



The Slow Food Movement

Reprinted from <http://www.slowfoodusa.org/about/index.html#4>

Week of June 30th

The Movement

Slow Food is good, clean and fair food. We believe that the food we eat should taste good; that it should be produced in a clean way that does not harm the environment, animal welfare or our health; and that food producers should receive fair compensation for their work, and that all people should have access to this good and clean food.

We consider ourselves co-producers, not consumers, because by being informed about how our food is produced and actively supporting those who produce it, we become a part of and a partner in the production process.

People respond to the growing movement, and the ideas expressed therein, for many different reasons: some have become tired of eating the same foods wherever they go across the globe; some have noticed the degradation of flavor in our food; some are concerned about the health issues raised by an industrialized food supply; some would like to be environmental stewards of the land through the food choices they make. The beauty of Slow Food is that it provides a welcome home for the food lover, the health seeker, and the environmentalist. With all of these interests in mind, our mission is to create a robust, active movement that protects taste, culture and the environment as universal social values.

Our Mission

Slow Food USA envisions a future food system that is based on the principles of high quality and taste, environmental sustainability, and social justice – in essence, a food system that is good, clean and fair. We seek to catalyze a broad cultural shift away from the destructive effects of an industrial food system and fast life; toward the regenerative cultural, social and economic benefits of a sustainable food system, regional food traditions, the pleasures of the table, and a slower and more harmonious rhythm of life.

What We Do

Slow Food USA is a non-profit educational organization dedicated to supporting and celebrating the food traditions of North America through

programs and activities dedicated to Taste Education, Defending Biodiversity and Building Food Communities. Slow Food USA believes that pleasure and quality in everyday life can be achieved by slowing down, respecting the convivial traditions of the table and celebrating the diversity of the earth's bounty. From the spice of Cajun cooking to the delicious simplicity of produce at a farmers' market; from animal breeds and heirloom varieties of fruits and vegetables to handcrafted wine and beer, farmhouse cheeses and other artisanal products; these foods are a part of our cultural identity. They reflect generations of commitment to the land and devotion to the processes that yield the greatest achievements in taste.

These foods, and the communities that produce and depend on them, are constantly at risk of succumbing to the effects of the fast life, which manifests itself through the industrialization and standardization of our food supply and degradation of our farmland. By reviving the pleasures of the table, and using our taste buds as our guides, Slow Food USA believes that our food heritage can be saved. Our goal is to put the carriers of this heritage on center stage and educate our membership about the importance of these principles. We hope you will join us.

(Visit the web address for more information-Ed)

In This Week's Share

French Fingerlings & Russian Banana Potatoes

Mix of Summer Squash

Cucumbers

Cabbage

Swiss Chard *

* Maybe, maybe not!

Recipe of the week

Gazpacho Slaw - All the wonderful flavors of the famous soup served as a slaw. Perfect to serve over a bed of baby greens, but you can also just serve it as a side salad."

INGREDIENTS

- 5 cups shredded green cabbage
- 1/2 cup chopped cucumber
- 1 cup chopped tomato
- 1/2 cup chopped yellow bell pepper
- 1/2 cup chopped green onions
- 1/2 cup chopped celery
- 1/4 cup tomato-vegetable juice cocktail
- 1/4 cup red wine vinegar
- 1 teaspoon white sugar
- 1 tablespoon olive oil
- 1 tablespoon salsa
- 1/2 lemon, juiced
- salt and pepper to taste

DIRECTIONS

1. In a bowl, mix the cabbage, cucumber, tomato, yellow bell pepper, green onions, and celery.
2. In a separate bowl, whisk together the tomato-vegetable juice cocktail, red wine vinegar, sugar, olive oil, salsa, and lemon juice. Season with salt and pepper.
3. Pour the dressing over the vegetables, and toss to coat. Cover, and refrigerate 2 hours before serving.

Organically Raised Rockfish Available

Hi, this is Dennis from Claire Bear Farm in Snow Hill. The guy that does the Rockfish aquaculture. Some members of the CSA have been requesting fish, so I am trying to work out a method of supplying them. I can bring the whole, iced fish to a distribution site but they must be sold before I can remove them from the water. I can do Asbury one week, Berlin the next and continue this rotation. The fish must be ordered ahead of time by either calling (410-632-1687) or e-mail, dksnowhill@aol.com and order what you would like to have. These fish are in the 1 1/2 lb range and are currently priced at \$4.99/lb for a whole, iced fish. They are not cleaned as we are not permitted to process. Doing the math a 1 1/2 lb fish would cost \$7.50. Filet yield is appx. 50% of live weight. They can also be served as a whole fish. Shelton Lankford has a video we made that may be helpful with the cleaning process. In order for me to do this, the ordered fish must be picked up and paid for and there will be a minimum number of sales before I can travel to deliver. We always have fish available at our farm just south of Snow Hill. I have a spot here where fish can be cleaned, leaving the

mess with me. I would also be willing to host a get together to demonstrate how to clean and prepare these fish. Put your group together and we will give a "fish" demo. I hope this is helpful and look forward to hearing from you. *(Note: The video will be placed on an internet sharing service - Editor.)*

Pastured Chickens Available Next Week

Our first run of pastured chickens will be available on July 7th. They have been raised on organic feed and will weigh 6-8 pounds. We are selling them as whole birds at \$3.25 per pound. If you are interested, please let me know this week. We hope to bring them to Asbury Church on Tuesday, Berlin on Friday and Easton on Saturday.

U-Pick Blueberries

Pesticide-free, U-pick Blueberries on Levin Dashiell Road in Hebron.

Picking times: Saturday and Sunday from 8-11 am. Likely available through July 6th. Call Pam Bradford at (410) 546-8166 for directions and information about possible evening picking times.