

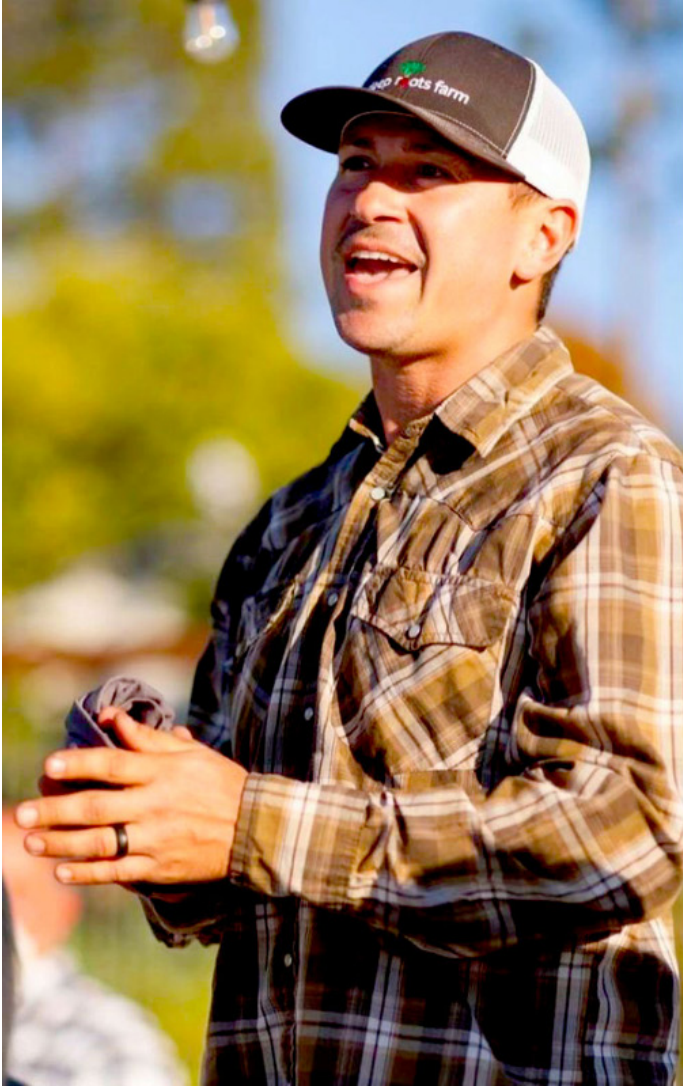


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- Slow Food International

EVENT: FARM TOUR





Deep Roots Farm Tour

RSVP

We will join farmer Chris Herrera on a tour of Deep Roots Farm. The tour will feature the regenerative farm. Highlights include pasture-raised chickens and goats, [black soldier fly composting](#), the nursery, and the greenhouse.

With a heritage spanning seven generations in Sonoma County, Chris Herrera continues traditions in livestock, dairy operations, corn, orchards, and vineyards.

Deep Roots Farm is committed to CCOF organic farming and Demeter Biodynamic Certification. Chris received a 2024 Northern California Food and Wine Award for agricultural biodiversity and regeneration.

Saturday, May 11, 2024

Deep Roots Farm

7000 Petaluma Hill Road, Penngrove, CA
Parking is available for 25 cars -- please carpool.

The tour will be a walking tour.

There are picnic tables on the opposite side of the farm.
You are welcome to bring your lunch for a picnic at the farm.

12:00 - 2:00 pm

There is no charge for this event.

RSVP



FROM SLOW FOOD USA



May 17-19 in Sacramento: **Terra Madre Americas**

Slow Food International is hosting **Terra Madre Americas**, the inaugural event to allow for a dialog between different worlds (those of food producers, scientists, cooks, researchers, and, above all, people) who will meet in Sacramento and make the event an unmissable occasion for participation,

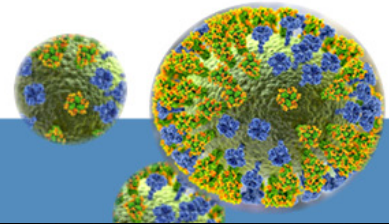
connection, and discussion.

Terra Madre Americas will explore how food is interrelated with most aspects of our lives and environment, with specific focuses on the climate crisis, social justice, and education in the food and beverage system through the lens of specific topics.

May 17-19, 2024
Friday, Saturday, and Sunday

Memorial Auditorium
1515 J St, Sacramento, CA 95814

[Learn More](#)



AVIAN FLU



Newly arrived ducklings surround Jim Reichardt of Liberty Ducks. They came to their freshly cleaned, disinfected, and tested barn.

Liberty Ducks: Recovery Report

Avian influenza arrived in Sonoma County about Thanksgiving 2023. The most likely source was listed as migratory birds. It spread through the poultry belt west of Petaluma, an area favored for its weather being historically positive for raising poultry. The initial result of the virus was a loss of egg production on affected ranches which forced a local quarantine and weekly testing of nearby farms. The trespassing of animal terrorists provided for some speculation that the virus came in via their trespass.

If your farm tested positive the result was a complete depopulation of that farm, followed by cleaning and disinfection of the farm. This was emotionally and financially devastating to all the affected, local, family farms. The USDA did some financial reimbursement but was nowhere near the monetary loss of the catastrophe.

Once the property was cleaned, disinfected, and tested, it was possible to reintroduce birds back to the buildings. For some, the depopulation included the breeding stock which could take years to rebuild. If you had eggs, you could incubate them, hatch them (28 days), then raise them for roughly 5-1/2 months until they start to lay. The eggs at that point could be sold or incubated to rebuild your flock. If raising for meat the time would be 7 to 9 weeks of raising before market age.

The virus appears to be seasonal with the migration. It struck around the world both commercial and backyard/hobbyist farms. Vaccines are being used in some countries but are not yet available in the USA. Biosecurity is the most effective preventative available at this point.

Liberty Ducks and the Jim Reichardt Family were blessed by a GoFundMe campaign which helped our business have a chance to survive. We are forever grateful to the community who believed in and supported us. It would not have been possible without the support.

By Jim Reichardt

More info:

- [Liberty Ducks website](#)
- [Avian flu now found in Texas and Michigan. Press Democrat](#)

SAVE OUR ORCHARDS NOW!



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

Update: April

The Applecore "Save Our Orchards Now" project began last fall after our processor, Manzana, closed its doors to local apples for 3 weeks at the peak of the fall harvest. The writing was on the wall: we were preparing for the announcement from Manzana that they were moving their 'cannery' to Washington. About a month ago, they made that announcement. They will process our apples through 2024, and then we are on our own.

Paula Shatkin and I have been working with many people and agencies, including the County Supervisors, to find ways to process or sell our 2025 harvest. We are currently in the fact-finding and idea-gathering stage and ask

that you join us, share your ideas with us, and volunteer to help us. We can be reached by email at applecore@slowfoodrr.org.

Also, consider joining the Apple Community's IO Group Forum. We, along with others, will be sharing what we are doing and we hope to hear your suggestions and comments. Please look at the forum introduction and guidelines to see if you'd like to join. SonomaAppleOrchards@groups.io

Saving our orchards will take a village and that includes all of us in one way or another.

By Carole Flaherty

More info:

- [On Manzana and the future of the Gravenstein Apple Fair](#)
- [Sonoma County's 101-year-old apple processing plant leaving town](#)



EVENT REPORT WITH LYNDA



2024 Annual Member's Meeting

Sixty-five of us gathered on March 29 at Wishemann Hall in Sebastopol to dine on a savory taco bar & potluck, mingle, and bid on silent auction items.

Board Member Rick Mead welcomed us and kicked off the program. We heard updates on the Apple Press, the School Apple Press, the Heritage Turkey Project, Saving the Gravensteins, and the project to Save Our Orchards Now.

The Keynote Speaker, Vince Trotter, Board President of [Sonoma County Farm Trails](#), and a farmer, spoke about “Agricultural Sustainability in Sonoma County.” Sonoma County has 470,000 acres of farmland and hundreds of farms. Most are small family farms with an average size of 12 acres and 1-4 employees. The net income is \$27,000 – not a livable amount with our rising housing, childcare, and transportation costs.

The average farmer is a white male over the age of 45. Most must work another job off the farm; only 20% of their income is from their farms. We lose 6-10% of the dairies in The County every year. Revenue is down 50%. The biggest losses are in organic dairy.

We could see that the situation is unsustainable.

Fifty varieties of apples are grown here. Gravenstein apple revenue is up, but revenues from other apples are down. We are striving for biodiversity, but much land has been converted to vineyards.

By Lynda Banks

EVENT REPORT BY SHARI





Wine Tasting at the Redwood Wine Bar

Our event at The Redwood Wine Bar was a great success with 35 people gathering to learn about organic, biodynamic, and no-additive wines.

Melby and Ryan Miller were fabulous hosts and guides as we tasted several wines. There were many good questions from participants, and we all left knowing more about what we are drinking and tasting when we open a bottle of wine. The delicious food offered at The Redwood is sourced from local farmers. The Redwood was written up in *Sonoma Magazine* for its wonderful menu. The Liberty duck liver pate is to die for!

By Shari Figi

More info:

- [Redwood Wine Bar website](#)
- ['Clutch Your Pearls,' Sebastopol's Redwood Wine Bar Is Entirely Unexpected](#) Sonoma Magazine



APPLE PRESS KIDS BY ZENO



Apple Press School Visit project

The apple trees around us are starting to flower, and Sebastopol's (78th) [Apple Blossom Parade & Festival](#) is just a few weeks away, on April 27 and 28.

We are thinking ahead to August when the SFRR Sebastopol Apple Press at Luther Burbank Experiment Farm will open and we will welcome school classes for a rich program about apple growing, how different varieties differ, and how to separate the healthy apple juice from the pomace.

Can you help?

If you love children or wish to help our next generation to be at home in this

world, we invite you to volunteer with the Apple Press School Visit Project. Drop us an email at sfrschoolvisits@gmail.com to make a connection.

By Zeno Swijtink



WINE UPDATE WITH PAUL



Frost season in the vineyards

Frost protection season starts at bud break and continues until the last frost of the spring. Bud break is the moment each new growing season begins, but before bud break quite a bit of work went into preparing for this moment and for the upcoming new season. After grapes are harvested from the vines, their leaves will turn yellow or red and start falling from the canopy, a process usually accelerated by the first few rain storms in late October and early November. During this time the vines are pulling resources back from the leaves to store carbohydrates in the trunk for the following spring – for bud

break. These carbohydrate reserves will power the initial growth of the shoots until there is enough leaf surface area to drive growth via photosynthesis.

After leaves fall the vines are pruned. This is a broad generalization, but the earlier a vine is pruned the sooner bud break will occur in the spring. Some people delay pruning until late February or early March, which can delay bud break by two weeks or more. Delay is risky for later harvesting varieties like Cabernet Sauvignon or Grenache because ripening two weeks later might push their harvest into the next rainy season. Early harvesting varieties like Pinot Noir and Chardonnay are often pruned late as insurance against spring frost, which can damage and even kill young buds once they have emerged from their protective scales. If frost does kill a bud, the vine will push a secondary bud in its place which it keeps in reserve for this very reason. Unfortunately, these secondary buds are less fruitful, and because they have pushed later, their fruit will necessarily be behind in ripening.

Permanent damage to plant tissue can occur at around 29°F or -2°C. Various frost protection systems have been used to prevent permanent damage, but by far the two most common around here are water and wind. Water freezes, of course, but because liquid water is constantly being sprayed over the buds, the temperature of the bud remains at 32F, and the bud is constantly freezing but never frozen.

The other common frost protection system depends on wind machines (or frost fans). During most frost events a layer of warmer air will exist just above the cold morning frost, held in place by high barometric pressure which usually accompanies frost. This is known as a temperature inversion. The wind machines, or frost fans, mix the warmer air from 15-30' above ground with the cooler air at ground level, and can protect vines from frost damage down to about 27°F. Almost all frosts in this area are radiation frosts, in which cold air settles at ground level with warmer air above it.

The worst type of frost is advection frost, which is driven by freezing wind. Frost fans are completely useless against advection frosts, as you would imagine. The worst frost in recent memory occurred in 2008, and it was an advection frost. Luckily, they are fairly rare in Sonoma County.

If you happen to be out driving during the early morning hours you might see vineyard managers hurrying to start their fans or turn on their sprinklers. Or you might just hear them starting up the frost fans or frost pumps in the middle of the night and curse them under your breath while you try to get back to

sleep. Like the rest of us, they would love for someone to invent a less resource and labor-intensive way to protect against frost. Believe me, they would prefer to get a full night's sleep as well. But until something else comes along, please have patience. Like every farmer everywhere, they are just doing what they can to protect their livelihood. Here's to less frost and fewer sleepless nights.

By Paul Sequeira



TASTING WITH RICK



Sarmentine French Bakery

What do you do if you are a French midwife who moves to Santa Rosa with her husband and children so her husband can pursue his career in wine barrel making?

Well, your French medical license doesn't translate in the US – so first you

make bread and pastries for your children to take to school. They share them with friends. The friends' parents start asking to buy them. Soon you create a full line of authentic French breads and pastries so delicious that you open artisan boulangeries and your husband works with you full-time to manage business expansion!

And that's just part of the story behind the Grand Opening of Sarmentine in The Barlow in Sebastopol on March 14, master-minded by Alexandra and her husband Louis Zandvliet.

Alexandra emphasizes the importance of her sourdough. She notes San Francisco sourdough bread, for example, is famous for its "sour" flavor whereas her sourdough – the same she has used since 2012 – produces a softer, more neutral flavor. An authentically French flavor you will find in Paris, as well as at Sarmentine.

Of course there's more. Inspired by her health care background, Alexandra uses only local, organic supplies: Strauss organic butter for pastries (including the best almond croissant I've ever had), locally sourced flours for their authentic baguettes and batards, and local fruits for exquisite poached pear and apple pastries. And don't forget about lunch – silky quiches as well as traditional French sandwiches such as a croque monsieur, or the wonderful "Cordon Bleu" sandwich served hot with chicken, ham, melted cheese and hazelnuts in a crackling crust!

Alexandra calls bread-baking "my canvas, my medium to weave joy into people's lives." And her culinary arts have already been honored with the Slow Food Snail of Approval award.

How does the story end? It doesn't – and you can be a part of it! Having started with a centuries-old tradition, Sarmentine – now open in Santa Rosa and Sebastopol - will be followed by a new location in Petaluma. And from there? Keep tasting and find out!

By Rick Mead

[Sarmentine website](#)

CATHERINE'S TURKEY TALK





Heritage turkey babies are hatching

Too bad we were not on the path of the eclipse, these little peepers were just in time to view the event! Our first hatch of the season started this weekend and the incubators will continue to hum and hatch weekly through May. Our young turkey growers are setting up their brooders and will be carefully monitoring the growth, nutrition, and development of these heritage turkey poults throughout the growing season. Stay tuned for more updates!

By Catherine Thode



COMMUNITY APPLE PRESS



Volunteering at our Community Apple Press is fun and rewarding.

Expecting 50,000 pounds this year

The Community Apple Press (CAP) had the first meeting of the season and we're off to a good start. We expect to have folks press another 50,000 pounds of apples this year.

As usual, we are asking for volunteers to assist folks with pressing their apples. We have four 4-hour shifts each weekend and want to have, for each shift:

- 1 team leader
- 2 helpers

We'll let you know when the sign-up for pressing and volunteering goes live but please consider volunteering this season.

The school outreach program

The school outreach program will be operating again this year and we hope to add more activities for the children. Last year the kids went on a nature walk, pressed apples, and graded several apples for looks, smell, and taste. They also

tasted apple syrup. Each child took home a pint of apple juice.

And yes, the CAP will take the show on the road again to the [Gravenstein Apple Fair](#).

By Carole Flaherty



CAROLE'S APPLE BITES



Codling moth: the subject of our webinar

Applecore Education Outreach

I am personally very excited about this program. We have joined with the Master Gardeners and others in the creation of a series of webinars geared toward what we call 'backyard orchards'. If you have one apple tree or have an orchard with lots of trees on your property this is for you.

Codling moths webinar

The first of these webinars will focus on the control of Codling Moths. As temperature rises so do the Codling Moths and we are seeing many more worms in our apples every year. As they say, "Your neighbor's Codling Moths are your Codling Moths" so we must all rise to the occasion and learn ways to control these moths and protect our apples from being wormy.

You will learn how to control the moths using biological predatory wasps to pheromone coils along with general orchard maintenance that will reduce the population. Please watch for an invitation to view the first webinar and pass the invite to your neighbors, all of us who have apple trees are in this together.

By Carole Flaherty



FROM SF INTERNATIONAL



Left: 1986 Rome, Italy Right: 1989 Paris, France

Timeline of Slow Food History

1986 -- Slow Food springs to life in Rome, Italy in March 1986, when the opening of a fast food restaurant near the Spanish Steps sparks widespread national protest. This symbolic arrival of homogenization in a place so rich in history and culture convinces Carlo Petrini and the other founders of the movement that it is time to act, and so the Slow Food movement is born.

1989 -- Slow Food officially becomes an international movement when leading Italian cultural figures and representatives from 14 other countries sign the [Slow Food Manifesto](#) "For the Defense of and the Right to Pleasure" at the Opéra Comique in Paris.

[Go to the Timeline of Slow Food History from 1986 to 2023](#)



VOLUNTEER

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.



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

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

OUR BOARD



Shari Figi



Carole Flaherty



Peggy Myers Knopp



Rick Mead



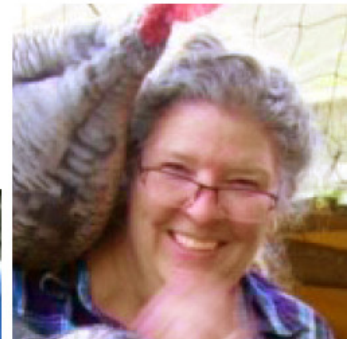
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