



Slow Food® Bedford

Bringing people together

Welcome to the second Slow Food Bedford newsletter. If you have just joined, the first newsletter is available on the website www.slowfoodbedford.wordpress.com.

This has been a very busy (or 'fast') month for SFB. On top of the Gourmet Market launch and organising a fantastic fundraising events, Sue also appeared on Chiltern Radio talking about our 2008 project, Park Wood Local Nature Reserve & Community Orchard.

The next newsletter will be produced in February and will include information about the orchard project's aims and how you can become involved. A regular feature will be a *Members' Corner* for sharing food tips—favourite local producers, seasonal recipes. Send suggestions to me at the email below.

Keep it slow

Hilary, Newsletter Editor

Farmers' Market: Ampthill

After the turmoil of several relocations during the Waitrose development, this market now has a permanent home in the Aragon Housing Association car park. Stalls include meat, cakes and cheese producers from a 30 mile radius. The stallholders are very knowledgeable and helpful and most offer tasting samples. Meah's curry sauces and pickles were my favourites—fresh, complex flavours.

Next market day is 26 January and from then on the last Saturday of the month (9.00-13.00).

Gourmet market

Pupils from Grange Special School in Kempston (www.grangeschool.net) sold healthy cakes and snacks at the launch of the Borough Council's Schools Market Stall Initiative. The original idea—to help pupils in Bedford to learn more about locally produced food—came from Sue Miller, our Convivium Leader.

If you know of any schools that want to get involved, call BBC's John Jackson (221772).



5th SF International Congress

This event took place from the 8th to the 11th of November in Puebla, Mexico, convening 600 people from more than 130 countries. There were 21 representatives from the UK

The Congress is the movement's most important event this year. See our website and <http://tinyurl.com/2m3m4w> to read about the decisions and activities.



Wild & Winter

October's event was a celebration of the twinning of Slow Food UK with Gabon in Africa. The seven-course meal was themed around Sardinian cuisine with one wild card dish (from Calabria).

The "Friends of Gabon" raised £1,006. The donation has gone to Slow Food UK. 75% will be spent on Slow Food projects in Gabon. The remaining money will be spent on Terra Madre in the UK (a complete list is on SFB's website.)

The £1,006 total was raised through a combination of ticket sales, donations and the raffle. The raffle prizes were donated by Franklins of Thorncote, Lingers Butchers, Castello Banfi of Tuscany and Paul Miller. Castello Banfi also donated the wine for the evening (Principessa Gavia, Rosso di Montalcino, Rosa Regali and Grappa di Brunello).

There will be more information about how your money has helped the people of Gabon to record their food and agricultural heritage in future newsletters. Watch a short film about a SF activities in Zambia here www.youtube.com/watch?v=e-ADQak5lxl.

Producer's corner

Franklins of Thorncote were awarded top spot in the top 10 poultry suppliers by *The Observer Food Monthly* in November. The article noted "All criteria, from husbandry to butchery, are met to ideal standards." High praise especially if you consider Waitrose only managed 10th place. (Encouragingly, 8 out of 10 of the list were SMEs!) Franklins are generous supporters of Slow Food Bedford so if you have attended our events, you will have tasted their produce. The family-run business was established in 1987. As well as poultry they offer high-quality game and meat. Their stalls can be found at many local farmers markets (including Ampthill). They also have a farm shop and offer local deliveries. For more information about their range or to order a Christmas hamper look at www.franklinsfarm.com

Full article: <http://tinyurl.com/2srpdm>

Calendar dates

22 December

Bangers & Beer, Devonshire Arms

A barbecue to coincide with the pub's beer festival (20-23 December) and raise funds for the Parkwood Community Orchard project.

20-23 December

Slow Food Christmas Market

Southbank Centre hosts the inaugural market with 25 stalls. Details on website.

January event (date to be confirmed)

Evening to learn about Indian cooking and the restaurant business (at Rajkot).

Contact details

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