



Wild Game Night at the Coach House: a Wild Success for the Second Year

Slow Food Oklahoma City members and their guests gathered at The Coach House for a second year in a row to a sold out event celebrating wild game. Chef Kurt Fleischfresser delighted the group with an extraordinary 5-course menu featuring wild game prepared to perfection. Corey Bauer, of Republic Beverages, paired wonderful (and generously donated!) artisan wines with this extraordinary meal.

The Coach House was filled to capacity and the energy and delight was palpable. Many of the guests of the evening were repeat attendees from last year's event. We hope to make this an outstanding local celebration of wild game.

Chef Kurt and Kamala Gamble asked the guests to remember to purchase from local food producers. He reminded the guests that many local producers are struggling financially and that the only way we can ensure

having unique Oklahoma cuisine is by supporting local food producers. Local producers of wild game include Honey Hill Farms Venison, Wichita Buffalo and Walters Poultry Quail. The Oklahoma Food Coop and the OSU-OKC Farmers Market are our favorite sources for these items.

Corey Bauer highlighted the artisan wines featured – and explained that each of the wines poured at the event came from a small vineyard, from winemakers who produce them because of their love of the wine. Any of the wines is available at local wine retailers, and if not in stock, your local wine store can order them for you as they are in local inventory at Republic Beverages.

Many thanks to The Coach House and Republic Beverages for their continued and unfailing support of Slow Food OKC! Please support them often.

Wild Night Menu

Smoked Trout Chowder with Truffle Crème Fraiche
Girard Chardonnay 2006

Wichita Buffalo Straccetti on Toasted Artisanal Bread
Benton Lane Pinot Noir 2005

Quail Stuffed Wild Mushrooms and Honey Hill Farm Venison with Mixed Green Salad
Toad Hollow Reserve Merlot 2005

Braised Shoulder of Wild Boar with Spicy Greens and Molasses Glazed Carrots
Guilliam's Cabernet 2003

Pear Tarts with Honey Hill Farm's Burnt Honey Ice Cream
Graff Family Viognier 2006



Upcoming Slow Food OKC Events—Save the Dates

Slow Food OKC's Wines and Cheeses of the USA, Thursday, May 22nd, 6pm— This year, Slow Food OKC's extremely popular Wine & Cheese will feature artisan American cheeses, meats and wines. We will feature local Oklahoma cheeses and specialty meats as well as cheeses from around the US. Ann Parsons, wife of our SF cheese expert, will serenade us with her incredible voice, singing classic tunes from the 30s and 40s accompanied by jazz guitarist, Jerry Connell.

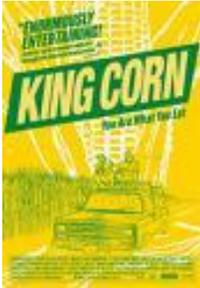
Advance pre-paid reservations are required \$35 for Slow Food members, \$40 for non-members. To reserve contact slowfoodokc@yahoo.com or call 440-6555. Checks or Paypal accepted. Location information will be provided with your reservation confirmation.

Slow Food OKC's 4th Annual Fall Picnic at the Ham Homestead – Sunday, October 5th – this event is not to be missed! Almost 500 people

enjoyed our event last year. Mark your calendars—great food, great company and lots to do—something for everyone.

As always—for more information visit our website at www.slowfoodokc.com. If you would like to join Slow Food OKC or would like to be added to our email list, email us at slowfoodokc@yahoo.com.

King Corn documentary special screening at the Oklahoma City Museum of Art a Sold Out Success



On February 28th, Slow Food OKC and the Oklahoma City Museum of Art, in association with the Oklahoma Food Coop, Sustainable OKC, the Oklahoma Fits Kids Coalition and dead-CENTER film festival presented a special sold out screening of the award winning documentary *King Corn*, followed by a lively panel discussion.

King Corn is a critically acclaimed feature documentary about two friends, one acre of corn, and the subsidized crop that drives our fast-food nation. In *King Corn*, Ian Cheney and Curt Ellis, best friends from college on the east coast, move to the heartland to learn where their food comes from. With the help of friendly neighbors, genetically modified seeds, and powerful herbicides, they plant and grow a bumper crop of America's most-productive, most-subsidized grain on one acre of Iowa soil. But when they try to follow their pile of corn into the food system, what they find raises troubling questions about how we eat—and how we farm.

Brian Hearn, Film Curator at the

Oklahoma City Museum of Art introduced the film by reading an excerpt from *King Corn's* director, Aaron Woolf's statement about the film. "The first corn hybrids were crafted by farmers in humble awe of the possibilities of the plant, and when corn subsidies were altered in the early seventies, the nation still struggled with widespread hunger. But bad outcomes can come from well-intentioned actions. In reality, those efforts laid the groundwork for the current problems that come from having too much food, at too low a quality. Yes, food is cheaper now, but we are only beginning to understand the full cost that cheapness demands from our environment, our health, and our social fabric".

The film was very engaging and the audience often broke out into spontaneous laughter and finally, applause. Most of the audience remained to hear a fantastic panel share their thoughts on how the film resonated for them and field audience questions. Panelists included: Kamala Gamble, Slow Food OKC co-founder, local chef and organic gardener who promotes local, sustainable agriculture; Chelsey Simpson, Managing Editor of *Oklahoma Living* Magazine, representing the Oklahoma Food Coop; Anne Roberts the Director of the Oklahoma Fit Kids Coalition who has advocated for

policy change in Oklahoma City; Tawni Holmes, Professor of Nutrition, University of Central Oklahoma & Registered Dietitian; Karen Funderburg, Chairman, Nutritional Sciences, University of Oklahoma Health Sciences Center and Registered Dietitian and Jonathan Willner - Professor of Economics, at the Meinders School of Business at Oklahoma City University.

Each of the panelists had a unique professional perspective about the issues raised in the film that kept the panel discussion lively and interesting! Kamala Gamble and Chelsey Simpson focused their comments on how we can eat locally produced foods available through the OK Food Coop and Farmers Markets. Kamala reminded the audience that they should vote with their pocketbooks by buying locally produced foods which are available in Oklahoma year round.

Karen Funderburg and Tawni Holmes shared perspectives on health and nutrition issues raised by the film, reminding the audience that they should be choosing more fruits, vegetables and whole grains before choosing lean meats.

Anne Roberts inspired us with her experiences working to change the laws in Oklahoma to improve children's health through increased exercise and removing junk food from school vending machines. Anne re-

minded the audience to speak to their legislators to advocate for changes.

Jonathan Willner shared his economics-based perspectives – highlighting the unintended consequences of the farm subsidies and the distortions these subsidies cause in the market. We received very positive feedback about the panel discussion and thank all of the panelists for taking the time to share their perspectives with the audience.

Here's a bit more about the issues raised in the film. This year will mark the renewal of the Farm Bill in the US Congress. The Farm Bill impacts all of us and the food we eat and is renewed every 5 years. This \$288bn legislation sets the rules for the American food system, from crop subsidies to food stamps.

Slow Food USA and many sustainable agriculture and public health groups across the country have joined together to advocate for changes to our nation's Farm Bill – a piece of legislation that subsidizes commodity crops like corn and soybean while ignoring all "specialty crops" like fruits and vegetables. Decades of subsidized corn production has kept corn prices low – which has led to an overproduction of low priced high fructose corn syrup – a highly refined sweetener that now finds its way into virtually every processed food in the su-

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Slow Food Nation—Looking for a great excuse to visit San Francisco over Labor Day Weekend? www.slowfoodnation.com for more info!

7th Annual Oklahoma Sustainability Conference March 28 & 29th in Norman



**Red Dirt,
Green Culture: growing healthy communities**

A sustainable agriculture pioneer and an

analyst for a socially responsible investing mutual fund will deliver keynote addresses at the 7th annual Oklahoma Sustainability Network Conference on March 28-29.

Downtown Norman will host more than 30 speakers and workshops on subjects including transportation, biofuels, community building and conflict resolution, alternative energy, religion and environmental ethics.

Friday's keynote speaker, Julie Frieder, is an environmental analyst for the Calvert Group, a large mutual fund company that specializes in socially responsible investing. Frieder has worked for sustainability in the public and private sectors for 15 years, including positions at the Environmental Protection Agency and on the

President's Council on Sustainable Development.

On Saturday the keynote speaker will be Joel Salatin, a nationally known sustainable agriculture pioneer. Salatin is the owner of Polyface Farms, which he describes as "a family owned, multi-generational, pasture-based, beyond organic, local-market farm and informational outreach in Virginia's Shenandoah Valley." He is the author of several books, including *Everything I Want To Do Is Illegal: War Stories From The Local Food Front*.

Other speakers include:

David Fleischaker, Oklahoma Secretary of Energy, discussing the "Ten Rules for a Rational Energy Policy."

Diana Leafe Christian, author of *Creating a Life Together: Practical Tools to Grow Ecovillages and Intentional Communities*.

Todd Stephens, sales and market-

ing director for Tulsa Biofuels LLC and co-chair of the American Institute of Architects Committee On The Environment.

Duane Elgin, author of *Voluntary Simplicity: Toward A Way Of Life That Is Outwardly Simple, Inwardly Rich and Promise Ahead: A Vision Of Hope & Action For Humanity's Future*

Dr. Linda Wallace, University of Oklahoma botany professor, speaking on the ecological ramifications of biofuels.

Fenton Rood, director of the Oklahoma Department of Environmental Quality, on the DEQ Green Team and how other organizations can reduce their environmental impact.

Harlan Hentges, attorney with the firm Mulinix Ogden Hall Andrews & Ludlam, on sustainability in government and the law.

Ellen J. Censky, director of the Sam Noble Oklahoma Museum of Natural History, speaking on bio-

diversity.

Tom Boyd, professor and director of outreach for the Religious Studies Department at the University of Oklahoma, on Christian understanding of the natural world.

A special reception and book signing with Salatin and author Duane Elgin will be held Saturday from 6 - 7:30 pm in the Santa Fe Train Depot.

The Oklahoma Sustainability Network Conference will be held March 28 and 29 in downtown Norman, Oklahoma. For more information about the conference, go to www.normansustainability.org/ or call (405)640-9119.

Buy Fresh, Buy Local Campaign Comes to Oklahoma

Food shoppers looking for the freshest, locally grown food in the area now have a new re-

source to help make that easier. Buy Fresh, Buy Local is all about helping customers find farm-fresh Oklahoma raised products such as produce, herbs, food-producing plants, honey, nuts, grains, meats, eggs and dairy foods. When you see the Buy Fresh, Buy Local label, you'll know it couldn't be fresher unless you raised it yourself.

The Kerr Center, in conjunction with Tulsa's chapter of the Oklahoma Sustainability Network, is launching Oklahoma's first Buy Fresh, Buy Local campaign, currently taking place in the Greater Tulsa area, with the intention of

expanding to other Oklahoma communities in future years.

If Oklahomans spent just \$10 per week on locally produced foods, this would infuse over \$1.4 billion into our state's economy, making a substantial investment in the family farmers and rural communities so vital to our health and our food security.

The idea with Buy Fresh, Buy Local is to simply make it easier for food shoppers to find farm-fresh nutritious foods and to support family farmers in Oklahoma. If you need

more information or would like to contribute time or resources toward this effort, please contact Doug Walton, Kerr Center for Sustainable Agriculture, doug.walton@suddenlink.net or 918-686-6939.

Slow Food OKC's Kamala Gamble is working with the Kerr Center to bring Buy Fresh, Buy Local to Oklahoma City too! If you are interested in getting involved please contact Doug Walton at the Kerr Center.



Elia Woods—Fiber Artist and Slow Food OKC Member Solo Exhibit “Grounded” and Community Garden Celebration

Many of you may have enjoyed Slow Food OKC member Elia Woods' wonderful fiber art quilts displayed at last year's fall picnic. From May 2-30th you will have the opportunity to visit her wonderful upcoming solo fiber art exhibit at IAO (Individual Artists of Oklahoma) on 811 N. Broadway. The opening reception will be held at IAO on May 17th from 6-9pm. The following weekend will feature an outdoor event at the Central Park Community

Gardens at NW 32st and Shar-tel. Please come and support our local artist.

Elia Woods combines photography and gardening into fiber art that explores the intimate relationships between people and the natural world. The exhibit will include art quilts from her “Vegetable Prayers” series, which celebrate the diversity and splendor of ordinary vegetables. Also on display will be her photo-fiber constructions, designed using layers of

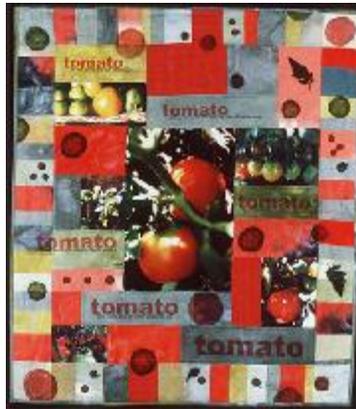
translucent fabric, as well as an installation artwork of printed silk panels through which viewers can walk and sit.

The artist is teaming up with others from her neighborhood to create an ongoing living art environment at their community garden, a place for visitors to experience directly the beauty, complexity and healing power of the living world. Around a spiral wildflower path and seating area, they are planting dwarf fruit trees, grassy earth chairs, straw-

berry beds and other interactive elements.

“What we eat has profound implications for our own health and the health of the planet,” comments the artist. “As a gardener, I have the once-common experience of getting to know my food from seed to harvest. As an artist, I visually explore these foods and the connections between food, community, consumerism and spiritual sustenance.”

Updates will be posted on Elia's website—www.eliawoods.com.



What we are reading *The Omnivore's Dilemma*

The Omnivore's Dilemma, written by Michael Pollan, and considered one of the best books of 2006 is a book we recommend to anyone interested in Slow Food principles. If you were intrigued by the issues raised in the *King Corn* documentary, you will find the Omnivore's Dilemma a perfect way to learn more about these issues. Joel Salatin, whose Polyface Farm is featured in this book will be one of the keynote speakers at this year's Oklahoma Sustainability Confer-

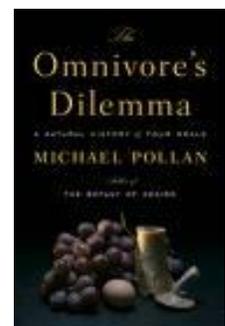
ence too!

Pollan follows each of the food chains that sustain us—industrial food, organic or alternative food, and food we forage ourselves—from the source to a final meal, and in the process develops a definitive account of the American way of eating. His absorbing narrative takes us from Iowa cornfields to food-science laboratories, from feedlots and fast-food restaurants to organic farms and hunting

grounds, always emphasizing our dynamic coevolutionary relationship with the handful of plant and animal species we depend on.

The surprising answers Pollan offers to the simple question posed by this book have profound political, economic, psychological, and even moral implications for all of us. Beautifully written and thrillingly argued, *The Omnivore's Dilemma* promises to change the way we think about the politics and pleasure of

eating. For anyone who reads it, dinner will never again look, or taste, quite the same.”



The No High Fructose Corn Syrup Challenge

Last November Ian Cheney and Curt Ellis, the *King Corn* filmmakers, attempted to go a month without eating any foods containing processed corn. An article in the Washington Post says "Ellis and Cheney spent the month hungry. Both said they consumed "lower on the food chain," which means they ate unprocessed fruits and vegetables. Ellis consulted corn-allergy Web sites such as www.cornallergens.com/ to get a handle on which products to avoid; even his toothpaste presented a threat of corn-contamination. He found out that some vanilla extract is thinned with corn alcohol and that the iodine in table salt is distributed with a corn-based stabilizer.

"I ate sauteed spinach for breakfast, a lot of salads for

lunch and grass-fed lamb or halibut for dinner," he reports. "I baked my own bread. It was hard going without milk or eggs, or cream [from corn-fed cows] in my coffee." A personal ebb took place at the airport in Des Moines, where he paid a hefty \$4 for a small fruit cup -- "and even then I bet there was corn-based wax on the apple," he says. At the least, there probably was corn syrup.

Cheney checked labels for a while, ate "more oatmeal than I've ever had in my whole life" and resolved desperate moments by devouring an occasional bag of potato chips fried in cottonseed oil. "It only happened when I didn't pack appropriate rations," he says.

Check your food labels – see how many of the foods you eat, especially processed foods contain ingredients made from corn products: high fructose corn syrup, maltodextrin, xanthan gum, Polyglycerol esters of fatty acids, dextrose, malitol. The list goes on and on!



Buy Fresh, Buy Local! Support the Oklahoma Food Coop and OSU-OKC Farmers Market—bringing you local food all year round!

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permarket.

Corn is the nation's most-planted, most-processed, most subsidized crop. More than 80 million acres of the heartland are planted in corn each year and delivered to our tables.

There is legislative logic to the flood of cheap corn-based foods. In 2005, federal subsidies spent \$9.4 billion in taxpayer money to promote corn production. For Iowa farmers, these payments often mean the difference between profit and loss on a given acre. With subsidies promot-

ing production beyond market demand, the raw materials for an obesity epidemic are readily at hand.

King Corn brings these issues to light just as Congress is set to debate the 2007 Farm Bill, a once-in-seven-years opportunity to change what our tax dollars subsidize and how we eat. Unfortunately, the renewed Farm Bill, which is currently in conference to reconcile House and Senate versions, is largely unchanged in its support of commodity subsidies – with some notable improvements.

A big difference in the process, however, has been that individuals, not just farmers and large companies, got involved and spoke up for

the impact of the Farm Bill on the way we eat.

If you would like to learn more about the Farm Bill visit www.slowfoodusa.org or

www.farmandfoodproject.org

[www.usda.gov/wps/portal/usdafarmbill?](http://www.usda.gov/wps/portal/usdafarmbill?nav-)

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