

Slow Food

Continued from the October Mirror

So just what is SLOW FOOD? What does it mean? Slow food is a movement that believes the pleasure and quality of life is greatly increased when we make time to prepare and share meals with family and friends, using ingredients that honor old traditions and the land. The Slow food movement believes that food is a common language and a universal right.

Carlo Petrini founded the Slow Food movement in Italy in 1989. It began in 1986 as a resistance to the opening of a McDonald's near the Spanish steps in Rome. Petrini's movement is now flourishing in 122 countries around the world. To date, there are over 800 chapters with over 100,000 members worldwide.

Slow Food is a non-profit, eco-gastronomic member-supported organization that counteracts fast food and fast life. It preserves local food traditions that have developed over millennia, and encourages people to be interested in the food they eat—how it tastes, and how our food choices affect the rest of the world.

By reawakening and training our senses, Slow Food helps us rediscover the joys of eating, and appreciate the importance of caring about where our food comes from, who makes it and how it's made. This was definitely a part of the celebration that took place at Vicki's Veggies. Slow Food brings together pleasure and responsibility, and makes them inseparable.

Slow Food works to defend biodiversity in our food supply, and to save the countless traditional grains, vegetables, fruits, animal breeds and food products that are disappearing due to the ever-growing presence of convenience food and industrial agribusiness. Slow Food seeks to protect our invaluable food heritage.

As Vicki shared with her CSA members, they had some very special guests for a visit: a group of 12 students from the University of Gastronomic Science in Italy, an institution that offers a multidisciplinary academic program in the science and culture of food. The School was started with the help of the Slow Food Convivium in Italy. The students are touring and learning about food culture and life in Ontario.

It is a delight to know we have Slow Food in the County. I invite you to visit their website, as well as Slow Food International. The day at Vicki's Veggies was a great opportunity to get to know people from the County. Many unfamiliar faces became familiar as we followed the tour around the farm, shared some wonderful wine from Sandbanks Winery, and most of all, were enveloped in a great sense of community.

Letter to the Editor

Please consider this an open letter to council about one solution to one of the problems of the wind turbines.

It's this: Council determines that they can erect wind turbines ONLY IF they promise, in writing and contract, to make a deposit that will cover the cost at the end of their life span for demolition, removal, and recondition of the land to its original state.

Mark Russell of Hillier writes that turbines have a 25-year age limit and that the cost of removing a turbine is approximately \$1,000,000 in today's dollars.

Tons of concrete has to be broken up and removed, for one thing. When these companies are done with them, we don't want The County to be stuck with the cost of a huge clean-up problem. The County is run by councilors, but the monies they use to run it is provided by us, taxpayers.

Remember what it's worth. 'Nuclear power generation is 198 times more efficient than wind power' - Mark Russell's words, - and employs very few people. It just may be another citizen cash grab, and political ineptitude. Beware.

I would suggest that each of you call city hall this week at 613 476 2148 and leave a message to be given to council that you, as a taxpayer, would rather not have these noisy, ugly 30 story-sized giants in your County.

- Lucas Velthuis and Karen Smith

**Milford Fair Board
Annual General Meeting
Wednesday, November 11
7:30 pm in the Town Hall.**

Erika Wolff

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<http://www.slowfoodthecounty.ca>

<http://www.slowfood.com/>

<http://www.vickisveggies.com/Home.html>