



Slow Food®
Canberra – Capital & Country Convivium

4CZONS Newsletter

News Items.

Hello to our 4CZONS Slow Food Members and supporters of the Slow Food movement. With the recent changes in key people within the Canberra Convivium this newsletter is the first communication from the new committee. You'll find information about the new committee and some upcoming events, as well as other topics which need to be detailed.

New Committee for Slow Food Canberra

On Sunday 11th October a Congress and Election was held for the members of Slow Food Canberra. A new Convivium Leader was elected with 6 Committee members. The results of the election are as follows:

Convivium Leader:	Warren Curry
Committee Members:	Lorraine Bockwinkel Michael Croft
	Carolyn Ho Joy Miller
	Peter O'Clery Pennie Scott

The roles of Secretary, Treasurer and Media Liaison are still being finalised and will be communicated to the membership when completed.

The new committee is looking at better ways of communicating with the membership in general but at present please use the email address of info@slowfoodcanberra.com if you have any questions, concerns or comments. The committee is interested in receiving suggestions and/or comments in the area of communications on ways to better utilise the current Slow Food Canberra website. Please send such input to the 'info' email address above.

As part of the election of this committee it was decided to merge the two previous groups of the Committee and the Events Team into one group and invite Events Organisers to arrange one off events or become involved in events for which they have a particular passion. If there are any members who are interested in becoming Events organisers please let us know through a note to events@slowfoodcanberra.com. The more members that get involved in events the more knowledge about Slow Food there is to share.

Memberships through Slow Food Australia

As most members would be aware the membership process is now being managed through the new Australia wide entity named 'Slow Food Australia' (SFA). The transfer of membership management from Slow Food International to Slow Food Australia as from 1st January 2009 has not gone as smoothly as planned but with the help of many dedicated people, both from the Canberra convivium and SFA this problem is becoming much more manageable. Staff will be paid to assist with memberships in future, rather than expecting volunteer board members to handle this large portfolio.

Discrepancies in the membership status of some members may however still exist. In order to help eliminate any outstanding membership problems could each member please take a minute to check the expiry date on your Slow Food Membership Card. If your membership has expired and you have not received a renewal request from SFA please contact the membership manager at membership.services@slowfoodaustralia.com.au.

Additionally if you believe that you have renewed your membership with Slow Food Canberra via SFA but have not received any confirmation nor information from SFA etc. please contact membership.services@slowfoodaustralia.com.au as well as info@slowfoodcanberra.com so that the two groups can remedy any problem.

<< --- EVENTS DETAILS: --- >>

UPCOMING SLOW FOOD EVENTS:

Friday 30th October – 'Nourishing Traditions Breakfast'

Over a fortnightly BYO breakfast we'll be exploring the cookbook "Nourishing Traditions" by Sally Fallon, that challenges politically correct Nutrition and the Diet Dictocrats.

At this first session we'll look at the Preface and part of the Introduction about fats and we will also set up a working system and schedule for the remainder of the book.

Bring a chair and your own brekky – there'll be tea and coffee on hand. Bring your book along or if you have not been able to obtain a copy as yet, they have been popular, you can share a copy with someone who has a copy. Start time is 7:30am at a garden in Symonston and should probably run for approximately an hour. Cost will be gold coin donation for Slow Food members and \$5 for Friends of Slow Food. Final details will be made available after booking. For bookings please contact Joy on 6258 4194 or send an email to events@slowfoodcanberra.com.

Saturday 29th November - Smoking Taste Feast

On Sunday 29th November we'll be using a few different types of smokers to provide a taste of seafood, meat & vegetables.

A weber barbecue using fruit wood, a heat bead hibachi, a metho fish smoker with hickory, a charcoal smoker and a wok using rice and tea as the smoking medium will be used. People are welcome to bring along their own smoker as long as well – just let us know when booking.

We will start work at 3pm on a farm near Fyshwick for those who want to get involved in smoking and we'll look forward to seeing those who want to simply taste at about 5pm to sample the results.

The menu will most likely include tasting platters of smoked tongue and some vegetables - tomato, capsicum, eggplant, zucchini and mushrooms perhaps. There'll be trout, mussels, fish and eel we hope. Then the smoked chicken will be served at a long table twilight supper. We are asking people to bring along salad or desert, or bread or cheese to share. We'll confirm this and the site when bookings are received.

Cost is \$15 for members - \$20 for Convivium friends. Places are limited so bookings are essential.

As usual people will need to bring their own chair, cutlery, crockery, glassware and drinks to share – we'll provide, smoked goodies, tables and coffee. As it is likely to be warm so hats and some insect repellent might be worth while to enjoy twilight in the garden. There is an undercover area though so we'll enjoy this event no matter what the weather.

Please confirm for attendance by emailing events@slowfoodcanberra.com

Sat 5th & Sun 6th December – Terre Madre at the Farmers Markets.

On Saturday 5th at The Farmers Markets at EPIC and on Sunday 6th at the Southside Markets at CIT in Garran there will be Slow Food tables with information on the Terre Madre.

The Terra Madre network, which integrates new members every day, is made up of all those who wish to act to preserve, encourage, and support sustainable food production methods. These methods are based on attention to territory and those distinctive qualities that have permitted the land to retain its fertility over centuries of use.

Further details of events to take place on these days will be distributed as they come to hand but please keep these dates available for a visit to the local farmers markets in order to support the Terre Madre concept.

Please see below information from the Slow Food Australia magazine on Terre Madre..

SLOW Food will celebrate a worldwide Terra Madre Day on 10 December 2009, coinciding with Slow Food International's twentieth anniversary. This day will encompass the Slow Food network in 150 countries to champion 'eating local' and the work being done by the Terra Madre food communities – a network of farmers, artisan producers, cooks, academics and youth for sustainable food production launched by Slow Food in 2004.

'Terra Madre Day is a way to celebrate our connection to the earth', says Slow Food International president Carlo Petrini. 'It doesn't matter how we celebrate it – you can celebrate it at home, or organise a community or school event, the important thing is that we celebrate eating local.' The international president identified some of the key considerations at the base of the Slow Food philosophy to be celebrated and promoted through Terra Madre Day:

- *food is a right for everyone*
- *small-scale farming is the future*
- *food sovereignty is key to communities*
- *biodiversity is essential to a healthy food future*
- *we have the right to preserve our cultural and local identities*
- *agriculture is closely linked to the environment*
- *food production and trade must be socially just*

Monday 7th December – Canberra Slow Food Christmas Party.

Please join us at Mt Majura winery on Mt Majura road for a festive end of year occasion. In a similar theme as last year, attendees will be asked to bring a plate to share and wine will be purchased by Slow Food from Mt Majura winery for the evening. Those attending the Christmas Party will be asked to contribute \$5 per head for members and \$10 for non-members for this Slow Food event. Festivities will begin at 5:30pm. Please confirm your attendance by emailing events@slowfoodcanberra.com

Promotional Events in October & November:

Sat 24th October – Canberra's best foodies on show.

Canberra's best foodies on show at the Capital Region Farmers Market LIVE Event this weekend.

Canberra's favourite weekly farmers market, the Capital Region Farmers Market, will this weekend host a special live event. The community is invited to see guest speakers and live cooking demonstrations by some of the region's best chefs and most passionate food lovers. A variety of great foodie events will take place this Saturday, 24 October, from 6.00am onwards.

"One of the market's key philosophies is to offer customers a place to buy real food from real people. This special live event is all about educating and entertaining our loyal and growing customer base who visit the market each week," said Roger Powell, Director of the Capital Region Farmers Market.

"And for those who haven't visited before, the live event aims to give people a taste of the range and quality of food on offer from our region, and introduce them to some of the most avid and talented chefs and producers who call the region home," he said.

The community is invited to taste, listen and learn throughout the morning with guest speakers and live cooking demonstrations at the Country Energy Kitchen using 100% Capital Region Farmers Market produce. The recipes demonstrated will also be available for customers to take away with them to replicate at home.

Highlights of the morning include a cooking demonstration by local foodie icon and Head Chef of **Grazing** restaurant, **Tom Moore**, at 9.15am. Tom will demonstrate his love of modern Australian seasonal food, and how food can be taken straight from the garden and prepared lovingly for the plate. Tom's food is served up at the old Royal Hotel in Gundaroo, is unpretentious and focuses on regional produce. At 33, he is one of Canberra's best known chefs, having won a string of awards, and is a big supporter of the Capital Region Farmers Market.

The morning will also include a demonstration by French-born and trained chef, **Eric Menard**, who previously operated **Le Petite Fourneau** at Chapman shops. Menard is a classically trained French Chef and Pastry Chef who has held positions in 5 star hotels in Australia and overseas. With a passion and flair for creating savoury dishes and desserts, he also teaches cooking classes in conjunction with **Slow Food Canberra**.

Other spectacular cooking demonstration and food preparation activities at the live event will include presentations by Greenhill Farm, breeders and growers of bulk biodynamic beef; Russell Smith with an in depth talk about the cheese-making process; **Kaplan** from Pilpel Fine Foods demonstrating his Mediterranean culinary expertise and Desiree's Fine Foods, makers of the popular Bangers gourmet sausages.

The Capital Region Farmers Market in Canberra is a genuine farmers market with over 100 stalls offering a diverse range of fresh food and agricultural produce straight from the producer to the customer. The special Capital Region Farmers Market Live Event will be held this Saturday, 24 October, from 6am until 12 midday at Exhibition Park.

Funds generated from the Market are fed back into regional communities and other projects chosen by the Rotary Club of Hall which founded the Market in 2004.

Sat 31st October – 100 Mile Dinner.

Canberra's food region celebrates its centenary this year with a *100 year 100 mile dinner* as part of the *Sydney International Food Festival*. A century ago New South Wales transferred territory for a national capital 'not closer than 100 miles' south of Sydney. Australia's Constitutional provision placed the national capital at the centre of one of Australia's most diverse food producing regions.

Canberra's *100 year 100 mile dinner* is a chance to celebrate the century, sitting in the seat of the government, at Canberra's table. A unique event designed to showcase both the national capital's fabulous food and wine region and international influences on our national cuisine, in the perfect setting of the elegant art deco Members Dining Room at Old Parliament House, Canberra - Saturday 31st October from 7pm.

Book now - limited places available. Ticket prices \$100.00 per person. Contact Ginger Catering via http://www.gingercatering.com.au/images/newsletter/150_m.pdf

Sun 1st November – Mulloon Creek Open Day.

Mulloon Creek Natural Farms "following nature" 2009 Land Restoration Field Day
3585 Kings Highway, Bungendore, NSW
9.30 am start no admittance after 10.00

Bookings Essential.

Cost: \$40 per person, \$70 per family (2A,2C) (all proceeds go to the "not-for-profit"- The Mulloon Institute). Includes all educational activities, exhibits, morning tea, lunch and afternoon tea. Contact Donna for bookings and more info: 0413 535 957 or email: donna@mullooncreeknaturalfarms.com

Additional presentations by:

Tony Coote (The Mulloon Institute and MCNF's farming practices)
Dr John Field (The research facts)
Dr Michael Wilson (The story about Willows)
Nick Ritar (Permaculture projects on MCNF)
Matt Kilby (Trees for Earth, biological planting system)
Peter Andrews (Natural Sequence Farming)

It's now 3½ years since work began on the Mulloon Creek, NSF demonstration. Peter will give a presentation in "the barn", guide a 3km creek walk, participate in Q&A and be on hand all day for discussion. Plus - Great food and afternoon activities for the kids, so bring the family! With long droughts and climate change it is essential that we work to fix the erosion, degradation, and dehydration of our landscape. How we manage our water now, is critical to the future. Come and learn!

Sat 7th & Sun 8th November – Wines, Roses and All that Jazz.

7-8 November 2009, various venues across the district

Get out to one of the 25 wineries and local businesses to sample award-winning wines, indulge in gourmet food, relax to live music in the vineyards, take a wine tour and meet Canberra's passionate vignerons. Best enjoyed with friends!

Download the 2009 festival brochure below to plan your weekend out in the vines at the following link:
<http://www.canberrawines.com.au/events/documents/4017WRJPosterBrochWeb.pdf>

Sat 21st & Sun 22nd November – Bega Food Festival

The Bega Valley Festival is a community Festival to celebrate the best the Valley has to offer.

The Festival honours our Farming heritage and recognises that we are communities in transition to a sustainable future. People wishing to be involved in the Bega Valley Festival can take a stall, organise their own event or simply come along and enjoy the best of the Bega Valley.

Joy will be there with some Canberra Information so let us know on events@slowfoodcanberra.com if are attending and you have appropriate SLOW compatible brochures for display.

More information at <http://www.thebegavalley.org.au/21267.html>

Wednesday 25th November – CIT ICON Dinner.

This CIT ICON dinner will be the last dinner for 2009. As we go to press the details of the dinner are still being finalised by CIT. When we receive this information we will communicate to all. As in the past we have reserved some seats for a Slow Food table so if there are any people interested in putting their names down on a reserves list please send an email to events@slowfoodcanberra.com .

FINALLY:

In the next Newsletter we are planning to have some interesting feedback from the members who were involved the recent visit of Carlo Petrini to Australia plus details on recent Slow Food Canberra events.

If there are any questions or comments please send to info@slowfoodcanberra.com .