

*working with communities to improve access to affordable and healthy food - from field to table*

# Good Food NEWS

## Slow Food Movement Has Global Outreach

*adapted from Carol Ness, Oct.30, 2006- Turin Italy*

Anyone who thinks of Slow Food as an elite supper club for snobby food purists would be stunned by the scene unfolding inside the former Olympic speed skating arena here over the past four days.

Senegalese cereal farmers in purple satin and matching headdresses trade packaging tips with Peruvian potato growers in traditional red embroidered garb. Goat cheese makers and Hmong long-bean growers from California find common ground with their Italian and Eastern European counterparts. Israeli and Palestinian farmers, along with Iraqi and American food producers, share space and the excited chat that food never fails to stimulate.

This is Terra Madre, a gathering that is the Olympics of the international movement to deindustrialize food production. That means putting taste back at the heart of food, saving heirloom fruits, vegetables and animals, keeping small farmers in business and in local communities, and pushing farming back on sound environmental ground.

Terra Madre brought together almost 9,000 people to eat, network and build what reknown chef Alice Waters called "a global counterculture" in her address to the opening session: 4,803 farmers, breeders, fishers and artisan food producers from 1,583 food communities and 150 nations; 953 cooks; 411 professors and representatives from 225 universities; 2,320 observers and guides; 776 volunteers.

It's the second such gathering organized by Slow Food International, which is based in the nearby town of Bra. The first Terra Madre, in 2004, generated an astounding force field around the ideas of Slow Food,

Now, Slow Food has grown into an international movement, with 80,000 members in 50 countries.

"It's clear there is a political movement growing around food," said Michael Pollan, well-known farmer and food activist. "And it's about a lot more than food -- it's about health, the health of local economies, the energy crisis."

Health problems like obesity and diabetes, widening economic disparities across the world and environmental issues like global warming show that the current system "defined by speed, abundance and waste" can no longer sustain itself, Slow Food founder Carlo Petrini told the conference. The time is ripe, he said, to bring food economies back to their local roots.

### **Slow Food Movement: Building A Global Social Economy For Good, Clean And Fair Food** **Debbie Field, Executive Director, Foodshare**

**When:** January 17, 2007 Noon - 1:30 p.m.

**Where:** Ontario Institute for Studies in Education of the University of Toronto (OISE/UT)  
252 Bloor St. West, Toronto Room 12-199

**What:** Debbie Field, the Executive Director of FoodShare, was one of the Canadian delegates who attended Terra Madre, the second world meeting of food communities. Debbie will be talking about the Slow Food Movement and what we as social economy activists can learn from this multi-class international alliance.

This event will be webcast and we will accept email questions from remote participants. For detailed instructions to set up for and view the webcast:

<http://sec.oise.utoronto.ca/english/webcast.php>

For more information, go to

<http://sec.oise.utoronto.ca/english/lectures.php>

or contact Sherap Winn at [swinn@oise.utoronto.ca](mailto:swinn@oise.utoronto.ca) or (416) 923-6641, ext 2087.



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# recipes

## Carrot, Squash & Ginger Soup

- 1/2 medium butternut squash
- 2Tbs olive oil
- 1 onion, diced
- 1 lb. carrots - peeled and diced
- 3 cloves garlic, crushed or to taste
- 1 2 inch piece fresh ginger, peeled and thinly sliced
- 4 cups water
- 1 pinch ground cinnamon
- 1/4 cup heavy cream (optional)
- salt and pepper to taste

Preheat the oven to 350 degrees F (175 degrees C). Scoop seeds out of the butternut squash half, and place cut side down onto a greased baking sheet. Bake for 30 to 40 minutes, or until softened. Allow to cool, then scoop the squash flesh out of the skin using a large spoon and set aside. Discard skin. Heat olive oil in a large saucepan or soup pot over medium heat. Add chopped onion and garlic, and cook, stirring until onion is translucent. Pour in the water, and add squash, carrots and ginger. Bring to a boil, and cook for at least 20 minutes, or until carrots and ginger are tender. Puree the mixture in the blender, or using an immersion blender. Add boiling water if necessary to thin, but bear in mind this is meant to be a thick creamy soup. Return soup to the pan, and heat through. Season with salt, pepper and cinnamon. Ladle into serving bowls, and pour a thin swirl of cream over the top as a garnish if desired.

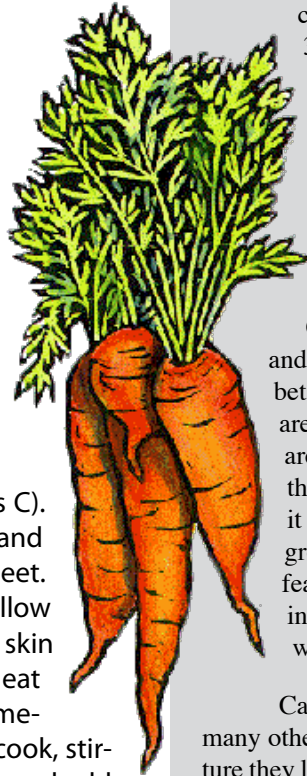
Serves 4

## Carrot Mashed Potatoes

- 2lbs boiling potatoes, peeled and cut into chunks
- 3 large carrots, peeled and cut into chunks
- 1/2cup milk
- 2Tbs unsalted butter
- 1 & 1/2tsp salt
- 1/4 tsp freshly ground pepper

Place potatoes and carrots in a small stockpot with enough cold water to cover; bring to a boil over high heat. Reduce heat; simmer until tender, about 10 minutes. Drain, and return to pot; place over low heat to dry out, 1 to 2 minutes. Remove pot from heat. Pour half-and half over vegetables, and add butter; roughly mash with a wooden spoon or potato masher. Season with salt and pepper, and serve immediately.

SERVES 6



## featured this week: CARROTS

Carrots are known scientifically as *Daucus carota*, a name that can be traced back to ancient Roman writings of the 3rd century. Carrots belong to the Umbelliferae family along with parsnips, fennel caraway, cumin and dill which all have the umbrella-like flower clusters that characterize this family of plants. The wild ancestors of the carrot are likely to have come from Afghanistan. The familiar wild plant wild carrot, sometimes called Queen Anne's lace, is the same species as the garden carrot (which was bred from it).

Carrot roots should be firm, smooth, relatively straight and bright in color. The deeper the orange-color, the more beta-carotene is present in the carrot. Avoid carrots that are excessively cracked or forked as well as those that are limp or rubbery. In addition, if the carrots do not have their tops attached, look at the stem end and ensure that it is not darkly colored as this is also a sign of age. If the green tops are attached, they should be brightly colored, feathery and not wilted. Since the sugars are concentrated in the carrots' core, generally those with larger diameters will have a larger core and therefore be sweeter.

Carrots are hardy vegetables that will keep longer than many others if stored properly, minimizing the amount of moisture they lose. Store them in the coolest part of the refrigerator in a plastic bag or wrapped in a paper towel, which will reduce the amount of condensation that is able to form. They should be able to keep fresh for about two weeks. Store them away from apples, pears, potatoes and other fruits and vegetables that produce ethylene gas since it will cause them to become bitter.

If you purchase carrot roots with attached green tops, the tops should be cut off before storing in the refrigerator since they will cause the carrots to wilt prematurely as they pull moisture from the roots.

Wash carrot roots and gently scrub them with a vegetable brush right before eating. Unless the carrots are old, thick or not grown organically, it is not necessary to peel them. If they are not organically grown, peel them; most all conventionally grown carrots are grown using pesticides and other chemicals. If the stem end is green, it should be cut away as it will be bitter.

## DELIVERIES

for the week of: Jan 16th  
orders are due 5 pm Tues. Jan. 9th

for the week of Jan. 23rd  
orders are due 5pm Tues. Jan. 16th



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( at temporary location)