



Slow Food® Bedford

Slow Food Organisation

Slow food is a non profit making organisation that was founded in 1989 to counteract fast food and fast life, the disappearance of local food traditions and peoples dwindling interest in the food they eat, where it comes from, how it tastes and how our food choices affect the rest of the world. Slow Food has more than 83,000 members in 107 countries around the world and 850 chapters or conviviums (local groups) where our philosophy of conviviality is best expressed. Through our convivium, our members come together to share everyday joys that food has to offer. Slow Food is founded first and foremost on our right to pleasure and our consequent responsibility to protect our **heritage of food, traditions and cultures**.

We believe that the food we eat should taste **good**; that it should be produced in a **clean** way that does not harm the environment; animal welfare or human health; that it's producers should receive **fair** remuneration for their work.

Slow Food is a network of producers and co-producers. Food producers are a key part of our movement and very much the inspiration for what we do. We are **co-producers**, not consumers because we bring more to the table than just our appetites. We want to know how they make it and what challenges they face bringing it to us. We stand behind food producers who care about quality.

Biodiversity

Biodiversity describes all the species that live and interact within a particular environment. It has become a topic of discussion as our cultivated world increasingly and dangerously becomes uniform. In the last century 300,000 edible plant varieties have become extinct. We have come to rely on a tiny set of species to sustain us with fewer than 30 crop varieties providing 95% of the world's food intake.

Ark of Taste

Slow Food makes its support of biodiversity real by promoting artisan producers of quality products. The Ark of Taste is a growing catalogue of foods that have been forgotten or marginalized and are at risk of disappearing completely. It offers a resource for those interested in sourcing and promoting quality foods.

Presidia

The presidia was created in 2000 to help artisan food producers directly, these small-scale projects protect traditional production methods by supporting producers in situ and helping them to find markets for their traditional foods.

More than a thousand reasons to join...the story so far

Since 1989 Slow Food has:

Grown to **851** convivia all over the world, saved **31** animal breeds, **81** fruit and vegetable varieties, **57** cheese and **34** cured meats at risk of extinction.

Organised thousands of dinners, Taste Workshops and conventions.

Published over **70** guides, cookbooks and essays and **53** volumes of the international Slow magazine.

Held **5** editions of Salone del Gusto and **5** of Cheese, with a total of **950,000 visitors**.

Promoted more than **270** presidia projects in **35** countries.

Tasted and catalogued some two million wines and thousands of cheeses, cured meats, breads and traditional pastries in its publications

Created a network of **5,000** people (farmers, fishermen and food producers) from **130** countries during the October 2004 Terra Madre meeting of world food communities.

Founded the University of Gastronomic Sciences, with **65** students from all over the world that enrol each year in the undergraduate degree course at Pollenzo and **50** students in the master of programs at Colorno.

So, how does Slow Food Bedford fit in to the organisation?

Slow Food Bedford's main aim is to **"Bring People Together"** under the common philosophy of the Slow Food Organisation.

Our convivium will work in the following areas to help producers and co-producers, protect our food heritage, embrace the cultures of our area and educate the future generation to a brighter more sustainable future.

Taste

Events to rediscover the joys of eating and bring local producers and co-producers closer together in the pleasure of traditional local products.

Embrace

To celebrate the cultures of Bedfordshire and beyond, meeting harmoniously with Friends from our area to compare the diverse cultures that have made their home in Bedfordshire and understand their food heritage, we have a wealth of knowledge waiting to be tapped from Italian, Indian, Pakistan, Jamaica, Africa and not forgetting Polish and Eastern European communities and of course our strong twinning links with Germany and Italy.

Support

The Presidia and Ark of Taste. Visiting and researching local artisan producers and markets to search for new entries for the Ark of Taste and help support Presidia projects around the world and look to find our own Presidia project for Bedfordshire.

Focus

"Bringing Together The Next Generation" – Slow Food Bedford's Project 2008 is to support The Park Wood Community Orchard where there are 231 trees including Laxton apple trees and many other Bedfordshire heritage varieties. We will be holding 4 events in 2008, themed on the seasons. The events will be for local school children to gain a real understanding about how food grows, what it tastes like and the heritage and sustainability of our food. These will be fun days involving art, learning and development and tasting real local food. Slow Food Bedford is also supporting the schools market stall on Thursday's Gourmet Market.

How do we raise money for our Project 2008?

Slow Food Bedford raises money by holding events through **Taste, Embrace and Support**. All our events focus on the fundamental right for pleasure through taste and the understanding of food and how it's produced. Members and non-members can attend our events and profit from these events will go towards funding our project 2008. By coming to our events you will not only have the fun that every event entails, but will be able to taste local produce, learn about our local producers and understand about food from around the world. You can make a difference to our future by having fun and supporting Slow Food Bedford's Project 2008 to **"Bring Together The Next Generation"**

Taste, Embrace, Support and Focus - Enjoy the Future



Slow Food® Bedford

"Bringing People Together"

To join or to find out more about events and Project 2008 contact:

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Slow Food UK Limited is a not-for-profit company limited by guarantee. Registered in England & Wales, number 5530294.

Registered office: Unit 3, Alliance Court, Eco Park Road, Ludlow, Shropshire, SY8 1FB, United Kingdom

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