



Mardi Gras Mambo Raises Money for Slow Food USA Terra Madre Relief Fund for Katrina Victims

On Mardi Gras, Tuesday February 28th, Slow Food OKC members participated in the Slow Food national initiative to assist the rebuilding efforts of Louisiana food producers and purveyors after the extensive damage caused by Hurricane Katrina. The "Fat Tuesday Mardi Gras Mambo" was organized by Kamala Gamble and Kerry Norman, the Slow Food OKC convivium leaders. Other Mardi Gras events were sponsored by Slow Food convivia in Dallas, TX, Boston, MA, New York City, NY, Santa Fe, NM, Carmel and Marin, CA, Atlanta, GA and Prescott, AZ.

Slow Food OKC members and their guests enjoyed an unseasonably warm evening—gathering to share the Mardi Gras atmosphere, camaraderie, snazzy music and of course don their Mardi Gras beads.

One Slow Food constant is a love of good food shared in good company, and the Mardi Gras Mambo was no exception. Cajun/Creole cuisine was paired with fine wine and enjoyed by all.

Many thanks to Chef Kamala Gamble for her efforts preparing the menu and to

Corey Bauer of the Cellar for the wine. Slow Food OKC raised \$1,000 for the Relief Fund.

On March 21st, Slow Food USA distributed \$30,000 to thirteen local food producers and restaurant owners heavily affected by Hurricane Katrina at the Crescent City Farmers Market in New Orleans.

Grants awarded to the thirteen fishermen, farmers and restaurateurs will aid in the reconstruction of their businesses, which will in turn rebuild the local sustainable food system.



Louisiana Relief Fund Grant Recipients

Upcoming Events— Italian Wine, Cheese, Meats & Olives June 8

Italian Wine, Cheese, Meats and Olives

Thursday, June 8th 6-8pm, at Kerry Norman's home. \$30/person Slow Food Members; \$35/person non-members.

Enjoy a variety of gourmet Italian cheeses, meats and olives from the Mediterranean Deli paired with artisanal wines from the region. This promises to be a great tasting and very informative—origins and methods of these gourmet Italian foods will be discussed.

RSVP Cristina 440-6555 or email cfmcquiston@yahoo.com or Kerry Norman at Kernorman@aol.com

Fall Family Picnic and Harvest Festival

October 1st, 2-5pm, at the Harn Homestead (tentative date and location)

This year Slow Food OKC will host a fantastic fall picnic—promising cooler weather than our 2005 event.

We'll have producers showcasing their offerings, great food and wine, live music and family activities—an old time fall picnic with something for everyone!

Look for more details this summer. If you are interested in helping out please contact Cristina McQuiston at

cfmcquiston@yahoo.com

April 2006 Edition

Mardi Gras Mambo Menu

Creole Chicken Cakes with Spicy Sauces

Fried Gulf Oysters

Shrimp Creole on a Skewer

Chicken and Andouille Sausage Gumbo

Gumbo Z-Herbes (a tasty blend of collard, turnip, mustard greens, ham hocks and salt pork)

Red Beans and Rice

Banana Beignets with Foster Sauce

Local Producers/ Vendors featured include:

Walters Hatchery (chicken)

PD&H Farms (pork)

Bill Kamp's Meat Market (andouille sausage)

Heritage Turkeys for Thanksgiving from Walters Hatchery Order Now!

Order now so that your special bird will be ready in time! Order forms online at

www.historicalturkeys.com

or call Mike Walters at 918-778-3535



Farm to Table Cooking Class—Natural Beef

Saturday April 8th, Chef Kamala Gamble in association with Slow Food OKC held a Farm to Table Cooking Class focused on Natural Beef. Bruce and Joan Buechner, owners of the No Name Ranch, spoke to the class about their operation and the differences between their naturally raised beef and commercially produced offerings.

Chef Kamala instructed the class on the various cuts of beef and the best methods for preparing them—highlighting the best way to cook loin and other tender cuts—searing/ high heat; muscle meats—braising and preparing ground

beef for meatballs or meatloaf.

The class participants enjoyed learning about and then tasting menu items all prepared with No Name Ranch beef including: Italian meatballs, beef flank steak fajitas with fresh salsa and guacamole, grilled rib-eye steak and slow cooked short ribs.

The Buechners entertained and informed the class for over 2 hours with their knowledge, humor and passion for their business, their cattle, Oklahoma and natural methods.

Upcoming classes include natural buf-

falo, pork, venison and lamb classes. Contact Kamala Gamble at 405-840-0725 or check her website www.kamskookery.com for classes.



Producer Profile—No Name Ranch

Anyone who has ever enjoyed an amazingly tasty No Name Ranch burger from Irma's Burger Shack in Oklahoma City can attest to the superior quality of the beef. Chef Kurt Fleischfresser, the owner of Irma's, the Coach House and the Metro, has been using No Name Ranch beef for years because it is naturally raised and of superior flavor (even better than Black Angus beef).

The No Name Ranch is located in Wynnewood, Oklahoma. Bruce and Joan Buechner started raising cattle on the No Name Ranch over 30 years ago. Originally from Pennsylvania and New Jersey, the Buechners were drawn to Oklahoma because of an interest in raising horses. Eventually, they decided to raise cattle, and early on decided on a niche product that would never be a commodity and would provide for their family.

The Ranch's interesting name (or lack thereof) was selected after the Buechners listed hundreds of options and, unable to decide on a unique name, finally decided "Let's give it no name!"

The No Name Ranch raises Pinzgauer cattle—a specialty breed originally

bred in Austria that has won international awards for its superior flavor and is on the Bovine Extinction List. The cattle are fed a natural and consistent blend of the best corn, oats and barley—unlike commercially raised beef that are fed on "least cost basis" where the feed may change daily and which negatively impacts taste.

The Buechners hand select each steer for slaughter when it is ready. In contrast, commercial producers will manage a feed lot—when 5 steers are ready for slaughter, the entire lot will be slaughtered regardless of how many in the lot are ready. There is a cost to waiting for each steer to be ready since in the last 100 days before slaughter a steer might consume over 35 pounds of feed a day. Because of all the care taken, No Name Ranch beef can guarantee better and more consistent quality and taste. The beef has been tested and has lower cholesterol than even chicken.

No Name Ranch beef facts:

- No steroids, hormones or antibiotics
- No coloring or added water
- No radiation or preservatives
- No animal byproducts or pesticides in feed



No Name Ranch beef is available directly from the Buechners—they will deliver locally and will sell a half of a half of a steer (good size for 2 people with a variety of cuts) cut and individually wrapped and frozen.

Additionally, the beef can be purchased directly from Crescent Market in Nichols Hills.

Contact info:

Bruce & Joan Buechner
Rt. 1 Box 225
Wynnewood, OK 73098
Phone: 405-666-4001
Fax: 405-665-2300

April 2006 Newsletter

Support your Local Food
Producers



www.slowfoodokc.com

OSU-OKC Farmers Market is Now Open Outdoors

Saturdays 8am-1pm
400 N. Portland

New! Downtown Farmers Market
Wednesdays 10am-2pm starting May 3rd at Couch Park
(also known as Kerr Park)

www.osuokc.edu/agriculture/farmers



Items of Interest for Slow Food OKC Members

Mike Walters of Walters Hatchery and Don McGehee of PD&H farms are willing to make deliveries of chicken and pork, respectively, to Oklahoma City. Both producers offer naturally raised heritage breeds. Walters Hatchery of Stillwell was featured in *Martha Stewart Living* (November 2005). These fine producers sell through the Oklahoma Food Coop (meeting all processing guidelines). While Slow Food OKC encourages you to support the Oklahoma Food Coop, these producers are willing to offer an additional outlet for you. We are trying to determine the level of interest in this service in order to finalize the details. Please contact Kamala if you are interested at kamalagamble@cox.net.

Turkeys: Walters Hatchery raises more endangered turkey breeds than any other producer in the US. Turkey prices range from \$65-\$80 for a 12-20 lb turkey (a significant discount off prices at Dean & DeLuca where Walters Hatchery is also sold).

Terra Madre "the" Slow Food Event October 2006 in Turin, Italy

Terra Madre is a world meeting of food communities. Over 5,000 sustainable food producers, chefs and university representatives from over 150 countries will gather in Turin, Italy this October.

In October 2004, Slow Food held the first edition of Terra Madre, a forum of those who seek to grow, raise, catch, create, distribute and promote food in ways that respect the environment, defend human

dignity and protect the health of consumers. The second edition will expand and reinforce this

network by introducing a number of new food communities as well as delegations of cooks, academics and researchers who are interested in the production and consumption of food that is good, clean and fair and who believe in supporting food communities that produce quality food.

Slow Food believes that only through



interdependence between food producers, chefs and academics will a global sustainable food network thrive. Terra Madre is a forum to foster that interdependence.



Terra Madre will include workshops, farm stays and shared meals. All of the delegates will also have the opportunity to attend Slow Food's Salone del Gusto, the world's largest marketplace of artisanal food products, which will be held concurrently.