



Slow Food® Eugene

Newsletter January 2009

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Annual Membership Meeting And Potluck Dinner--February 22, 6:00 pm, Eugene Garden Club

It's time to get started on Slow Food Eugene 2009. There's lots of work to be done. In 2009, Slow Food USA will take a much more active role in food politics. We hope to follow suit and become local leaders advocating for a better world through the food that we eat.

The tough economic times make it imperative that we redouble our efforts to support local farmers, ranchers, and fishermen producing those high quality vegetables, fruits, meats, and eggs that we have come to enjoy.

The first step will be our membership meeting. We will elect a slate of officers, review changes to our by-laws, and plan events for the year. If you are interested in joining the membership team or have ideas for events, [please send us an email](#).

Remember, there is strength in numbers. Bring friends who are interested in joining Slow Food Eugene or who just want to find out what this "Slow" thing is all about.

For the potluck, bring a dish to share and a beverage. Also, bring your own dishes, flatware, and drinking cups.

The Details:

DATE: Sunday, February 22, 2009

TIME: 6:00 pm

PLACE: Eugene Garden Club, 1645 High Street, Eugene

Parking is available across the street at the Planned Parenthood office building

Mark Zolun Of Iraila Restaurant Needs Our Help



One of Slow Food Eugene's dearest friends and fervent supporters needs our help. Mark Zolun is co-owner of Iraila Restaurant along with his partner, Kenne Glen. Mark and Kenne are long time supporters of local farmers. Mark was lead chef at our Pig Roast last summer and a contributing chef at our Slow Food Dinner in 2006. Mark and Kenne hosted a benefit dinner for Kenyan Slow Food members in 2007.

Just recently, Mark was diagnosed with bladder cancer. And, he doesn't have health insurance, like so many of his fellow Americans. His friends and supporters are organizing a series of benefits to raise money for Mark's treatment.

["When Life Gives You Cancer, Give A Variety Show and Flea Market,"](#) will be held January 9, 2009, at Cozmic Pizza, 8th and Charnelton, 7-11 pm. (Click on the link to see how you can help.) The cover charge is \$10. The variety show will feature music, dance, juggling, and other entertainment to rouse the spirit.

You can be part of the flea market. Clean out the closet and donate that priceless white elephant that you have wanted to get rid of for years. The items will be priced and sold at the event. Help with an additional contribution, if you can. All proceeds go to help Mark out.

Coming up on February 14 is the Valentine's Day Benefit at [Secret Garden Bed & Breakfast](#), 1910 University St Eugene, OR. Mark and some Iraila cooks will be making a yummy meal for Valentine's Day. There will some scenes from Shakespeare, a contemporary scene with Kim Donnehey and Dan Pagoda, and music from the Cascade Harps. There will be seatings at 5:30 and 7:30. Each table holds 6-8 people, so be ready to enjoy some company and spread the love on this

special day. The menu and price will be available shortly. Email info@iraila.com for more information.

Mark has a long road ahead of him with radiation and surgery on the horizon. Let's help him out.



New Beginnings For Andhi Reyna

If you have been wondering why there is no Fern's Edge goat cheese on the shelves, there is a good reason. Andhi Reyna, the cheese maker at Ferns' Edge Goat Dairy has left the farm and dairy after irreconcilable differences with the farm's owners. Last year, we honored Andhi as one of our 2008 [Terra Madre](#) delegates for her hard work, great products, and commitment to sustainable agriculture.

While she takes some time to breath and rest, she is also setting her sights on the future. Andhi will be focusing on education and collaboration in farming, dairying, local foods and sustainability.

Since working a family farm is mostly about sweat equity, she will also be looking for land and capital to restart her cheese business. Send Andhi an [email](#) with your ideas or insights.



Healthy Advice From Marianna Beres

These suggestions come to us from Marianna Beres, [Village Health Services](#). She is a Holistic Health Counselor & Personal Chef, emphasizing traditional Eastern Medicine, macrobiotics, Ayurvedic, and Western Medicine.

A Post Holiday Tonic

It is still winter in Oregon and we have to fight unwanted colds and flu. To combat that nasty, lingering cough, try this simple remedy that has been used for centuries in Eastern medicine. Heat pear juice with a cinnamon stick, consuming it as warm as possible. This is a natural expectorant, helping expel excess mucus built up in the body. Never underestimate the power of

food!

Flax Seed - Omega-3 Fatty acid Booster

If you aren't getting the prescribed amount of fish oil in your diet, try picking up some flax seed oil or milled flax seed. This heart healthy seed reduces inflammation and helps lubricate your joints. It contains fiber and phytoestrogen which may reduce breast cancer risk. Add a teaspoon of oil into your salad dressings or a tablespoon of ground seed into muffins, pancakes or holiday breads. It has a mild nutty taste which will compliment many of your recipes. Enjoy!

Marianna also sent us some recipes for warming up the cold days of winter. [Contact](#) her directly for her Curried Butternut Squash And Apple Soup and Warm Salad With Cranberry Dressing recipes.



Join US At Slow Food Eugene

One of the best ways to promote sustainable agriculture and food production is join us at Slow Food Eugene and Slow Food USA. Slow Food is leading the charge to build a world that insures good, clean, and fair food for everyone.

Read all about us at our fabulous new web site. [Slow Food USA](#). You can contact Slow Food Eugene by [email](#).



Oregon Truffle Festival Returns-January 30-February 1, 2009

The [Oregon Truffle Festival](#) returns for another great year in Eugene. This should be the best ever.

Join the celebration of truffles, from their hidden source in the forest to their glory on the table. For three extraordinary days

in January, you are invited to an experience unique in North America.

Only at the Oregon Truffle Festival can you:

- Experience multiple course truffle dinners prepared by some of this region's most renowned chefs
- Drink Oregon's finest wines paired with our magnificent native truffles
- Chase truffle dogs on the hunt
- Savor a Truffle Marketplace with its wealth of local artisan foods, truffle tastings and truffle cooking demonstrations
- Meet people from all over the world who share a passion for all things truffle

For contact information, [click here](#).
