

Slow Food

UK NEWS
March 2010

Dear Members and Friends,

Spring will inject a youthful touch to our mission with the imminent launch of Slow Food on Campus (SFOC). SFOC is a programme that offers students the opportunity to actively participate in our movement. Its core value is to encourage students to take the reins to influence and affect positive change on the food system of their respective campuses.

I believe these formative years of early adulthood are key to shaping the responsible and ethical adult. SFOC has seen great results in Slow Food USA, where teams of students and faculty are proactively bringing about our vision of 'good, clean and fair food' by engaging with the web of local food producers in the surrounding communities and bringing their stories to campus.

On a social level, SFOC is also about fostering a positive and healthy relationship with food and those you can enjoy it with by developing the life skill of cooking. I find it personally very satisfying to have SFOC take flight just at the time when the pioneering woman, who my own university and the area associated with it, just won the Chevalier de la Légion d'Honneur for her passionate campaigning work for local, sustainable and seasonal food. Alice Waters is an inspiration to any University of California, Berkeley student who cooks Chez Panisse recipes for her student study groups to make sure she gets the best of everyone's notes! I had no idea that ten years later I would be taking to Britain lessons learned from someone who is now also Slow Food International's Vice President.

Lastly, in this fast-paced life it is essential that we take the time to get to know each and so as your support team continues to grow, we have added a new section in our newsletter – 'meet the team', highlighting a member of SFUK.

In the meantime, I may go test a couple of my old college day Alice recipes...

Catherine Gazzoli
CEO Slow Food UK

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Group Profile: Oxon

Slow Diary, April 2010

We have been working on the events section of our website so please check us out online for more events across the country. Here is a little sample:

4 April

Bristol Slow Food Market

8 April

SF Worcestershire - The Taste Adventure for Children at the Malvern Showgrounds

14 April

SF Edinburgh - Taste Panel, Discovering Local and Regional Beer

21 April

SF Solent – Exploring Local Produce and Open Kitchen Evening

Terra Madre Newsletter



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

BBC Good Food Show



Know a producer who would like to be part of SFUK Pavilion at the Summer show at the NEC Birmingham? Please contact our event coordinator Alice Dickie on a.dickie@slowfood.org.uk

New groups

We welcome our new local groups in Dros Y Fenai, Upper Severn Valley, Bedford, and Lancashire who join a worldwide network of over 1000 Slow Food groups. There is a Slow Food

Slow Food Oxon was initially founded on a bright sunny day in summer 2004 and officially launched in January 2005 with a series of events aiming at bringing SF members closer to local food producers. Ever since, they have been spreading the word about "good, clean and fair" and have been discovering new places to eat and to learn about food in a search for the essence of "slow food". Like any group, Oxon has had its ups and downs and changes in leadership, but ever since Tamara Schiopu took up the leadership reins again, she has started to breathe new life into the group.

"It is our primary task now to regain the popularity we once had and attract more people into our network" declares Tamara, for whom "slow food" is about tradition, knowledge, pleasure and networking. "Terra Madre is something that no one else is doing in the world - bringing together small producers and food communities under one roof, and making it possible to feel, to smell and to taste indigenous products of so many countries". Tamara would like the group to be developed into a popular and enjoyable network, and in this age of digitalised socialization, many volunteers help with their website, the greatest tool to promote events and manage the bookings.

"We like to look into all possible slow avenues - books, films, fine dining, debates, tours and of course - tastings. We have always had a strong student connection and The Taste Adventure which we were instrumental in launching at The Children's Food Festival in 2009, has now become a highlight of SFUK's educational programming."

Tamara is therefore working on many things for a burgeoning 2010: reading and speaking events, farm shop visits, wine tastings and a workshop on preserving. Oxon's boldest plan is a Slow Food tour to rural Poland in the summer. This follows a Polish friend's campaign to preserve traditional ways of farming in Poland which won a Goldman "Nobel" Prize. All events are posted and can be signed up for at www.slowfood-oxon.org.uk.

Launch of Slow Food on Campus

We will be shortly launching Slow Food on Campus at Winchester University and Oxford Brookes. This initiative has already aroused interest in several other universities and colleges around the country and we're planning for more to join us very soon including vocational, community and catering colleges.

Ria Jackson, recently appointed SFOC Coordinator is spearheading our plans, and we are immensely grateful for the funding secured jointly from Winchester University and the Higher Education Funding Council for England, which has enabled us to bring Ria on to our permanent staff. Slow Food UK will support students by supplying resources, contact details of producers and by visiting them on a regular basis. This will enable the groups to arrange demonstrations, run events and investigate local produce and producers.

In the United States, the Slow Food on Campus programme has been gaining momentum, appearing on more campuses every year, with passionate leaders creating innovative events and campaigns to raise awareness and change attitudes towards food. Julia Middleton, from Slow Food USA's funky office located just off the great Brooklyn Bridge in Dumbo, Brooklyn told us:

"We are really excited to see Slow Food on Campus take off in the United Kingdom. Our network of students and the teaching faculty that support the programme are eager to connect with other young people around the world who also want to encourage their universities and colleges to consider the story behind, and consequences of, their food purchasing decisions."

event every two hours somewhere in the world so now you can try out local Slow Food events also in these beautiful areas of the UK.

Social Media



Do you Tweet? So we can communicate with new audiences and promote our message of good, clean and fair food to the masses, Slow Food UK has a Twitter page. Twitter serves as a great way of linking with other like minded organisations and groups so that we can share ideas about our work. Follow us at: [@slowfooduk](https://twitter.com/slowfooduk).



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

The Balvenie and Slow Food Tastings



The Balvenie Single Malt Scotch Whisky was the first UK supporter of SFUK and we very much appreciate their involvement because they are unlike any other single malt Scotch whiskies thanks to a unique combination of human craft and natural alchemy. Based in Speyside, Banffshire and true to the rare crafts that help create this unique combination, The Balvenie Distillery continues to nurture a high level of craftsmanship: nowhere else will you find a distillery that grows its own barley, malts in its own traditional floor malting, and retains a team of coopers and a coppersmith.

Moreover, last year saw the inaugural 'Slow Food and The Balvenie' tutored tastings. Since October 2009, 11 tastings have taken place across the country in a variety of locations from Yorkshire and Ayrshire to London and Berkshire. The evenings are a fantastic opportunity for foodies and single malt whisky enthusiasts alike to come together to learn about, discuss and of course enjoy the distinctive taste of The Balvenie range of whiskies.

Hosted by The Balvenie's UK Ambassador, Dr Andrew Forrester, the evenings are informal and intimate. Andrew usually commences the session with a background to The Balvenie Distillery in Speyside, an overview of the unique, handcrafted nature of the Balvenie whisky-making process followed by a tutored tasting of some of the key expressions in the range. Each expression is different and distinct from the other and yet each one retains the smooth, honeyed notes that characterise The Balvenie single malts and set them apart from the others.

The first event organised by Slow Food West Yorkshire in 2010 was a Balvenie tasting where a mix of members and new faces, assembled at Ilkley Moor. Andrew Critchett was elected Slow Food West Yorkshire's new leader on the same night and received great feedback from the members who attended the tasting. "What made this tasting so special was the enthusiasm and energy that Andrew put into the evening, never too much 'data', plenty of the kind of information that really adds to the experience. Andrew's presentation was gloriously punctuated by the four whiskies - each as complex, fascinating and tasty as the last" shared SF member Nick Copland. The event saw some new faces such as Simon Coop for whom "The Balvenie host Andrew was very engaging and made the experience fun and educational. It was clear to see he loved his job, who wouldn't, and he works for a company with strong values - so close to those of the Slow Food movement."

To find out more about arranging your own tutored tasting please email thebalvenie@77pr.co.uk or call 020 7492 0977.

For more information about The Balvenie, please visit www.thebalvenie.com. You can also follow Dr Andrew Forrester's musings on single malts, distillery news and happenings at www.twitter.com/BalvenieNotes

Ark of Taste: Morecambe Bay Shrimps



Photo © Furness Fish

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

Shrimping' has been a traditional occupation since the 18th century in Morecambe Bay where the shrimps are caught in the shallow waters, sand and mud. These tiny brown shrimps are about 6cm long with a distinctive pinky-brown coloring and a mild, sweet and succulent taste. Although they are sometimes available cooked in the shell, Morecambe Bay Shrimps are most famously served 'potted' i.e. boiled (traditionally in sea water), shelled and preserved in spiced, clarified butter, served cold with thin toast. They can also be enjoyed in a salad any day of the year as well as thrown in with some pasta.

This technique of potting the shrimps is said to date back to Tudor times and was developed to preserve them for long sea journeys. The industry expanded in the 19th century when the railways enabled the product to be distributed more widely, but it was only in the early 30s that they found their way to the fashionable tea tables of London.

Some producers traditionally use distinctive boats called 'nobbies' while others rely on tractors (formerly horses and carts) to cross the dangerous estuary sands. A good degree of local expert knowledge of the shifting quicksands and tidal patterns is essential. The actual fishing involves a complicated system of long nets with floats attached to the tractors, which are driven along the water line. The main season is from the August Bank Holiday to Christmas when the shrimps are reaching maturity.

The shrimps differ in size (and arguably, juiciness) depending on which area of the bay they're from. Although most remaining shrimpers are to be found in the north of the Bay, around the small towns and villages of Flookburgh, Ulverston and Bardness, there is also some activity to the very south of the Bay, around the resort town of Southport.

For more information, please contact Furness Fish & Game Supplies on 01229 585037

www.morecambebayshrimps.com

**Meet the SFUK team: Antonietta Rosiello,
Membership Manager**



Antonietta has been with Slow Food UK since June 2009 when she started as an intern. Since then she has become an integral member of the team and the first point of contact for both new and existing members.

Where do you come from? What is your background?

I am from a small town near Brindisi, in the southern part of Puglia, the long slender region which forms the heel of the Italian boot with its sun-baked coastline and ancient olive trees. I come from a place where childhood has the flavour of bread, sun kissed tomatoes and extra virgin olive oil. My professional background is in communications, a skills set I developed not only in my degree programs, but also by working in marketing and brand positioning in a renowned English company.

How did you come to SFUK?

Passion for food is something which I have in my DNA and which I inherited from my mother. To work for Slow Food is to follow an inspiration and my own roots. At the same time it has allowed me to better understand and fall in love more deeply with my adopted home thanks to being immersed in delicious British food culture.

What do you do with SF?

I work as a Membership Manager, managing our membership service, and supporting our grassroots leadership by giving them help, extra motivation and cheering them up with my funny Italian accent!

How do you view SF and the Terra Madre network?

What Slow Food does nationally, and what Terra Madre does internationally, is like a mother who embraces her respectful sons, and this symbiotic relationship is what led me to work with this organisation. Biodiversity, sustainability and preserving taste are not only mere concepts anymore but it is what we believe in and we take up the challenge for.

Future plans?

Just waking up every day happy to be doing what I am doing and the difference I am making while feeling the same curiosity to always go and have a look at the local market on my way home from work!

30 Days of Food & Drink



Slow Food has kindly been invited by the National Magazine Company, who publish some of the most admired magazines in the UK including

Good Housekeeping, Country Living, and Harper's Bazaar, to participate in their first ever 30 Days of Food & Drink in May. This month-long festival is designed to promote the best of culinary Britain. Central to this is www.30days.co.uk where consumers can explore the impressive calendar of events and promotions.

We will be able to upload any of our food and drink events taking place during May onto the 30 Days calendar. This is a fantastic way to advertise and attract more people along to local events e.g. markets, workshops, farm visits etc. So if you have an event in May, which you'd like to add to the calendar, then please contact Alice Dickie for more information - a.dickie@slowfood.org.uk. We have already included some fantastic events such as an Asparagus Tour by Slow Food Liverpool, Slow Food North Yorkshire at the Dales Festival of Food & Drink with The Taste Adventure and Bread Making with Slow Food Oxon. We're looking forward to hearing from you!

Slow Food UK, 6 Neal's Yard, London, WC2H 9DP, Company No. 6849325
www.slowfood.org.uk - +44(0)20 7099 1132
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