

Slow Food

UK NEWS
September 2010

Dear Members and Friends,

We constantly share and unravel stories about food. We weave together our unique, local approaches and celebrate achievements. As a meeting of minds, Terra Madre does just this and blooms with life at the bi-annual event taking place next month.

Slow Food founder Carlo Petrini always talks of Terra Madre as a patchwork quilt: "The pieces of cloth represent the Terra Madre community and diversity in all of its forms. Slow Food is the thread holding the quilt together and giving it meaning."

This month brought an invigorating visit to Wales when I participated in a panel debate at Abergavenny Food Festival on Local Markets or Supermarkets, and delivered a keynote speech on global challenges in food sovereignty at Cardiff's Millennium Stadium. Whether I was speaking with a Welsh artisan producer about the many challenges of complex and entrenched supply chains; or with a teacher from Zanzibar, the importance of connected communities always resonated. Whatever our personal stories for being involved, Slow Food creates social cohesion, bite by bite.

We celebrate the initial successes of our Slow Food on Campus project, cheer on our UK Ark Kentish cobnuts with a delightful seasonal recipe, and get excited about Terra Madre. Please keep sharing.

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PROJECT UPDATE – Slow Food on Campus

IN THE PRESS

[Ark of Taste: The flavour savers – *The Independent*](#)

[Slow Food West Yorkshire leader Andrew in the Test: Kitchen - *The Guardian Leeds*](#)

[Huge banquet to kick-start Berwick Food Festival – *Berwick Advertiser*](#)

[Slow Food UK attends Waterford Festival – *Irish Examiner*](#)

[Slow Food on Campus students make a difference – *Student Radio Association*](#)

[BBC Good Food promote Scotland's outstanding produce – *Scottish Food and Drink*](#)

[Slow Food Ludlow Marches Meet the Damsonistas](#)

SLOW DIARY October 2010

Just some of the many events taking place in the Slow Food Diary. For more group events please [click here](#)

Stamford Apple Day with Stamford Community Orchard Group
2 October, Slow Food Rutland and Lincolnshire

Aylsham Food Festival
1–3 October, Slow Food Aylsham

Somerset Cider Brandy Orchard Tour and Talk, Kingsbury Episcopi, near Martock
2 October, Slow Food Somerset

Asian Fusion Evening with Abi Pointing
5 October, Slow Food Liverpool

Autumn Fruit and Nut Forage with James Feaver
10 October, Dorset

Terra Madre world meeting of food communities and Salone del Gusto,
21–25 October, Turin

Bread Making Course at Tunstall's Organic Bakery
30 October, Slow Food Perth

The Mushroom Hunt
31 October, Slow Food West Yorkshire



As Slow Food on Campus prepares to launch early next month, it brings with it tantalising student activism.

Students at Leeds Metropolitan University, Oxford Brookes University, the University of Plymouth and the University of Winchester will be some of the first to celebrate what's on their plate locally and create an on-campus food revolution.

Success is showing. Slow Food UK's Youth Coordinator Ria Jackson has been busily attending fresher's fairs and joining local students in tempting their peers to sign up with a giveaway of seeds, kindly provided by From My Farm. She's also had a sneaky peek of the large plot of land at Oxford Brookes University that staff and students intend to transform into an edible campus garden.

The University of Winchester, which is supporting the initiative through its Creative Advantage scheme, will kick off the launch by cooking up a community hog roast dinner during its Life Week.

21 year old Human Geography student Jo Dixon is helping to start a [Slow Food on Campus](#) group at Durham University. "Locally sourced and produced foods are not getting the recognition they deserve. However, students are increasingly unhappy with the quality and social cost of cheap, processed food, and are looking for other ways to eat."

ARK OF TASTE – Kentish Cobnuts



September brings the month of ripened cobnuts, a cultivated variety of hazelnut that are sold fresh (or wet) rather than dried like most nuts, and is included within the UK Ark of Taste.

Hazelnuts have been cultivated in Britain since the 16th century, possible earlier. The original name of Kentish cobnut was Lambert's Filbert, as the "Filbert" has a distinguishing feature of the husk being longer than the nut. Earlier on in the season the husks are green and the kernels are particularly juicy, but later harvested cobnuts develop the full kernel flavour.

The Kentish cobnut was first introduced into Britain around 1830 and is produced predominantly within the Sevenoaks to Maidstone district of west Kent and was grown in orchards, or "plats". A game of "cobnut" or

ALMANAC

Have you seen the latest [Slow Food Almanac](#)

SOCIAL MEDIA



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- and follow the orange snail.

"cobblenut" was just as popular as today's conkers. Just less than 100 years ago there were 3000 hectares of cobnuts, yet a decline in hop growing had a knock-on effect, as cobnuts were traditionally picked for personal consumption by the hop picker. Today, 100 hectares of trees remain.

Free-draining fertile soil with a neutral pH and the south England climate is favourable for hazelnut production but they can be grown as far north as Scotland. If you grow cobnuts yourself, watch out for the grey squirrels who adore them unripe.

In celebration of cobnuts, the Kentish Cobnuts Association has kindly supplied a marvellous, seasonal recipe to enjoy.

[Download Nutty Apple Ice recipe \(PDF file\)](#)

[Read more about the Ark of Taste](#)

A ROYAL START



Local groups were delighted to be involved in Start Initiative's "A Garden Party to Make a Difference" this month.

Slow Food London volunteers and Slow Food UK who were offering The Taste Adventure to visitors at Marlborough House Gardens had the opportunity to meet HRH The Duchess of Cornwall. Meanwhile, Slow Food Edinburgh, donned in their Slow Food aprons, were running one of their popular regular cookery demonstrations, promoting locally-sourced lamb burgers when HRH The Prince of Wales came to talk to them. A huge thank you to everyone who contributed to our positive presence at [Start](#).

A TASTE OF IRISH HERITAGE



Slow Food UK was invited by Slow Food Ireland and Slow Food International to meet with the 17 group leaders of our close neighbour.

Rhonda Smith, Interim Programme Director, and Sue Braithwaite, Chair of the UK Ark of Taste, enjoyed the best of Irish hospitality at the ten day Waterford Harvest Festival, co-organised by Waterford City Council and Slow Food Ireland.

Rhonda met with Irish leaders to share the The Taste Adventure and development work on Slow Food Baby and Wisdom, and to exchange ideas. Rhonda experienced a nine course reproduction banquet from the early 1900s, masterminded by chef Michael Quinn at the fabulous Waterford Castle, with over 100 other guests.

"Waterford has a food heritage matched not only by its contemporary provision but also by its history, which is gradually being made accessible to the public gaze," says Rhonda. "I am so privileged to have had this experience. I will definitely go back to unearth more history and enjoy all the tastes that Waterford can provide!"

Sue contributed to a Food Tourism seminar and gave regional examples from the UK Ark of Taste that we hope will be useful as Waterford develops its local food tourism strategy.

Sue also led a workshop at Waterford Institute of Technology to help support the further development of the Irish Ark of Taste. Donal Lehane, Lecturer and local Slow Food group leader convened the 50-strong group of students and faculty, and there were lively discussions about local and regional products with Ark of Taste potential. Sue adds "Local Blaa, native oysters, seaweeds and regional cattle were amongst the ideas explored. Clearly if The Ark of Taste is to engage a new generation of students to support and take pride in their traditional food culture it needs to be developed with their input and involvement. This workshop was a great way to inspire the local debate."

GROUPS BULLETIN



Be inspired by activity highlights from local Slow Food groups across the UK.

Aylsham

An innovative "Snail Trail" game proved a hit at a recent Norfolk agricultural show. The Snail Trail is the brainchild of Richard Anderson-Dungar, vice-leader of the Slow Food Aylsham group and he got the game – made from recycled materials – ready for its debut at the Aylsham Show. Like the old fairground game, the challenge is to guide the ring around the snail-shaped copper wire without the two touching.

The innovative Snail Trail was an instant success, attracting the interest of children of all ages who played the game while Slow Food members talked to their parents. The Snail Trail will be in action again at Aylsham Food Festival, the annual event run by Slow Food Aylsham, which this year runs from 1 – 3 October 2010, and will feature The Taste Adventure in the town hall. [More details here.](#)

NEW! Manchester

We are delighted to welcome Slow Food Manchester as the latest group to the Slow Food family. Well done and a huge thank you to Jules Bagnoli and Jenny Cole for getting the group going. Everyone is invited to meet the new group for its first get together on Saturday 9 October 2010, which will take place as part of the [Manchester Food and Drink Festival](#), at The Rising Sun, 22 Queen Street M2 5HX at 4.30pm. For enquiries, please contact membership@slowfood.org.uk

West Yorkshire

As part of a showcase of local chefs, markets, businesses and creative talent in Leeds, Slow Food West Yorkshire leader Andrew Critchett spoke about Slow Food and helped smash up a 3ft Eton mess. The group also enjoyed a local meal together provided by Swillington Organic Farm.

Cornwall

Chair of Slow Food Cornwall Sanjay Kumar promoted Slow Food at the [Cornwall Food Festival](#), in an aspirational cooking demonstration, entitled *How much fish is in your fishfinger?*

Join your local Slow Food group today and be part of this delicious worldwide movement! With over 50 groups across the UK from the Highlands of Scotland to the Cornish coastline, you can be part of an international movement through membership of your local group. [Join online](#) or call +44(0)20 7099 1132.

GRAINCHAIN.COM SPONSORS THE TASTE ADVENTURE



Slow Food UK is pleased to announce a new sponsorship agreement for The Taste Adventure with grainchain.com, an educational website aimed at teachers of children aged five to 16. Jointly funded by nabim (The National Association of British and Irish Millers) and HGCA (representing the UK's cereals industry), the website aims to teach children about where their food comes from, a subject which supports the Slow Food ethos.

Grainchain.com is generously providing a range of materials for this free of charge activity aimed at four to ten year olds.

Catherine Gazzoli, CEO of Slow Food UK says of the sponsorship agreement, "We are delighted to have secured sponsorship for The Taste Adventure and to have found a partner with similar aims concerning food education and appreciation."

Alex Waugh of grainchain.com comments: "Introducing children to a wide range of foods, tastes and textures and where they come from at an early age helps to contribute to informed and healthier approaches to food and mealtime choices during childhood and indeed throughout life. We are pleased to be sponsoring The Taste Adventure which builds on this principle."

THE GROWING APPETITE FOR TERRA MADRE



A feast of British visitors will head to Turin, Italy from 21 – 25 October 2010, as the city hosts [Terra Madre](#), the world meeting of food communities alongside [Salone del Gusto](#), the largest food exhibition in Europe.

British youth activists, food communities, producers, writers, academics and Slow Food group leaders are preparing to join the UK delegation of over 150 people.

Alison Lea-Wilson, founder of Anglesey Sea Salt and co-leader of Slow Food Dros Y Fenai, has attended previous years and describes the events as "amazing". "We have met so many wonderful people there, both in business and as individuals, and we maintain contact between shows. We know a pastry chef from Sicily, a miso maker from Japan and a cheese maker from Poland!"

Food communities from across the UK will be present, including Craft Bakers and Millers, Scottish Crofters of the Highlands & Islands, Sheepdrove Organic Farmers, Welsh Marches Traditional Brewers, Organic Breeders from Berwickshire, Monmouthshire Pork and Charcuterie Producers and members of the Slow Food in the Canteen project in Northern Ireland. The youth delegation visiting the Terra Madre network is a vital part of Slow Food's future and includes students from Slow Food on Campus groups, the Youth Food Movement and other youth activists.

All UK delegates are welcome to join the [Slow Food UK Terra Madre Facebook group](#) to communicate with one another. [See full programme of Taste Workshops and Salone events](#) – book now to avoid disappointment!

A WISE COMPETITION

As the Slow Food Wisdom project launches this autumn, Slow Food UK's partner Booths is running a competition to celebrate.

In conjunction with Slow Food UK, [Booths](#) has created a competition that will be announced and promoted in its customer magazine and across its 26 stores in the northwest of England.

Launching on National Grandparents Day (3 October 2010), the competition supports [Slow Food Wisdom](#), and aims to rediscover and celebrate recipes that may have been handed down through families, and ones that are worth preserving for future generations to enjoy. The judging panel will be looking at not only the originality and quality of recipes, but also for flexibility so that it can contain local and seasonal food ingredients. The winner will receive a specially prepared and cooked three course family meal for eight, and £500. Second and third places will each receive £250 and £100 respectively. All winners will have their recipes made into recipe cards in store. If you live near to and shop in Booths, [you can enter too.](#)

IN SEASON – Apple varieties with From My Farm



Summer slips slowly away, and that familiar autumn nip fills the air. Apple trees everywhere are groaning under the weight of countless native varieties of delicious, ripe fruit. Crisp and juicy, we have a wonderful selection of apples grown right here in the UK.

The Romans first brought the apple to the UK and there are now over 1,200 native apples for eating, cooking, as well as for cider making. They have enchanting names: Acklam Russets, Barnack Beauty, Nutmeg Pippin, Knobby Russet... and many more.

Apples are never ripe and ready for eating all at the same time. British apples divide into four types: earlies ripen in August through to early September; midseason from September to October; late season, for eating in October to December, and extra late, for eating in December to May. So, apart from a few months, native apples are available for eating and cooking for most of the year.

A quick sniff will usually determine a fresh apple and a slight heaviness in the hand indicates the juiciness. Store apples in the fruit bowl, not the fridge. An apple should be eaten at room temperature; otherwise the fruit will have a dull flavour.

[Apple Day](#) falls on 21 October, so join in the celebrations of our wonderful British apple.

Visit [From My Farm](#) for seasonal recipe suggestions and to see which tasty, seasonal fruit and vegetables are available in your region.

MEET THE TEAM: Michelle Binieda, Executive Administrator



Michelle Binieda is living life in the fast lane as Slow Food UK's Executive Administrator.

Where do you come from? What is your background?

I am a northerner through and through, hailing from Stockport near

Manchester, famous for its family-owned brewery, hat museum and the largest brick built structure in the UK!

I have always been the organiser in the family and enjoy supporting interesting people and organisations. As a food lover, I started out assisting the director of the Manchester Food & Drink Festival many years ago, and after a stint in London as an assistant on various film and television programmes in and around London I then moved back north. I was given the role of "Odd Assistant" to the managing director of the three award-winning Odd bars in Manchester, which have a commitment to local and homemade fresh food and a passion for sourcing unusual drinks and real ales.

So you love food then!

Absolutely! Food has always been important to me. Most days are spent wondering where, what and with whom I can eat. I will try anything and would eat my way around the world if I could. I also love to cook, and now that I'm living in the London Borough of Hackney I have amazing markets, specialist shops and local ethnic supermarkets to find new tempting things in. I especially love chutney and pickles (I have an entire cupboard full of finds from church fairs, country villages and friends) and I am looking forward to perfecting my grandma's green tomato chutney recipe – a closely guarded family secret!

How did you come to SFUK?

I wanted to help make a difference in the fundamental area of food! After several weeks of touring and eating my way around Japan, a move back to London was in order, and the role at Slow Food UK was ideal. I had heard before of the worldwide Slow Food movement and its exciting UK activities: the organisation is growing... they didn't have enough desks in the Neal's Yard office... I am an organiser... it was a perfect match!

What does your role at SFUK involve?

As the Executive Administrator I help to organise the office, people, systems and our CEO Catherine's diary, travel and work life so she can spread the Slow Food UK message more easily. I'm here to help make everyone's life easier and ensure they are able to do their jobs as efficiently as possible.

Future plans?

To use my local knowledge of Manchester to help support our newest group and to be as actively involved as possible in spreading the Slow Food word.

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