



Slow Food® Eugene

April 2006

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Artisan breads from Hideaway Bakery



This month in Slow Food Eugene

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Hideaway Bakery Invites Slow Food Eugene to an Evening of Artisan Pizza and Bread Baking—April 27, 2006

Hideaway Bakery invites **Slow Food Eugene** for an educational evening of feasting and fun. Mazzi Ernandes fires up his bakery's wood-burning oven for our own hand-crafted pizzas. He supplies the dough and toppings and we supply the creativity!

It's a great opportunity to learn basic bread-making techniques, and see Eugene's exciting new addition that honors the artisan craft.

Bread dough recipes will be provided by Mazzi. In addition to good company and exceptional pizza—a selection of wines will be available.

Where: Hideaway Bakery – behind Mazzi's Restaurant
3377 East Amazon Dr.
Phone# 541-868-1982

When: Thursday April 27th, 6:30 pm – 9 pm

Slow Food Contact: Erin Walkenshaw **Phone:** 541-968-3062

Slow Food members only. Maximum Participants: 25.

Please arrange carpooling in order to be courteous to Mazzi's Restaurant.

Ticket Price: \$15. The first glass of wine is included in the fee.

Advance sales only. Tickets available at Newman's Fish Market and Long's Meat Market.



Line up of Events for 2006

This year will have a great mix of small, medium, and larger scale programs. We are still working to firm up dates for these events, but we want to give you something to look forward to:

May 11	Potluck at the home of Janele and Larry Smith focusing on cheese making. This one will really get your goat. Five dollar donation to cover incidentals and donations to School Gardens Project and Terra Madre. Participation limited to 16 people. Call Janele or Larry for information 541-484-6001.
June 4	Pasta and Ravioli Making at Pasta Plus's new facility, 385 W. 2 nd Avenue
June 21	Summer Solstice Potluck at the home of Mindy Charlton and Jason Ozier. An evening of summer delights.
TBA	Potluck at the home of Tom and Patti Barkin. Bring foods of the Eastern Mediterranean—Turkey, Greece, and the former Yugoslavia.
August 13	A Sunday at Sweetwater Nursery and Farm, Creswell,

	Oregon. Visit 26,000 square feet of green houses and cultivated gardens.
September	Olive Oil Tasting organized by Cheryl Garvey and Lois Safdie
October 14	Sausage Making and Homebrew
November	Chocolate Fund Raiser



Slow Food Eugene Nominations to Terra Madre

Imagine the creative energy that you could create by bringing 5,000 sustainable food producers and university representatives from over 150 countries to Turin, Italy for four days in October. Slow Food did that in 2004 and is planning a repeat in 2006. Terra Madre, as the event is called, provides an international forum for those who seek to grow, raise, catch, create, distribute and promote food in ways that respect the environment, defend human dignity and protect the health of consumers. This year, the participants will be expanded to include chefs and members of food communities.

Each convivium can nominate delegates to Terra Madre. For 2006, Slow Food Eugene nominated Rocky Masseli, Marché Restaurant, and John Karlik, Sweetwater Nursery and Farm in the chef and producer category. Rocky, Marché's executive chef, along with several other Eugene area chefs, has been a leader in promoting and acknowledging the efforts of our local producers.

John Karlik has been in the local organic, sustainable food world of Lane County for many years. Sweetwater has 26,000 square feet of greenhouses and cultivated acreage.

We added Erin Walkenshaw in the activist, organizer, and volunteer category, a category that we invented. We felt Terra Madre would benefit from experiencing Erin's youth and enthusiasm. In our own self-interest, we felt Lane County would benefit greatly when Erin returns charged up after meeting 5000 sustainable agriculture types from all over the world.

The next step is for the national organization to review nominations from all over the US and make final decisions about delegates. Once we know who is accepted, we will ramp up our fundraising to help out nominees who need financial help to attend the event.



Volunteers Needed for Slow Food's the Saturday Market Table

Are you interested in staffing the Slow Food Eugene table at a Saturday Market? Members of our convivium can volunteer to be part of Saturday Market, handing out member applications, and answering questions. Call Tom Barkin for information: 343-2619.



Recipe of the Month—Spring Leg of Lamb from John Neumeister, Cattail Creek Farm

Roast Bone-In Leg of Lamb with Rosemary, Thyme & Garlic

INGREDIENTS:

- 6-7 pound Leg of Lamb
- 2 garlic cloves, thinly sliced
- 1/4 cup olive oil
- 1 Tablespoon chopped fresh thyme (leaves only)
- 2 teaspoons chopped fresh rosemary (leaves only)
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper

PREPARATION:

Preheat oven to 425°F.

1. Make 8 to 10 small slivers in the lamb leg and insert the garlic slices.
2. Rub the olive oil all over the leg.
3. Mix the thyme, rosemary, salt and pepper together. Spread it out on a rimmed baking sheet and roll the leg in the herbs until well coated.
4. Place the leg in a shallow roasting pan and pat on any remaining herb mixture.
5. Roast for 25 minutes. Reduce heat to 350°F and roast for 40 minutes to 1 hour more.
6. Use a meat thermometer to check for your desired doneness. Be sure to check in various parts of the leg. General guide: 130°=medium rare; 140°=medium; 150°=medium well.
7. Remove from oven and let rest 15 minutes before carving.

To serve:

Carve the meat and arrange it on a serving platter. Serve immediately after carving.



Slow Food Eugene Favorites

If you run across a great restaurant, place to stay, thing to do, or other attraction that you think members might want to know about, send your recommendation to Eugene@slowfoodusa.org. We can print some or all of them in our newsletter. Also, we'd be delighted if you want to share your recipes with others on the mailing list.



Announcements from our Friends

From time to time, we get requests from friends of Slow Food to pass on information about products. Here are some that might be interesting to our readers.

Lamb from Cattail Creek Farm

This is the time of year for leg of lamb. Cattail Creek Farm has bone in and boneless legs available. Contact 541-998-8505 or email. jneumeister@earthlink.net



Northwest Palate Magazine is making a special trial subscription offer available for Slow Food Eugene members! Your free, 3-issue trial subscription will be followed by a one year (6 issue) paid-subscription request for \$15. A total of 9 issues for only \$15, subsequent renewals will be available at prevailing rates. To initiate the free, 3-issue trial subscription, send an email to accounting@nwpalate.com with your mailing address and mention "Slow Food Eugene".

Here's some information about the magazine:

"Since 1987 Northwest Palate has celebrated food, wine, and travel within the Pacific Northwest, from Southern Oregon to the farthest reaches of British Columbia, and occasionally into Idaho. Published every other month, we began as a newsletter reviewing wines of the Northwest (and continue to publish more than 100 tasting notes in every issue), but over time quickly expanded by adding stories about top Northwest chefs and restaurants, talented food artisans, recipes using Northwest ingredients, and the region's most interesting wineries, inns, and lodges. Our calendar of events covers food fairs, wine festivals, and cooking classes throughout the region. This magazine began celebrating culinary tourism (and the principles of Slow Food!) years before anyone gave a name to those ideas. Visit www.nwpalate.com for additional information."

Travel to Greece and Turkey with Pamela Haynes

I lead a small group tour to Greece and Turkey. The tour is essentially a seminar on the culinary and medicinal plants of the islands we visit. For me, though, the main goal of the tour is to introduce people to the culture and way of life in Greece. I thought it might appeal to the Slow Food movement because on the island where we spend the most time the way of life is still traditional. People still live in small communities, grow their own food, care deeply about the island's ecology, and take life slowly (and humorously). Throughout the tour we visit peoples' homes and gardens, participate in cooking classes, take language and dance lessons. The dates for the coming tour are October 2-17. The cost is \$2750 which includes all transportation within Greece, accommodations, classes, guide fees, and some meals, including welcoming and farewell dinners.

A day-by-day itinerary and other information are available from Pamela Haynes (541)895-2957 or through e-mail pettaloutha@yahoo.com.

Travel to Italy with Heather Jarman

Heather is a founding member of the Cambridgeshire (UK) Slow Food Convivium who has migrated to Lucca, Italy, in order to found a 'Slow' style of gastronomic tours and help spread the Slow Food philosophy. Here's her web site: <http://www.sapori-e-saperi.com/>