



Slow Food® Eugene

Newsletter May 2009

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Slow Food Eugene's Line Up Of Events Is Rounding Into Shape

There's been a lot of planning going on behind the scenes. This year's schedule of events is looking outstanding. We'll have potlucks, showcase events, and our annual One Field Meal. All of these events will highlight the work of the farmers, providers, and chefs that provide us with good, clean, and fair food. We are partnering with several other community groups to strength our efforts.

The tough economic times make it imperative that we redouble our efforts to support local farmers, ranchers, and fishermen producing those high quality vegetables, fruits, meats, and eggs that we have come to enjoy.

Here is a summary of the events already on the schedule.

- *Saturday, May 2, 2pm-10pm--**Eat Here Now***, Helios Resource Network potluck, workshops, and entertainment at the Lost Valley Educational Center.
- *Thursday, May 21, 6:30 pm-- **Back To Your Roots Potluck*** at Bev Mazzola's and John Simoni's. Bring a dish you learned from one of your ancestors.
- *Sunday, June 28, **KLCC Garden Walk Booth***, all day. Visit Slow Food Eugene's booth.
- *Sunday, June 28, 6:30 pm, **Meet The Sweets***, at Sweet Cheeks winery. A joint event with the Willamette Valley Sustainable Food Alliance. This is an evening with our

sweet friends, Sweet Water Farm, Sweet Cheeks Winery, Sweet Creek Foods, Sweet Briar Meats, and Sweet Life Patisserie.

- *Sunday, August 30, around 4:30 pm, **One Field Meal at the Deck Family Farm.***

Still to be scheduled is a special RAFT Garden showcase. RAFT means Restoring America's Food Traditions. There's more information about our RAFT Garden project below.

VERY IMPORTANT: To make these events successful. We need your help. If you are interested in volunteering to work at an event, joining the membership team or have ideas for events, [please send us an email](#).

Remember, there is strength in numbers. Bring friends who are interested in joining Slow Food Eugene or who just want to find out what this "Slow" thing is all about.



Back To Your Roots Potluck-- Thursday, May 21, 6:30 pm

You could bring carrots, potatoes, parsnips, or beets. But, you don't have to. What you do have to do is bring a dish that you learned from one of your ancestors.

The event will be held at Bev Mazzola's and John Simoni's home. Space is limited, so call Bev and John to make a reservation, at orebevie@comcast.net or 541-484-5689.

For the potluck, bring a dish to share and a beverage. Also, bring your own dishes, flatware, and drinking cups.

The Details:

DATE: Thursday, May 21, 2009

TIME: 6:30 pm

PLACE: 3331 Storey Blvd, Eugene

Be creative. This is an opportunity to flaunt your immigrant beginnings. An Irish American friend promised to bring something really, really boiled. But, she reconsidered and promised a soda bread.

Just remember, our ancestors ate organic, in season, local foods. We can do the same.



Slow Food Eugene's Raft Garden Is Ready To Sprout

This year, Slow Food Eugene will be joining the national [Restoring America's Food Traditions \(RAFT\)](#) movement to save increasingly rare plant species.

Managed by Slow Food USA, RAFT is an alliance of food, farming, environmental and culinary advocates who have joined together to identify, restore and celebrate America's biologically and culturally diverse food traditions.

Our RAFT garden is in the planning stages, but our plans are big. The movement is made up mostly of "seed savers" and growers of plants and animals that are threatened, facing extinction or are extinct. Our garden is one of a dozen community garden plots at NW Youth Corps in the Laurel Hill neighborhood.

A major part of our planning involves identifying the endangered or extinct foods of this region of the country. This step was made easy by author [Gary Nabhan](#) in his latest RAFT edition that includes a list of endangered or threatened species for each region of the country. The Pacific Northwest is called the "Salmon Nation."

Our challenge is in locating the seeds. That requires online searching, email, phone calls and becoming a member of seed savers. Corvallis and Slow Food USA have been very helpful in providing references.

Of course, once the precious seeds are in the ground there will be plenty of anxiety in waiting for germination and watching for growth.

We'll provide regular updates on what is being planted and what is growing. Our plan is to have a show case of RAFT plants during the fall.

If you want more information or to help, email [Nicki Maxwell](#) or [Erin Walkenshaw](#).



Helios Resource Network Presents "Eat Here Now"--Saturday, May 2nd at the Lost Valley Educational Center, Dexter, Oregon

In conjunction with Lost Valley's 20th Anniversary Weekend, the Helios Resource Network is planning a wonderful day of workshops, entertainment, and, of course, eating great food. The event features Alice Dimicele.

The evening's theme will be: Stewarding the Land. Lost Valley will be hosting the event along with regular Eat Here Now organizers: Helios Resource Network and Willamette Farm and Food Coalition.

Activity Schedule

2 pm, Rainwater Catchment Workshop, \$5

Tammie Stark, a professor at Lane Community College and a nationally known expert in the field of water conservation, will present an educational seminar on rainwater catchment from 2-3 pm.

3-5 pm, Guided Tour of the Land

Lost Valley's land steward, Rick Valley, will offer a guided tour of the 87 acres. Rick will share information about the state of the land and the projects happening at Lost Valley for the last 20 years.

6-8 pm, Local Foods Community Potluck, A donation of \$5 to \$10 is suggested. Bring a potluck dish to share:

- with as many local ingredients as possible
- enough food for at least your party
- PLEASE provide your own table service

7 pm, Stewarding the Land

8:30 pm, Concert: Alice DiMicele, \$10

Her sensual voice ranges easily over five octaves and

moves effortlessly from soulful ballads to rocking party tunes. Her 2007 album, "by ebb & by flow," celebrates her love of the natural world. www.alicedimicele.com.

Camping and other activities, as part of LV's 20 year celebration weekend, are available. For more information: click www.lostvalley.org

PLEASE consider carpooling! A Park and Ride Carpooling location in Eugene will be announced.

For further information or to register, contact Lost Valley Educational Center Events, 541-937-3351 ext. 112, events@lostvalley.org.

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Join US At Slow Food Eugene

One of the best ways to promote sustainable agriculture and food production is join us at Slow Food Eugene and Slow Food USA. Slow Food is leading the charge to build a world that insures good, clean, and fair food for everyone.

Read all about us at our fabulous new web site. [Slow Food USA](http://SlowFoodUSA.org). You can contact Slow Food Eugene by [email](#).