

# Slow Food Gathering Speed

***The value of culinary heritage  
In the Southern Forests***

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Slow Food® Southern Forests

# What is Slow Food?

**Founded in 1989 as a  
reactionary movement  
against fast food and fast  
living**

**Unsuccessfully protested to  
prevent McDonald's moving  
into Piazza di Spagna**

**Slow Food v Fast Food**





- Disappearance of local food traditions
- General lack of interest in food & its origins
- How food choices affect people, communities, animals, plants & the environment

# Slow Food Principles



- **GOOD**
  - *Fresh, flavoursome, seasonal, part of local culture*
- **CLEAN**
  - *Produced in harmony with the environment*
- **FAIR**
  - *Farmers and consumers benefit fairly from production and purchase*



# Slow Food Convivia



- **Network of 100,000 members in 153 countries grouped in 1,300 local chapters called convivia**
- **Local convivia organise events**
- **Shared meals, food education workshops, visits to farms, film screenings, local festival participation**
- **Projects to support better understanding of the relationship between food, politics, farming & the environment**

# Slow Food Projects



- **Terra Madre**
  - Gives a voice and visibility to the small-scale producers
  - World Meeting every 2 years in Turin, Italy
  - Annual Terra Madre Day Celebration to promote the benefits of eating local, sustainably produced food.
- **A Thousand Gardens in Africa**
  - Take back indigenous crops while integrating more advanced & efficient growing techniques
  - Create sustainable garden projects in 17 countries to help communities become independent and sustainable





- **Shire of Manjimup is the largest municipality within the southwest of WA with 7000 square kilometres & 10,000 residents spread over 4 main towns and farming properties**
- **Main agricultural industries: potatoes, avocados, beef, stone & pome fruit (origin of the Pink Lady apple), brassicas, black truffle & development towards a green tea industry**
- **53 nationalities have come into the region since settlement circa. 1856**



# Culinary Heritage



## National Trust Definition of Heritage

• *Heritage is something we inherit from the past and something we value enough today to leave for future generations.*

• “Tell me what you eat, and I’ll tell you who you are,” wrote renowned gastronome Jean Anthelme Brillat-Savarin in 1825

• What we select to eat, how we prepare it, serve it, and even how we eat it are all factors profoundly touched by our individual cultural inheritance



# Agriculture & Cuisine



- **Cuisines are in a constant state of change**
- **Traditionally developed around cultural & geographical placement**
- **Direct reflection of what can be grown, gathered or hunted**
- **‘Eating is an Agricultural Act’  
Wendell Berry**
- **Food choices make all of us active participants in agriculture**

# The Process of Food Trends



1. **High end chefs will trial & experiment ingredients, techniques or cultural traditions**
2. **Specialist food magazines & trend-watching media will give further exposure**
3. **Gourmet food stores & mid-range restaurants will follow**
4. **Mainstream magazines such as Family Circle will then pick up the trend at which point it is no longer considered exotic**
5. **Lastly the trend hits large scale supermarkets & fast food places at which point it's integrated into mainstream culture**

# Restaurant Food Trends



- **Regional identification & support for local producers**
- **Producers given profile on menus with chefs seeking to develop direct buying relationships**
- **Specific breed & species identification e.g. pasture-fed, dry-aged Angus beef**
- **Heritage Fruit & Vegetables & traditional preserving techniques**
- **Exotic grains: quinoa, freekah, amaranth, farro**
- **Foraging for local native species**
- **Cultural diversity and culinary heritage e.g. trifle – what's old is new**



# Ethical Eating Movements



- **Eating is complicated by a range of social, environmental & agricultural concerns**
- **Slow Food, Fair Trade, Rainforest Alliance, Locavore Movement, Fair Food Alliances, Humane Choice, Kitchen Gardens, Farmers Markets, Rare Breed Trust, Transition Network**
- **Rebuilding the bridges to reconnect consumers with food**
- **Reassess our food supply as health statistics show rising food allergies & obesity**
- **Distrust of regulating bodies – lack of independent long-range studies & loopholes in labelling**

# Food Distribution



- **Food Security**
  - Population growth & climate change puts constraints on food production
  - Importation of food & food production inputs makes our local industries more vulnerable
- **Reduction in Food Waste**
  - 40% of the world's food spoils before it reaches the dinner table
  - Better distribution of food & use of waste e.g. biofuels
- **Increase in Local Food Biodiversity**
  - Mono-cultures reduces biodiversity, threaten local economies & undermine a community's cultural identity
- **How are we going to feed our cities**
  - UN estimates 70% of the global population will live in cities by 2050
  - Urban agriculture - Kitchen gardens, verge gardens, keeping chickens, self-sufficiency

# Revolution



- **We need to revolutionize the way we think about food**
- **We need to reclaim food back from the disconnection that industrial food production has resulted in**
- **We must re-associate ourselves with the process of food production and its natural seasons**
- **Re-educate ourselves to the true value of food:**
  - **Fiscally**
  - **Culturally**
  - **Environmentally**



# What is the value of culinary heritage to the Southern Forests?



- Migrant History informs our culinary traditions
  - E.g. White Beans grown by the Melintis family
- Valuing these culinary traditions keeps our cultural identity alive
- Greater potential for agricultural diversity and prosperity the more we understand the true value of food
- Food tourism is a niche market which offers a new aspect to destination marketing
- Our 'Ding' Sausages are worth their weight in gold!