



Slow Food[®] Sunshine Coast Hinterland

Slow Food Sunshine Coast Hinterland is a convivium of the international Slow Food movement, which has over 100,000 members in more than 130 countries.

A Monthly Newsletter

Issue N° 4 — July 2010

Terra Madre fundraiser

Join 99 other guests at this fundraiser dinner to help send our delegates to Terra Madre in Italy...

Page 2

Nambour Area Group

Slow Food and Transition Town Nambour are holding a joint information evening with SCRC to discuss food sovereignty, rural futures and other topics...

Page 2

Mary Valley Area Group

The Mary Valley Area Group has organised a field trip to Witjuti Grub Bushfood Nursery...

Page 2

The Pleasures of Eating

Wendell Berry's writings have inspired several generations and famous authors, including Michael Pollan...

Page 3

Date Claimers

Lots of events coming up - synch this with your diary today!

Page 3

Who we are

Meet Lena Smeaton...

Page 4

Long Apron Long Table Long Lunch

Cameron Matthews and his team at Spicers Clovelly Estate gave Slow Food members and guests a wonderful lunch experience on Sunday, 11th of July.



A superb menu of too many dishes to list here included foods from the Sunshine Coast Hinterland, such as vegetables from The Naked Carrot and Gympie Farm Cheese's 'Molten Gold'.



Guests from Noosa and Brisbane joined Sunshine Coast residents on a lovely winter's afternoon with just enough sun to make the outdoor location comfortable.



Two baskets of preserves, sauces, chutneys and jams from around the region, including a handmade marmalade from one guest, were raffled off, raising an additional \$125 for Slow Food's local projects.



Approximately \$450 was raised, which will help our Terra Madre delegate travel to Italy in October.



A beautiful venue, great service and convivial company combined to make it a memorable day. Thanks to all!





Terra Madre Fundraising Dinner

What: Farmed & Free Dinner

When: Saturday, 28 August 2010

Time: 6:30pm for 7pm

Where: CWA Hall, Nambour

Cost: \$50 members, \$55 non-members

Please come along to this fun fundraiser to send our delegates to Terra Madre, the international 'Peasants United Nations' in Turin, Italy.

Chef, Peter Wolfe, is preparing a tantalising menu with dishes incorporating ingredients that are farmed (domesticated or introduced) married to indigenous and/or wild-harvested foods.

The menu (subject to change):

- pumpkin & strawberry eucalyptus soup
- slow-braised beef cheek & kangaroo tail
- bunya mash & roasted medley of European root vegetables
- warrigul greens & english spinach
- avocado & native lime ice cream
- wattleseed biscotti / macadamia anzacs

Vegetarian option available by prior arrangement.

Cost is just \$55 for non-members (\$50 Slow Food members) or book a table of 8 and get the whole table at the members' price of \$50pp. The evening is BYO (bottle shop nearby) and a guest speaker is being lined up (details to follow).

Bookings essential - email:

julie@slowfoodsunshinecoast.org.au

Your place will be confirmed upon receipt of full payment - direct deposit into our account is preferred:

BSB: 704-606

Account: 200033407

Please give your surname and "28Aug" afterward



Slow Food in Nambour

What: Discussion of Sunshine Coast Food & Beverage Policy

When: Wednesday, 21 July 2010

Time: 7:00pm

Where: CWA Hall, Nambour

Cost: gold coin donation

Please come to this important meeting about Food and Beverage policy of the Sunshine Coast Regional Council. Decisions are being made NOW that will directly affect the future of food production, distribution and local economies in our region. Come and hear what John & Greg have to say, ask some questions, and find out how you can be involved in advancing food sovereignty for the Sunshine Coast.

You don't have to be a member of either Transition Town or Slow Food - come along and have your say!

Guest Speakers:

John C Elliott

Strategy and Policy Manager
Economic Development Unit-
Finance and Business

Greg Beasley

Rural Futures Project Officer
Sunshine Coast Regional Council

After the presentation there will be a Q&A, and a group discussion and facilitation looking for identifiable ideas and outcomes. We are holding this jointly with Transition Town Nambour.

Transition Town Nambour is a newly formed group of people interested in planning for a more resilient, sustainable future.

Tea and coffee will be available

For more information, email:

julie@slowfoodsunshinecoast.org.au



Slow Food in the Mary Valley

What: Farm visit

When: Saturday, 24 July 2010

Time: 11am

Where: Witjuti Grub Bushfood Nursery

Cost: donation

Bring: closed footwear and lunch to share

Supporters of Slow Food from throughout the Sunshine Coast Hinterland are invited to join Mary Valley locals on this field trip.

Witjuti Grub Bushfood Nursery specialises in quality native bushfood plants for the home gardener and commercial grower.

Varieties are selected for their superior fruiting and leaf qualities.

There are about 250,000 species of flowering plants in the world. Given this biodiversity it is perhaps surprising that, with 10,000 years of settled agriculture, only about 100 species have been cultivated as significant food plants and only about 20 constitute the staple foods of the developed and developing world.

It is estimated there were upwards of 5000 different bushfood plant species across Australia utilised and harvested seasonally by Aboriginal people. For centuries 'bushfood' plants have been an integral part of our indigenous people's staple diet and lifestyle.

Today these native foods are being rediscovered by contemporary Australians and used in ways as varied as our multi-cultured backgrounds.

For more details, phone 5488 6595

The Pleasures of Eating

Many times, after I have finished a lecture on the decline of American farming and rural life, someone in the audience has asked, "What can city people do?"

"Eat responsibly," I have usually answered. Of course, I have tried to explain what I mean by that, but afterwards I have invariably felt there was more to be said than I had been able to say. Now I would like to attempt a better explanation.

I begin with the proposition that eating is an agricultural act. Eating ends the annual drama of the food economy that begins with planting and birth. Most eaters, however, are no longer aware that this is true. They think of food as an agricultural product, perhaps, but they do not think of themselves as participants in agriculture. They think of themselves as "consumers." If they think beyond that, they recognize that they are passive consumers. They buy what they want — or what they have been persuaded to want — within the limits of what they can get. They pay, mostly without protest, what they are charged. And they mostly ignore certain critical questions about the quality and the cost of what they are sold: How fresh is it? How pure or clean is it, how free of dangerous chemicals? How far was it transported, and what did transportation add to the cost? How much did manufacturing or packaging or advertising add to the cost? When the food product has been manufactured or "processed" or "precooked," how has that affected its quality or price or nutritional value?

Most urban shoppers would tell you that food is produced on farms. But most of them do not know what farms, or what kinds of farms, or where the farms are, or what knowledge of skills are involved in farming. They apparently have little doubt that farms will continue to produce, but they do not know how or over what obstacles. For them, then, food is pretty much an abstract idea — something they do not know or imagine — until it appears on the grocery shelf or on the table.

The specialization of production induces specialization of consumption. Patrons of the entertainment industry, for example, entertain themselves less and less and have become more and more passively dependent on commercial suppliers. This is certainly true also of patrons of the food industry, who have tended more and more to be mere consumers — passive, uncritical, and dependent. Indeed, this sort of consumption may be said to be one of the chief goals of industrial production. The food industrialists have by now persuaded millions of consumers to prefer

food that is already prepared. They will grow, deliver, and cook your food for you and (just like your mother) beg you to eat it. That they do not yet offer to insert it, prechewed, into our mouth is only because they have found no profitable way to do so. We may rest assured that they would be glad to find such a way. The ideal industrial food consumer would be strapped to a table with a tube running from the food factory directly into his or her stomach.



The pleasure of eating should be an extensive pleasure, not that of the mere gourmet. People who know the garden in which their vegetables have grown and know that the garden is healthy and remember the beauty of the growing plants, perhaps in the dewy first light of morning when gardens are at their best. Such a memory involves itself with the food and is one of the pleasures of eating. The knowledge of the good health of the garden relieves and frees and comforts the eater. The same goes for eating meat. The thought of the good pasture and of the calf contentedly grazing flavors the steak.

Some, I know, will think of it as bloodthirsty or worse to eat a fellow creature you have known all its life. On the contrary, I think it means that you eat with understanding and with gratitude. A significant part of the pleasure of eating is in one's accurate consciousness of the lives and the world from which food comes. The pleasure of eating, then, may be the best available standard of our health. And this pleasure, I think, is pretty fully available to the urban consumer who will make the necessary effort.

1989

"The Pleasures of Eating" from WHAT ARE PEOPLE FOR? by Wendell Berry. Copyright © 1990 by Wendell Berry

Slow Food Sunshine Coast Hinterland

Date Claimers

09 July to 11 July

Soul Kitchen

Where: Nambour Cinema
When: 09 July at 19:00 until 11 July at 18:30

10 July

Montville Village Market

Where: Montville Village Hall
When: from 07:00 to 12:00

11 July

Slow Food on the Blackall Range

Where: Spicers Clovelly Estate
When: from 12:30 to 16:00

17 July

Blackall Range Growers Market

Where: Old Witta School
When: from 07:30 to 12:00

21 July

Food Future and Council Policy

Where: CWA Hall
When: from 19:00 to 21:30

24 July

Slow Food Mary Valley – Field Trip

Where: Witjuti Grub Bushfood Nursery
When: from 11:00 to 14:00

24 July

Pomodoras' Slow Food Winter Feast

Where: Pomodoras on Coral
When: from 11:00 to 16:00

07 August

Crystal Waters Village Market

Where: Crystal Waters
When: from 07:30 to 12:00

28 August

Farmed & Free Dinner

Where: CWA Hall
When: from 18:00 to 23:00

08 September

Kids Go Slow

Where: Chevallum State School
When: from 16:30 to 19:30

Who we are

Slow Food Sunshine Coast Hinterland was founded in July 2009 to provide a forum for discussion and platform for a number of events and activities. Our convivium is based in Maleny in Queensland, Australia, and covers the area bounded by Dagon to the north, Glass House Mountains to the south, west of the Bruce Highway to the Conondale Ranges (plus Cooran, Pomona and a few other towns east of the Highway). We have three Area Groups operating our convivium umbrella - Blackall Range, Nambour and Mary Valley.

Our mission is to:

- Promote the philosophies of Slow Food, i.e. that food must be good, clean and fair
- Support international and national projects
- Facilitate relationships between producers and producers; producers and co-producers
- Provide advocacy and lobbying on behalf of small-scale food producers
- Give enterprise support, particularly at start-up
- Offer a portal for dissemination of information to small-scale food producers
- Screen food-related movies and documentaries
- Showcase local food
- Host cooking demonstrations
- Promote indigenous and wild foods
- Develop 'Kids Go Slow' – sensory education and awareness programs
- Host Terra Madre Day; Grandmothers' Day
- Host events at centres throughout the Sunshine Coast Hinterland and Mary Valley



Lena Smeaton: Organic Expo Organiser



Food has always been a delight and a passion of mine - good food that is. I was brought up on homegrown veggies and gold top milk from the cows in the field behind our house. I love most things about food; sourcing interesting ingredients, talking to local producers, cooking and sharing a meal with friends. What I don't like about food is that there is so much 'non-food' out there and through clever marketing campaigns and a change in culture we are losing what real food is all about.

After a varied and not really fulfilling career as a chartered surveyor and recruitment consultant I allowed my interests to take over and set up my own events business. In 2005 noticing a distinct lack of a national gathering to support chemical free, properly reared and respected food, the Organic Expo & Green Show came into being. Now in its 6th year, it has grown to become Oceania Pacific's premier organic and green showcase for trade and consumers.

The show aims to carve a bigger place for organic and green products in people's lives. We work with producers, certifiers, retailers, celebrities and anyone whose business deals with products and services that promote a healthy, natural and very modern lifestyle. As well as food the show covers skin care, health, fashion, manchester, homewares, gardens and lots more. The Expo runs this year from 20-22 August in Darling Harbour, Sydney. Check out www.organicexpo.com.au to see what it's all about.

Recently moving to the Hinterland has given me a further opportunity to connect with like minded people and help Slow Food promote its message.

Requests

- We need support with fundraising, specifically grant application writing... Can you help?
- Anyone who can help with distributing fliers/posters about forthcoming events. Or perhaps you have good media contacts?
- Feedback: what would you like to see in this newsletter? On our Facebook page / website? What future events would you like?

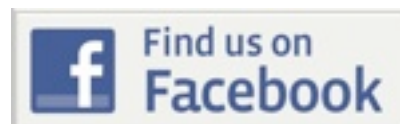
Contact us

Website www.slowfoodsunshinecoast.org.au

Email leader@slowfoodsunshinecoast.org.au

Mobile 0439 944 690

Slow Food Sunshine Coast Hinterland
PO Box 1139
Maleny Queensland 4552



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