authority responsible for Australian food regulation – is to decide early in 2010 if food standards are to be changed to enable the making and sale of Australian cheese from raw milk.

‘Government regulates the food we eat. It is responsible for public health,’ he said. ‘We call on government to liberate our cheesemakers, not to harness them.’

Croft said Slow Food in Australia supported strong milk production, manufacturing, processing, labelling and quarantine laws.

‘We have an opportunity to encourage food diversity, build skills and knowledge, and return opportunity to Australia’s rural heartland,’ he said.

‘We want government to allow Australian dairies to make and market raw milk cheese of quality. We call on government to enable our cheesemakers and consumers to choose.’

How you can help us

Sign: our on-line petition

Download and distribute:

Australian raw milk cheese project single signature petition or multiple signature petition

Australian raw milk cheese media statement 28 Oct 2009

Rosie Cupitt visits Cheese at Bra



Slow Cheese is held in Bra every 2 years and is considered one of the most important cheese festivals in the world. 150,000 participants visit more than 150 stalls for cheese, cheese products and other related products from Italian regions. About 1500kg of buffalo mozzarella, 500kg of foccacia and 2 tonnes of olives are consumed or sold to the large crowd of foodies who gather in this small town in northern Italy. Alberto Farinasso is the main organiser for the event, and is also involved in organising the workshops which help to educate the attendees and introduce them to some of the producers.

Griff and I set out on a mission to sample as much cheese as possible, and with our son Tom and his partner Libby, we also managed to sample some wonderful wines that were perfect with the amazing array of cheese at Cheese.

It is inspirational to see the importance the Italians place on educating the children about their food heritage. Preschoolers were there, roped together to prevent straying tots, as well as teenagers who were obviously completing a school project. It was so good to see these young people involved and appreciating good food, and enjoying the tasting with their friends.

Our experience at Cheese included attending workshops that paired wine, beer, and balsamic vinegar with cheese. Slow Food education at its best.

Alberto organised these classes and it must have been an incredible experience and challenge to source many of the small producers who presented their cheese. The Italian Cheese classes were an introduction to some fabulous producers of ricotta, pecorino, reggiano, provolone, fontina, blue moulds and many more. The main theme for the good quality cheese was the use of raw milk in production. The taste difference was quite pronounced when compared to the same cheese made from pasteurised milk. The former had greater complexity and texture. It also had more to

offer when paired with wine.

Will Stud showcased samples of Australian cheese paired with Australian wines that were equal to any of the cheese presented at the Festival.

My friends Jan & Barry Morey from Sorrenberg at Beechworth had their old world style Sauvignon paired with Woodside Cheesewright’s Chevre... superb ! Arras Chardonnay/Pinot Noir Methode Traditionelle was really good with the Sutton Grange Gippsland Dutch Framhouse recipe cheese. Frank Marchand’s Tasmanian Farmhouse Gruyere went nicely with Andrew Thomas’s wonderful Semillon (The wine a trophy winner at 2009 Wine Wise National Show) and we were lucky to have Kooyong Wines’ “Ferrous” 2006 with one of my favourite cloth rind cheddars, Pyengana from Tasmania.

We also sampled Australian cheese made using raw milk. It was made by request from Will Stud and is not available commercially. As expected, the cheese was more complex, and so far we have not acquired any strange illnesses associated with eating cheese made from raw milk ! Only the lovely experience of tasting a really great cheese. Chris from Woodside was there to present her Soft Brie Style made from cow’s milk. She gained inspiration for this style on a previous visit to producers in Bra, taking the hoops away early and washing once or twice, depending on the season (for those who knows what this means...). Craiglee 2006 Sunbury Shiraz was paired with this cheese and also with a Gippsland Blue, which was quite salty but well made.

The world of cheese is amazing and a great world to experience in Bra. If you can, try to be there in 2011!

Did I mention that Cheese is also held around the time of the Truffle Festival in Alba..? which is only 20 minutes from Bra. Perfetto !!



Cheese stalls, Bra



Celebrate Terra Madre Day: 10 Dec

SLOW Food will celebrate a world-wide Terra Madre Day on 10 December 2009, coinciding with Slow Food International's twentieth anniversary.

This day will encompass the Slow Food network in 150 countries to champion 'eating local' and the work being done by the Terra Madre food communities – a network of farmers, artisan producers, cooks, academics and youth for sustainable food production launched by Slow Food in 2004.

'Terra Madre Day is a way to celebrate our connection to the earth', says Slow Food international president Carlo Petrini.

'It doesn't matter how we celebrate it – you can celebrate it at home, or organise a community or school event, the important thing is that we celebrate eating local.'

The international president identified some of the key considerations at the base of the Slow Food philosophy to be celebrated and promoted through Terra Madre Day:

- food is a right for everyone - small-scale farming is the future - food sovereignty is key to communities - biodiversity is essential to a healthy food future - we have the right to preserve our cultural and

- local identities - agriculture is closely linked to the environment - food production and trade must be socially just.

SLOW FOOD SHOALHAVEN has organised a Terra Madre Day dinner to be held at the Hungry Duck Restaurant, 85 Queen St Berry.

Hungry Duck chef, David Campbell is eager to show us his great fare using local produce and welcome you personally to enjoy a menu selected by him. David has a lovely garden at the rear of the restaurant brimming with herbs and newly planted vegetables ... a good spot

Slow Food and Terra Madre

Journey to the roots of food

to start the evening with a chilled glass of local rose.

Hope to see you there.

When: Thursday December 10th
6.30pm

Where: The Hungry Duck, 85 Queen St, Berry

Cost: \$45 for a 5 course banquet

Bookings: Rosie - 44557888 or 0417 419909



In August, native of Quebec, Canada and University of Gastronomic Sciences student, Heva Anne visited Australia during her summer holidays.

She spent a week in the Shoalhaven with convivium leader Rosie Cupitt between visits to Sydney, Adelaide and the Barossa Valley.

The picture shows Heva-Anne (left) with Michelle Guberina (centre) Convivium Leader, Slow Food Sydney and Rosie Cupitt.



COD - the journal for Slow Food Australia.

SLOW Food Australia's national members' journal – cod – was first published in October 2009. It is named for one of the world's great slow feeders, the murray cod – *Maccullochella peelii* – known to the Ngarrindjeri people of the lower Murray-Darling river country as pondi.

You can download the latest edition from the Slow Food Australia web site or by clicking on the image below.



As 2009 draws to a close

SLOW FOOD SHOALHAVEN would like to wish you all a Happy and Slow Christmas and a fulfilling New Year.

Please help to make 2010 a better year by contributing to this newsletter! Don't be shy about contributing - articles, news, awards you've won, photos, anything that might be of interest to other members would be most welcome.

Send your contributions to the email below.



Slow Food Shoalhaven

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