

Slow Food

UK NEWS
June 2010

Dear Members and Friends,

Reaching the small Sámi village of Hemavan, some 600 miles north of Stockholm, for the Slow Food International Congress last week reminded me of all the reasons I joined Slow Food. By bringing together the global champions of our movement to listen to and engage with a traditional indigenous culture dating back centuries, Carlo Petrini, as usual, inspired us to think about the important connection between the sense of place and how that place nourishes both the soul and belly.

We heard from the Sámi about their quest to preserve a traditional way of life with some delicious food products and unique production methods. It was an opportunity to reconnect with our network – people like Jose in Mexico who is raising awareness around genetically modified corn, Davide in Brazil who is running a social enterprise training youth in favelas for the catering trade, Desi in Bulgaria campaigning for small artisan food producers to be able to sell their own products direct from the farm and, lastly, Darina in Ireland spearheading a Slow Food Grandparents Day to promote trans-generational skills and knowledge sharing. These examples highlight how the movement is becoming more and more focused on information awareness and education projects across the age spectrum.

Becoming engaged in a Slow Food event is a starting point for reflection on the principles underlying the educational initiatives carried out by Slow Food in the United Kingdom and worldwide. Meeting with the Sámi producers at their lávvu (Sámi tents) accompanied by a traditional Jojk choir with a never-setting sun made me think that Slow Food education:

- can promote **change**, generating more responsible attitudes and behaviour
- is about **pleasure**; providing convivial and playful occasions that allow us to discover the joy of good food
- teaches an appreciation of all things **slow**, learning respect for our own and other people's rhythms
- is learning by doing, because hands-on **experience** increases and strengthens educational outcomes

Over the last year there were times I was running very fast, and some of you would remind me about being 'slow'... It seems Carlo knows just when to bring us down to the basics by reminding all of us, including me, why we share in the ethos and vision of our movement.

See you soon,
Cat

- ➡ [Good Housekeeping Food Awards](#)
- ➡ [Michelin starred chef cooks Slow](#)
- ➡ [BBC Good Food Show](#)

Slow Diary, July 2010

This is just a selection of what's going on around the country. [See our events page for more.](#)

1 July

SF Perth - Slow Food Feast Under the Leafy Canopy of The Hermitage, Dunkeld

3 July

SF Edinburgh - Scottish Shellfish Masterclass at The Atrium

7 July

SF West Yorkshire - Slow Food Salvo's Salumeria: Sicilian Evening with Olive Oil taste

16 July

SF Dorset - Mackerel Fishing with Brett Hibbit at Jurassic Fishing

20 July

SF London - Honey Evening at Fortnum and Mason

29 July

SF Rutland and Lincolnshire - Flavours of Middle England from 17th Century

31 July

SF Nottingham - Soft Fruit Tasting with Goacher's Fruit Farm

The Taste Adventure

Catch TTA on its summer tour!

17 July

Oundle Food Festival

31 July

Oxfordshire County Show

13 - 15 August

Flavour Fest, Plymouth

11 & 12 September

Berwick Food Festival, Harvest at Jimmy's, Suffolk & Liverpool Food Festival

18 & 19 September

Farmers Market, Liverpool

25 & 26 September

Stratford Upon Avon Food Festival

2nd October

Hurspierrepoint Food & Drink, Brighton & Aylsham Food Festival

Salone & Terra Madre 2010

- [Seasonal suggestions](#)
- [Ark of Taste: Portland Lamb](#)
- [Meet the SFUK team: Alice Dickie, Events & Partnerships Coordinator](#)
- [Local Loaves for Lammas](#)

Good Housekeeping Food Awards



Above: Jane Asher, Catherine Gazzoli, John & Nicola Fletcher and Atul Kochhar at the Good Housekeeping Food Awards

The sixth annual Good Housekeeping Food Awards 2010 were the culmination of Nat Mag's 30 Days of Food and Drink promotion in May and for the first time Slow Food was involved by helping draw up the shortlist for the special category of Judges Awards for small, artisan producers. The expert panel who made the final decisions included Prue Leith, Jane Asher, Valentine Warner, Richard Ehrlich, Atul Kochhar and GH's chief home economist Meike Beck.

Congratulations to all the Slow Food winners who were presented with their awards at a special event at the end of May in London.

Best Small Meat Producer: Nicola & John Fletcher of Fletchers of Auchtermuchty for Welfare-friendly Scottish venison (01337 828369; www.seriouslygoodvenison.co.uk)

Young Food Hero: Jonathan & Vicky Brown of Bocaddon Farm Veal (01503 220995; www.bocaddonfarmveal.com)

Small Cheese Producer to Watch: Sam & Rachel Holden of Hafod Cheese (01570 493283; www.hafodcheese.co.uk).

Michelin starred chef cooks Slow



Above: Angela in the Good Housekeeping Demonstration Kitchen

Award winning chef and long time Slow Food member Angela Hartnett

21-25 October, Turin

The full programme of Taste Workshops and Salone events is available [here](#)

Terra Madre Newsletter



To read the latest Terra Madre newsletter please follow [this link](#)

Social Media



Do you Tweet? Follow us at: [@slowfooduk](https://twitter.com/slowfooduk).



Find us on Facebook - Slow Food UK - and follow the orange snail.

recently cooked up an Italian inspired supper for 30 Good Housekeeping readers in conjunction with Slow Food UK.

Angela's passion for using locally sourced, high quality produce in the kitchen was evident in her simple, yet mouth watering menu. As she cooked she talked through the dishes that she was making and explained that sourcing good ingredients is not just about the flavour and taste, although this is as vital when you are producing Michelin starred food as it should be when we cook a simple meal at home, but also about knowing their provenance. She encouraged people to ask questions and to offer their views on home cooking and sourcing local produce versus convenience food and the impact of supermarkets on our food culture. This led on to an interesting discussion about the food in schools and the difficulty of getting children to eat healthily.

Cookery demonstrations held at the Good Housekeeping Institute in London are a regular event but this was the first time Slow Food has been involved. The readers had come from near and far to enjoy the opportunity of the small workshop environment. Overall it was a great opportunity for the SFUK team including Cat, Alice, Rebecca and Juliana to connect with GH readers and introduce them to the world of Slow Food.

BBC Good Food Show



Above: Niki & Anja from Great Glen Game

The Slow Food Pavilion at this year's BBC Summer Good Food Show was bigger and better than ever. Great Glen Game with their fantastic cured wild venison, made a successful first foray into BBC Shows in England – they are stalwarts of the Glasgow show in the autumn. We were also delighted to be joined by The Blackface Meat Company, Squisito, Edible Ornamentals, Casa de l'Oli and Nougalicious.

The SFUK stand was looking brighter and bolder than before with all our new banners, pop-ups and membership leaflets. Grana Padano sampled two vintages of cheese throughout the show which was, once again, a big draw to the stand.

We're already preparing for the three Autumn shows where we'll once again be offering Bursaries and Subsidised Stands so contact Alice Dickie at a.dickie@slowfood.org.uk if you or a producer you know is interested in being part of the Slow Food pavilion in Glasgow (22-24 October), London (12-14 November) or Birmingham (24-28 November).

Seasonal suggestions



Our friends at From My Farm give a 'producer's view' of what's good to

eat now.

Here at From My Farm we are enjoying the summer season with plenty of fruit and vegetables to fill our range. Our firm favourite is our From My Farm strawberries. Juicy and succulent, they are ripe and ready for Wimbledon fortnight.

British strawberries taste so good because of our unique growing conditions. As the fruit grows its carbohydrates are converted slowly but completely to sugar giving a much sweeter taste. A variety of strawberry grown in Yorkshire called 'Florence' has the highest sugar rating resulting in a dark coloured scrumptious fruit.

In the UK strawberries are in season between May and September and every year about 27,000 kilos of strawberries are eaten during the Wimbledon Tennis Championships, together with 7,000 litres of cream. The popularity of serving strawberries with cream is possibly as old as the event itself!

For all From My Farm information and where to buy, please visit the website at www.frommyfarm.co.uk

Ark of Taste: Portland Lamb



The Ark of Taste is one of the ways in which Slow Food works to support greater biodiversity, ensuring products in danger of disappearing are revived and supported. Our approach of 'Eat it or Lose it' has never been more relevant.

All Slow Food groups are encouraged to seek out local products which would be suitable for inclusion in the UK Ark of Taste. More information about the Ark and further contact information if you wish to nominate a product are available on the website www.slowfoodark.com

Portland sheep are one of the oldest breeds of sheep in the UK. They originated on the Island of Portland, not now strictly an island but a strip of land projecting into the English Channel from the southwest coast of England near Weymouth, Dorset.

The Portland Sheep is a small animal, the average adult ewe weighing 38-40 kg, compared with 60-80+ kg in a commercial breed. It is an attractive, hardy sheep, ideal for smallholders because of the size and thrifty grazing. An important quality of the breed is the ability to lamb out of season at any time of the year.

The breed produces exceptionally high-quality meat with fine texture and excellent flavour. The special flavour of the meat is due to the longer time it takes to mature and the recognition that it requires to be hung for a longer period to enhance that flavour and tenderness. Because the breed is naturally fine and lean, the meat needs careful butchering to present it at its best. It also benefits from slow cooking.

A key problem for survival is lack of numbers; unlike most breeds whose ewes routinely produce twins, the Portland ewe produces only one lamb

per season. Secondly, Portland lambs need a longer time to finish (i.e. to become mature enough for slaughter).

There are about 20 registered flocks in the county of Dorset as a whole, and one small flock on the Island of Portland itself. It is difficult to keep the sheep on the Island today since grazing is beset with difficulties because of the proliferation of public footpaths, dogs on the loose, fencing restrictions and the spread of scrub (e.g. gorse, bracken and brambles) which, in turn, reduces available grass.

For more information look at www.portlandsheep.org.uk or contact Michelle and Norman Jones who have been working tirelessly to revive the breed on 01297 561072.

Meet the SFUK team: Alice Dickie, Events & Partnerships Coordinator



Alice has been a member of the team since September and is now responsible for managing our SFUK events, working directly with our producers and corporate partners and sponsors.

Where do you come from? What is your background?

Home is a hill farm up in the southwest of Scotland; rainy but beautiful! My father has farmed blackface ewes for as long as I can remember so livestock and the journey from farm-to-fork is a familiar story. After university I disappeared off to Paris to improve my French and a large part of my time there was spent sampling the local food culture. On returning to London I worked for Caprice Holdings in the restaurant business.

How did you come to SFUK?

A passion for food and all things related to food. I wanted to veer away from the fine dining restaurant world and work more closely with the actual producers and learn more about the story behind the food on one's plate. Slow Food UK encompasses all aspects of our food culture, from the production side to the impact of our eating habits, not only on the environment but also on ourselves. I feel very proud to be part of a global organisation which seeks to improve our food cultures and to encourage people to really appreciate fantastic quality, local food.

What are the benefits of being at large scale events?

To speak to a wider audience and to get the Slow Food name heard. Our presence at large scale events is very important as it brings us into contact with the national population and being an 'inclusive' organisation we need to speak to everyone along with the already converted foodies who incorporate 'good, clean and fair' into their everyday lives.

How can members get involved?

If we are trying to communicate to the public what we do and persuading them to get involved at a local level, who better to do this than our passionate local members - they are the real face of Slow Food. So we'd love more people to volunteer to talk to people on the stand, explain what Slow Food means to them and inspire people to become members or supporters. Last week in Birmingham Colin & Sharon, now leaders of

Slow Food Nottingham, who first came across Slow Food at the show a couple of years ago, spent Saturday with us and their story of taking the initiative themselves really hits a chord with the public.

Which events are in the pipeline for the next few months?

We've got lots of local Slow Food groups hosting the TTA at various regional food festivals this summer such as The Big Tent Festival in Fife, The Oxford County Show and Flavour Fest in Plymouth. We're already planning for a bigger and better presence at the November BBC Good Food Shows and obviously Salone del Gusto and Terra Madre are creeping up in October.

Local Loaves for Lammas Saturday 31st July & Sunday 1st August



The Real Bread Campaign, funded by Big Lottery Fund's Local Food Scheme, are once again encouraging people to celebrate this ancient harvest festival by baking or buying a local loaf. To make the event even bigger and better this year, they have asked Slow Food UK to get as many groups involved as possible.

Local is in the eye of the beholder and could mean anything from simply buying a loaf baked at a nearby independent bakery, to using flour from locally grown and milled grain to bake a traditional regional bread.

Slow Food Berkshire & Wiltshire are already signed up and you can check out all the [Lammas Day Events](#) on the Sustain site. Never heard of Lammas? Here are a few facts:

- Lammas takes its name from *hlafmaesse*, the Old English for loaf mass
- The origins of Lammas are ancient and uncertain. Many sources link it to the earlier pagan festival Lughnasadh, held in honour of the god Lugh. Later, Lammas was adopted by the Christian church but others still celebrate it as a pagan festival
- A traditional element of Lammas was to bake a loaf with the first grain of the new harvest, though nowadays, harvest may start a lot later

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