



Slow Food®

Canberra Capital Country Convivium

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From the Convivium Co-Leaders

Hi to all and welcome to the first cold wintry lashings of the year, but the good news is, as winter approaches you can keep your internal 'cockles' warm by attending 4Cs events! For those who attended the 4Cs Pizza Day at the ANU Environment Centre on ANZAC day we did exactly that! (see separate report by Cilla).

Talking about upcoming events, this is the year of Slow Food's Terra Madre ("Mother Earth") and Salone del Gusto (Taste of Slow extravaganza) to be held in Turin, Italy 25-29 October.

Traditionally held every 2 years Terra Madre brings together producers and Slow Food activists from around the globe to network and share ideas and experiences. Salone del Gusto, as the name implies, is a celebration and exhibition of foods from around the world. Salone is held in the old Fiat factory in Turin where literally thousands of producers offer tastings of their harvest - A truly amazing experience!

The exciting news is Slow Food Canberra will be sending a team to run its concept of "Slow Soup Kitchen" which we have successfully run at the Farmers' Markets in previous times (and expect a few more before October as we fund raise to assist our team and help them prepare for Salone experience).

The team so far includes pennie scott, Peter and Caroline O'Cleary. Peter, pennie and Caroline have all been strong supporters of Slow Food and have been involved in 4Cs events and activities over the years.

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Good, Clean and Fair
- for all

Newsletter

May 2012

Upcoming Events

Slow Soup Kitchens

The Canberra 4C's convivia held it's first Slow Soup Kitchen in December 2010 to celebrate Terra Madre Day. Offering a completely new concept, instead of patrons being charged a set amount for their soup, we simply asked people to pay what they thought that soup was worth. This encouraged people to think about the VALUE they place on food - the growing and harvesting, the transportation, preparation and serving. The 4C's team prepared about 50L of soups, resulting in around \$1000 of contributions. Each year, we have continued the Slow Soup Kitchens to raise awareness of Slow Food / Terra Madre, encourage more thought about what and how we eat and the links between growers and eaters, and raise funds.

In October this year, four representatives from Canberra are organising and delivering the very first Slow Soup Kitchen at Salone del Gusto / Terra Madre in Turin. Peter and Caroline O'Clery, pennie scott and one-yet-to-be-named are leading the contingent to lead food rescue ventures and use season ingredients to create Australian themed soups for visitors and delegates at this international conference!

FUNDRAISING is now a key activity for the 4C's with at least three Slow Soup Kitchens planned for the EPIC Farmers Market in the next few (wintry) months. Again, the generosity of many of the producers at the markets will provide us with beautiful seasonal ingredients to create our soup recipes from.

If you have any recipes, ideas and / or time to contribute to this delicious exercise, please call pennie on 0427 441 107 or email bushgoddess@bigpond.com with SLOW SOUP KITCHEN in the subject heading. You can also follow Slow Food Canberra on our Facebook page. Dates for the Slow Soup Kitchens are 26th May, 16th June and 28th July.

www.slowfoodcanberra.com



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Events... continued

Sustain Ability Workshops 2012

Learn new skills to help you tread more lightly on the Earth...

Interested in learning practical and fun new skills that will help you reduce your carbon footprint?

Living in Canberra makes this easy! Our Nation's capital is filled with many inspiring and knowledgeable individuals, especially when it comes to living sustainably. Recognising this, the Canberra Environment Centre's Sustain Ability Workshop 2012 series has engaged local presenters with a passion to share their skills and knowledge with the wider community.

Workshops over the year will cover a variety of topics, from affordable retrofitting for renters, to bike maintenance and vegetarian cooking classes.

Book in today for one of our upcoming workshops, or for the full program, visit www.ecoaction.com.au.

Workshop topics for April/May include:

Retro-fitting for Renters

Details: Retrofitting for Renters is a workshop full of ideas for renters who want to reduce their bills and make their home more comfortable with simple, low-cost and/or free actions. Landlord responsibilities and steps to ask for energy efficient improvements will also be covered.

Date: Saturday 28th April

Time: 10am – 11.30am

Cost: FREE

Composting Made Easy!

Details: There are many different ways of composting. Learn the theory behind composting, the different ways of composting and then choose the way or ways that suit you best.

Date: Wednesday 9th May

Time: 6pm – 7pm

Cost: \$5 Carbon Challenge Participants / \$15 General Public

Worm-Farming Made Easy!

Details: Don't have a garden for a compost bin, why not try a worm farm instead? Worms can be kept outside, inside, on the balcony or in the garage and are ideal for units. Worm castings are great for composting food scraps, feeding house plants, adding to seedling mixes and potting soils or top dressing around plants. Learn all you need to know about getting started, setting one up, and maintaining one in the long-term.

Date: Thursday 10th May

Time: 6pm – 7pm

Cost: \$5 Carbon Challenge Participants / \$15 General Public

Affordable Retro-Fitting for Renters

Details: Don't think that you can afford energy efficient improvements to your home? This workshop explores simple, low-cost and/or free actions that can reduce your energy use in the home. Topics include winter heating, summer cooling, lighting, hot water, fridges & freezers, cooking and general appliances.

Date: Saturday 19th May

Time: 10am – 11.30am

Cost: FREE

Limited places available, please contact projects@ecoaction.com.au or phone 6248 0885 to book. For workshop locations, please visit

www.ecoaction.com.au

www.slowfoodcanberra.com



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Events... continued



French chef Christophe Gregoire and Josephine invite you to join them on their guided food & wine tour of Alsace and Vosges, France

Friday 21 September to Tuesday 2 October, 2012.

Stay in a beautiful lake front hotel in Gérardmer for the whole duration of the tour. Each day board a specially chartered coach to handpicked, exclusive and enchanting food & wine destinations.

The tour is packed with unique experiences. Visit farmhouses where you will learn how to make goats cheese and the local Munster cheese, experience chocolate making at a boutique chocolaterie and lolly making using natural fruit essence. One of the highlights of the tour will be a cooking demonstration and lunch prepared by students of the Hospitality School in Gérardmer, Chef Christophe's old school.

Visit the breathtakingly beautiful wine making region of Alsace during the harvest season; join the locals in celebrating the nouveau vin (new wine) and participate in wine tasting and master classes in exclusive cellars.

Christophe and Josephine have been operating this food & wine tour since 2009. They have thoughtfully designed the tour using their unique local knowledge and expertise of the region, their love of teaching about French gastronomy and their commitment to creating experiences of genuine hospitality for their clients.

Further information please call the restaurant on 62380662 or email info@letresbon.com.au

Producer Visit:

Majestic Mushrooms

Helen and Ian Chu of Majestic Mushrooms have invited Slow Food Canberra members and friends to visit their mushroom farm at Murrumbateman to learn more about their produce and how it is grown. Those of you who attended the ANZAC Day pizza picnic would have enjoyed some plate-sized Majestic Mushrooms which we cooked in the pizza oven. You will all know the Chu family who have a regular stall at the Capital Regional farmers market at EPIC every Saturday morning. We are currently negotiating a date for our visit and will provide more information in our next newsletter or events update, so watch this space!



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National Sustainable Food Summit Report

Earlier this month I had the pleasure of being invited to address the wonderful people gathered for the National Sustainable Food Summit in Sydney. The Darling Harbour location was stunning, the weather glorious, and the food? Well the food was average - but then I am spoilt. Mind you I did discover the best Thai restaurant on the planet. If you are in Sydney you simply must go to Home - yes that is the name. I had a meal there that was better than any of the fantastic meals I experienced in Thailand - simply amazing, stupendous..... But I digress.

There were many great stories told at the summit and the take home message was, that the future will not look like the present extended. Over the coming years there will be radical changes to our food system, for a multitude of reasons that revolve around input scarcity and climate change. So just what will our food system look like 50 years from now? Well that all depends on our values. If we put price at the pinnacle of our value system, disaster awaits the ecosystem that underpins food production. If we value the environment and people who produce food, then the profit will take care of itself - in perpetuity.

The truth is we can only give educated guesses at the future food system, but it was generally agreed that the system would be more complex and localised. Our food system will be much more biological in appearance and much less linear and mechanistic. There will be no waste or externalised costs. It will revolve around decentralised food hubs that offer short chain producer/processor to eater links. What the evolving food system will offer in spades, is diversity of choice and taste. In short a Slow Food future.

I was speaking to someone from Lloyd's insurance at the Summit about system resilience. He was saying that Lloyd's have been in business for 250 years and plan to be in business for another 250 years at least. Robert Pekin from Food Connect then gave an excellent talk and mentioned corporations having to make a profit for shareholders "in perpetuity". Putting these together and you have a new mindset for business. The short term single bottom line profit maximisation must end if corporations are to fulfil their "in perpetuity" obligations to inter-generational shareholdings. Importantly "in perpetuity" brings into play ecological and social parameters as foundation values that are not addressed by conventional Corporate Social Responsibility charters. This is revolutionary stuff folks!

The good news is that progressive food businesses are starting to 'get it'. They are slowly realising that if they want to succeed in the long term that; the food system is a biological process, performed by people, to generate a surplus. Smart businesses are realising that the food meta-system will only work in this order of priority - planet, people and profit.

The National Sustainable Food Summit will be on again next year when we discuss what the future food system will look like. Based on the concept that "the future is already here but not very well distributed yet", we will examine working examples that are successfully operating. I can't wait !

Slow and warm regards,

Michael



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National Sustainable Food Summit Report

GMO and the Devastation of Bee Colonies: Blamed for Bee Collapse, Monsanto Buys Leading Bee Research Firm

By Anthony Gucciardi

Global Research, April 21, 2012

Monsanto, the massive biotechnology company being blamed for contributing to the dwindling bee population, has bought up one of the leading bee collapse research organizations. Recently banned from Poland with one of the primary reasons being that the company's genetically modified corn may be devastating the dying bee population, it is evident that Monsanto is under serious fire for their role in the downfall of the vital insects.

It can be found in public company reports hosted on mainstream media that Monsanto scooped up the Beelogsics firm back in September 2011. During this time the correlation between Monsanto's GM crops and the bee decline was not explored in the mainstream, and in fact it was hardly touched upon until Polish officials addressed the serious concern amid the monumental ban. Owning a major organization that focuses heavily on the bee collapse and is recognized by the USDA for their mission statement of "restoring bee health and protecting the future of insect pollination" could be very advantageous for Monsanto.

In fact, Beelogsics' company information states that the primary goal of the firm is to study the very collapse disorder that is thought to be a result — at least in part — of Monsanto's own creations. Their website states:

While its primary goal is to control the Colony Collapse Disorder (CCD) and Israeli Acute Paralysis Virus (IAPV) infection crises, Beelogsics' mission is to become the guardian of bee health worldwide.

What's more, Beelogsics is recognized by the USDA, the USDA-ARS, the media, and 'leading entomologists' worldwide. The USDA, of course, has a great relationship with Monsanto. The government agency has gone to great lengths to ensure that Monsanto's financial gains continue to soar, going as far as to give the company special speed approval for their newest genetically engineered seed varieties. It turns out that Monsanto was not getting quick enough approval for their crops, which have been linked to severe organ damage and other significant health concerns.

Steve Censky, chief executive officer of the American Soybean Association, states it quite plainly. It was a move to help Monsanto and other biotechnology giants squash competition and make profits. After all, who cares about public health?

"It is a concern from a competition standpoint," Censky said in a telephone interview.

It appears that when Monsanto cannot answer for their environmental devastation, they buy up a company that may potentially be their 'experts' in denying any such link between their crops and the bee decline.

Read the article online at Nation of Change

<http://www.nationofchange.org/blamed-bee-collapse-monsanto-buys-leading-bee-research-firm-1334850010>



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Event Highlights

Pizza Picnic on ANZAC Day

The Spring Pizza Picnic last year was a huge success and we promised you a repeat so this year it was the Autumn Pizza Picnic on Anzac Day.

There's something about the grounds of the Sustainability and Environment Centre at the ANU that make them an ideal place for a picnic in the rustic and very tranquil gardens beside the vegetable beds with the hens in their run not far away, yet only minutes away from the City Centre!

The rain stayed away and despite the chilly weather, 21 hardy souls and William turned up. Ben Kocaj, Manager of the Gardens, brought along his pizza dough and showed us how to roll out the dough and assemble the pizzas with a variety of toppings and then successfully manoeuvre the works onto the paddle ready for baking. Everyone had a go at making their own pizzas which were expertly cooked by John Bockwinkel in the wood-fired pizza oven.

While waiting for both the oven to reach the desired temperature and for people to gather, hot soup was available to keep us warm, and some of us were lucky enough to try the pikelets, perfectly cooked on a skillet in the oven while others helped chop up and prepare the various toppings. It was a most enjoyable afternoon and special thanks must go to John for lighting the fire and manning it for hours before "cook-off" and to Ben, for providing the dough and sharing his time and expertise with us all. And of course, we wouldn't have an event if members and friends of 4C's didn't register their interest and attend our gatherings, so thank you to everyone who came along and enjoyed our very convivial 2012 Autumn Pizza Picnic!





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Research Project: Slow Food in Australia

Our convivium is participating, by way of a focus group, in a research project which is exploring the motivations and experiences of members of Slow Food Convivia in Australia. US research has shown social aspects and gourmet foods to be the main motivations for Slow Food and the researchers, Conjoint Professor Lauren Williams, Professor John Germov, and Michelle Mansfield all from the University of Newcastle, want to see if that also holds for Australia or if there are different motivations underpinning Slow Food here. A summary of key findings will be presented and published via academic conferences and journals available on the project website.

The researchers have looked at how the media portray Slow Food. Their results can be found in a journal article:

Germov John Boris, Williams Lauren Therese, Freij Maria Hanna, 'Portrayal of the slow food movement in the Australian print media: Conviviality, localism and romanticism', *Journal of Sociology*, 47 89-106 (2011) [C1]v

<http://jos.sagepub.com/content/47/1.toc>



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.



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Slow Food Merchandise for Sale

Slow Food Canberra offers a range of merchandise for sale:

Tee shirts in black or ochre, featuring the Slow Food logo in white, in sizes S to XL at a cost of \$20.

Full bib aprons in black with the Slow Food logo in white at \$30.

Wine glasses etched with the Slow Food logo at \$5 each or boxed at \$25 for 6 glasses.

Gold snail lapel pins at \$8 each.

If you are interested in purchasing any of these great items, please email events@slowfoodcanberra.com or ask a committee member at any event. They are likely to be wearing a Slow Food tee shirt or sipping from a Slow Food wine glass!

From the Convivium Co-Leaders

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We are still to determine a fourth - so if you are interested in being part of the team (must be a member) to represent 4Cs and help run a Slow Soup kitchen at Salone contact either myself (6254 9228) or Pennie Scott (6258 7223) for more information and requirements.

Normally Terra Madre is only open to Slow Food representatives but this year, for the first time it will be open to the public. So if you happen to be travelling to northern Italy around late October why not pop in and experience Slow Food at its grandest and say hello to the Canberra Slow Food folks at the Slow Soup kitchen!

Another first for the event will be the concurrent running of 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. 4Cs also hopes to be represented in this forum.

Till next time, good tidings and eating!

Ian Ryall

Convivium co-leader

