



# Slow Food Eugene

March 2011  
Newsletter

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## Hummingbird Wholesale and Slow Food Eugene Invite You To The Spring Bean Cleaning Spree--April 2nd

It's your turn to help build our local food system and enjoy yourself doing it. There's a whole hill o' beans and they need to be sorted!

Hummingbird Wholesale is helping out a local farmer who delivered some beans that were not in salable condition. Slow Food Eugene is helping sort and clean those beans so they can be put up for sale. This is one of those projects that require a community to help out in the beginning stages of a new agricultural product in the Willamette Valley.

The task is easy, but hugely important in making locally grown legumes a reality in our area. So come on out after your trip to the Farmers Market and enjoy the good company that getting something done together creates.

We need able hands to commit to at least two hours of bean cleaning, during the rest of the time you are welcome to munch on some food and make some new friends. We are also planning a few distractions to mix up the bean cleaning and

## Announcements

The Sustainable Table, Inc.



30 East Broadway, Eugene  
541.344.6948



★★★

Rated the Greenest  
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Restaurants  
in the Nation!



A NORTH AFRICAN EXPERIENCE  
28 East Broadway, Eugene  
541.434.5862

A Minimized Carbon Footprint  
Sensitive To Dietary Restrictions  
Think Sustainable



Organically Grown Company  
www.organicallygrown.com

keep things rolling.

Kids are welcome at this event, but please do keep in mind that we have a mission to get these beans sorted, so it will be a working good time.

Of course, this is a Slow Food event, so there will be some tasty things to keep us fueled while we do our sorting.

DATE: Saturday, April 2, 2011

TIME: 2-5 pm

PLACE: First United Methodist Church, 1376 Olive Street, Eugene

COST: FREE

RSVP: We need to know ahead of time if you will be able to join us! Please let us know by contacting Erin Walkenshaw: [ewalkens@yahoo.com](mailto:ewalkens@yahoo.com)

Space is a bit limited, and we know that there are lots of eager bean cleaners out there, so please do not wait to get back to us.



## Join Slow Food Eugene

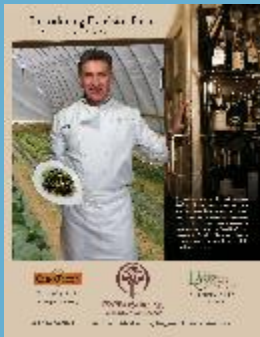
The best way to join the fight for good, clean, and fair food AND enjoy yourself while you are doing it is to join Slow Food. Go to the [Slow Food USA website](http://www.slowfoodusa.org) and pay your individual membership of \$25. After you join, you will be able to designate Slow Food Eugene as your home chapter. Your participation will link you with 24,000 members nationwide and 100,000 members worldwide.

Our chapter has numerous events and potlucks throughout the year that celebrate the pleasures of the table. In addition, by joining the national organization, you will support local efforts to improve food in schools, increase access to affordable, real food in low income communities, and promote biodiversity.

On a national level, we are building the power to transform food policy. Our key priority is to reform the 2012 Food and Farm Bill. Getting as many people as possible to join us in this



[Excelsior Inn](#)  
[Sustainable Old](#)  
[World Cuisine](#)



754 E. 13th Ave  
Eugene  
541/342-6963  
excelsiorinn.com

Ciao Pizza  
541/505-8487  
ciaopizza.com

Brindiamo Catering  
541/895-2147  
brindiamo.com

fight is critically important to our success.

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## Helios Spring Party

Saturday March 26, 7-10pm

Jazz Station, 124 W. Broadway, Eugene

Local Eats and Live music with **Skinner City String Band, Miel Trio & Last Chance String Band**

Celebrate, sample and learn about local food and people who supply it. Enjoy a no-host bar with snacks from local businesses. Meet the non-profit groups that receive Helios grants.

For more details about the party click [here](#).

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## Spring Propagation Fair

Scion & Seed Exchange  
LCC Cafeteria  
March 27 - 11am-4pm

Expand the diversity and abundance of your garden. A huge variety of non-GMO starts, rootstocks, seeds and scion (fruit tree cuttings) for sale.

Bring labeled cuttings or divisions and fresh seeds to share, plus envelopes.

Free Presentations.  
Lane Community College Cafeteria



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## U of O Cinema Pacific Film Festival

Saturday April 9, 1pm

The Pacific Film Festival is featuring a special showing of [Lunch Love Community Project](#). The screening will show at the UO Baker Downtown Center, 975 High Street at 1 pm.

Join Helen De Michiel and Sophie Constantinou present a film screening and discussion for food advocates focusing on



overhauling our over-processed school lunches with healthy organic meals. "Webisodes" show how the Berkeley School Lunch Initiative is changing school lunches with local activism. Can we duplicate it here?

For information about the festival click [here](#).

Select "Buy Tickets".

Enjoy lunch catered by Holy Cow of Eugene.

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### Slow Food Eugene Is Looking For Newsletter Sponsors

This is a great opportunity to get your business name out to our large and growing newsletter subscriber list. Join the sponsors listed along the left hand column. Not only are they supporting good, clean, and fair food, but they are letting our subscribers know that they are friends of Slow Food Eugene. Send an [email](#) for details about our sponsorship program.

And, for our subscribers out there, show your support by clicking on their ads and patronizing their businesses.

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### Congratulations to Camas Ridge Elementary School in Eugene, Oregon for winning the Root 4 Kids schools contest!

Here's a program that we told you about in one of our newsletters a few months ago. Thanks to those of you who signed up to help out.

As the school with the most sign ups in the [Annie's Root 4 Kids](#) contest, Camas Ridge will receive a Farm to School program ,

which will complement its current school gardening activities.

[Annie's](#) greatly appreciates the effort and enthusiasm generated by Camas Ridge and the more than 800 other schools nationwide that participated in our contest. As a token of our appreciation, we're rewarding the top 10 schools with Flip video cameras, Root 4 Kids merchandise and Annie's product. The final top 10 include:

1. Camas Ridge Community School - Eugene, OR
2. Battle Academy for Teaching and Learning - Chattanooga, TN
3. Saints Peter & Paul School - West Chester, PA
4. Richmond Elementary School - Portland, OR
5. Sunnyside Environmental School - Portland, OR
6. Arts Academy at Benjamin Rush - Philadelphia, PA
7. Damascus Middle School - Damascus, OR
8. Dover High School - Dover, NH
9. Ridgetop Elementary School - Austin, TX
10. Central Middle School - Norwood, MN

This contest is just the beginning! With the gardening season right around the corner, stay involved with Root 4 Kids for more contests, prizes, activities and resources to help the kids in your life dig more real food.

Bye for now,

The Root 4 Kids team



## Interesting Tidbits

We would like to add links in our newsletter to pieces about Oregon agriculture and cuisine, Slow Food, healthy eating, food politics, and just plain food fun. If you have links to articles that you think our readers would find interesting let us know. Send us an [email](#) with the link.

By the way, if you've sent us a link in the past, you may have found that the email bounced. We are happy to report that our address works just fine now.

## Terrific New York Times Article On A New Generation Of Farmers In Oregon

Thanks to Jim Maxwell for sending us the [article](#).

### How Did We Miss This?

[Livability.com](#) likes us. Last year, this web site listed Eugene in the [top ten surprising food cities](#), [top ten active cities](#), and in the [top ten college towns](#). Click on the pictures in the articles to get more on the site's views of our favorite city.

Portland made the [top ten for farmers markets](#). Salem joined us in the list of top ten active cities.

### Not Even An Ascot Can Dress Up This Wine

This month's tidbit reminds us that marketing can only go so far to make a wine fine.

<http://www.youtube.com/watch?v=0xY7mBQrzXU>

### OPB Features James Beard And The Oregon Way Of Cooking

We take a lot of pride in Oregon's food bounty. We should also take pride in our fascinating history. Here is a link to an Oregon Public Broadcasting program on James Beard and his roots in Oregon. [\*"Oregon Experience: A Cuisine of Our Own." James Beard and the Oregon way of cooking.\*](#)

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## Public Service Announcements

As a public service, we are listing some upcoming events we thought that you might be interested in. Listing an event in our newsletter is not an indication that we are sponsoring or endorsing the event.

### Farmers Markets

#### [Hideaway Bakery](#)

Saturdays ongoing; 9am to 2pm

Hideaway Bakery; 3377 E. Amazon Dr., Behind Mazzi's Restaurant

**More Information:** [www.mazzis.com](http://www.mazzis.com) or call 541.868.1982

#### [Lane County](#)

## Main Market

Saturdays: March: 10am-2pm; April: 9am-4pm  
8th St, Oak & Park Streets, Downtown Eugene

Tuesdays: May 3 to October 25; 10am-3pm  
8th and Oak streets, Downtown Eugene

**More information:** [info@lanecountyfarmersmarket.org](mailto:info@lanecountyfarmersmarket.org) or call 541.431.4923

## Other Local Food Organizations

### [Weston A. Price Foundation Potluck](#)

**What:** A monthly potluck in Eugene (and other locales) to foster discussion and understanding of traditional healing foods used by long-lived and healthy societies. Based on researched gathered by Weston A Price, DDS.

**Who:** Weston A. Price Foundation, Eugene Chapter

**When:** Held second Monday of each month, 6:30pm to 8:30pm

**Where:** Rotates among members' homes. Email Lisa at [info@krautpounder.com](mailto:info@krautpounder.com) for current location and to get newsletters of activities.

**Cost:** Bring a Weston A. Price Traditional-Style dish to share. **More Information:** Lisa at [info@krautpounder.com](mailto:info@krautpounder.com)

### [Victory Gardens](#)

**What:** Ongoing edible planting events providing an opportunity to volunteer in creating new gardens, developing edible forests, caring for existing gardens, making compost and meeting like-minded gardening folks.

**Who:** Victory Garden Team

**When:** call or email for winter schedule

**Where:** 505 River Road, Eugene

**Cost:** free

**More information:** [victorygardensforall@gmail.com](mailto:victorygardensforall@gmail.com) or call Charlotte 541.653.0149

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