



Three Local Producers Will Attend Terra Madre 2006

JUST IN, THIS EXCITING NEWS from Terra Madre: the three nominees from Slow Food Minnesota have been selected as candidates to Terra Madre 2006 in Turin, Italy. The accepted candidates are Dave and Florence Minar of Cedar Summit Farm, Lori and Alan Callister of Callister Farm, and Tammy and Steve Schotthofer of Promised Land Farm. Congratulations! I am very pleased that our nominees were chosen.

Terra Madre 2006 was overwhelmed by nominations from more than 150 countries on five continents, making it impossible to accept all of them. Terra Madre is a major project of Slow Food International. Five thousand food producers, 1,000 cooks/chefs, and representatives of 200 universities from all parts of the world will convene in Turin, Italy in October for this incredible food forum. Once all the selected candidates are in Italy, their expenses for meals, lodging, and related conference travel in Italy are entirely covered by Slow Food. To learn more about this amazing conference that takes place during the same time as the Salone del Gusto (which all Terra Madre participants will also be able to attend) log on to www.slowfood.com. While you are on the Slow Food site, be sure to check out the entire program for the Salone del Gusto. It is fabulous, as usual, and I can hardly wait to attend. I have attended all but the very first Salone, so if you are interested in my personal observations of this, the world's largest gathering of high quality artisanal foods and those who produce them, don't hesitate to contact me.



Alan Callister is one of Slow Food Minnesota's delegates to Terra Madre in Turin. Here, he sells meats, poultry and eggs at the Mill City farmers market.

Ron Huff

True Brew Event Provides a Convivial Education

MORE THAN 50 SLOW FOOD MEMBERS and friends got together on April 13 to exercise their taste buds and learn more about beer. Lanny Hoff of Artisanal Imports led the session. He talked about beer production and gave the audience a chance to taste malt and hops, the contrasting sweet and bitter elements of beer, in various states. The beer tasting was devoted to ales. There were five flights: wheat beers, pale ales, triples, porters and stouts. Beer was also served before the event, at lunch, and with dessert.

The food highlight at lunch was spinach-cured pork from Doug Anderson's Beaver Creek Ranch. Dessert was Tasmanian-chocolate truffles, created for the occasion by Ron Huff and River Chocolate Company. The accompanying drink was Bosteels DeuS, a sparkling beer that is bottled like champagne.

True Brew would not have been possible without the donations of Doug and Kathy Anderson of Beaver Creek Ranch, Grantsburg, Wisc.; Lanny Hoff of Artisanal Imports of Minneapolis; Thad Norlinger of Cellars Wines & Spirits; Mark Van Wie and the staff and management of the Happy Gnome and the Muddy Pig; Allen Whitney and Deirdre Davis of River Chocolate Company; and our own Ron Huff.

True Brew photos on page 4

New and Slow: Four Sources of Fine Local Foods

Golden Fig & River Chocolate Company

DISCERNING CUSTOMERS of fine foods across the Twin Cities have a new opportunity to satisfy their desire for authentic flavors with the opening of Golden Fig & River Chocolate Company – Fine Foods on St. Paul’s Grand Avenue shopping mecca. Chef and pâtissière (and long-time Slow Food members) Allen Whitney and Deirdre Davis of River Chocolate Company and Golden Fig impresario Laurie McCann Crowell bring together artisan food products from throughout the Upper Midwest.

The store showcases the award-winning spice and sugar blends and vinegars of Golden Fig Epicurean Foods, an early stakeholder in the artisan food movement, and the sumptuous, all-natural chocolate sauces and confections of River Chocolate. You’ll also find local products such as Old Fashioned Chow-Chow from Papa Pat’s, Wisconsin’s East Shore mustards, single source honey from Ames Farm, and Brambleberry Farm’s sweet sumac and wild rose syrups and jams keeping company with hand-harvested wild rice and the White Earth Land Recovery Project’s maple butter that Deirdre

who have already found their way to its door. The store is located at 790 Grand Ave. in St. Paul. Hours: Tue., Wed., Thu., Sat. 10 a.m. to 6 p.m.; Fri. 10 a.m. to 7 p.m.; Sun. 11 a.m. to 5 p.m. Phone: (651) 602-0144.

Mill City Farmers Market

ON THE OTHER SIDE OF THE RIVER is the Mill City Farmers Market, which opened June 10 on the plaza at Chicago Avenue and Second Street South. Bracketed by the new Guthrie Theatre and



Andrew Montain of May Farm, which is an organic Community Supported Agriculture operation.

the Mill City Museum, the market is open every Saturday from 8:00 a.m. to 1:00 p.m.

Mill City is the first farmers market in Minneapolis to focus on locally grown, seasonal foods and products from the region’s finest sustainable and organic family farmers and small businesses. Led by Brenda Langton, chef and owner of Café Brenda and the new Spoonriver restaurant located onsite, the Mill City Farmers Market is a collaborative effort between Langton, Farm in the City, Mill City Museum, Chipotle, and RiverWest Condominiums.

The market offers a beautiful variety of locally grown produce, herbs and flowers, along with sustainable and organically raised meats, dairy and eggs. Specialty foods are also available, such as artisan cheeses from Shepherd’s Way Farm and Prairie Hollow Cheese, breads from New French Bakery and Toast to Bread, homemade pastries from Eat Your Heart Out and ready-to-go salads, savory sandwiches and soups from Black Cat Natural Foods.

The market is on Chicago Avenue and Second Street South, Minneapolis. Hours: Saturdays, 8 a.m. to 1 p.m. Check the Web site for directions, information about parking, and a schedule of available fruits and produce, educational offerings, and music on the plaza: www.millcityfarmersmarket.com.



The storefront at 790 Grand in St. Paul, a home for local artisanal foods.

Davis says is “like nothing I’ve ever had before in my life.” Breads, fruits, cheeses, and treats for the neighborhood dogs will round out the offerings in this city market.

Open just a few weeks, the owners are planning to expand their hours by autumn to accommodate the steady stream of customers

From the blog, coolonthehill.typepad.com

Dear Friends and Members of Slow Food Minnesota

THANK YOU SO VERY MUCH for your continued support and interest in Slow Food. Of my many volunteer activities throughout my life, I can truly say that this one, serving as leader of Slow Food Minnesota, has given me the greatest pleasure. The compensation (not financial) that I have received and continue to receive for my small part in this movement is immeasurable. Each of you is amazing. You have made me richer than Rockefeller, or perhaps I should say Bill Gates. Your emails, particularly after an event and even when critical, buoy my spirits and sustain me for long periods of time. Thank you for being part of my extended family and for enriching my life.

One question I am often asked is “How is an event determined?” The answer is simple. To illustrate, let’s talk about how our last event, True Brew, and our next one, It’s All About Pie!, came about.

In the case of True Brew, I was encouraged by several members who asked me why we did not do more to promote “real” beer. We have done a number of very successful wine events and tastings, and nine-course dinners with wine for each course, but we had not devoted an event solely to beer. I was immediately intrigued because of my recent trip to Japan where my son took me to a very special pub, Boa Celeste, that serves Belgian beers exclusively, and lots of them: 480 Belgian beers with a different glass for each one. No, we did not consume all 480, but we did make substantial efforts. That evening alone garnered my son thousands of points from me. But I digress.

Getting back to True Brew, in response to members’ suggestions that we do something to promote “real” beer, I called the expert, Lanny Hoff. He suggested that I let him put something together. Less than an hour later, Lanny got back to me with the venue (The Happy Gnome), the retail partner (The Cellars Wines & Spirits), and the entire plan.

In the case of It’s All About Pie!, Anne Dimock, member of Slow Food and author, called me wondering if she could do an event centered around American pie. “Absolutely!” I said. Anne emailed me the entire plan several days later. (Read more about this event further on in this newsletter; you should definitely not miss this one.) I love people who DO things rather than talk them to death.

The short version of all this? It is you who suggest, inspire, plan, help execute, and attend the events. So email me (chevron73@hotmail.com) and tell me what you want to do. Just remember these simple basic guidelines:

- A Slow Food event must be “slow.” It must fit the philosophy espoused by Slow Food International.

- A Slow Food event must have a major educational component.

- A Slow Food event must be centered around food and beverages of quality, preferably from local artisan producers. Our most successful events are at the food producer’s site. Slow Food is not a dining-out club.

- A Slow Food event should be fun, and convivial.

- A Slow Food event should be affordable.

Warmer weather is here, summer is at our heels, and the best of the Minnesota food growing season is at our back doors. Go to the market. Go to the farm. Buy direct. Purchase fresh. Enjoy the rich bounty of our own Minnesota food producers. May all your seasons be splendidly slow.

Ron Huff, Leader and Founder



Where’s the Beef? Looking for a Farm for Our Grass-Fed Beef Event

NOW FOR A FEW WORDS on an event in the initial planning stages. Two members have asked me to do something on grass-fed beef. Loosely titled “Beef, Burgundy, Brews and Blues,” this is to be a family event at a farm specializing in grass-fed beef. Plans call for having two or three chefs from the area prepare a very large cut of beef (a steamboat round, whole baron of beef, or perhaps half a steer — a bit more than your usual backyard barbecue) onsite, to be accompanied by great burgundy wines, beer from local microbrewers, and side dishes furnished by the attendees. The “Blues” in the title will be covered by a blues band and blue cheeses from the Midwest. We hope to hold the event in late August, and are currently searching for a venue. If you know of a grass-fed beef farmer in Minnesota who might host such an event, please let me know.

R.H.

True Brew in Pictures



Ron Huff (left) and Lanny Hoff organized the event, and enjoyed it, too.



Participants listen to Lanny Hoff and Thad Norlinger before tasting a flight of ales.



Barb Horter and Autumn Updaw have a beer.

Clancey's Offers Home Cooks Sustainably Raised

SHOPPING AT CLANCEY'S MEATS AND FISH means taking a detour from the supermarket, but customers make the trip for the locally raised meats, the assortment of prepared food, the convenience of having meat and poultry cut and trimmed exactly as they wish and the knowledgeable cooking advice the owners can provide.

Clancey's is everything a Slow meat market should be. In this Linden Hills storefront, Kristin Tombers and Greg Westergreen have been bringing the products of nearby, small, sustainable farms to home cooks since October 2003.

Greg began his food career as a student at the California Culinary Institute. Kristin went from being a market analyst at an advertising agency to a job at the Fish Guys, a seafood distributor. The two met while working at the Nicollet Island Inn, and when the meat market on 43rd and Upton went up for sale, they decided that the time to go retail had arrived.

They met some of their suppliers at the Nicollet Island Inn and others through chefs they knew. They also did research to discover farmers whose products they could believe in.

Greg and Kristin like to work directly with farmers so they can know the breeds of animals and how they were raised. Direct contact gives them more control over how meat is prepared for sale. For example, Hill and Vale Farms delivers whole cattle carcasses and Clancey's is able to dry age them. At larger farms — even those raising animals naturally or organically — the meat is quickly cut up and packaged in plastic.

As a helpful local meat market, Clancey's gets some unusual requests. One was for alligator meat, which the owners were able to find frozen. Beef cheeks are sometimes available. Once there was an order for hippopotamus meat (which Greg has been told tastes like a cross between beef and pork). The owners have been asked to procure bison hearts for Native American ceremonies, and even hogs' blood to be made into Chinese patties.

The display cases hold cuts of beef, pork, lamb, poultry and a few types of fresh seafood. Additional products are stored in the walk-in refrigerator in the back.

Also on display is a variety of charcuterie. There is locally-produced bacon and ham, and pancetta cured in house. Greg makes sausages, among them hot Italian, garlic, breakfast and Southwest turkey. A



Kristin Tombers at work.

Sliced Meats and Poultry From Small Farms



Making a sandwich beneath the blackboard.

specialty is lamb sausage with dried blueberries, pine nuts, coriander and oregano. Kristin says the sausage is good sliced and served on lahvosh with spicy lemon marmalade. "We're full of ideas," she adds.

There is house-made pâté, rillettes and confit of duck wings. The foie gras comes from Au Bon Canard. Seasonal specialties made at Clancey's include smoked scallops and fish and marinated vegetables, such as ramps, artichokes and Brussels sprouts. For lunches to go, there are sandwiches (with bread from Rustica) and homemade soups.

The shop has a variety of packaged products tucked away in easy-to-miss niches. There is Hope Creamery and Pastureland butter, local eggs and artisanal cheeses (including one of the author's favorites, a raw-milk sheep's cheese from Love Tree Farmstead). Clancey's has mustards, oils, vinegars, sparkling lemonade from France and even buns for Greg's sausages. And there are house-prepared stocks based on chicken, veal, duck, fish, and sometimes mushrooms, pheasant or vegetables.

Somehow, Greg finds time to do occasional catering work for dinner parties, barbecues and small weddings. This allows him to maintain his creativity as a chef, and gives customers a personalized dining experience. On the counter at Clancey's is a notebook of Greg's menus that makes for inspirational reading as you wait to have your chicken boned.

If Clancey's alone were not worth a trip to 43rd and Upton (which it is), the Linden Hills Co-op, a few good restaurants and some interesting shops are there to round out a visit. And who is Clancey? He's Kristin's yellow lab, whose portraits occupy another hidden corner of the store.

Jane Rosemarin

Foraging on the Web

How DID I MISS THIS until now? The English version of the Slow Food international Web site (www.slowfood.com) has a "Menu of the Week" feature. Each week, a slow dinner with four recipes is posted. A link leads to archived menus with hundreds of recipes from around the world.



Several national sites also have recipes. The Italian site (www.slowfood.com/welcome.lasso) has a different archive containing regional and seasonal Italian menus and recipes. If you can cook your way through a recipe in Italian, this is another great resource.

For Slow recipes from Germany, go to www.slowfood.de/tipps/kochrezepte/. There are even recipes for (German-speaking) children to make and eat.

I could not find recipe archives on Slow Food sites of other countries, and I hope the addresses I've given are still correct when you read this. But give it a try if you need a cooking idea.

Jane Rosemarin



Some of Clancey's Suppliers

- Au Bon Canard • foie gras and moulard-muscovy duck
- Hidden Stream Farm • pork and chicken
- Hill and Vale Farms • cattle and sheep
- Southeast Minnesota Food Network
- Tim Fischer Farm • pork
- Wild Acres • poultry, including pekin duck

Clancey's is at 4307 Upton Ave. S, Minneapolis. Phone: (612) 926-0222. Closed Mondays.

It's All About Pie!

A Tale From *Humble Pie: Musings on What Lies Beneath the Crust*

Anne Dimock, a Slow Food Minnesota convivium member, is the author of the memoir, Humble Pie. She is also the organizer of our "It's All About Pie!" celebration. An excerpt from her book follows.

REST STOP Mile 0 — The Pie Ramble

"A hot pie cooling smells different from a frozen pie thawing."

—Peg Bracken

A RAMBLE is a lighthearted sort of quest. It often resembles aimless wandering, but there is a direction—it always goes toward something, never away. And there's always a destination, but it may not be the destination you first thought of when setting out. It is fueled by the same ancient hunger with no name that initiates all quests, but it takes a more leisurely, circuitous route. There is no stepwise set of directions; all tangents are welcomed and explored. A ramble is purpose with whimsy. It favors experience over instruction. It begins with an idea or memory. The Pie Ramble begins with the idea that anything lost can be found again.

The modern-day American ramble is the road trip, the urge to get in the car and drive, seeking to satisfy a hunger with no name, to scratch an itch, to fill an empty vessel. There is always a new beginning on a road trip, a fresh adventure about to unfold with every turn of the ignition key. To satisfy our American longing, we get in the



Kris Peterson

car and drive.

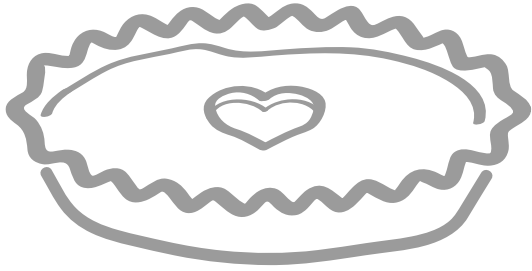
After we've been driving for about two hours, that longing tweaks us in our stomachs and we want nothing more—and nothing less—than to stop at a café or diner for a cup of coffee and a piece of pie. This is an old idea, an artifact of our parents' and grandparents' time, and much harder to do in our time than theirs, for there is very little good pie anymore. Even if we find good pie on the road, it quickly disappears under the weight of demand. But we are hopeful and give it a try. We drive across the land at hundred-mile intervals, searching for the pie that will fill the hole in us, not fully appreciating that the car and the highways helped eradicate some of pie's natural habitat.

But there must be some left. We aren't sure where to look anymore; the small-town bakery and the diner on Main Street have closed up in favor of the big-box mall outside of town. We check guidebooks and Web sites for tips. The natural habitat for pies has changed, shrunk, disappeared. All too often, when we finally find a piece of pie, it disappoints us with the dense crust and stiff filling of the mass-produced pie. We get in the car again and drive some more. It must be out there somewhere.

Anne Dimock

It's All About Pie!

Presented by Slow Food Minnesota



Talk about pie • Learn how to make pie •
Eat pie • Share pie stories

Sunday, July 23, 1-4 p.m.,
at Neighborhood House,
179 Robie Street East, St. Paul

MEET FOUR TRUE PIE MAKERS, who will reawaken memories about pie, talk about pie's cultural significance, show us how they keep their craft alive and embolden us to go forth and make our own pies. And we'll get to taste some of their favorites including rhubarb, sweet potato, raspberry and blueberry.

There will be brief talks by the Pie Makers, pie lessons, pie stories (tell your favorite), pie eating, socializing, book sales and pie sales (if extras).

Our Pie Makers are: Anne Dimock, author and organizer of this event • John Michael Lerma, food consultant and author of Garden County • Rose McGee of Deep Roots Desserts • Valorie Arrowsmith of Braham Pie Day

The cost is \$15 for members, \$22 for nonmembers, \$5 for youth 17 and under. To reserve, e-mail chefron73@hotmail.com or call 612-362-9210. Mail check to Slow Food Minnesota, P.O. Box 14059, Minneapolis, MN 55414. Please indicate if you would like a pie tutorial; limited slots are available. Please reply by July 19.

A portion of the proceeds from this event will be used to fund local producers accepted to participate in Terra Madre 2006.

Directions to Neighborhood House from the east: Take 94 West to 52 South. Take the Concord Street exit. Take a RIGHT onto Concord/Cesar Chavez. Take a RIGHT onto Ada Street (one block before the stop light). Take a LEFT onto Robie Street. Park in levels 1 to 3 of the adjacent structure. Please do not park in El Burrito Mercado's lot.

New and Slow ...

Continued from page 2

Finding Local Foods in the Global Market

THE NEW MIDTOWN GLOBAL MARKET takes up a major part of the main floor of the former Sears building at Lake and Chicago in Minneapolis. Although it is indoors, it has the feel of an open market with stalls, and will be a welcome destination come Winter. In the midst of food stands, small grocers and handicrafts is the Produce Exchange, which offers a fair amount of organic and local produce rounded out with fruits and vegetables from afar.

Beside it is Farm in the Market, owned by our friends Lori Callister of Callister Farm and Judy Schwake of Big Woods Bison. Farm in the Market sells meat and poultry from a handful of local farms that practice sustainable agriculture. They also stock jams, Sturdiwheat bread mixes, organic flour, dairy items from Cedar Summit Farms and Pastureland and an assortment of other locally produced foods. You may order in advance by phone or fax. The Callisters and Schwakes will continue their regular visits to Twin Cities farmers markets.

Midtown Global Market is at 920 East Lake Street, Minneapolis. Hours: Daily 7 a.m. to 8 p.m.

Farm in the Market is Stall 129. Hours: Daily, 10 a.m. to 8 p.m. Phone: (612) 870-2908, Fax: (612) 870-3992

A New Brew

SURLY BREWING COMPANY in Brooklyn Center opened in December 2005 and has quickly spread the word, and its products, to quite a number of Twin Cities restaurants and bars. Ron Huff writes, "all three of their current beers are very distinct and very satisfying. Surly Furious and Surly CynicAle are, for me, really delicious. My sister loves the Bender, with its chocolate overtones."

Check the Web site, www.surlybrewing.com, to find restaurants and bars where the products are available. Upcoming brewery tours will also be listed on the Web site, along with a "Surly Calendar" of events.

On July 12, The Craftsman Restaurant, 4300 East Lake Street in Minneapolis, will host a Surly beer and cheese tasting. Call the restaurant at (612) 722-0175 for reservations. After the tasting, you may stay for dinner and drink Surly with some great food.

Surly Brewing Company is at 4811 Dusharme Drive, Brooklyn Center. Phone: (763) 535-3330.

Constance Lepro and Jane Rosemarin



Slow Food Minnesota

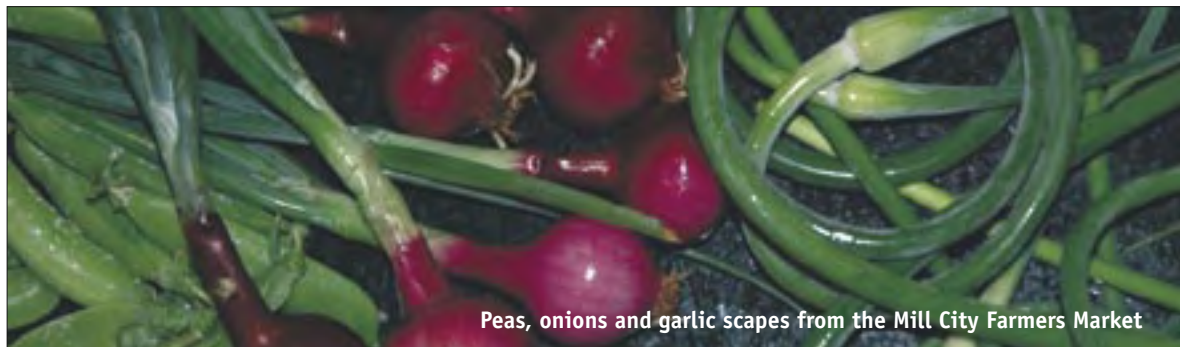
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Slow Food USA Web site:
www.slowfoodusa.org



Peas, onions and garlic scapes from the Mill City Farmers Market



A Slow Food Minnesota Event for the Whole Family
Sunday, July 23, 1-4 p.m.,
At Neighborhood House,
179 Robie Street East, St. Paul
See page 6 for complete information