



Slow Food[®] Eugene

The Slow Food Eugene Newsletter

Welcome to Slow Food Eugene

June/July 2006

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Welcome to Slow Food Eugene's experiment with a new newsletter format. We hope that this newsletter will provide you better, up-to-date information on our events-past, present, and future. You can help us by giving us feedback on how well this format meets your needs. We ask for your patience as we work out the bugs. Send your comments to eugene@slowfoodusa.org

To join Slow Food Eugene or to learn more about the Slow Food movement, go to our web sites at [Slow Food USA](#) and [Slow Food Eugene](#).

■ ■ *Upcoming Events*



We have an outstanding lineup of events for the summer. Here's what on tap:

Thursday, July 6th--Bring a dish featuring FOODS OF GREECE, TURKEY, AND THE COUNTRIES OF THE FORMER YUGOSLAVIA. Tom and Patti Barkin's house, 2190 Charnelton Street, 5:30 to 8:30 pm. Terrie Chrones, a member of the International Association of Culinary Professionals, will tell us about Turkish Village Cuisine. Bring your own beverages. Limited to 30 people. We will charge \$5 to \$10 per person (sliding scale) to cover expenses and support our Terra Madre delegates (see below) and the [School Farm Project](#). Call 343-2619 or email tom.barkin@yahoo.com to reserve a spot. This event is members only.

Sunday, August 13th--An Afternoon at SWEETWATER FARM & NURSERY--Sunday August 13th, 2:00pm-4:00PM. John Karlik and Lynn Crosby have invited us to their organic, sustainable, and absolutely charming farm. John is planning to fire up his new wood burning oven for this family friendly event. The farm is located at 83036 Weiss Road, Creswell, OR 97426. For more information about the farm and CSA go to [Good Food Easy](#). Limited to 30 people. Details about the event and pricing will be announced soon. One thing we can say right now--Children under 12 will be free.

Sunday, September 10th--SLOW FOOD BOOK CLUB POTLUCK. Read any good Food Books? How about Kitchen Confidential by Anthony Bourdain or Tender at the Bone by Ruth Reichl? Anything by Calvin Trillan, MFK Fisher, Michael Pollan, or Amanda Hesser? What did it inspire you to cook? Share your reading experience with other Slow Foodies at the book potluck. Bring 'that' book along with 'the' dish to this gastropod gathering. We will be meeting at Chuck Bader's and Lois Safdie's home, 918 Lorane Highway, from 2:30pm - 5:00pm, to eat, drink, and talk about food books. Call for information: 541-344-1008.

Walkenshaw, Karlik, Maselli, and Neumeister named to US Terra Madre Delegation



Terra
madre

Slow Food USA just announced the US Terra Madre Delegation for 2006 and four of Lane County's finest were on the list. Erin Walkenshaw, John Karlik, Rocky Maselli, and John Neumeister were chosen to represent our region and nation. The competitive

selection process looked for outstanding proponents of local agriculture, sustainability, and in the chef's category, artistry.

Erin graduated from the University of Oregon in Environmental Science in 2003, with emphasis on hydrology, botany, and sustainable agriculture. Since coming to Eugene almost eight years ago, she has worked tirelessly advocating the interests of local farmers. John Karlik is the owner of Sweetwater Farm, a highly regarded, sustainable farm and nursery in Cottage Grove. Rocky is Executive Chef at Marche. He is a regional leader in using seasonal, local, and sustainable foods for the restaurant menu. John Neumeister will return to Terra Madre. He was a delegate to the 2004 conference. John is the owner of Cattail Creek Farm and the producer of outstanding organic lamb.



Terra Madre is a biennial Slow Food event. This year, 5,000 sustainable food producers, chefs, and university representatives from over 150 countries will converge on Turin, Italy, from October 26-30. More information is available on the [Slow Food USA Terra Madre web site](#).

|| *We Need Your Help*

Volunteer Opportunities--If you are enjoying the Slow Food Eugene experience, we can use your help. Our events are staffed by an all volunteer corps. Here are a couple immediate ways that you can help us spread the word about the importance of local, sustainable agriculture and the pleasures of enjoying great food with friends and family. Contact Tom Barkin and offer a hand: 541-343-2619.

Information Table at the KLCC Garden Tour--On June 25, Slow Food Eugene will be staffing a community information table at the [KLCC Garden Tour](#). Can you spare an hour or two sitting beneath our colorful umbrella and handing out brochures at the Eastside School Garden? Give us a call.

Public Relations Coordinator--To offer the kinds of community friendly programs that you have come to enjoy, we need a volunteer to help us notify the print, radio, and TV media about our events.

If these ideas don't strike your fancy, but you still want to help, give us a call. We promise that we can find some projects, large or small, that fit your time, talents, and schedule.

|| *Thanks to Pasta Plus*



On Sunday, June 4, Pasta Plus invited Slow Food members to their new facility for an afternoon of pasta making, cooking, eating, and drinking. Many thanks to Sam Okito (pictured left) and Susan Jones who hosted our Slow Food event. Special thanks to the whole Pasta Plus crew of Cheri Rand and Sarah O'Grady. And, super special thanks to Jack O'Grady (age 10) who set up the chairs and supervised Susan's pasta making efforts. Don't

forget to thank our Slow Food members and friends who volunteered to made this event possible: Mindy Charlton, Erin Walkenshaw, Bev Mazzola, and John Karlik.

Visit [Pasta Plus](#) at 385 W. 2nd St. #C, just north of REI.

|| *Bits and Pieces of Interesting Stuff*

Michael Pollan Writes About Organic Food and Walmart--Walmart is rolling out a complete selection of organic foods. Read Michael Pollan's thought provoking article from the New York Times exploring the economic, political, and agricultural issues at play. [Mass Natural, New York Times, June 4, 2006](#)

Slow Food Survey--Allison Hayes-Conroy, a graduate student at Clark University in Worcester, MA, would like our members to participate in an online survey of Slow Food USA participants. She wants to better understand the motivations for participating in the movement. The survey consists of seven short questions, which Allison says should take approximately 5 to 15 minutes. The survey is anonymous and participants can discontinue answering the questions at any point. To start participating, click: [Slow Food Survey](#)

Learn About Fermentation And Wood Oven Baking--Want to learn about fermentation and wood oven bread baking? Join Sandor Ellix Katz on July 1-2 (Saturday-Sunday): Eugene and Cottage Grove, OR, "Wild Fermentation and Wood-Oven Bread-Baking," for a hands-on intensive Workshop. Sliding scale \$65-120 for two days with meals; work exchange available. Contact Brian Thomas, (541) 767-2573 or email brianethomas@softhome.net. Katz has a new book *The Revolution Will Not Be Microwaved: Inside America's Underground Food Movements*, due out in October from Chelsea Green Publishing Co. See [Wild Fermentation](#) for more information.

|| *Recipe of the Month--Walnut Tarator*

In recognition of our upcoming potluck event featuring the Foods of Greece, Turkey, and the countries of the former Yugoslavia, here is a recipe for an all purpose, easily modifiable Turkish sauce. According to Ayla Alqar, author of *Classical Turkish Cooking*,

from whom this recipe is borrowed, tarator is made from nuts and lemon juice or vinegar. It is usually served with fish, shellfish, or vegetables. Chicken or pork would also benefit from some tarator. Some substitutions include almonds, hazelnuts, or pine nuts. Even the garlic is optional--well, sort of optional.

Walnut Tarator

1 cup walnuts
2 teaspoons minced garlic
1-3/4 cups bread crumbs (about 4 ounces)
About 3/4 cups water
1/4 cups olive oil
2 tablespoons balsmic vinegar
2 tablespoons wine vinegar
salt to taste

Use either a mortar and pestle or a food processor to combine the ingredients. A mortar and pestle will yield a grainier sauce. Start by grinding/processing walnuts, garlic, and bread crumbs with a little water to moisten. Mix in the olive oil, salt, vinegar, and tablespoons of water to achieve the proper consistency. Allow two hours for the flavors to develop. Adjust vinegar and salt before serving. The sauce can be thinned with olive oil or water.

Quick Links...

- [Last Month's Newsletter](#)
- [More About Us](#)

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