



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° 6 — November 2010

Mary River Festival

Residents of the Mary Valley invite you to Kandanga for their annual festival...

Page 2

Mapleton Market

It's on again - this seasonal market is a great opportunity to celebrate and share...

Page 2

Movie That Matters

'Food Matters' is screening in November - it's a powerful documentary with an important message...

Page 2

Gourmet Escape

Ever wanted to do a gourmet cooking class but didn't want to travel too far? Here's the answer!

Page 2

Indigenous voices

Indigenous peoples, their languages, foods and cultures were on show at Terra Madre 2010

Page 3

Youth Food Movement

Find out how young people are building momentum within the Slow Food movement

Page 4

Final Dinner for 2010



Photo courtesy Hinterland Times

Newlyweds Peter and Belinda Brettell are excited to offer to Slow Food members and guests the chance to get a taste of Wild Rocket @ Misty's at an exclusive pre-opening dinner on Saturday 27th of November.

The re-opening of the iconic Misty's is a keenly anticipated event and Peter promises the new restaurant will offer something a bit quirky, with emphasis on good quality ingredients sourced as locally as possible.

Cost will be around \$60pp for members, \$65pp for non-members. More information will be available in the next week.

Meanwhile, please book early as we are capping numbers at 50 guests.

This will be the last Slow Food dinner for 2010 and a great way for you to connect with other Slow Food supporters from throughout the Hinterland.

Bookings: julie@slowfoodsunshinecoast.org.au
or text/phone 0439 944 690

Festival of Real Food: 29-31 July 2011

A group of Hinterland chefs, which meets every month or so under the banner of 'The Chefs' Table', have initiated an exciting event for 2011.

Tentatively titled, "Sunshine Coast Hinterland FESTIVAL of REAL FOOD", the event will be held over the last weekend in July.

The inaugural event will be kicked off by a gala degustation dinner ("*Hinterland Chefs on Show*") on Friday, 29th of July, with 8 courses and 8 chefs, each presenting a signature dish using locally-sourced ingredients and accompanied by matching wines.

Hosted by Maleny Manor, *Hinterland Chefs on Show* will reveal to the world examples of the culinary brilliance the Hinterland has to offer.

120 guests will be invited to experience this unique meal, complemented by the spectacular Maleny Manor location.

On the Saturday, a variety of courses, workshops, cooking demonstrations, art trails, walks and a host of other activities will give visitors plenty of opportunities to see what the Hinterland has to offer.

Sunday, 31st of July is the big one: the CELEBRATION OF REAL FOOD. To be held at the Maleny Showgrounds Pavilion,

come along to immerse yourself in all things food: stalls, displays, hands-on activities, gardening advice, cooking demonstrations, talks, tastings and, most importantly, a celebration of local food producers.

Organisers, Julie Shelton and Lena Smeaton, are thrilled that the project is coming together.

"It's early days but the level of enthusiasm and offers of support we have already received are very encouraging," Julie said.

"This is a chance for everyone to get involved and let the world know that the Sunshine Coast Hinterland is a great food destination," she enthused.

Anyone wishing to hold a workshop or activity on Saturday, 30th of July is encouraged to do so.

"We intend to attract several thousand people to the region over the weekend," said Lena, Hinterland resident and principal of Smeaton Hackett Events, which organises the annual Organic Expo in Sydney.

"There will be a big buzz around this event, which we hope will become an annual celebration."

Sponsors, advertisers and partners are being sought to help make the FESTIVAL of REAL FOOD a success.

For more information, please call Julie on 0439 944 690 or email:

julie@forage.com.au



Mary River Festival

What: Mary River Festival

When: Saturday, 13 November 2010

Time: starting 12noon

Where: Kandanga Recreational Ground

Come celebrate the Mary River at Kandanga. Lots of fun, stalls and entertainment for all the family.

Say hi to Lesa and Chrissy at the Slow Food stall!

There will also be a tree planting along the banks of Kandanga Creek, adjoining the recreation grounds from 9.30am to 11.30am before the festival starts at 12 noon.



Mapleton Market

What: Mapleton Summer Market

When: Sunday, 05 December 2010

Time: 7am to 12:30pm

Where: Mapleton Lilyponds

Come and enjoy this seasonal festival with market stalls and activities including the Mapleton Choir; Santa Claus arriving by Bush Fire Brigade truck.

Bring the kids for the jumping castle; see cooking demonstrations; taste great coffee; support emerging Artists; Red Kettle Folk Club blackboard; Bush Poets. Local stalls galore!

Buy your Christmas gifts and take advantage of the gold coin gift wrapping service.

<http://www.mapletonmarket.net.au/>



Gourmet Escape

Martin Duncan's Escape and Arthouse in the Sunshine Coast Hinterland are spectacular venues. Stay at Escape for a luxurious weekend or experience Arthouse with a one- or two-day hands-on course.

Upcoming Classes

Our Classes are held 9.30am to 4.30pm. All classes have limited numbers to create an intimate and exclusive experience.

Classes include: an unforgettable life experience, apron, cowboy hat, lunch, vino, hands on cooking class.

Rustic Italian

Saturday 13th November 2010

\$195 per person

There's more to Martin Boetz from Longrain than his famed Thai food; his other passion is Italian. Join him and cook up an Italian feast, sit down and indulge with stories from his travels... Buon appetito! Book now. [More info.](#)

Build Your Own Wood Fired Oven

20th & 21st November 2010

\$155 per person, 2-day course

Ever wanted a pizza oven in your backyard? This course is for you, come and build one with us. Cameron from [The Clay Shed](#) and Richard Cartledge from [Gravity Pools](#) will be there to assist and answer any questions. Richard will also show off some special finishes for your oven.

Woodfired Pizza and Buffalo Cheese-Making Course

27th November 2010

\$165 per person

Master the perfect pizza crust with the Italian masters and make divine Buffalo cheese the old fashioned way. Set to be a fun and informative day with Michael from Fino Food and Wine.

For more information, see the website:

<http://www.freestyleescape.com.au/experience>



Movies That Matter: 'Food Matters'

What: Movie screening

When: Wednesday, 3 November 2010

Time: 6:30pm

Where: Innovation Centre, SCU

Cost: \$12.50 / \$10 Conc. / \$15 at door

[Movies That Matter](#) is a monthly film night held at the Innovation Centre at Sunshine Coast University to screen important films that inform, inspire and empower us on the topics of nutrition, health and sustainability.

'Food Matters' - the synopsis

"Let thy Food be thy Medicine and thy Medicine be thy Food" - Hippocrates. That is the message from the founding father of modern medicine echoed in the controversial new documentary film Food Matters from Producer-Directors James Colquhoun and Laurentine ten Bosch.

With nutritionally-depleted foods, chemical additives and our tendency to rely upon pharmaceutical drugs to treat what's wrong with our malnourished bodies, it's no wonder that modern society is getting sicker. Food Matters sets about uncovering the trillion dollar worldwide 'sickness industry' and gives people some scientifically verifiable solutions for overcoming illness naturally.

The focus of the film is in helping us rethink the belief systems fed to us by our modern medical and health care establishments. The interviewees point out that not every problem requires costly, major medical attention and reveal many alternative therapies that can be more effective, more economical, less harmful and less invasive than conventional medical treatments.

Tickets

Buy Tickets Online: \$12.50 / \$10 Conc.

Price at the door: \$15.00

Indigenous Voices Open the Fourth Terra Madre

The fourth biannual gathering of food communities, cooks, academics, young people and musicians from around the world, Terra Madre 2010, was officially opened on Thursday October 21, during a lively and colorful ceremony at Turin's Palasport Olimpico, featuring flags from around the world and indigenous languages from the five continents.

The ceremony began with traditional Macedonian dancing from the group Akud Mirce Acev, then continued with a welcome to the 6,400-plus participants from Paolo di Croce, Secretary General of the Terra Madre Foundation. He talked about the document that will be drafted over the following days, setting out guidelines for a new socially, economically and environmentally sustainable food policy, to be presented to governments and organizations around the world.

Next came the by-now legendary parade of flags, with a representative from each country, in traditional costume, carrying their flag into the arena. The arrival of each continent was preceded by music from Pequeñas Huellas, a rainbow-clad orchestra of hundreds of children from all over the world: a traditional African song, "Todo Cambia" for the Americas, a peace march for Asia, "Ode to Joy" for Europe and the Maori song "Tarakihi" for Oceania.

With the country representatives sitting on stage, the official speeches began. The first to speak was Sergio Chiamparino, the mayor of Turin. He welcomed the delegates to his city with open arms and a tribute to the beauty of an open world, with no walls and no barriers. "We can't wait for someone to change the world," he said. "We have to ask ourselves what we can do. We have to reassess the hierarchy of values within ourselves. What's more important, a good diet or a cell phone? When it comes to children, I think a good diet is more important!"

This Terra Madre will see a focus on the world's diversity of languages and the rights of indigenous people, and these two themes were brought together by the next five speakers, each representing a continent and each speaking in their native language. Each brought a different perspective to the shared issues of environmental protection, colonization, arbitrarily created national borders, rights for indigenous people and the loss of traditional culture and identity.

Malebo Mancha Maze from the Gamo farmers' community in Ethiopia made a striking start, dressed in red robes and scattering grass from his mountains as a blessing. "Food is life and food is us," he said in Gamo. "If we keep food in our hands then life will be ensured." He went on: "Our mountains are sources of manure. Women bring manure to the fields, where the men toil, and the children watch the livestock. The system is the combination of all of us. You cannot pull out one element. We want to continue this system, but we fear this might not be possible."

Representing the Americas was Adolfo Timóteo Verá Mirim from the Juçara Palm Heart Presidium in Brazil, who spoke in his native Guaraní about the nightmare of colonization, which devastated the Guaraní population. He described the disappearance of many indigenous cultures in South America during the colonization process as genocide. "We respect nature," he said. "Our land is sick. Nature is being exploited in a unsustainable way. Indigenous people are the true sons of the earth, the earth's custodians. Our differences must be respected. All countries must sign the treaties protecting our rights, and also set up laws to protect these rights." He looked forward to the creation of a network of indigenous leaders, linked to the Terra Madre network.

From the Russian Far East came Albina Morilova, of the Itelmen (Kamchadal) ethnic group, speaking in Itelmen. She talked about the difficulties of maintaining the Itelmen culture and language,

particularly after the decimation of the population when settlers arrived in the 18th century, bringing with them disease and forced conversion to the Russian Orthodox church. Speaking the Itelmen language was even banned in the 1950s. "It's a very simple language, expressing traditional concepts about daily life and the natural world," said Morilova. "Young people aren't interested in learning it and there are no teachers so it's not taught in schools. We are worried about the situation of our culture and language. We have to keep protecting them."

Oi-Johán Sikku spoke next, a Sami from the Sápmi region of northern Europe. "Sápmi has been colonized for centuries," he said, "divided between four countries, Sweden, Finland, Russia and Norway. Our culture has been almost completely destroyed, and our land exploited." Now the Sami are working to revive their language, culture, traditions and environmental vision, setting up a Sami parliament as well as museums and schools. "We want to build a future where traditional knowledge can tie together the past and the times to come," he said.

"All indigenous people have similarities," continued Sikku. "We know we cannot waste the environment on which we live. We are only borrowing anything we take from the earth. We know how to keep the earth clean. Together we can advise and instruct the world on how to take care of nature. Together we have the opportunity and strength to influence the world's leaders. We no longer have time to wait. Mother Earth needs our collective wisdom and power to make a change." He invited all indigenous people to come to Sápmi next June for the first Terra Madre Indigenous People gathering.

Finally, Aunty Beryl Van-Oploo, an Aborigine from Australia, described in Gamilaraay how she founded the Yaama Dhiyaan Hospitality and Training School, which gives young people training and employment opportunities while sharing Aboriginal knowledge and culture with them. "The young people who come to me are like birds with their wings clipped. Once they graduate, they are proud of their culture, their knowledge and the leadership that allows them able to control their own destiny and to realize their dreams. We must make sure the resources of the earth are guaranteed for future generations," she said. "We do not own the land, the land owns us."

The concluding speaker was Slow Food President Carlo Petrini. He spoke of the danger of abandoning traditional knowledge and described the four groups who store this knowledge: indigenous people, farmers, women and the elderly. "They are at the front line for the challenges we face. They are the least considered by politics and the media, but the last will be first and these four groups will show us the right path." Addressing the 3,000 young people in the audience, he said they must stay connected to this knowledge and fight to transform the current system without fear or reverence for the people who brought us into this current crisis.

Petrini said that we must grow and "degrow," growing services, green energy, public transport and organic agriculture and decreasing consumer intoxication, traffic, pollution and so on. "It is time to return to an interior life of friendship and love," he said. "When a system cannot resolve its problems, it either disintegrates or transforms." He compared the necessary social metamorphosis as being like a caterpillar turning into a butterfly, and outlined how this process of transformation could come about: by valuing diversity, the great creative force in the world; by strengthening reciprocity, the act of giving and giving back, generating a virtuous circle of generosity; and through dialog, rediscovering fraternity in its deepest meaning. "Long live our Mother Earth and long live universal fraternity!" he concluded, to rousing applause and a standing ovation.

Terra Madre 2010 has more than 6,400 participants from 161 countries. Of these, the 4,432 delegates (farmers, fishermen, food producers, cooks, teachers, students and musicians) are divided into 1,557 food communities and coordinated by 650 volunteers.

Who we are

Slow Food Sunshine Coast Hinterland was founded in July 2009 to provide a forum for discussion and a platform for food-related events and activities. Our convivium covers the area bounded by Dagon to the north, Glass House Mountains to the south, west of the Bruce Highway to the Conondale Ranges. We have three Area Groups operating under 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



Youth Food Movement at Terra Madre



The [Youth Food Movement](#) hosted a dedicated youth area and meeting space at the 2010 Terra Madre world meeting of food communities. The space aimed to communicate the diverse range of ways that young people can become involved with Slow Food, and to draw attention to the issues that are most relevant to the next generation of sustainable food producers.

The Youth Food Movement is a network of young farmers, cooks, artisans, activists and students that are actively changing the future of food and farming. With the goal of bringing more food that is good, clean and fair to their communities, they are realigning local and regional food systems with the principles of social justice and sustainability.

This year the first ever *Terra Madre Eat-In*, "**Eat-In Our Territory**" took place. Held just across from the conference, in the north tower of the Lingotto Fiere exhibition center, youth delegates and other activists from around Turin came together around a table to exchange knowledge, experiences, and lunch! The event included young chefs cooking at 'gastronomias' around Turin, project displays and a variety of speakers.

ON SALE!

Slow Food Sunshine Coast Hinterland is extending the book sale. During November, we're offering discounts on these titles:

Slow Food Nation
by Carlo Petrini
\$37 (was \$39)

The Omnivore's Dilemma
by Michael Pollan
\$29 (was \$31)

The Art of the Commonplace
by Wendell Berry
\$29 (was \$31)

You Can Farm
by Joel Salatin
\$42 (was \$45)

Noosa Farmers' Market
by Petra Frieser
\$9 (was \$10)

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



[Click here to go to our Facebook](#)