



Small Bites

By Donna L. Zuba, Convivium Leader

Welcome to the inaugural edition of our Slow Food Southeast Washington (SFSEWA) newsletter. I want to take this opportunity to introduce you to the great volunteers who are creating this newsletter...

Merritt Mitchell Wajeeh, a new member of our organization, has graciously agreed to compile our newsletter. Becky Cooper will be contributing, as will our leadership team of Stephanie Greene, Paul Sinclair and Alan Schreiber. Without these terrific Slow Food members we would not have a chapter.

My goal in each edition of the newsletter will be to give you small bites of information about Slow Food USA, Slow Food International and SFSEWA. This edition highlights the basics of Slow Food USA.

Slow Food is an idea, a way of living and a way of eating. It is a global, grassroots movement with thousands of members around the world that links the pleasure of food with a commitment to community and the environment.

Mission-Slow Food USA

- *Food is a common language and a universal right.*
- *Slow Food USA envisions a world in which all people can eat food that is good for them, good for the people who grow it and good for the planet.*
- *In essence, food is that good, clean and fair.*

There are many written and unwritten benefits of joining Slow Food USA! Most importantly, you are helping support a good, clean and fair food system and Slow Food USA's programs that work to support local agriculture in the US.

Good:

The word good can mean a lot of things to a lot of people. For Slow Food, the idea of good means enjoying delicious food created with care from healthy plants and animals. The pleasures of good food can also help to build community and celebrate culture and regional diversity.

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Winery in the Spotlight—Sleeping Dog

By Paul Sinclair

Sleeping Dog Wines consists of Larry "Alpha winemaker" Oates along with his wife and partner, Joyce "I'd rather be fishing," Aurora, the Sleeping Dog, Bella, the plump guardian cat, and Syrah, the self-appointed winery cat, as well as a host of friends.

Their home and winery overlook the Yakima River, outside of Benton City in

Eastern Washington (not on Red Mountain). Larry and Joyce are Slow Food Southeast Washington members.

Annual production in 2008 reached a high of approximately 600 cases!

Sleeping dog is local. Grapes are literally across the street from the winery where they are hand picked by local labor. All sorting,

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Winery Spotlight Con't—Sleeping Dog Winery

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fermenting and bottling is done on premises. Buying local equipment and products is more difficult. Most winery equipment is manufactured overseas, especially if you are a small winery. Yeasts for primary fermentation, products for fining or acid balance, oak products, corks, bottles, and capsules all come from out of state or out of the country. Larry has been using labels from printers in the Pacific NW.

Sleeping Dog started out with Merlot, Syrah, and Sauvignon blanc (dry and late harvest).

They now bottle a Cabernet Sauvignon-based blend (Tail Wagger), a varietal Malbec (largest by volume this year), and a Rose of Malbec.

Approximately half of Larry's wine is sold locally. You can find the Aurora label staring at you at Ariel's in Richland, Yokes in



Approximately half of Larry's wine is sold locally. You can find the Aurora label staring at you at Ariel's in Richland, Yokes in Pasco, Bonnie's Vine & Gift in Prosser and on the menu at Picazo 717 in Prosser.

Larry would be happy to look into new outlets and welcomes any recommendations!

Tasting hours are by appointment, which are relatively easy to arrange.

The winery also participates in a variety of events such as the Red Wine & Chocolate event. They also host barrel tastings, crushing events, and special Thanksgiving activities.

Visit Sleeping Dog on their website at

www.sleepingdogwines.com, or for more information you can contact them at info@sleepingdogwines.com or via telephone at (509) 460-2886.

Farmer in Focus—Greene Hills Farm

By Stephanie Greene



What's black and white and moos when it's hungry? It's the Belted Galloway beef cows who make their home at Greene Hills Farm. Belties (aka Oreo cows) are a heritage breed with a past

shrouded in the mists of Scotland. The original Galloway breed was covered with thick curly black or red hair in the winter. At some point, a few Galloways showed up with a distinctive white belt bisecting their middle. Perhaps they were crossed with the Dutch Belted Milk cow, or perhaps it was a random mutation, no one knows.

Today Belted Galloways are a perfect choice for small sustainable farms. They are excellent foragers, and have retained the ability to fatten up on a grass diet. They are also good mothers, docile, and are naturally polled (no horns). Best of all, meat from Beltie cows has won taste competitions!

Greene Hills Farm, owned by Jamie Calley and Stephanie Greene, was started in 2006. The small farm, (30 acres), runs along Corral Creek, in Benton City, Washington. In addition to their herd of Belted Galloways, Jamie and Stephanie also raise laying hens. The hens are free to roam an acre pasture and are guarded by Travis, a livestock guardian dog. Eggs are sold on a subscription basis in the winter and at the Prosser and Richland Farmers' Markets dur-

ing the summer. Eggs from pastured chickens taste great and are good for you. They have less cholesterol, more omega-3 fatty acids and less saturated fat than eggs laid by caged hens. It's all that good grass and insects! If you come out to the farm in the spring, you'll see 400 happy hens, scampering baby goats, 15 Oreo cows and a beat up travel trailer sitting in the middle of a pasture (say what?). Look closer and you'll see white chickens wandering in and out of the trailer. These are Cornish Cross meat chickens being raised on the freshest, cleanest grass. Every few days when the chickens are asleep in the trailer, it's pulled to a new location. The next morning the chickens march down the gang plank to fresh new grass. What a life! Greene Hills Farm also specializes in salad



greens and herbs. Are you hungry for arugula, mixed field greens or fresh basil? In season, you'll find this and more at the Farmers' Markets and at local restaurants such as Bella- An

Italian Deli, in Benton City. For farmers like Jamie and Stephanie, it's all about doing what's best for the animals, the local community and getting people to eat healthy, tasty greens.

Slow Bites, Con't

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Clean:

When we talk about clean food, we are talking about nutritious food that is as good for the planet as it is for our bodies. It is grown and harvested with methods that have a positive impact on our local ecosystems and promotes biodiversity.

Fair:

We believe that food is a universal right. Food that is fair should be accessible to all, regardless of income, and produced by people who are treated with dignity and justly compensated for their labor.

There are over 200 local convivia that make up Slow Food USA plus Slow Food USA has an extensive outreach program.

Domestically, Slow Food USA has eight major programs including:

The Slow Food USA Ark of Taste is a catalog of over 200 delicious foods in danger of extinction. By promoting and eating Ark products we help ensure that they remain in production and on our plates.

Slow Food in Schools teaches youth about the values of eating locally, seasonally and sustainably through hands-on projects.

Programs range from collaborating on curricula and after school activities to improving school lunches and school garden programs.

"We believe that food is a universal right. Food that is fair should be accessible to all, regardless of income, and produced by people who are treated with dignity and justly compensated for their labor."

Slow Food USA

Terra Madre is a network of over 7,000 food producers, cooks and university educators from 150 countries, including over 1,000 delegates from the U.S. united by a common goal of global sustainability in food.

US Presidia - If unique, traditional and endangered food products can have an economic impact, they can be saved from extinction. This is the simple reasoning behind the Presidia—small, targeted projects to assist groups of artisan producers.

RAFT (Renewing America's Food Traditions) - Managed by Slow Food USA, RAFT is an alliance of food, farming, environmental and culinary advocates who work to identify, restore and celebrate America's biologically and

culturally diverse food traditions through conservation, education, promotion and regional networking.

SFSEWA is interested in these nationwide programs and we all hope to be active at the national level some time in the future.

Our goal for the near term is to create an active and successful chapter. Please feel free to reach me at zubsin@charter.net with any comments, suggestions, recommendations for events, activities or articles you would like to see our local convivium produce!

Eat Slow, Donna

Recipe Compendium— By Rebecca Cooper

The potential discovery of a new recipe, destined to become a favorite, is what keeps us nosing around online, checking out cookbooks, folding down the pages of magazines, and asking for recipes whenever someone introduces us to a new and special dish. On the SFSEW website we'll have a collection of our best and favorite recipes. Please contribute yours. We'll also feature recipes in our quarterly newsletter. A couple of guidelines: 1) Fresh, seasonal and locally-produced ingredients should be used in generous quantities in the recipes. There are times of year when "local" isn't possible, in which case "seasonal" should prevail. 2) The recipes should be fairly simple to prepare, because most of us are wanting to get healthy, local foods into our diets without spending all day or night cooking. That said, no recipe that is a truly splendid taste experience should go un-submitted,

even if it is complex!

Credit for recipe sources should be given. One day we might wish to put together our own cookbook, in which case original recipes will be needed. So ... experiment, and write down what you do!

CABBAGE CUMIN SLAW

This is a light, lemony, crunchy slaw that goes together quickly and compliments any meat or sturdier casseroles, such as Mexican ones, or macaroni and cheese. It's also great alongside robust, winter soups such as chili or chowders. I found the recipe in a British Country Living magazine.

Toast a tablespoon or so of cumin seeds in a medium-hot skillet until they turn slightly brown and release a wonderful fragrance. Grind them in a mortar and pestle, or leave them whole. Toss the

cumin into the bottom of a large mixing bowl. Add about three tablespoons of lemon juice, 1/2 teaspoon salt, and the finely grated rind of a lemon. Whisk well, and then stir in a small head of cabbage which you have shredded or sliced thinly. Let sit for an hour or so, stir, and serve either chilled or at room temperature.

I sometimes add a couple of grated carrots, some sliced green onions or shallots, or anything else that appeals.

USING RAW ONIONS IN SALAD

Some folks do not like raw onions in salads. But they're so lovely, nutritious and important to the overall dish! So I was delighted to learn that you can slice up raw onion for your salad, pour boiling water over the slices and let it sit for 20 minutes, drain, and chill.

You'll still have the onion-y taste without the bite some find objectionable.



SOUTHEAST WASHINGTON SLOW FOOD

Leadership Team:

Donna L. Zuba, Leader

Stephanie Greene, Founding Member

Alan Schreiber, Founding Member

Paul Sinclair, Founding Member

Merritt Mitchell Wajeah, Newsletter

John Ittner, Website Design



Photo courtesy of Slow Food USA

We're on the Web!

slowfoodsewashington.org

New Website!!

By John Ittner

Thanks to a very user-friendly web hosting company (1and1.com), we have successfully started our new website and have a new domain name registered. The new name is slowfoodsewashington.org. It is more appropriate as we are an ORGanization.

Our webmaster, John Ittner, threw it together rather hastily, shamelessly plagiarizing some of Andy's work.

It is still quite spartan, but utilitarian. We believe we have a bucket for most, if not all, of the features we have discussed. More is planned in addition to adding content to the current pages. We want to add a photo gallery and get the blog up and running.

As for content, the blog will be somewhat free-

form and lightly-controlled (i.e., members only with little or no editing by the webmaster). Content for the website can be submitted by blog entry, email, whatever. When received, the webmaster will transfer information to the appropriate page.

For instance, if someone finds a new local restaurant that serves only Stephanie's poultry and Thundering Hooves meats, that information will eventually land on the list of restaurants, no matter how it was conveyed to us.

Log on and check it out.

