



Slow Food[®]Noosa Newsletter

International, Non-Profit Organization
promotes TASTE EDUCATION
defends BIODIVERSITY
supports LOCAL GROWERS and FOOD ARTISANS

Dear Slow Food Noosa members and friends,

We are slowly approaching the end of another wonderful year for the Slow Food Noosa Convivium. We held our annual Slow Food's Film with Food in June and it was a smashing success. Special thanks to our film event chefs,

Katrina Ryan, Matt Golinski and Craig McCabe who provided a glorious 3 course gourmet dinner. Read below about our Slow Pig events held over the chilly winter. We have 3 breakfasts remaining this year with interesting speakers on olives, bees and food styling. Our 2 remaining big events are the

President's Fundraising Dinner and our annual International Terra Madre Day celebration this year featuring Middle Eastern fare.

As always, we hope to see you at some of our future events. Thank you for your ongoing support.

your Slow Food Noosa committee

Sunshine Coast

September 24
 Tin Can Bay
 Tin Can Bay Seafood Festival

Click here for more info:
www.tincanbaytourism.org.au/seafood/index.html



Australia

October 1-31
 Sydney, NSW
 The Crave Sydney Intl. Festival

Click here for more info:
www.cravesydney.com

October 7-9 and 14-16
 Brisbane, QLD
 Oktoberfest Brisbane

Click here for more info:
www.oktoberfestbrisbane.com.au

World

October 8 - November 13
 Alba, Italy
 Alba Intl. White Truffle Fair

Click here for more info:
www.feradeltartufo.org

November 17-20
 Toronto, Canada
 Gourmet Food & Wine Expo

Click here for more info:
www.foodandwineexpo.ca

In Focus

Slow Pig Events 2011

On 16th July 12 lucky people attended our Slow Pig Nose to Tail day at the outdoor kitchen at Freestyle Escape.

It was a cold day with most of us rugged up in ski gear but we enjoyed a spectacular view through the mist and down the valley and the Wood Fired oven helped to keep us warm. Peter Wolfe arrived with our 50kg pig and proceeded to impress us all with his excellent butchery skills.

We made 4 types of sausages, including a blood sausage and a Vietnamese sausage steamed in banana leaves. We also rolled and tied a loin and put it in the oven to roast with a big tray of vegetables and put on a pot of Chinese braised pork belly with cinnamon and star anise. A variety of fresh herbs were collected from the vegetable garden as well as some super sweet cumquats to eat with our sticky pork in betel leaf as a tasty appetiser. Some grilled pork satays with peanut sauce also preceded the main course.

The pork was superb and it was a new experience for all of us there and a very special and memorable day.



The Peregian Community House was the perfect venue for our Slow Food Paddock to Plate Day on the 30th July. We had several food stalls set up showcasing our local produce including the beautiful pork and sage and pork and fennel sausages made at the Nose to Tail day. The legs were roasted along with some Organic pork

supplied by Megan and Wil Seiler from Bottle Tree Hill Organics. Other dishes included barbecued prawns with an Asian salad, Haloumi from Cedar Street Cheese served with Doonan tomatoes and Turkish bread and Eumundi strawberries with cream.

A special thanks to Megan and Wil for their tireless efforts and also to United Synergies at Tewantin who were a huge help and brought along their coffee van and homemade muffins as well as plenty of volunteers.

It was a typical sunny and warm winter's day and everyone agreed that the music supplied by Col Macdonald and his band, as well as all the other local singers and performers that turned up, really made the day into a wonderful community event.

Visit our Facebook page to see more photos from our past events.



Our Breakfasts

WHEN: last Thursday of every month

WHERE: Blue Angel Restaurant,
235 Gympie Terrace, Noosaville

TIME: 8:00am

A delicious breakfast menu is themed around the topic of the guest speakers.

29 SEPTEMBER

Peter and Susan Agnew, from OlivFresh Organic Olives, will share with you their story of 7,000 certified organic olive trees. Hear how they grow, process and pack their products using their own olives in their on-site Certified Organic processing facility.

27 OCTOBER

Fifteen years ago, Stephen Stillman was fighting debilitating chronic fatigue, and needed to earn an income. His response, drawing on a lifetime interest in bees, a background in farming and in teaching horticulture, was to establish Eudlo Beekeeping. Come along to hear what happened next!

24 NOVEMBER

Jaime Reyes is a Brisbane food stylist with nearly 20 years culinary experience both nationally and abroad. Jaime's approach to food styling draws on his years of experience as an artist. He creates food that leaps from its' two-dimensional frame and shows how to get the pizzazz in your Christmas entertaining by considering the composition, colour and texture of each element.

Merchandise

Slow Food Noosa offers its' members and friends a purchase of a chef-style knee length aprons featuring a white embroidered Slow Food Noosa logo on a bib.

Aprons come in black and red, with a pocket on the front and with an adjustable neck strap. One size fits all.

To place an order, please send an e-mail to: info@slowfoodnoosa.com

All orders will be available for purchase and pick up at our next Slow Food Noosa breakfast or other upcoming event.

Cost is \$30 per apron.



Our Events

THURSDAY 20 OCTOBER

President's Fundraising Dinner at Waterfront Restaurant. Champagne, wine, canapés and a 3 course dinner. Fundraising for Slow Food causes through an auction of goods and services, a silent auction and a door prize draw. Come and help us raise funds for worthy projects that connect local farmers and producers to our community and educate children about growing, preparing and consuming fresh food. Fun night guaranteed. Cost \$95 per person.



SATURDAY 10 DECEMBER

Celebration of the International Terra Madre Day with an al fresco Middle Eastern themed long lunch at the Peregian Community House. Algeria, Bahrain, Egypt, Iraq, Iran, Israel, Jordan, Kuwait, Lebanon, Libya, Mauritania, Morocco, Oman, Palestine, Qatar, Saudi Arabia, Syria, Tunisia, Turkey, United Arab Emirates and Yemen. The food of each region is unique as it tells a story of the past. Come and join us on a culinary journey of rich flavours, a variety of textures and a wide palette of colours that define this delightful cuisine. Cost \$60 members, \$70 non-members.

School Gardens

Eumundi State School Garden, September 2011 - Leonie Shanahan reports:

"Its been a busy term at Eumundi State School as the rain finally stopped and we could get machinery in to extend the edible school garden. The school not only has tank gardens outside the prep classrooms which has a variety of salads and vegies in it, we also have Mandela gardens and some fruit trees down the back of the school such as mulberry tree, bananas, paw paw and citrus.

On the existing swale we planted avocado and citrus trees and planted sweet potato, herbs, yacon, turmeric, Jerusalem artichoke, ginger and potatoes around them.

We have approx. 100 students that garden each Wednesday and each term new classes are introduced into the garden program. This term it has been younger classes with lots of parents to help me as well. There are other classes that are looking forward to being involved.

Next term we are planning a big cook up with the students as they love to cook as well as garden. Thanks again to Slow Food Noosa for their ongoing sponsorship."

Slow Food Intl.

The Global Slow Food network celebrates "Eating Locally"

Communities around the world are celebrating local and sustainable food this December 10th, in Slow Food's third annual Terra Madre Day. This global day of action is one of the largest collective celebrations of food diversity ever held, with more than 1150 events organized in more than 120 countries around the world to protect, enjoy and promote food from small scale farmers and producers.

DEC
10

Terra
madre
day

Click here to go to the official website

In Photographs

WHAT: Slow Food's Film with Food
WHEN: 20 June, 2011
WHERE: Noosa Springs Resort

Visit our Facebook page to see more photos from our past events.



WHAT: Slow Food Noosa Breakfast
WHEN: 30 June, 2011
WHERE: Blue Ginger Restaurant



WHAT: Slow Food Noosa Breakfast
WHEN: 25 August, 2011
WHERE: Blue Angel Restaurant



Book(s)

Best Food Writing 2010

By Holly Hughes

Ethical concerns of organic and locavore movements and free range meats are tidily summed up by now-famous vegetarian Jonathan Safran Foer. New York Times restaurant critic Sam Sifton offers a version of Nora Ephron's meat loaf recipe to die for. Pulitzer prize winner Jonathan Gold tracks the shifting locations of Los Angeles' street vendors and Tod Kliman hunts down Peter Chang, the elusive "perfect chef" who moves between Chinese restaurants, from D.C. to Atlanta, to avoid celebrity. Along the way Kliman learns that innocuous Chinese restaurants can have secret menus for the cognoscenti and experiences the exquisite pleasure of hot peppers that scorch and even numb. A sparkling collection.

Film(s)

Fresh (2009)

Documentary

Fresh celebrates the farmers, thinkers and business people across America who are reinventing their food system. Each has witnessed the rapid transformation of their agriculture into an industrial model, and confronted the consequences: food contamination, environmental pollution, depletion of natural resources, and morbid obesity. Forging healthier, sustainable alternatives, they offer a practical vision for a future of our food and our planet.



Article(s)

A Warming Planet Struggles to Feed Itself

By Justin Gillis

CIUDAD OBREGÓN, Mexico — The dun wheat field spreading out at Ravi P. Singh's feet offered a possible clue to human destiny. Baked by a desert sun and deliberately starved of water, the plants were parched and nearly dead. Dr. Singh, a wheat breeder, grabbed seed heads that should have been plump with the staff of life. His practiced fingers found empty husks. "You're not going to feed the people with that," he said. But then, over in Plot 88, his eyes settled on a healthier plant, one that had managed to thrive in spite of the drought, producing plump kernels of wheat.

Click here to read it now:
www.nytimes.com/2011/06/05/science/earth/05harvest.html?pagewanted=all

Recipe

for the summer months ahead

Roasted Vanilla Apricots



12 small apricots, tops cut in a cross
 1 vanilla bean
 ½ cup sugar
 ½ cup water
 6 slices bought Madeira cake, toasted
 sweet sherry for sprinkling
 200g mascarpone
 icing sugar for dusting

The combination of roasted fruit and toasted cake has been around for a while but always pleases.

Preheat oven to 200°C. Put apricots, cut side up, into a small shallow ovenproof dish. Add the vanilla bean and sprinkle in the sugar and add the water. Bake 20 minutes until the apricots are soft and starting to brown. Remove from the oven. Put the slices of toasted cake onto plates and sprinkle well with sherry. Place 2 apricots on top of each. Top each with a dollop of mascarpone and dust with icing sugar.

Serves 6.

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find us on 

In Season

Fruit

banana
 blood orange
 cherry
 cumquat
 grapefruit
 honeydew
 lemon
 loquat
 lychee
 mandarin
 mango
 papaya
 pineapple
 rhubarb
 rockmelon
 seville orange

strawberry
 tangelo
 tomato
 valencia orange
 watermelon

Vegetables

artichoke
 asparagus
 avocado
 beans
 broad beans
 broccoli
 cabbage
 carrot
 cauliflower
 cucumber
 leek
 lettuce
 peas
 potato
 silverbeet
 snow peas

spinach
 sugar snap peas
 sweetcorn
 zucchini



If you would like a copy of any of our recipes featured at our events, drop us an email and we will be happy to send it to you.

