



Slow Food Fall Picnic at Harn Homestead a Huge Success

Sunday, October 1st, Slow Food OKC hosted its 2nd Annual Fall Picnic to an unprecedented group of over 260 adults and 90 children! The Fall Picnic was held on the lovely 9-acre grounds of the Harn Homestead to near perfect Indian Summer weather. Truly this was a spectacular event!

Featured this year were many local food producers and community organizations who spent time talking to attendees about their operations or organizations. Local community organizations included the Oklahoma Food Coop and the Regional Food Bank Urban Harvest as well as the Farm to School Program.

Local food producers spent all evening chatting with attendees and discussing their operations as well as discussing

how people could place orders for their products. Bruce and Joan Buechner of No Name Ranch were on hand discussing their high quality beef. Jo and Jerry Logan of Honey Hill Farms provided samples of their honey and brought many of their beekeeping materials so that children and adults could see how the honey is produced. PD&H Farms' Don McGhee was on hand to discuss his pork operation. Walters Hatchery family members provided a video of their operation and fielded questions from attendees.

Steve Gleason from Krebs Brewery was available to answer questions about the delicious Choc Beer his company generously donated for the event. Ever generous Republic Beverages donated Italian wines for the event.

Additionally, Oklahoma City's top chefs were on hand to cook up some of the best picnic food available. Chefs Cally Johnson and

Kurt Fleischfresser and their staffs manned an enormous barbecue rig behind the barn—grilling the finest barbecued chicken, pork and mini-burgers. Chefs Kamala Gamble and Brian Ward had prepared all of the traditional and non-traditional side dishes and desserts.

In addition to food there were family activities including: pony rides, a petting zoo, face painting and picnic games. Buck Goucher entertained the crowd with his wonderful music.



From the Grill

Grilled Chicken
Walters Hatchery Chicken
Mini-Burgers
No Name Ranch Beef
Pulled Pork
PD&H Farms

Lots o' Sides

Indian Style Sweet Potato Salad
Potato Salad
Deviled Eggs
Macaroni & Cheese
Cole Slaw
Grilled Farrell Family Bread
Ingrid's Bakery Buns

Desserts

Peanut Brittle
Brownies

Beverages

Choc & Choctoberfest Beer
Krebs Brewery
Italian Wines
Republic Beverages

Special Thanks to our Chefs, Producers, Community Organizations and Sponsors



Slow Food OKC has many thank yous for this event: which happens because so many give of their time and talents!

Cally Johnson of Boulevard Steakhouse, Kurt Fleischfresser and his staff of The Coach House and Irma's, Kamala Gamble and her husband Lance Cornman, Brian Ward of the Saturn Grill for all their help preparing and serving the delicious foods.

Each of the chefs had many volunteers hard at work behind the scenes.

To our producers named above and to Bob Waldrop, Chris Kirby and Jerry Newhouse from our community organizations.

Mark Fisher, Cordell Brown, Robert Barnes and George McQuission helped set up and tear down tables and also served wine,

Travis Parsons and Krebs' Steve Gleason for the beer, Corey Bauer for the wine. Peg Davison and Jerri Schmidt for arranging flowers and our website. Robert & Cara Barnes for manning the ticket table. Annie Dussek for organizing the games and activities and the Dussek Family for their sponsorship. Kerry Norman for her work anywhere and everywhere. Steve Wood, Janine Parker & Renee who served. Shannon Cornman for the photos, Loeta Cardwell for the apron designs.

Wild Night at the Coach House: A gourmet celebration of Wild Game January 14th, 2007 6pm

Join Slow Food OKC for what promises to be an extraordinary culinary gourmet experience featuring locally raised wild game expertly prepared by Chef Kurt Fleischfresser of the Coach House.

We will feature wild game from local producers—venison from

Jerry Logan of Honey Hill Farm, Pheasant and Quail from Walters Hatchery as well as buffalo from Wichita Buffalo.

We are still finalizing the menu but we will certainly have three to four courses and artisan wines.

Take the opportunity to experi-

celebrate a new year of the Slow Life with friends.

Spaces are limited and advance, paid reservations are required. Please reserve early by contacting us at slowfoodokc@yahoo.com or call Cristina at 440-6555.

Celebrity Chef, Author and Reform Advocate Ann Cooper Slow Food Benefit—March 3rd, 2007

Slow Food OKC, in conjunction with the University of Central Oklahoma, is proud (and very lucky) to introduce Chef Ann Cooper to Oklahoma City on Saturday, March 4th. We are working out all the details but plan to have Chef Ann speak to educators, dieticians, local community leaders and parents about her work reforming the way children eat. She will also be signing her new, highly regarded book, *Lunch Lessons: Changing the Way we Feed our Children*. Please watch for more details to follow.

Chef Ann is currently the director of Nutrition Services for the Berkeley Unified School District where she was hired by Alice Waters' Chez Panisse Foundation. Chef Ann considers herself a Renegade Lunch Lady—working to transform cafeterias into culinary classrooms for students.

Chef Ann is at the forefront of the movement to transform the National School Lunch

Program into one that places greater emphasis on student health. Chef Ann's lunch menus emphasize regional, organic, fresh foods and nutrition education, helping students build a connection between their personal health and where their food comes from.

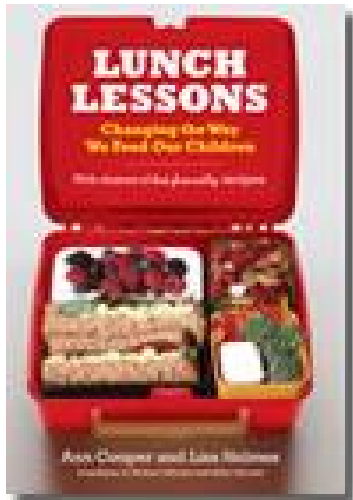
Chef Ann's newest book, *Lunch Lessons*, is overflowing with strategies for parents and school administrators to become engaged with issues around school food. The book includes successful case studies of school food reform, resources that can help make a difference and healthy, kid friendly recipes that can be made at home or by the thousands in school cafeterias.

Chef Ann did not always serve food in the cafeteria line. She attended the Culinary Institute of America, was named one of the "up and coming" chefs by Gourmet magazine and was the Executive Chef at the Putney Inn in Vermont before embarking on her current ca-

reer as educator and reformer.

According to Chef Ann, we won't have much hope for future generations of healthy kids unless we begin teaching them what good food really is. The Centers for Disease Control and Prevention has stated that 35 percent of our children are overweight, which statistically predicts that children born in the year 2000 will be the first in our nation's history to die at a younger age than their parents—we just can't allow this to happen. Sadly, Oklahoma's youth are some of the least healthy in the nation and childhood obesity is considered the number one health issue for children in our state. Join us for the presentation and book signing on the 4th of March and learn more about what you can do to change the way our children eat.

To learn more about Chef Ann Cooper and learn more about the issues surrounding children's nutrition visit her site at www.chefann.com.



Krebs Brewing Company—Choc Beer Profile



Choc Beer Distillery at Pete's Place



We would like to thank Pete's Place and Krebs Brewing Company for their generosity and participation in the Slow Food picnic. Krebs Brewing generously donated both Choc and Choctoberfest beer in ample quantity. A special thanks goes to Steve Gleeson, Director of Sales who helped make this a wonderful experience and who sacrificed a Sunday away from his family in Tulsa. Next time you are in McAlester feel free to visit Pete's Place and thank the owners, Jim and Kathy Pritchard. We can't help but think that Pete was looking down on the Slow Food Picnic and saying "now that's what Choc Beer is all about".

Here's a little more history of Pete's Place and Choc Beer brought to you courtesy of Travis Parsons, Slow Food Member, Beer Aficionado and cub reporter extraordinaire.

Sometime before 1925, young Pete Prichard, injured in a

mining accident and looking for a way to support his family began making and serving homemade Choc beer to miners in the area. Soon he was also fixing lunches in his home for the same men and eventually opened a restaurant in 1925.

The recipe for Choc beer apparently originated in Indian Territory and was passed from the Native Americans to the Italian immigrants.

Pete's innovation led to trouble, however, during prohibition. He was convicted, not once, but twice, for breaking the Federal Prohibition Act. He served two full terms in federal prison. Pete had to "flatten his time" in prison parlance, when prison officials and politicians alike objected to his being paroled, based on the fact that they had never had a better cook behind bars. Prohibition was repealed, but home brewed beverages remained illegal since they did not bear the proper liquor-

stamps. Nevertheless, homemade Choc beer continued to be available to regular customers at Pete's who included war heroes, U.S. Senators, governors, movie stars and sports heroes.

Bill Prichard and his wife Catherine turned the business over to their son Joe and his wife Kathy in 1984. Today the next Prichard generation takes pride in continuing the legacy begun by Joe's immigrant grandfather over 75 years ago.

Finally, in 1995, through the tireless efforts of Joe Prichard, Pete's Place reintroduced Choc beer as part of the restaurant's tradition and a "legal" brew for customers. Drink up and toast Pete's legacy. www.petes.org



Local Retailers Carrying Locally Raised, Natural Meat and Poultry

Local retailers are beginning to respond to your desire for the best quality, locally produced meat and poultry, especially for naturally raised, non-factory farmed items.

For many of you, the Oklahoma Food Coop and the OSU-OKC Farmers Market are the best options for purchasing these products and we wholeheartedly support these organizations. For those of you who frequent local

butchers, you now have excellent retail options as well.

Many of you have enjoyed dining at La Baguette owned by the Buthion brothers. The Buthions have recently opened a butcher shop called

Boucherie Meat Market located at 74th and North May, next to La Baguette. Boucherie will offer locally raised, free range chickens from Walters Hatchery. Walters chickens are all

heritage breeds originally from France. Boucherie Meat Market will also carry Wichita Buffalo, Lehman's eggs and Honey Hill Farm honey. Make sure you visit Boucherie soon.

Bill Kamp's Meat Market on 7310 N. Western in OKC is also carrying natural meats and poultry from local producers. No Name Ranch beef, featured at Coach House and Irma's Burger Shack is now sold at Kamp's—the only retail channel

For NoName beef in the area at this time. Also, Kamps is now also offering certified organic chickens from Horn Family Organic Farms and Wagon Creek Creamery products.

When you visit these retailers please let them know that Slow Food sent you.

Travels with Slow Food—Sooke Harbour House—Vancouver Island

Slow Food members and local producers, Jo and Jerry Logan of Honey Hill Farm wrote to us about a wonderful Slow Food travel experience they had while in Victoria, British Columbia this summer. Below is the experience they shared with us and we share with you:

“In the spring 2006 issue of *The Snail* (Slow Food’s publication) was an ad for dining on the “Northwest Snail Trail”. We were planning a vacation to British Columbia and noticed that the restaurant was 23 miles west. We made our reservation and mentioned that we’d seen

the ad and were Slow Food members.

Harbour House is perched on the hillside of WiffenSpit Beach overlooking the bay and is surrounded by terraced, organic vegetable, herb and flower beds where food for the restaurant is grown. Menus change daily and reflect seasonal produce, fresh fish, fine wines, etc., purchased from local farmers or grown on the grounds.

As we were being seated, we were told the chef wanted to visit with us! He turned out to be the owner and chef, Dr.

Sinclair Phillip who is Canadian Councillor to the International Slow Food Board. Dr. Philip was quite welcoming and very curious about Oklahoma and even more so about our farm. Farming fallow deer was something he’d never heard about. He asked to be included in our Slow Food OKC newsletters and said he’d always wanted to see Oklahoma. Dr. Philip also told us he would be attending Terra Madre this fall in Turin, Italy.

Earlier we had visited the beekeeper from whom Harbour House buys its

Honey—Tugwell Creek Honey Farm and Meadery. For more info about Sooke Harbour House visit their website www.sookeharbourhouse.com.

As you can see—Slow Food can introduce you to wonderful places and friendly fellow members around the world!



Happy Holidays From Slow Food OKC

Oklahoma Food Cooperative—Bringing Local Producers to You

Many of our picnic attendees had the opportunity to speak directly with Bob Waldrop the visionary founder of the Oklahoma Food Coop. Many of you picked up membership information and we strongly urge you to consider joining this important local food organization.

The Oklahoma Food Coop was born in 2001 when Bob Waldrop decided he wanted to

buy as much food for his household as he could from Oklahoma Farmers. What started out as a small idea has grown into a thriving organization.

The Oklahoma Food Coop is owned and operated by its 800+ members. The coop acts as an agent for producers.

Each producer sets his/her own prices and receives 95% of the proceeds from the sales.

Many Oklahoma farmers and specialty producers rely on the Coop for a significant portion of their total revenue.

Once each month the coop comes together to order products from farmers and local processors all over the state and distribute them to customers. Bob Waldrop emails members each month to notify them to place orders online, each month orders are

delivered to central locations around the state or in OKC can be delivered to your home for a small charge.

The Coop also brings its members information about local producers, their lives and challenges through regular emails and supports local producers in a variety of ways.

Visit the Coop website for more information and membership

www.oklahomafood.coop



Join Slow Food Today
www.slowfoodusa.org



2nd Annual Fall Picnic at Harn Homestead

Photos courtesy of photographer Shannon Cornman.
Visit our website www.slowfoodokc.com for more pics



**Have a Slow
Holiday**

The Meatrix - Award winning animated short film about Factory Farming

Many of you ask us to explain the differences between locally, naturally raised meat and poultry and factory farmed products. We wanted to let you know about a short, animated film available online that explains the key issues.

This film, entitled *The Meatrix* is a spoof on the *Matrix* film. In *The Meatrix*, Moo-pheous offers a chance to learn the truth about factory farmed animals. *The Meatrix* has won many awards including the coveted "Webby Award" for best website by a nonprofit organization.

In addition to the original *Meatrix* there are two sequels: *The Meatrix II: Revolting* which explains the dairy industry issues and *The Meatrix II 1/2* which animates a look inside a fast food processing facility.

All of the films are entertaining and informative and available for download/podcast at the website www.themeatrix.com. Additionally, the website offers additional information and links to sustainable agriculture organizations.

www.themeatrix.com



Moo-pheous