



No Newsletter Until Now, But a Season Filled With Special Activities

SLOW FOOD MINNSOTA has not been idle, and even our presses are back in action!

As you may know, on Jan. 24 Shepherd's Way Farm had a devastating fire in which more than three quarters of its sheep were destroyed. The fire proved to be arson. Slow Food Minnesota quickly organized a fundraiser that was held in Northfield on Feb. 20 at The Grand, an event center. We were able to raise — through the help of more than 150 guests — \$5,500, which we turned over to Steven Read and Jodi Ohlsen Read to help them reestablish their flock. Though I am proud that we were able to help, this wonderful family of farmstead cheese makers is still in need of funds to restore their farm and herd. It is extraordinarily important to continue to support the Reads, and you may do this by purchasing their excellent cheese, which you will find at Byerley's, Lunds, Surdyk's and local specialty stores. Or help by mailing a check to SWF Fire Relief, c/o First National Bank of Northfield, 329 Division, Northfield, MN 55057. Volunteers are always needed at the farm, but right now the greatest requirement is cash.

Our second event of the year was a formal wine tasting at Alexis Bailly Vineyard in Hastings, Minn. This sold-out event was held on July 24. Nan Bailly, the vintner, was our host. She chose two other Midwestern vintners to take part: Philippe Coquard from Wollersheim winery in Prairie du Sac, Wis. and Chris Lawler from Galena Cellars in Galena, Ill.

This proved to be a worthwhile and educational gathering. I found that there are very drinkable wines in the Midwest, a region that we do not normally think of for its wine production. I particularly love Nan Bailly's ice wine, ratafia and Maréchal Foch. Nan's grapes come from her own vineyard, and many of the grapes used by Galena Cellars and Philippe Coquard are grown by the vintners. I love the traminette, a grape that was developed by Galena Cellars. It makes a delightful wine. These three vintners are obviously passionate about what they do, and I have never attended a more exciting and spontaneous presentation than theirs.

For the tasting, the eighty-plus guests sat at a long tables in Nan Bailly's cellar. We went through several flights of wines: tasting, comparing and taking notes, as the vintners described their products. After the tasting, we relocated to various spots around Nan's facility, a delightful space with beautiful grounds, where we enjoyed the wonderful food that was prepared by two of our members, the chefs Ken Goff and Mike Phillips. (A note about Mike: I am glad that he is back in the food scene after the closing of Chet's Taverna. He is now the executive chef of the Craftsman Restaurant on East Lake Street. If you've not been there yet, hurry and do so. I have now eaten there twice, and I am sure Mike will always amaze you.) I also helped to prepare the food at this event. As usual, it was an absolutely delightful day; everybody raved about the presentations by the vintners and was amazed that wines of



Ron Huff presents Jodi Read with a check at the benefit for Shepherd's Way Farms.

Kay Lindner



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Udon noodle preparations at a restaurant in the Minakami Onsen region of Japan.

Feasts Are Planned for Winter

OUR PLANS FOR THIS WINTER and into 2006 are beginning to fall into place, though the details are not entirely together yet.

Our first event will be a gathering at which I show photographs of my recent food adventures in Japan while we enjoy udon noodles and Japanese beer.

We hope next to do a Slovakian meal. While at the mushroom feast at the Boathouse Restaurant, I met Ján Gadzo, an owner of Andrej's European Pastry in Chisolm, Minn. I asked him if he would be interested in doing an event with Slow Food Minnesota. He agreed, and our plan is that sometime in February, Ján will get together a group of Slovaks, who will do an entire meal for us. We are currently looking at the Germanic-American Institute in St. Paul as a venue. This will be an all day event. We will have several presentations on Slovakian cuisine, including one of Ján making potica, culminating in an entire Slovakian meal. More on this later.

Also in the plans is an Old World sausage and beer fest.

Ron Huff

Foraging on the Internet

SOME SUBLIME FLAVORS are not to be found at the farmers' market or at the co-op or gourmet deli. They arrive at your home after you've foraged on the Internet. Here are some of my own discoveries. Perhaps one will become your "wonderful mini-vacation," as a sencha tea was for a friend of mine.

● **Fiori di Sicilia** is the elusive blend of jasmine, citrus and vanilla essences that gives panettone its characteristic flavor. I have been making the festive bread for decades, and I thought I made a good one, but it never tasted quite like the ones I'd had in Italy. Then I read about fiori di Sicilia in "The Bread Bible" by Rose Levy Beranbaum, and I discovered what was missing. The extract also shines as an addition to plain cookies or pastries: the ciambella, for example. Available at La Cuisine, which also stocks a variety of paper panettone forms.

www.lacuisineus.com (800) 521-1176

● **Kyela Teas** is the Internet-only shop of Kevin Gascoyne, a Darjeeling expert. Each year, Mr. Gascoyne selects teas from Darjeeling's high-elevation tea gardens and offers them for sale as soon as they are processed. The aromatic, coppery brew made from these leaves is a revelation.

www.kyelateas.com

Mr. Gascoyne also hosts an informational site about the Darjeeling region and its teas at www.darjeelingtea.net.

● **Olive oil from small estates** in Tuscany is imported (and sold at reasonable prices) by The Rare Wine Company in Sonoma, Calif. The company's tasters visit growers as the oils are produced and select the individual pressings they wish to bottle and sell. The oils are carefully produced to provide a rich texture, varying degrees of pepper and fresh, vegetal flavor. Oils become available in April, and tend to sell out fast. A small offering of new oil becomes available in December. Call or e-mail (sales@rarewineco.com) to be added to the olive oil mailing list. Rare Wine still has four 2004 oils available. They also have fine, well-priced balsamic vinegars.

www.rarewineco.com (800) 999-4342

● **Ito En** is a large Japanese tea merchant that opened a retail store and restaurant in New York a few years ago. My favorite of the company's offerings (which include 10 traditional senchas) is okumidori sencha (\$27 for 3 ounces). It is fresh and grassy and has a beautiful green color. Ito En recommends trying okumidori sencha iced as well as hot. I once sent a canister to a friend, who wrote, "This may sound funny, but the aroma and flavor of the tea were unbelievably comforting. It tasted like young life, like small green things beginning to sprout. A wonderful mini-vacation ..."

www.itoen.com (888) 697-8003

Jane Rosemarin

A Word From the Convivium Leader

IT'S BEEN SOME TIME since we've published a newsletter. I take full responsibility for not being able to get one together sooner, but we now have two new editors, Jane Rosemarin and Constance Lepro, both members of Slow Food Minnesota, and together we expect to publish this newsletter three times a year. I look forward to their continued help.

In addition to the three major Slow Food Minnesota events in 2005, which you may read about on page 1, I personally made a few presentations. One was to the University of Minnesota School of Agriculture at an afternoon luncheon, where I prepared a traditional Italian festival dish, the famous timpano from the movie "Big Night." This is one of my favorite pieces and it was extraordinarily well received.

In May the St. Peter Food Co-op had its customer appreciation day, and I represented Slow Food Minnesota. It was a great deal of fun for me to spend time there, and I made several presentations. The menu that day in the co-op's deli department and cafeteria was entirely of high-quality foods produced in Minnesota. I demonstrated a pork roast with a maple syrup, fennel and bay leaf marinade. Among my potato dishes was a gratin in which I used Stickney Hills Chevre de Terroir cheese, Cedar Summit cream and a topping of Friesago cheese from Shepherd's Way Farm. The cafeteria was out of food before the event was over.

Finally, I again represented Slow Food Minnesota in the Dames d'Escoffier Local Treasures event on Oct. 30.

A highlight of the year was my attendance in October 2004 at the Salone del Gusto and the first Terra Madre project in Turin, Italy (see article page 5). This was a fabulous experience. Terra Madre brought nearly 5,000 food producers from around the world together to discuss their common problems and successes. I am proud to say that Slow Food Minnesota helped to fund the attendance of three local producers: Florence and Dave Minar from Cedar Summit Farm, Mac and Marcy Graham from Star Prairie Trout Farm and Jodi Ohlsen Read and Steven Read from Shepherd's Way Farm.

In October 2006 Terra Madre will be even larger, with the addition of 1,000 chefs, including Alain Ducasse. I believe that by introducing chefs into the mix we can spread the word about artisanal foods and quality products even farther.

In conclusion, I would like to thank you for your commitment to Slow Food this year, and I look forward to having you back for 2006. I wish you the greatest, safest and healthiest of holidays. I just returned from Tokyo where I visited my son, whom I had not seen for six years. I had an exciting time and took many pictures of the wonderful food that I ate, which I hope to share with you soon.

Ron Huff, Leader and Founder

A Note From Jodi Read at Shepherd's Way Farms

AN OUTPOURING OF SUPPORT from Slow Food members truly helped sustain Shepherd's Way Farms in the aftermath of the January 2005 arson fire. We were surrounded by encouragement and kindness at the February benefit organized by Slow Food and held at The Grand in Northfield, Minn. The individual encouragement and the monetary contributions were crucial — the funds were used in many ways during the continued treatment of the ewes who survived the fire, in the cleanup of the damage, and in continuing the basic operation of the farm after the fire. We are deeply grateful for everyone's help.

Thanks to amazing supporters, we have been able to continue milking the remaining sheep, making cheese and supplying our customers. However, the farm is compromised by the loss of sheep and related income, the enormous expenses incurred and the lack of animal housing. We still believe strongly in what we do and are working day to day to continue, despite these obstacles.

For more information about the farm, please call 507-663-9040 or email us at swfl@earthlink.net.

Thank you for your continued interest and support.

*Jodi Ohlsen Read,
Shepherd's Way Farms*



Jodi Ohlsen Read

Isaiah Read helped carry lambs to their new home in a temporary greenhouse constructed last February.

Slow Food International Comes to the Heartland Restaurant

ON MARCH 8, SLOW FOOD INTERNATIONAL sponsored a dinner at the Heartland Restaurant in St. Paul to honor Winona LaDuke and the White Earth Land Recovery Project. The evening was one of six World of Presidia dinners held last winter around the United States. It featured wines of the Oltrepò region of Italy, foods from Europe and the United States recognized by the Slow Food International Ark of Taste and some fine local ingredients.

Wild rice from the White Earth reserve in northern Minnesota is an Ark of Taste product, part of Slow Food's compendium of excellent, but endangered foods. It is also a Presidium, meaning that the Slow Food Foundation is working to make it economically viable. Ms. LaDuke and her project, which buys formerly Anishinaabe land from non-Indian owners, received a Slow Food Award for the Defense of Biodiversity in 2003.

Wild rice (called manoomin, meaning good berry, in Anishinaabe), was the star of the evening. We heard a presentation by Ms. LaDuke about the importance of preserving natural strains and traditional harvesting methods, when today most of the grain is hybridized, paddy-grown, harvested by combines and dried in gas ovens. A potential threat to the native crop is that the University of Minnesota researchers have mapped part of its genome. If genetically modified wild rice were grown, it could affect the genetic makeup of the natural strains through cross pollination, although the scientists believe genetic modification would be too costly for so small a crop. We saw a film on the traditional harvesting of wild rice at White Earth, where the grain is knocked off its stalks and into the bottom of canoes and afterward parched over a wood fire.

For our feast, Lenny Russo, Heartland's chef and owner, created an exquisite menu with the Ark of Taste products

that were provided to him (breaking his custom of emphasizing local ingredients, although these too were present). Wild rice was used as a crust for lamb chops, in crackers to accompany the cheese plate and in a cranberry-maple spice cake. Local farmers talked about their foods as we enjoyed them.

White Earth wild rice is available for \$9.50 per pound from White Earth Land Recovery Project's web site: <http://www.nativeharvest.com>, or by calling (888) 274-8318. You might wish to round off your order with some maple syrup or whole hominy.

Jane Rosemarin

Heartland's Presidia Menu

Smoked Irish wild salmon
with Aquavit-black pepper crème fraîche and Collins Caviar American paddlefish roe
Ca' di Frara Riesling "Apogeo" 2003

First Course
Roasted Piennolo tomato bisque
with fried Delaware bay oysters and crisp Pantelleria capers
Ca' di Frara Pinot Nero "Il Raro Nero" 2001

Second Course
Wild rice-crusting Cattail Creek Farm Oregon lamb porterhouse chops
with stewed Planeze lentil ragoût and red wine glace de viande
Marchese Adorno Barbera 2003

Cheese
Aged Dutch Artisan gouda, Lombardian bitto, British Somerset cheddar,
Donnay Dairy Minnesota chèvre and Carr Valley Six Month Cave-Aged Blue Cheese
with Cedar Hill Orchard Minnesota honeycrisp apple jam and
house-baked wild rice crackers
Buttafuoco Storico 2000

Dessert
Anishinaabeg Manoomin wild rice-preserved cranberry maple spice cake
with Madagascar Mananara vanilla bean crème anglaise
and honey-poached Anjou pear
Piccolo bacco dei Quaroni Malvasia "Elos" 2003



Special Activities

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this quality were being produced in our own backyards.

Our third event, held on Aug. 28, was a joint venture with the Lake Superior convivium, whose leader is Arlene Coco of Coco's to Geaux in Duluth. I persuaded Arlene nearly two years ago to start a convivium in the Lake Superior region because I believe it is an area that is extraordinarily rich in food history and tradition.

Membership in the Lake Superior convivium is growing slowly, and we wanted to help it get attention. With that, Kirk Bratrud, the chef of the Boathouse Restaurant in Superior, Wis. agreed to do a wild mushroom feast. It was an absolutely fabulous dinner. All the produce, indeed all the food items used, were from the Lake Superior region. I am proud to say that more than 20 Twin Cities convivium members drove to Superior to be part of the feast, which like the wine tasting, was oversold. The feast received several pages of coverage in the "Duluth News Tribune."

Ron Huff

Postcard from Mother Earth: Terra Madre, the World Meeting of Food Communities

by Audrey Arner



THE SCENE IS THE CITY OF TURIN in Italy's industrial north: home of the purported shroud from the crucified body of Christ, home of Fiat automobiles, in the foothills of the Alps and with a history of broad-scale community support for laborers. Nearly 5,000 food producers from villages, prairies, seacoasts and gardens

around the world gathered here in late October 2004 for Terra Madre. Terra Madre (Mother Earth in Italian) was a first-time forum for those who grow, raise, catch, create, distribute and promote food in ways that respect the environment, defend human dignity and protect the health of consumers.

It was not an open meeting. Farmers had to be nominated, and then apply to and be accepted by Slow Food International. My husband, Richard Handeen, and I had been nominated by the Land Stewardship Project to represent the Pride of the Prairie, its local-foods initiative. As with the other agrarian delegates, our lodging, food and on-the-ground travel costs were covered by Slow Food and its partner-sponsors: the Italian Ministry for Agricultural Policies, the Piedmont Regional Authority, the city of Turin and Sperry-New Holland Equipment.

I don't think we've ever worked so hard to be able to leave the farm. October is that pinnacle month at the end of the northern harvest when we prepare livestock systems and tuck in the rest of the farmstead for the Minnesota winter. We were working long days and waking up with long lists of things to do. We left a team of trusted friends and family to care for our home, our market and our cattle.

As we neared the Palazzo del Lavoro, we started to recognize occasional travelers as farmers. We did not all have soil still under our fingernails, but there is an earthiness that emanates from agrarian folks, wherever we are. The Palazzo is in the part of the city that was once home to Fiat's first mass-production factory. But during Terra Madre, the Palazzo was the center for a global celebration of diversity rather than standardization. Farmers, fishermen, cheese makers and nomadic herdsmen from all six continents and Oceania funneled into the great hall for a conference on sustainable food

and farming that felt like the United Nations of food.

For the past five years the Slow Food movement has used the Turin site for an international food festival, the *Salone del Gusto*, the Great Hall of Good Taste. The festival is a celebration of farmers' and food producers' reclamation of traditional seed and livestock varieties to produce food in ways that are sensitive to the environment and accountable to the consumer.

For 2004, however, Slow Food's founder, Carlo Petrini, had a much bigger idea. He wanted to link the Salone with a summit on the future of farming itself. That idea was the origin of and impetus for Terra Madre, with 4,888 delegates from 132 countries — including about 500 from the United States — participating.

Terra Madre buzzed with the exchange of information. On-farm dairy processors from New Prague, Minn. talked with cheese makers from northern Scandinavia, Ireland, and Tibet. Vegetable growers from Spring Valley, Minn. exchanged information with Peruvian orchardists and Spanish coastal fishermen. There were no officials from the International Monetary Fund or the World Trade Organization demanding that markets be liberalized, seeds patented or land drenched in chemicals to support the sort of production that multinational corporations love to dominate. Terra Madre was full of good ideas and ferociously inclusive. Whereas most world meetings about agriculture do not include farmers, this gathering was predominantly firsthand food producers.

We All Eat

There's one thing that all of us have in common. We all eat. "Food," as the Indian physicist and activist Vandana Shiva noted, "is the currency of life." What we choose to eat impacts everything from our own vitality to the dead zone in the Gulf of Mexico. We are realizing that the preservation of family-based farms, rural communities and biological diversity has everything to do with human nutrition, the essence of flavor and the pleasures of the table.

Rural communities around the world are experiencing a loss in biodiversity, low farm prices and youth moving to urban centers. Community members everywhere wonder how to reverse these trends. Well, olive producers from Galilee, geese breeders from the Czech Republic, and Guatemalan coffee growers are figuring out innovative,

sustainable and integrated ways to survive and thrive.

We met the stewards of the wild sheep of Norway, whose wool once provided the fiber from which the Viking's sails were made, and whose delicious salted and dried leg of lamb continues to provide human nourishment today.

A gentleman with a blue-feathered headdress and I were admiring a display of huge and delectable Italian chestnuts. I noticed his nametag, which indicated that he was a member of the delegation of wild nut gatherers from the Amazon. With my faltering Portuguese, I said, "I see you're from Brazil," and explained that I was from the United States. His smile dropped and he took a step backward. "Bush?" he asked. "No," I responded, and showed him the button on my backpack. "Kerry." He grinned again and stepped toward me. Again and again conversations about food were preceded by questions about politics. So many farmers from so many rural communities around the world were not only savvy about the U.S. presidential election, but also keenly aware of its affect on their own well-being.

We stayed first with a wonderful cluster of U.S. vegetable, grass-based beef and apple producers, along with a diverse group of Japanese. All were hosted near Alessandria by the local Coldiretti group, the Italian family farmers' organization. Our new Japanese friends are nutrition educators and farmers promoting sustainable agriculture to recover original gastronomic practices of Japanese society. Whereas exclusive rice consumption has resulted in rice monocultures, they advocate consumption of minor cereals that are particularly rich in fiber, protein, calcium and iron. I was reminded of a comment that a North Dakota farmer, Fred Kirschenmann, made at an Land Stewardship Project workshop in 1989, about how University Extension should teach people the cuisine of alternative grains, so there would be greater demand leading to an economic incentive for diversity, which would improve human and landscape health.

We were keeping our eyes out for our friend Christophe Beau, an organic wine grower from the south of France. I found him in one of the many workshops, giving a presentation on biodynamic wine production. Christophe had encountered his old friend Cherif, a Tunisian who has been working on sustainable development in the Mediterranean for the last 30 years or so.

We hooked up with them and stayed the last night of Terra Madre at L'Oropa, a 16th-century shrine to the black Madonna at the base of the Alps, where many Senegalese, Ghanaians, Iranians and Nepalese were being housed.

Dinner was simple but lovely. Beneath the cozy arched ceiling, we ate at a long table with delegates from around the world. Among them were women from the community of bissap producers who cultivate hibiscus in Senegal, nomadic shepherds from Iran, Nepalese delegates from the eco-village of Madhuvan, and cocoa producers from Ghana who have organized a cooperative and now receive a fair-trade price for their crop from Divine Chocolates (available in our farm shop and at Java River on Main Street in Montevideo).

For me eight major themes emerged from our experience.

● **We are a sampling of the strong, quiet, irresistible movement that will replace globalization.**

The Roman Empire didn't fall overnight. The Renaissance didn't begin at dawn one morning. Similarly, while much of the world's agriculture and food policies are destroying farmers and eroding natural resources, a powerful force is emerging that has positive designs on the future.

● **Farmers and eaters are co-producers of food.**

We vote with our food dollars for the kind of agriculture we want. The health and diversity of the landscape is generated by the foods people purchase and enjoy.

● **Appropriate technologies are needed.**

Rapturous applause erupted when Enzo Ghigo, the governor of Piedmont, spoke about his decision to order the destruction of all genetically modified crops planted in his region. No less enthusiastic was the support given to the Italian Agriculture Minister, Giovanni Alemanno, whose plan is to make future planting of genetically modified crops in Italy virtually impossible, and who wants Europe to repeal laws and World Trade Organization agreements that allow the patenting of seeds.

Cider makers, brewers, bakers and butchers have unique skills. We should be investing in small food processors for the sake of local economies as well as to improve the offerings on our plates.

● **Global hunger is everyone's responsibility.**

There was solidarity among farmers from developed nations and those in the Southern Hemisphere who are struggling to feed themselves. As Carlo Petrini said, "Hunger and starvation are all of our responsibilities. Corporations will not stop hunger. You must fight for land and seed rights. There is a wrong and malicious logic that North Americans and Europeans need to be careful about that says we don't need GMOs [genetically modified organisms] but the South does."

Samuel Muhunyu from Kenya stressed that it is true



Kay Lindner

Jodi Ohlsen Read, Steven Read, Florence and Dave Minar and Mac and Marcy Graham were the Minnesota convivium's delegates to Terra Madre.

that Africa requires food aid from developed nations in the short term, but “In the long term all people must be involved in the decision-making process. Food rights are human rights. ... Ecological and sustainable agriculture is our link to the future.”

● **Schools and homes are companion developers of a fresh approach to food and eating.**

Alice Waters, restaurateur from Berkeley, Calif., noted that because we’ve lost so many U.S. farmers in the past two generations, few citizens know anything about their food. Every day one in three U.S. kids eats fast food. Fewer than one in five sits at a family meal table, the place where we learn elements of courtesy, civility and generosity.

Preparing and sharing meals demonstrates that food and eating warrant attention and care. “We need to make school lunch an academic subject, a required part of every core curriculum,” Ms. Waters said. “Students and teachers should participate in the preparation of lunch, from the garden to the table, sitting down together, serving one another, and cleaning up together. Students would learn where their food comes from, and know something about the people who produce it.”

An Irish organizer discussed the trials and tribulations of establishing a school organic gardening project. The project has grown from three plots in 1991 to 11 plots in 2004, and incorporates perennial plants including raspberries, gooseberries, and red and black currants.

A Scottish school administrator described their “whole school approach to nutrition,” which incorporates new nutrition standards and a curriculum that integrates nutrition into other subjects. Each school has its own

School Nutrition Action Group that establishes incentives and programs.

What are our school lunch rooms teaching?

● **Sustainable tourism is the way to go.**

As an island overloaded in the summertime with vacationers, Crete has made recent changes to assure its ability to continue to host tourists. They have discovered a direct thread through tourism, soil health, local food production, raising children, and having a healthy landscape and healthy people.

Hotels were buying cherry tomatoes from Holland until local farmers started raising them bio-intensively. Now they are bought more economically from neighbors. Hotel offerings include traditional cooking courses and vacations. Tourists can harvest honey, pick grapes, make wine, and make grain into flour. A mini organic farmers program caters to 4–5-year-olds, helping them sow and care for vegetables and learn the proper use of tools and beneficial insects.

● **Pride of the Prairie is on the right track and is affirmed.**

Terra Madre’s agenda invited us all to think and act differently. Those of us from North American are at one with those from Brazil or Burkina Faso to reclaim agriculture from the suffocating grip of agribusiness. Food communities should address their own food needs first (through sustainable production) and then look at systems of distributing surpluses. Americans should challenge the agriculture that builds up huge commodity surpluses, but leaves some U.S. farmers poor and many of its citizens poorly nourished.

● **We are really just learning how to live in this place.**

People learn, over time, the type of agriculture best suited to their circumstances. We are just infants, since the European settlement of the great prairies of the Upper Midwest, at knowing what will be best in the long term. But we must begin to think in very long terms.

From Peasants to Royalty

Our closing speaker, Prince Charles, was introduced by Alice Waters as a radical and courageous man. He said:

“Slow food is traditional food. It is also local — and local cuisine is one of the most important ways we identify with the place and region where we live. It is the same with the buildings in our towns, cities and villages. Well-designed places and buildings that relate to locality and landscape and that put people before cars enhance a sense of community and rootedness. All these things are connected.



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Apples on the road to Gunma Hot Spring: Ron Huff

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“... the importance of your movement cannot be overstated. That is, after all, why I am here — to try



and help draw attention to the fact that in certain circumstances ‘small will always be beautiful,’ and to remind people, as John Ruskin in the 19th century did, back in England, that ‘industry without art is brutality.’ After all, the food you produce is far more than just food, for it represents an entire culture — the culture of the family farm. It represents the ancient tapestry of rural life; the dedicated animal husbandry, the struggle with the natural elements, the love of landscape, the childhood memories, the knowledge and wisdom learnt from parents and grandparents, the intimate understanding of local climate and conditions, and the hopes and fears of succeeding generations.”

Audrey Arner (left, at a Terra Madre buffet) owns Moonstone Farm with her husband, Richard Handeen. She is the former director of the Land Stewardship Project’s western Minnesota branch.