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## EVENT

# Wine Tasting

BIODYNAMIC



ORGANIC

NO ADDITIVES



## Join us for Wine Tasting & Learning

Curious about organic, biodynamic, non-additive, natural wines?

Join us at The Redwood Wine Bar in downtown Sebastopol for a fun afternoon of tasting several different wines from Sonoma County wineries



while the owners, Geneva and Ryan, teach us the differences between what does, or doesn't, go into your wine.

Sunday, March 10, 2024

3:00 - 5:00 pm

\$20 (includes 3 wines to taste)

### The Redwood Wine Bar

234 S. Main Street, Sebastopol

[Get Ticket](#)

The full menu will be available for purchase. They support several local food cultivars and farms. The Redwood was written up in *Sonoma Magazine* for their great food!

You may purchase additional glasses of wine or bottles to go or share.

More info about The Redwood Wine Bar :

- [Visit their website](#)
- [Sonoma Magazine article](#)



## EVENT: MEMBERS MEETING



This photo is from a previous Members Meeting.

# Annual Members' Meeting and Silent Auction

RSVP

Our last in-person meeting was years ago! Now that we have re-started our Chapter, we invite you to our first post-pandemic in-person Members' Meeting.

Friday, **March 29**, 2024

6:00-8:00 pm

Wischemann Hall

465 Morris St, Sebastopol, CA 95472

**No charge** for members and non-members. Limited to 65 attendees.

We will provide the main course: a **taco bar** with both meat & vegetarian options, and gluten-free tortillas.

**Please bring:** a side dish or dessert and a drink to share.

Speakers from our friends at **Farm Trails:**

**Carmen Snyder**, Executive Director

**Vince Trotter**, Board President

"Challenges of Agricultural Sustainability in Sonoma County"

2023 recap and planning for the future.

Project updates: Apple Press, School Press, Turkeys, and more!

Opportunities for you to get involved.

## Silent Auction

Fine Dining, Wines, Tastings Cookies, Member Artworks, Tours,  
Turkeys and more! Bid and enjoy!

Have more suggestions? Email donation ideas to: [info@slowfoodrr.org](mailto:info@slowfoodrr.org)

RSVP

EVENT



**REGENERATIVE MEAT DINNER  
WITH RECEPTION & BLIND MEAT TASTING  
@ TOAST, NOVATO, CA**

**MONDAY, MARCH 11, 2024**



**ROOTS OF CHANGE & PROJECT PARTNERS INVITE YOU TO  
CELEBRATE LOCAL REGENERATIVE MEAT & MEAT  
PRODUCERS:**

**JOIN US FOR A RECEPTION AND BLIND TASTING COMPARING FRESH  
AND PREVIOUSLY FROZEN RIBEYE STEAKS PREPARED BY CHEFS  
DUSKIE ESTES AND EMILY LUCHETTI FOLLOWED BY A DELICIOUS  
DINNER.**

**MONDAY, MARCH 11, 5-8PM  
RESTAURANT TOAST  
5800 NAVE DRIVE  
NOVATO, CA**

**RIGHT OFF 101. PLENTY OF FREE  
PARKING AVAILABLE.**

**PLEASE RSVP  
BY MARCH 6  
AT [THIS LINK](#)**

**EVENT: CIDER RELEASE PARTY**







## "Farms to Cider" Release Party

It's release time for Farms to Cider produced by Golden State Cider. [Farms to Cider](#) is made from a wide variety of apples gleaned from over 100 orchards in Sonoma County. It's bright amber with aromas of white tea and wildflowers and hints of honeysuckle and cedar.

Proceeds from Farms to Cider will be donated to [Farm to Pantry](#), a local organization dedicated to eradicating food insecurity. Their volunteers gleaned many of the apples used in the cider

**Saturday, April 13, 2024**  
**Golden State Cider Taproom**  
Located in The Barlow  
180 Morris Street #150, Sebastopol, CA 95472

1-4 pm



# SAVE OUR ORCHARDS !



Small growers like Carole Flaherty have relied on Manzana Products to process their apples into juice, applesauce, vinegar and cider.

## Update

The Save Our Apple Orchards Now! project is in high gear. It was formed after the recent announcement that Manzana Products apple processor is leaving Sonoma County (after over 100 years) for Washington state.

Small "backyard" growers who have, collectively, over 400 acres planted in apple trees are especially concerned. The Save Our Apple Orchards Now! project members are meeting with Government agency heads, union reps, related organizations, and larger growers to find solutions. They are thinking creatively to create a way to protect the orchards.

Here at SFRR *News*, we are closely monitoring the situation and we will report updates as we receive them. Two SFRR Board Members, Carole Flaherty and



Paula Shatkin, are very involved. The upcoming lack of a local apple processor affects not only local apple growers but also our Sonoma County heritage.

More info:

- [Sonoma County's 101-year-old apple processing plant leaving town](#)



## EVENT REPORT WITH LYNDA



Snail of Approval Awards -- February 28, 2024



# Snail of Approval Awards

At this sold-out event, we tasted delicious and varied samples of food and wine from the twelve 2024 recipients of the Snail of Approval Awards. Recognized for their "good, clean, and fair" practices, the artisan producers, restaurants, and farms told the audience how meaningful this award is to them.

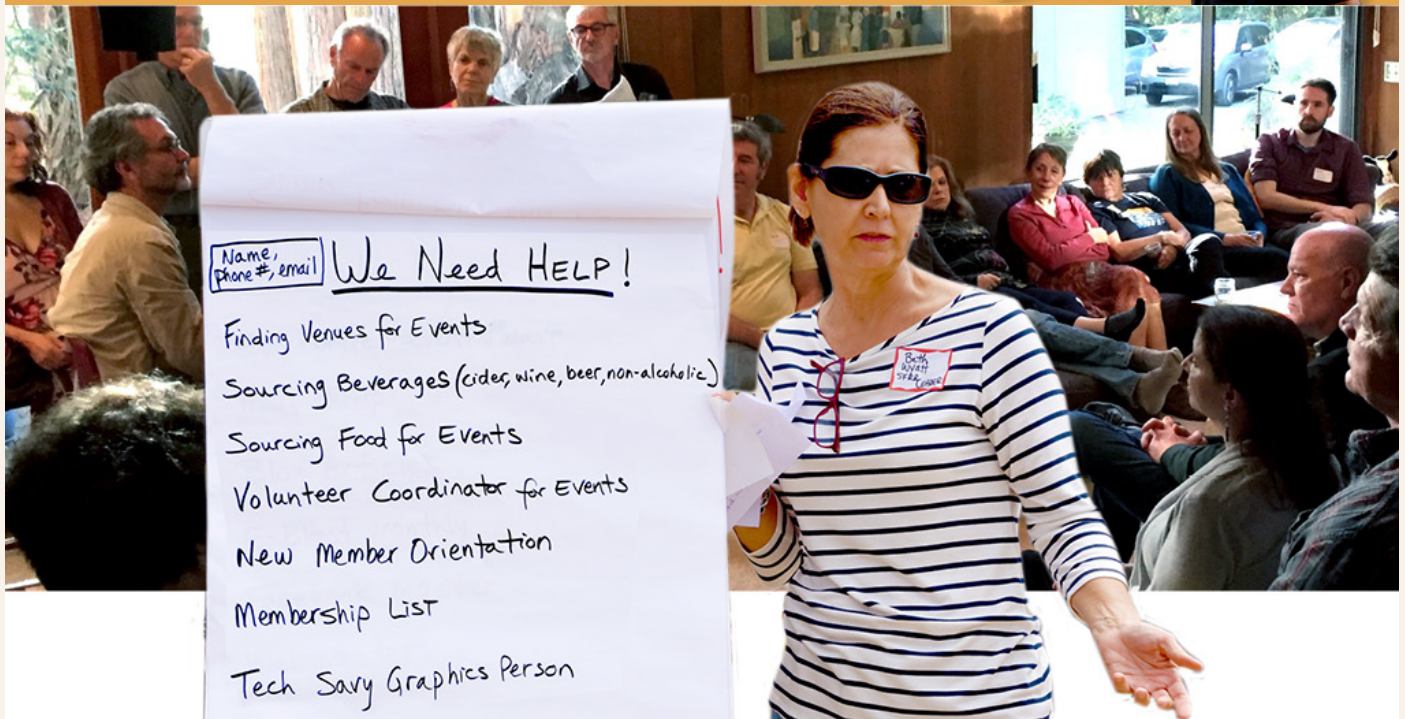
The event was sponsored by our sister Slow Food chapter: Sonoma County North.

Articles about the event:

- [Slow Food's Snail of Approval awards honor 12 'good, clean and fair' Sonoma County food producers](#) Press Democrat
- [12 Local Restaurants, Food Businesses Given 'Snail of Approval' by Slow Food](#) Sonoma Magazine



## VOLUNTEER



This list is from 2018. Our newly-revitalized Chapter has many of the same needs.

## Volunteer opportunities!

The SFRR Board can use some help with our

- Communications and Social Media (newsletter, emails, etc.)
- Event Planning (visits to farms? tours of wineries? cheese education? learning about soils?).

If you would like to support either of these activities, we would love to hear from you! Please email [info@slowfoodrr.org](mailto:info@slowfoodrr.org).



FROM SF INTERNATIONAL



We are Slow Food




Watch later



Share



Watch on  YouTube

## What is a Slow Food Convivium?

A Convivium is a local group that gathers food enthusiasts who want to change the food systems toward good, clean, and fair ones for all.

The Slow Food Convivium brings together different food systems' actors as farmers, producers, cooks, scholars, and consumers who share a common passion for preserving local food traditions, promoting biodiversity, and advocating for a more mindful approach to eating.

[Map of Slow Food Convivia \(scroll down to see map and access Slow Food World Database\)](#)



FROM SLOW FOOD USA







## **Plant a Seed Campaign celebrates biodiversity on farms, in gardens, and at schools**

Slow Food USA invites growers to engage with climate and nutrition in our gardens and on our plates. Every year, the kit brings together a cast of rare and biodiverse seeds that tell a story. For 2024, we will feature grains and roots. We invite you to ground yourself and connect the dots between soil health, human health and planetary health by exploring roots and grains!

Seven distinctive and delicious varieties, including four Ark of Taste crops, will wow you with their beauty, their abundance and you will not believe how much grain you can grow at a garden scale.



# 1 kit purchased = 1 free kit for a school garden



[Learn More](#)

## SUGGESTIONS



What do you suggest for SFRR?

- What are your ideas about future SFRR events?
- About topics for this newsletter?



- Farms we should look into for possible tours?
- New food-related businesses we might support?
- Ecological challenges we should research and report on?
- People making a difference in Sonoma County agriculture and food?

Your ideas matter, so please let us know!

Our contact information is [Info@SlowFoodRR.org](mailto:Info@SlowFoodRR.org)

We look forward to hearing from you!

## COMMENTS?



**We appreciate your comments and feedback on the Newsletter.**

This issue includes events, reports on past events, tastings, updates, and info from both Slow Food International and Slow Food USA.

What are *your* thoughts?

Email to: [Info@SlowFoodRR.org](mailto:Info@SlowFoodRR.org)

## OUR BOARD

### **Shari Figi**

Shari focuses her time on the endangered Gravenstein apple, protecting our pollinators and promoting local farms that incorporate organic practices.



## **Carole Flaherty**

A retired horticulturalist now farming a certified organic orchard of over 200 apple, pear and stone fruit trees, Carol has volunteered, along with her husband Pat, at the Free Community Apple Press for 5 years. She is also Assistant Bio-Manager for the Rare Fruit Growers Redwood Empire Chapter.



## **Peggy Myers Knopp**

Peggy is a retired CPA. She and her husband, Ray, have volunteered at the Community Apple Press. Peggy was so impressed by the purpose, the people and the energy that she has offered her accounting skills as our new treasurer.



## Rick Mead

Rick has been committed to SFRR for a decade and is a wonderful, welcoming volunteer at the Community Apple Press. He increased his participation last year by organizing our booth at the Farm Trails Gravenstein Apple Fair, where a team of volunteers distributed over 5,000 samples of fresh-pressed Gravenstein apple juice. He's already working on our booth for this year which will be bigger.



## Jim Reichardt

Jim has been part of a local farming community for decades. He is a past leader of SFRR and helped build our chapter. He is passionate about the Slow Food movement, both domestic and international and is committed to supporting small family farms and preserving heritage breeds. "Know your farmers and where your food comes from!"

## Paul Sequeira

Thank you for allowing me to rejoin the board of Slow Food Russian River. I feel fortunate to dwell in this beautiful and bountiful place with such a passionate and engaged community. I live in Sebastopol with my family and work as a vineyard manager. I am

hoping to find a way to bridge the gap between the wine industry and the environmental movement just as Slow Food has done in Italy. I believe that food is a fundamental part of community and culture.



## Paula Shatkin

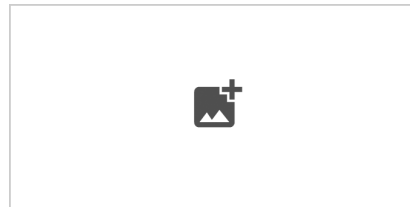
Paula was a founder and has been a leader of SFRR for over 20 years. She is currently the coordinator of the Gravenstein Apple project with a special interest in helping our burgeoning hard cider makers procure and use local apples. She is returning to this team to help revitalize our connections with people who grow and make food in our community and contribute to the biodiversity of our lands.

## Catherine Thode

Catherine is our Turkey Family leader. She has been part of SFRR since 2006, the first year we co-sponsored the Heritage Turkey Project. She brings her wonderful blend of interest in preserving heritage breeds, working with kids, and educating the



public about genetic diversity. We will be selling Heritage turkeys again this year!



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