



Slow Food®

Canberra Capital Country Convivium

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From the Convivium Co-Leaders

Bonjour my fellow partisans! (In recognition of Bastille Day recently passed)

It is the dead of Winter, which you'd think is time for another warming 4Cs Slow Soup Kitchen - well your thinking is spot on!

Next weekend at the Farmers' Markets Saturday 28 July (from 'early' to 11am), once again the 4Cs Slow Soup Kitchen crew will be offering its warming soups to the dedicated market supporters at EPIC. If you are out there come and say hello and have some soup. If you want to join us contact pennie scott (6258 7223).

Now for a focus upon things international: As mentioned previously Terra Madre and Salon de Gusto will be on again this October in Turin (25-29 October). And for the first time the Slow Food International Congress - a meeting of delegates to decide upon the aims, aspirations and direction for Slow Food over the next four years, will be held concurrently. 4Cs will be sending a representative to attend the Congress. If you are interested in attending on behalf of 4Cs then contact me on 6254 9228 for more information. Expressions of interest will need to be submitted by 27 July.

The link below is to a newsletter from one of the Good, Clean and Fair producers from Western Australia, who has recently returned to Australia, after a Sustainable farming tour to the US. It is an interesting read from a producer's perspective and represents exactly what Slow Food has been doing with Terra Madre – supporting and promoting those

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Good, Clean and Fair
- for all

Newsletter

July 2012

Upcoming Events

Meet the Producer: Madam Macaron

When:

Monday 6 August at 10 am

Where:

Dream Cuisine, 9/18 Whyalla Street, Fyshwick

Marilyn Chalkley, Madam Macaron of Dream Cuisine Patisserie, who works in partnership with her son Owen Saddler, has invited us to visit her premises for a tour and talk. Afterwards, we will be able to purchase coffee and macaroons and pastries from the extensive, tempting range. Macaron varieties change daily but may include salted caramel, pistachio and lime or peanut chocolate caramel crunch. As the café space is limited, please email events@slowfoodcanberra.com if you wish to attend so we can let Marilyn know how many of us to expect.

You have no doubt seen Madam Macaron at her distinctive stall at the EPIC Farmers' Market or the Old Bus Depot Markets. And you may have heard about Madam Macaron's success in winning a Silver Medal at this year's Sydney Royal Fine Food Show. Marilyn and Owen have a commitment to making all their products from raw ingredients, using the freshest natural ingredients including flour freshly milled each week.



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Events... continued

Breakfast book club

When:

Fortnightly Friday mornings 8-9 am

The breakfast book club continues its interesting meetings at Societea at the Griffith shopping centre. Join the group to read and discuss *Nourishing Traditions* by Sally Fallon. Meetings are fortnightly from 8-9 am on Fridays. This month 20 July, then 3, 17 and 31 August. Enquiries to events@slowfoodcanberra.com

Events in the pipeline

Your events team is developing a range of events which include a film evening and discussion to view www.growthbusters.com and a trip to the Shoalhaven district to visit a macadamia producer who makes macadamia liqueurs and fruit wines. Watch this space.

Mt Majura Tasting and Truffle-infused Brie - only 2 weekends to go...

Truffle season has begun and we're excited to include truffles at the cellar door as part of our winter tasting experience. Come in to the cellar door at Mount Majura Vineyard every Saturday and Sunday in July to taste a flight of wines matched with truffled brie. Combining Small Cow Farm Petit Vache, a deliciously rich and creamy brie style cheese, with truffles from our neighbour Sherry at French Black Truffles of Canberra. Every week we will be layering fresh truffles in the brie giving them time to infuse into the cheese, ready for serving on the weekend. To accompany this we're pouring a flight of three 80ml glasses matched to the truffle and brie. The tasting will be served individually and will cost of \$25 per person. Bookings essential on 6262 3070 or

info@mountmajura.com.au.

Event Highlights

Winery ramble

Five bike riders assisted by four drivers equipped with macracs enjoyed a wonderful day in perfect Winter sunshine on 8 July to visit three wineries in the Murrumbateman area. We met up with Greg Gallagher, the winemaker at Gallaghers, to sample their award winning white, red and sparkling wines. As Greg's wife Libby is a cheesemaker this allowed us an extra tasting dimension. On to Granitevale where the winemaker, Greg Birch took us through their range of wines which included Pink Ice and White Ice! At Long Rail Gully, Barbara and Garry Parker, who had lit a wonderful BBQ fire for us hours ahead of our arrival bought the wine tasting experience to us, in the picnic ground overlooking the trout dam! A long table BBQ lunch capped off a great day meeting local wine producers and sharing much conviviality along the way.





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News

From The Guardian, 29 June, following Rio+20, Sustainability Conference

Multilateralism has failed, so what is the way forward post Rio +20?

This is the question on most peoples' minds as the thousands of delegates, civil society activists, business leaders and massed ranks of media headed home after the failure of politicians to take decisive action to solve the world's ecological, social and economic challenges.

More than 1,000 businesses at the more progressive end of the spectrum descended on Rio to push for new regulatory frameworks that will incentivise moves to a green economy while at the same time calling for the end of perverse subsidies.

What they found when they got to Rio was that the fossil fuel lobby had already got there first. With their immense lobbying power, they did not even need to turn up to ensure the ending of fossil fuel subsidies.

So in the absence of an over arching set of commitments, where does progressive business go from here? The general view is that the establishment of a patchwork of innovative local, national and regional alliances is going to be more effective in creating the foundation for a new economic paradigm – in other words a bottom-up approach.

This was expressed in the most often used phrases in the many meetings I attended; the need to create "coalitions of the willing" and a recognition that "all issues are inter-connected" and cannot be viewed in silos.

There were a number of collaborative projects launched at the conference. Perhaps most innovative was the Friends of Rio, who came together to demonstrate how "clearly-defined coalitions of willing and able actors from across government, business, science and civil society can mobilise their combined skills, innovation and resources to make clear progress

at scale, against specific sustainable development goals."

This move away from visioning the future towards finding practical ways of getting there, typified the general mood, with Friends of Rio highlighting 30 collaborations that are already up and running.

Peter Bakker, president of the World Business Council for Sustainable Development (WBCSD), also signalled a change in direction, saying it was time to move beyond awareness raising and put more emphasis on creating sector and cross-sector business partnerships. He sees particular value in working with individual cities to find systems-based solutions.

Bakker also pointed to the need to focus on integrating environmental and social impacts onto company balance sheets.

In fact, of all the 200 plus initiatives launched during Rio+20, the one most likely to reach scale is the Natural Capital Declaration, which seeks to get all sectors of society behind the idea of putting an economic value on nature.

The mantra is that what gets measured gets valued and the failure to do this has led to the wanton destruction of ecosystems and the rapid loss of biodiversity.

This was perhaps the best example of a broad coalition with banks, companies, insurers and more than 50 countries committing to developing a common measurement framework.

But like every other idea to come out of Rio, there are doubters. Some civil society groups and spiritual leaders, argue that hanging dollar signs on our forests and mangrove swamps devalues the majesty of nature and that vested interests will bend any new accounting rules to suit their own needs. Professor Tim Jackson believes GDP+ measures are a distraction from what really needs to be done.



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News Continued

Despite all the business announcements, it is clear that NGOs and other activists have a continuing distrust in the motivation of businesses when they claim to be serving the good of society.

For example, when 45 CEOs joined forces to call on governments to push up the price of water in order to conserve dwindling supplies, some activists accused them of seeking to take control of a key public resource.

Where there is general agreement, even within the corporate sector, is that business needs to step up its game if it truly believes it has a role to play in preventing the possible collapse of civilisation.

There is still too much self-satisfaction amongst companies who believe having a strategy and a sustainability report represents job done.

Even that represents a major step forward, when compared with glacial progress in the finance sector, which has the power to either make or break moves to a green economy.

It is no surprise Greenpeace International plans to focus its firepower on the world's financial institutions in the coming years. While it is to be welcomed, for example, that 37 banks did sign up to the Natural Capital Declaration, many more came up with poor excuses not to.

To counter this heel dragging, the WBCSD plans to engage with financial institutions to ensure that companies' sustainability activities are incorporated into their valuations, out of fear that many companies will not make the effort if the markets do not recognise the importance of the work.

Meanwhile, Jackson, the author of 'Prosperity Without Growth' is concentrating on creating a model that can show it's possible for the capital markets to successfully invest in a green economy.

Deputy prime minister Nick Clegg told parliament on his return from Brazil that one of the four key outcomes from Rio +20 was that "national governments recognised the importance of working alongside businesses."

Times have definitely moved on. At the Rio Earth Summit 20 years ago, hardly any businesses were present and they certainly did not have a seat at the table.

Looking to the future, there is definitely an opening for business to step in and leverage its financial, organisational and R&D capabilities to support moves towards a green economy.

But it remains to be seen whether business in general is able to start showing it can be a force for good, rather than lining the pockets of the few and creating misery for Mother Earth and billions of people struggling to make ends meet.



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Slow Soup Kitchen and draft National Food Plan

The reason for this busy-ness (and not slow-ness) is that the federal government has released its draft of Australia's first ever Nation Food Plan. Unfortunately it was a plan by, of, and for the existing industrial food system and had very little to offer the those hoping for a good clean and fair food future. Consequently it deserved a response to its serious short comings and omissions, and these can be found at the link below.

Needless to say I am heavily involved in helping the much needed people's national food plan come into being, and any and all assistance from members would be greatly appreciated and acknowledged.

Sadly our attempts to take the Slow Soup Kitchen concept to Terra Madre and Salone in Turin have hit a brick wall. After much initial enthusiasm, the local Italian support we needed to make this happen did not eventuate. This has meant Slow Food Canberra having to withdraw from the event in 2012. Our fund raising efforts will continue however, and the monies raised will go to promote good clean and fair foods. One suggestion is we use some of the monies raised to assist in the establishment of a Canberra City Farm, which is well advanced in its planning. The Canberra City Farm is proposing to be similar to CERES in Melbourne and this is definitely something Slow Food will support. However, any and all suggestions from members as to how some of these monies should be used will be welcome.

On a lighter note, there are several exciting events planned for later in the year. One of these is a 3 rare breeds, nose to tail banquet of pork, lamb, and beef. We are hoping to coax one of Australia's best saucieres out of hibernation to add special flavours to the special meats. We'll keep you posted.

Warmly and slowly,

Michael Croft

Links:

National Food Plan:

<http://www.daff.gov.au/nationalfoodplan/process-to-develop/green-paper>

Michael's Response:

<http://theconversation.edu.au/the-draft-national-food-plan-putting-corporate-hunger-first-8342>

Ceres:

<http://www.ceres.org.au/>





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From the Convivium Co-Leaders

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producers and chefs that are working to sustain Good, Clean and Fair foods in different countries around the world.

<http://blackwoodvalleybeef.createsend3.com/t/ViewEmail/j/B6C1731B23B64576/2312F71EFEAE96162540EF23F30FEDED>

Slow Food in Brazil has developed Slow Food's 100 Tips to Rio, which is a small booklet produced in both Portuguese and English, which can be found at:

<http://www.slowfoodbrasil.com/guia-rio/#english> a downloadable pdf

Another example of what Slow Food has done for some countries in Africa – a similar concept in that a small booklet has been published and printed to promote Good, Clean and Fair producers and how and where these foods can be found but adapted to the African context, thus with traditional recipes to promote and safeguard the biodiversity of that country. An example of this can be seen at:

http://slowfoodfoundation.com/filemanager/Le%20pubblicazioni/Sierra_Leone.pdf

Slow Food projects can be found on the Slow Food International website starting from www.slowfood.com by either going through the defending Biodiversity portal or the archive to Slow Stories. Till next time, good tidings and eating!

Ian Ryall

Convivium co-leader



Whats in Season

What to try and buy this month?

apple	lime
Asian greens	mandarins
asparagus	mint
avocado	nashi pear
beetroot	nuts
broad beans	okra
broccoli	olives
cabbage	oranges
capsicum	papaya
carrot	parsley
celery	plums
chilli	pumpkin
chives	pomegranate
eggplant	quince
fennel	red cabbage
garlic	red onion
ginger	rhubarb
grape	rocket
grapefruit	rockmelon
green beans	sage
guava	silver beet
hazelnuts	sweet corn
kiwi fruit	strawberries
leek	thyme
lemon	zucchini

If you don't grow your own, all the above fresh produce is available from the EPIC Farmers Market each Saturday, from the Southside Market on Sundays, retail outlets for local farmers in north Lyneham and Curtin, plus some IGA's—ask where it comes from. Perhaps you have family or friends growing their own produce and you are fortunate enough to share the harvest. Ideally, you know—and care where your food comes from.