



## *The Flavors of Spain and Portugal— Celebrating the Foods and Wines of the Iberian Peninsula*



On Sunday evening, May 6th, Slow Food OKC hosted an extraordinary celebration of wines and foods of the Iberian Peninsula. The event was held at the home of Terry Byers & Anders Carlson who graciously opened up their home to over 90 attendees from the Slow

Food OKC group. The weather cooperated and the evening remained cool and the rain clouds did not pay a visit.

Travis Parsons, Slow Food cheese expert, and Atif Asal, owner of the Mediterranean Deli, worked for months determining the cheeses, chorizos, Serrano hams and olives that would be served at the event. Many of the cheeses were specially ordered for the event and are not readily available even in specialty shops. We sincerely thank Travis and Atif, as well as Pepe Alberola, for the incredible work they did selecting all the items. Detailed information on the cheeses is available on our website under the “events” section.

Corey Bauer of Republic Beverages poured a

full suite of wines from Spain and Portugal—including white wines, reds and several port wines. Ask for these specific wines when you buy and support Republic Beverages.

Kamala Gamble of Kam’s Kookery prepared delicious tapas including tortilla espanola (a Spanish style omelette) and ceviche as well as paella. Kamala’s trusty helpers seamlessly catered the event.

Rounding out the evening’s entertainment, and celebrating the arts of Spain, Raquel Fabiu, a flamenco dancer originally from Spain performed several flamenco numbers. Michael Fresonke, a local musician and guitar instructor at OCU’s School of Music, playing classical Spanish guitar.

Slow Food OKC thanks Shannon Cornman as well as Margie Root for taking photographs at the event.

Next year we hope to host another wine and cheese—perhaps featuring artisanal wines and cheeses from France or Australia/New Zealand, or maybe even the United States!

### Featured Cheeses

<i>Cabrales Blue</i>	<i>Mahon</i>
<i>Mandegó</i>	<i>Urgellá</i>
<i>Tetilla</i>	<i>Ibores</i>
<i>Idiazabal</i>	<i>San Simon</i>
<i>Tronchon</i>	<i>Cabra al Vino</i>
<i>Cadi Flor</i>	<i>Caprichevre</i>
<i>Torta del Casar</i>	<i>Alveite</i>

### Featured Wines

<i>Famega</i>	<i>Vihno Verde</i>
<i>Esperanza</i>	<i>Sauvignon Blanc</i>
<i>Abrazo</i>	<i>Garnacha</i>
<i>Cruz de Piedra</i>	<i>Garnacha</i>
<i>Carchelo</i>	<i>Tinto</i>
<i>Care</i>	<i>Syrah/Tempranillo</i>
<i>Taylor Fladgate</i>	<i>Tawny Porto</i>
<i>Fonseca</i>	<i>Bin 27 Porto</i>
<i>Quinta de Noval</i>	<i>Ruby Porto</i>



## *Save the Date—3rd Annual Fall Picnic—Sunday, October 7*



Join Slow Food OKC for the 3rd Annual Fall Picnic at the Harn Homestead on Sunday, October 7th from 4-7pm. The Fall Picnic is a truly unique celebration of Slow Food. Last year we had almost 300 guests in attendance - and we expect a similar number to attend this year. The picnic promises to be an incredible celebration of Oklahoma’s food traditions as well as a

great place to enjoy friends, family and fellow Slow Fooders!

The Fall Picnic will be held on the 9-acre grounds of the Harn Homestead. Food will be prepared by some of the top Oklahoma chefs with the finest local ingredients. There will be live music, outdoor seating, fine wines and locally brewed beers. We hope to bring local food producers to the event again to converse with our members. Addi-

tionally, we will have old fashioned picnic activities for families such as croquet, horseshoes and pony rides. We promise something for everyone and hope to have great weather, so come and bring friends and family!

Price will be \$25 per person (all included) if purchased by October 3rd- children 12 and under free (\$30 if later than Oct. 3rd for non-slow food members). Contact [slowfoodokc@yahoo.com](mailto:slowfoodokc@yahoo.com) to RSVP.

## *The Farm Bill—why you should be paying attention to this key piece of US Legislation up for renewal this year*

The Farm Bill is currently being renegotiated in the US Congress this summer. This Bill impacts all of us and our food supply. Learning more about it is critical. We understand that this is a complex issue with many points of view—especially in a state that receives these subsidies. Below is an excerpt of an article published by Dan Imhoff, author of the recently published book, *Food Fight: The Citizen's Guide to a Food and Farm Bill*.

Every five years, Congress revisits and passes a massive but little understood legislation known as the Farm Bill. This year will be one of those years, and if things play out the way they're headed, this could become the most scrutinized food and farm policy debate in recent history. Originally conceived as an emergency bailout for millions of farmers and unemployed during the dark times of the Dust Bowl and Great Depression, the Farm Bill has snowballed into one of the most — if not *the most* — significant forces affecting food, farming, and land use in the United States. To a large extent, the Farm Bill determines what sort of foods we Americans eat (and how they taste and how much they cost), which crops are grown under what conditions, and, ultimately, whether we're properly nourished or not.

### **Why the Farm Bill Matters**

If you pay taxes, care about the nutritional value of school lunches, or worry about biodiversity or the loss of farmland and open space, you have a personal stake in the tens of billions of dollars committed annually to agriculture and food policies. If you're concerned about escalating federal budget deficits, the fate of family farmers, a food system dominated by corporations and commodities, conditions of immigrant farm workers, the state of the country's woodlands, or the marginalization of locally raised organic food and grass-fed meat

and dairy products, you should pay attention to the Farm Bill. The dozens of other reasons the Farm Bill is critical to our land, our bodies, and our children's future include:

- The twilight of the cheap oil age and onset of unpredictable climatic conditions;
- Looming water shortages and crashing fish populations;
- Broken rural economies;
- Euphoria over corn and soybean expansion for biofuels;
- Escalating medical and economic costs of child and adult obesity;
- Record payouts to corporate farms that aren't even losing money;
- Over 35 million Americans, half of them children, who don't get enough to eat.

"The farm policies we design now will likely determine whether we will continue to have a sustainable food system in the future," writes long-time North Dakota organic farmer and food activist Fred Kirschenmann, in the introduction to *Food Fight: The Citizen's Guide to a Food and Farm Bill*. Although the economic challenges of modern agriculture may seem abstract to many urban and suburban residents, he argues, "an enlightened food and farm policy is of considerable consequence to every citizen on the planet." We all do have to eat, after all.

### **What Is the Farm Bill?**

The Farm Bill is essentially a \$90 billion tax bill for food, feed, fiber, and, more recently, fuel. Each bill receives a formal name, such as the Food and Agriculture Act of 1977, the Federal Agriculture Improvement and Reform Act of 1996 (a.k.a. "Freedom to Farm"), but more often each act is simply referred to as "the Farm Bill."

While many people equate its programs and subsidies with assistance

for struggling family farmers, the Farm Bill actually has two primary thrusts: (1) Food stamps, school lunch, and other nutrition programs account for 50 percent of current spending — an average of \$44 billion per year between 2000 and 2006. (2) Income and price supports for a number of storable commodity crops combine for another 35 percent of spending. In addition, the Farm Bill funds a range of other program "titles," including conservation and environment, forestry, renewable energy, research, and rural development.

For decades, Farm Bill negotiations have been dominated by a tag team of two powerful interest groups. The "farm bloc" (representatives from commodity states along with the agribusiness lobby) has orchestrated a quid pro quo with the antihunger caucus (urban representatives aligned with hunger advocacy groups). As a result, ever-increasing payments have been successfully directed toward surplus commodity production and the livestock feedlot industry. In return, the Farm Bill's desperately needed hunger safety net programs have survived relatively unscathed.

### **Who Gets the Money?**

For the simplest answer, one might twist a line from Bill Clinton's 1992 campaign, "It's the commodity groups, stupid." Thanks to a growing number of nongovernmental, governmental, and mass media resources, following the Farm Bill money trail is not that difficult. (Excellent places to start include Environmental Working Group, Oxfam International, Sustainable Agriculture Coalition, the *Washington Post*, and the *Atlanta Journal-Constitution*.) According to the Congressional Research Service, 84 percent of commodity support spending goes to the production of just five crops: corn, cotton, wheat, rice, and soybeans. Half of that money currently goes to just seven states that produce most of those commodities. The richest ten percent of farm-subsidy recipients (many of

whom are corporations and absentee landowners who can hardly be classified as "actively engaged" in growing crops) take in more than two-thirds of those payments.

A few other broad brushstrokes:

- Almost 50 percent of all commodity subsidies went to 5 percent of eligible farmers in 2005;
- Subsidies help the largest farms to acquire the best land and squeeze out smaller growers;
- The growth rate for jobs trailed the national average in nearly two-thirds of counties receiving heavy subsidies between 2000 and 2003, according to a recent report.

### **What about the Food Pyramid?**

Very little of the agriculture we subsidize is directly edible, at least by humans. Out of the hundreds and even thousands of plant and animal species that have been cultivated for human use, the Farm Bill favors just four primary groups: food grains, feed grains, oilseeds, and upland cotton. Most are either fed to cattle in confinement or processed into oils, flours, starches, sugars, industrial food additives, and, increasingly biofuels.

It only takes a stroll down the supermarket aisles to understand how Farm Bill dollars flow into the country's food chain. A dollar buys hundreds of more calories in the snack food, cereal, or soda aisles than it does in the produce section. Why? Because the Farm Bill favors the mega-production of corn (resulting in cheap high-fructose corn syrup) and soybeans rather than regional supplies of fresh carrots, healthy fruits, and nuts. Unfortunately, eating a diet high in calories doesn't necessarily ensure that one is well-fed — even if that food is cheap.

While the USDA's Food Pyramid emphasizes the nutritional advantages of five daily servings of fruits and vegetables, Farm Bill funding

*(Continued on page 4)*

## *Travels with Slow Food: Stone Barns Center for Food & Agriculture—Tarrytown, New York*

Most families have better things to do on vacation than drag their small children to Slow Food hot spots. But that's just what we did this spring while on vacation visiting family and friends in the New York/ Connecticut area. In search of a fun, kid-friendly activity, we paid a visit to the renowned Stone Barns Center for Food and Agriculture, located just north of New York City, in Tarrytown.

Stone Barns is the former farm of the Rockefeller family and has been graciously converted into a working farm and center

for study of sustainable farm practices. The Center was founded in memory of Peggy Rockefeller by her husband, David. Peggy Rockefeller founded the American Farmland Trust, an organization devoted to farmland protection. In his dedication letter for the Center, David Rockefeller wrote "The development of Stone Barns has been challenging and thought provoking. Through it I have come to understand that the most critical factor in farmland preservation has to be the promotion, support and encouragement of

local farmers. As factory-style farms grow even larger, and our food supply originates in ever more distant places, we dangerously diminish the role of local food systems. Re-gaining the local connection is vital to the sustainability of our communities, the preservation of our environment, and the safety of our food supply."

Stone Barns has two world class restaurants, Blue Hill Restaurant and Blue Hill Café a working farm, greenhouses producing organic vegetables for the restaurants and an education center. We enjoyed a wonderful lunch at

the Blue Hill Café of delicious vegetable soup prepared with veggies from their garden, roasted pork sandwiches made from pork raised at the farm, and cookies and milk for dessert. We also toured the wonderful grounds. Our children loved the pigs, greenhouses and rocks lining the gravel roads, while we loved the food and the grounds! One day we'll spring for the fancy Blue Hill Restaurant.



### STONE BARNS CENTER FOR FOOD & AGRICULTURE



## *Books Slow Food OKC is Reading* *Eat Here Homegrown Pleasures in a Global Supermarket*

*Eat Here Homegrown Pleasures in a Global Supermarket*, written by Brian Halweil, a researcher at the Worldwatch Institute, (published in 2004) is an informative book about the key challenges of sustainable agriculture.

Halweil challenges the question "what's wrong with getting my food from some distant land, if the food is cheap and the system works?" The point Halweil makes throughout this book is that those prices are artificially low, and the system is actually broken. Halweil interviews farmers and activists, and includes many statistics, graphs and impassioned suggestions for action. Halweil gives readers reasons for

pessimism (the thousands of gallons of fossil fuel used to ship fresh greens around the world; unprecedented risks of contaminated food) and optimism (the spread of "farm shops" across Europe; the Vermont diner that's thriving by using almost entirely local food); and, his optimism usually prevails.

Following each chapter is a short success story, such as that of David Cole, who jumpstarted Hawaii's cattle-raising and crop-raising business. Halweil makes a strong argument that a system dominated by "globe-trotting food" sold in impersonal megastores is bad for the health of economies and people alike, while

"eating local" and encouraging regional self-sufficiency is good for both the environment and the human race. An essential read for those interested in the sustainable agriculture movement, this book may also appeal to general foodies and those who are concerned about the land and the environment. (Review excerpted from Amazon.com)

You can also listen to a pod cast interview with the author on NPR's Science Friday [www.npr.org/templates/story/story.php?storyId=5709576](http://www.npr.org/templates/story/story.php?storyId=5709576)

*(Continued from page 2)*

for diversified row crop and orchard farming remains relatively disconnected from the balanced, healthy diet that professional nutritionists endorse. Meanwhile, most consumer food dollars spent in farm country end up leaving the region because our agricultural areas have effectively become "food deserts." There is at least one simple solution to this.

Farm and food subsidy programs could be realigned to support the federal dietary guidelines and reoriented toward food chains that produce and distribute locally grown, healthy foods.



### **A Food and Farm Bill for the 21st Century?**

The silver lining is that Americans actually do have a substantially large food and farm policy program to

debate. Conditions for change have perhaps never been better, as market dynamics and public awareness rapidly align to create uncertainty about farm politics as usual. Indeed, the Farm Bill matters because it can actually serve as the economic engine driving small-scale entrepreneurship, on-farm research, species protection, nutritional assistance, school lunches made from scratch, regional development, and habitat restoration, to name just a few.

Our challenge is not to abolish government supports altogether, but to ensure that those subsidies we do choose to legislate actually serve as valuable investments in the country's future and allow us to live up to our obligations in the global community. How we get there is still to be determined. But most observers agree that the era of massive giveaways to corporations and surplus commodity producers must yield to policies that reward stewardship, promote healthy diets, secure regional economies, and do no harm to family farms or hungry kids and their families.

"Today, because so few realize that we citizens have a dog in this fight," writes Michael

Pollan in his excellent foreword to *Food Fight*, "our legislators feel free to leave the debate over the Farm Bill to the farm states, very often trading their votes on agricultural policy for votes on issues that matter more to their constituents. But nothing could do more to reform America's food system, and by doing so, improve the condition of America's environment and public health, than if the rest of us were to weigh in."

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The Farm Bill will be voted on in the full House of Representatives next week.

To learn more please visit Slow Food USA—there are many links to valuable resources, draft letters you may want to write our legislators, etc.

<http://www.slowfoodusa.org/farmbill/index.html>. You can even get up to date information on the status of the bill.

Also there is a wealth of information about the bill on the USDA's website including a powerpoint presentation on the Farm Bill and updates on the proposals under consideration - <http://www.usda.gov/wps/portal/usdafarmbill/>

## ***3rd Annual Slow Food Fall Picnic at the Harn Homestead Sunday, October 7, 4pm***

### ***Several new "Slow Foody" restaurants opening in OKC***

We wanted to let you know about the exciting new restaurants that have opened recently or are in the process of opening soon. Supporting local restaurants, especially those serving locally produced foods is a Slow Food OKC goal—please visit!

**Irma's Burger Shack II**, owned the ever supportive Chef Kurt Fleisch-

fresser (also of the Coach House), has added a second location in the wonderful Plaza Court at 1120 N Classen Blvd. Enjoy some of the best burgers, fries and onion rings you will ever have—choose the NoName Ranch burger and support local beef producers, the Buechners, from Wynnewood, OK. Right next to the Irma's II, Slow Food member, John McBryde, is

preparing to open **Prairie Thunder Baking Company**, an artisan baking shop. We will provide more in-depth information about Prairie Thunder once it opens.

Additionally, if you love pizza, check out **Sauced** in the Paseo District or **The Wedge** at NW 47th & Western Avenue. Soon, a new restaurant **1492 New World Latin Cuisine** will be opening north of the Plaza Court!

***Visit the OSU-OKC Farmers Market—Summer Hours 8am-1pm***

***Join Slow Food [www.slowfoodusa.org](http://www.slowfoodusa.org)***