



Slow Food Eugene February 2005!



Here is a brief update on the latest Slow Food Eugene happenings.



We are excited to start the year off with an event held at Long's Meat Market. Mike Wooley, will share a basic beef anatomy lesson, complete with recommended cooking guidelines for popular beef cuts. Alvina Butts, from local farm Knee Deep, will talk about her family cattle ranch and their unique methods of raising and processing beef.

There are only a few tickets left, so don't be slow to reserve your place!

Here's the important information: All About Beef: Educational Event

Sunday March 6th 2-3 PM

Long's Meat Market, 81 East 28th, Eugene

Tickets can be purchased at Long's Meat Market for \$10.00. Price includes a sliced beef salad with sesame orange vinaigrette.



Want to know what is going on Slow Food wise in Portland, Seattle, or even here in Eugene? One of our members, Andrew Bonamici, has set us up on the Slow Food Forum. This Internet Forum is a web-based bulletin board that is maintained by Kurt Friese (Slow Food Iowa). The Pacific Northwest Forum is moderated by our Regional Governor, Peter de Garmo.

Andrew explains what the Forum does and how you can participate.

The best part is that participation is free, easy to use, and informative. Registration is simple and secure, and posting is straightforward. Importantly, it is non-invasive. We all get a lot of e-mail, and many people are concerned about getting more e-mail. Since the Forum is a web-based service, it does not fill up your in-box. E-mail alerts are available, but completely optional. Your profile does not reveal your e-mail address unless you want it to, and you can choose to use your real name or an alias.

The Forum is great because it instantly connects us to other convivia and to other individuals in the Slow Food movement. Not only can we learn from them, they can learn from us.

The Forum is inherently democratic -- once registered, anyone can initiate a threaded discussion. Appropriate topics for posting could include but are not limited to:

- What's in season at local farms and markets
- Special menus or benefits in local restaurants
- Ideas for outreach and events
- Legislative affairs

Here's how to get started. First, visit the Forums for some exploration and reading:

Slow Food Forum: <http://www.slowfoodforum.org>

PNW Forum: <http://www.slowfoodforum.org/forumdisplay.php?s=&forumid=34/>

You'll need to register in order to post:

Registration: <http://www.slowfoodforum.org/register.php>

The registration process involves agreeing to basic terms and conditions, choosing a username and password, and providing a valid e-mail address (used to send a message verifying your registration).

That's about it.

As Kurt Friese says, "[the Forum] will be precisely as useful and successful as we make it." So sign up today, and take advantage of this wonderful shared resource. Feel free to contact Andrew if you have any questions.

bonamici@gmail.com/



At last month's Annual Meeting the members approved a new slate of leaders and a change to the statutes that govern the organization. The new leaders are Tom Barkin: Leader, Carla Orcutt: Secretary, Marilyn Lockman: Treasurer, Danielle Emrick: Publicity, Janele Smith: Program Coordinator. The Publicity position was created in an amendment to the statutes. (CONTACT INFO)

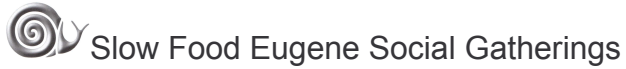


TWO REASONS WHY YOU SHOULD HAVE GONE TO OUR ANNUAL MEETING—Cookies and stories.

If you missed the annual meeting, you also missed Bev Mazzola's cookies. Too bad for you. But to show that we are not ones to gloat, we are supplying Bev's recipes for Biscotti and Cuccidoti below. It is the least that we can do.

Aaron Silverman, Greener Pastures Poultry, and Paul Atkinson, Laughing Stock Farms, kept us entertained at the Annual Meeting with stories about their participation at Terre Madre in Turin, Italy, last October, and whatever else they happened to think of. John Neumeister, another of our designees, could not

attend. His note thanking us for supporting his participation is found below along with the cookie recipes.



Sharon Frickrick and Steve Shapiro will be coordinating informal Slow Food Eugene social gatherings. We invite members to open their homes for events of your own choosing.

Some ideas:

Pot Luck Meals

Contributed Meals (Each guest volunteers for a particular course)

Fully hosted meal (hosts prepare everything)

Finger Food Pot Lucks

Dessert Gatherings

Intimate dinners of 4-8 new friends

Dinner with a local Slow Food Celebrity, such as one of our farmers or retailers

Your own idea!

The venue is completely up to you. We can assist by publicizing your event in the Slow Food newsletter and website; and providing ideas for activities that will help turn those who were once strangers into warm friends.

Due to liability issues, Slow Food requests that all "official" venues be alcohol free.

To facilitate your event, please contact Steve or Sharon at 689-7579.

You should plan at least 1 ½ months ahead so that there is time to announce your gathering. We will not publish anyone's phone number on the website, but with your permission, will send it via e-mail. Please contact us if you would like help planning your gathering or coming up with ideas for hosting an event.

Steve and Sharon will host an open pot luck and game night sometime in the month of May. We'll announce the date in March. Please contact us immediately if you would like to consider having an April event.

And yes, there may be multiple events every month.



Anyone who values the taste and nutrition of locally grown or raised foods and wants to stretch their charitable giving may want to support the Lane County Food Coalition's local food directory project. The Coalition is eligible for a \$250

matching grant to support the printing of a guide to buying locally grown foods that will come out this spring. The Helios Resource Network, through its Community Grant program, will match donations made for the project on the Helios website, up to \$250.

For more information about the matching grants, or the Lane County Food Directory project, visit the Helios grant web site at www.heliosnetwork.org/grantinfo.htm. Anyone making a donation automatically also will become a member of the Food Coalition, a community-based non-profit that promotes the economic, environmental, and social value of consuming locally grown foods.


For more information about the Lane County Food Coalition, visit www.lanefood.org or call 341-1216.



And for those with an extra minute, contact one of our leaders about volunteer opportunities. We need help staffing our table at the Saturday Farmers' Market and at our other events.



To learn more about us or to find membership information, go to our web site www.slowfoodeugene.org or the national site www.slowfoodusa.org for additional information.

 A thank you to our fellow members of the Eugene, Oregon Slow Food Convivium, from John Neumeister and his wife, Gwen Meyers.



GWEN MEYER

My wife, Gwen Meyer, and I were honored to accept your nomination to attend the recent Terra Madre convention in Torino, Italy. We especially appreciate the monetary support from you for travel. We would like to add a special thanks to Stephanie, Rocky, and everyone else at Marche for the funds raised at their benefit dinner.

We are sorry we will be able to attend the meeting in January and personally share our experiences with you. We hope to convey a little of that in this letter.

Terra Madre was a life-changing experience. Although we have attended several farmer conferences in the US, it was incredible to share that experience with 5000 people from 138 countries. We were especially impressed by the strong

support of the Italian government officials for small farmers especially indigenous farmers from developing countries.

We attended every workshop we could and heard many amazing stories. One of the most memorable was the Zero-Hunger project in Brazil where the President has declared hunger unacceptable and is personally leading a campaign to eliminate it.

One of our goals for the event was to learn more about producing lamb organically since we certified our home operation with Tilth this year. We spoke at length with many fellow sheep producers from the US and Europe. As a result of these discussions, we were able to refine our management and marketing strategy that we believe will be successful for production of organic lamb.

We spent much of the conference in one on one conversation with many individuals, especially from Kenya where we have a non-profit organization supporting rural schools, the friends of Kenya Schools and Wildlife (www.fksw.org).

The logistics of the event were overwhelming but the Italians did a fantastic job. We enjoyed a great home stay with Giovanni and Lorella Panero and their 4 young girls in Cavalleromaggiori, one hour South of Torino. Giovanni is a small dairy farmer and head of the local Coldiretti organization, a farmer's union. One highlight of that stay was an evening at another farmer's house where they prepared pizza from scratch, cooked it in their own wood fired 800 degree pizza oven and served it with home grown and cured prosciutto ham and all the fine wines of the Piedmont.

Once again, please accept our thanks for a great experience. We look forward to sharing more with you when we're next together.

John Neumeister and Gwen Meyer
Cattail Creek Farm LLC
www.cattailcreeklamb.com



JOHN

COOKIE RECIPES FROM BEV MAZZOLA

Ellie's Biscotti

1#	Butter
2 cups	Sugar
5	Eggs
3 tsp	Anise extract
6 cups	unbleached white flour
6 tsp	baking powder
½ tsp	baking soda
1/3 cup	milk
**	Toasted almonds, rough chopped
**	Anise seeds

In a large bowl, cream butter and sugar together. Add eggs; mix well. Add milk and anise flavoring; mix well. Combine flour, baking powder and baking soda then add to creamy mixture, mix with a wooden spoon until blended.

Put enough dough on a very lightly floured board and roll gently into a log, approximately 12" long by 2" wide. This recipe should make about 7 or 8 of these logs. Place on ungreased Cookie sheet and flatten with palm of the hand. Two logs to a cookie sheet.

Bake in 350 degree oven until light brown, approximately 20 minutes. Remove from oven, let cool for a few minutes. On a cutting board, cut into 1" slices on a diagonal. Put slices on their sides on cookie sheets and return to 350 degree oven. Turn each biscotti over and brown evenly on both sides approximately 5 minutes per side. Cool thoroughly before storing in tin cans.

Stays fresh for 3 to 4 months in tins. Makes 5 to 6 dozen.

**I never measure the amount of almonds or anise seeds. Use whatever amounts that make your mouth happy or you could eliminate either or both.

Ellie's Cuccidatti Recipe (Italian Fig Cookies)

Dough

6 cups flour
5 large eggs
6 tsp baking powder

6 tsp vanilla
1 ½ cups sugar
3 tbsp sherry
1-½ cups butter
¼ cup luke warm water

Mix dry ingredients in a large bowl
Add butter, cut in with a pastry blender to the consistency of cornmeal
Wisk together eggs, sherry, vanilla
Put dry ingredients on a board or countertop, make a well in the center, and add liquid ingredients mixing with your hands as liquid is added.
If dough is too dry add warm water, a little at a time until dough is moist but not sticky. Knead as if making bread. Let rest for 30 minutes.

Roll a small portion of dough into a long strip about 3" wide by 15" long, place filling along the middle then cover with dough left on each side.
Cut on a diagonal to size preference. I prefer small about 1" wide

Bake in 375-degree oven for 11 – 12 minutes
Makes about 10 dozen small sized cookies.

I prefer these cookies plain but traditionally they are frosted and decorated with candy confetti. If you want to try this, mix powdered sugar, milk and food coloring to loose paste consistency, when cookies are cool, paint frosting on top and sprinkle with candy confetti.

Filling

Dried figs, black and white
Dried apricots
Raisins, golden and red
Candied orange peel
Walnuts and almonds
Dates
Brandy

It is very important that these ingredients are NOT ground in a food processor or electric food grinder, the consistency will be wrong. I use a hand crank food grinder.

I'm sorry I can't even begin to give you ingredient amounts.
I have been making this recipe with my mother for over 50 years not once has she measured any thing and it always comes out tasting the same. If I had to guess, I would say about 8 to 10 ounces each of the fruits and nuts and about ½ to ¾ cup brandy. The amount of fruit does not need to be equal.

