The Slow Food Movement: Connecting Food and Pleasure with Awareness and Responsibility

Presented by:
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What is Slow Food?

- A philosophy
- A movement
- An organization

Our Slow Food Mission:
Connecting people with the food we eat, where it comes from, how it tastes, and how our food choices affect the rest of the world.
The Slow Food Vision

- **Good**
  - Natural, delicious food from healthy plants and animals that gives us pleasure to eat it

- **Clean**
  - Food grown and harvested in ways that respects the environment, animal welfare, and our health

- **Fair**
  - Food accessible to all, produced by people who are treated with dignity and justly compensated
The History of Slow Food

- 1986
  ◦ McDonalds constructed near the Spanish Steps in Rome – Local gourmet society takes action

- 1989
  ◦ Slow Food movement formalized in 15 countries

- 2000
  ◦ First US Slow Food chapters open

- Today
  ◦ 1300 chapters members in 150 countries
  ◦ 225 chapters in 47 states in US, including 35 chapters on college campuses
Why Slow Food?

- Environmental Issues
- Healthcare Issues
- Food Security Issues
- Food Safety Issues
- Societal Issues

“Eating is an agricultural act,” as Wendell Berry famously said. It is also an ecological act, and a political act, too. “
– Michael Pollan, An Omnivore’s Dilemma
Food and The Right to Pleasure

Everyone has the fundamental right to share the everyday joys food has to offer and consequently the responsibility to protect the heritage of food cultures that make this pleasure possible.
Awareness and Responsibility

- Connecting producers and consumers
- Supporting local, sustainable farming and eating
- Educating consumers and our youth
- Promoting biodiversity preservation
- Protecting artisanal practices
Preserving A Diverse Food System
A CENTURY AGO
In 1903 commercial seed houses offered hundreds of varieties, as shown in this sampling of ten crops.

80 YEARS LATER
By 1983 few of those varieties were found in the National Seed Storage Laboratory.*

* CHANGED ITS NAME IN 2001 TO THE NATIONAL CENTER FOR GENETIC RESOURCES PRESERVATION

JOHN TOMANIO, NGM STAFF. FOOD ICONS: QUICKHONEY
SOURCE: RURAL ADVANCEMENT FOUNDATION INTERNATIONAL
Slow Food USA

- Ark of Taste – Delicious varieties/breeds
- Presidia – Endangered foods
- Terra Madre – International gathering, Turin, Italy
- Slow Fish
- Slow Meat
- Slow Nations
- School Garden Curriculum
Slow Food USA School Curriculum

Download or buy at: http://gardens.slowfoodusa.org/curriculum

- **“Good” for grades K-5**
  - Growing, Cooking & Enjoying Food
    - Tasting/Sensory
    - Simple Cooking Techniques
    - Food Culture & Advanced Cooking for Higher Grades

- **“Clean” for grades K & up**
  - Gardening Science- Plant & Insect lifecycles, wise water use, healthy soil
    - Garden design & sustainable agriculture (higher grades)
  - Food Science
  - Food Culture
Education the Slow Way

- Producer visits
- School garden visits
- Urban homesteading classes
- Gardening classes
- Other educational events, such as book club and our “Slow Food on Film” series
- Taste education
- Events that celebrate food and community, such as potlucks & picnics
- Support of local farmers’ markets
Donate a Cookbook
for the
Slow Food St. Louis
Cookbook SALE

Help your old cookbooks find new love!
Donate your well-kept and lesser used cookbooks to the Slow Food St. Louis Cookbook Sale!
Here’s how:
(1) Take your cookbooks before November 6th to either:
   • Fair Shares CSA at 5021 Northrup Ave (near I-44 and Kingshighway) St. Louis, MO (Tuesday 9:30 - 5, Wednesday and Thursday 9:30 - 7:30)
   • Kakao Chocolate 7272 Manchester, Maplewood, MO
   • Kakao Chocolate 7720 Forsyth Blvd, Clayton, MO
   • or any Slow Food event

(2) Complete a donation card and leave it with the cookbook(s).

Cookbook Sale will be Nov. 12th at the Masonic Temple in Webster Groves 10 a.m. - Noon

Proceeds benefit Slow Food St. Louis Convivium Programs
Slow Tastes

Pretzels & Mustards
A Slow Taste Event

Get Your Tickets for Slow Taste!
Local Cheese Please
Tuesday, March 24th
7 p.m.
Larder & Cupboard
7310 Manchester Ave.
Maplewood, MO

$10 for Members
$15 for Non-members

Stout Bout!
A Slow Taste Event
2015 Slow Food Cooks
School Garden Grants

4 Schools
$300 each
Special Initiatives
Small Farm
Biodiversity Micro-grants

12 Farmers
55 Varieties/Breeds
15 Ark of Taste Items
6 Native Varieties/Breeds
Feast in the Field
at LaVista, Godfrey, IL (2015)
Special Initiatives
Crop Sourcing Garlic

More than 200 growers planting more than 300 pounds and a dozen varieties of garlic.
Sponsored Events: Sustainable Backyard Tour

Celebrating Our Fifth Year
June 14, 2015
11 a.m. - 4 p.m.

Sustainable Backyard Tour
St. Louis, Missouri 2015
SloWednesdays 2nd Wed @ Bottleworks 7:00
What Can You Do?

• Sit down and eat dinner with family and friends. Cook together. Plant a seed.
• Think about what you eat and where it comes from – start asking questions.
• Vote with your fork – you have the opportunity to wield this power 3 times a day.
• Join us at:
  ◦ http://www.slowfoodstl.org