



Ottobre 2012

Food for Thought, Thought for Food

From honey to indigenous issues, youth to sustainable fish... A taste of some of the Salone del Gusto and Terra Madre's forums that will explore the future of the planet and the importance of our everyday choices ...

The broad knowledge base of Slow Food's network – embracing cultural diversity, science and tradition, old and new – will come together at the **Salone del Gusto and Terra Madre** in 49 conferences and meetings that will be open to the public for the first time. Visitors to Slow Food's major international biennial event will be able to join discussions with farmers, artisans, experts, chefs and activists; hear ideas from the food communities on how to get out of the current crisis and safeguard traditional knowledge; and visit the networking areas for specific issues.

The **Slow Fish** area will present Slow Food's campaign to promote sustainable fishing and responsible consumption, with more than 100 representatives of fishing communities participating in activities with other experts in the field. Small-scale fishers will explain their important role in [The Guardians of the Oceans](#) and their fight for fishing rights and to be involved in research, management and decision-making processes. The program includes a workshop on FAO's Voluntary Guidelines on Small-Scale Fisheries, intended to be used to promote small-scale fishers worldwide.

The room dedicated to **beekeepers and honey** <http://salonedelgustoterramadre.slowfood.com/dettaglioStampa.plp?tipo=UltimaOra&id=1c91a7bda89ca9226495d4e451e500a0en> will welcome around one hundred beekeepers who will sweeten the palates' of visitors with various activities and tasting sessions at the **Honey Bar**, featuring 50 amazing honeys from around the world. The conference program will focus on the protection of bees, which are crucial to biodiversity, food production and life on this planet, and allow visitors to interact with honey producers from different countries, including indigenous peoples from Ethiopia, India and Brazil.

In the **Slow Food Youth Network** area, representatives of the growing movement will present their recent projects and share experiences: from film festivals in the Netherlands and Australia to public Eat-Ins and Disco Soup events to raise awareness of food waste in Germany. In the [Say, Do, Hoe: Practices and Policies for Youth Agriculture](#) conference young people will be putting forward suggestions for Europe's Common Agricultural Policy reform while young Africans will speak about the challenges they face in [The Africans' Africa](#). The Youth Network will also be highlighting a different food issue every evening with an Eat-In.

The focus on **Indigenous Peoples** during the event will highlight traditional knowledge and food practices and their role as custodians of agrobiodiversity and other sustainable production methods. Interested visitors can meet with producers of some fascinating traditional products from around the world and discuss food sovereignty and the protection of cultural identity with Mirna Cunningham of the United Nations Permanent Forum on Indigenous Issues in the conference, [Indigenous Peoples and Local Food Sovereignty: A Struggle for Self-Determined Development](#).

Many of the conferences will offer a snapshot of the state of our planet, such as [Get Your Forks Out of the Forest!](#) with Vandana Shiva, founder of the Navdanya organization; [Green Economy: The Only Solution](#), which will look at how to change the current economic and production system; and [Hungry for Land](#), which will analyze the land-grabbing phenomenon and how to fight its spread.

These are just some of the highlights of the many conferences and dedicated thematic areas present at the event. Find the ones that interest you!

Click here to view the entire conference program

http://www.salonedelgusto.com/conferenze.plp?pagina=eventi_conferenze

Entrance to the conferences is free to all Salone Del Gusto and Terra Madre visitors, subject to the availability of places. Simultaneous translation will be provided into English and Italian.

SLOW STORIES

Terra Madre Day 2012

Announcing the fourth edition of Terra Madre Day this December 10, a day to celebrate our local food, wherever we are in the world ...

<http://www.slowfood.com/international/food-for-thought/focus/149275/terra-madre-day-2012/q=2E6492>

In 2009 in celebration of its 20th birthday, Slow Food launched an idea to the network: to celebrate your local food on the same day, whoever and wherever you are, in whatever way you want. With no restrictions on how to celebrate, limited only by the confines of your imaginations, we weren't sure what to expect.

Then came the big day, December 10, and the results were astounding – an anti-fast food rally in Bangladesh, a tree planting ceremony in Kenya, a 'locavore' cooking contest in Canada, a long table against GMOs in Germany, a photo exhibition in India, an eat-in in London and more than 1,000 others involving more than 100,000 people in every corner in the world. The Slow Food network had stepped up to the challenge.

Three years on, Terra Madre Day is now a fixture on the international Slow Food calendar with more and more people getting involved and getting creative.. Slow Food convivia, Terra Madre communities and our supporters look forward to creating another opportunity to enjoy coming together to celebrate local food and to seeing what the rest of the world is doing simultaneously. It is also our opportunity to demonstrate the philosophy of good, clean and fair food to communities, media and decision makers as a united movement.

Once again this year, we invite you to join the festivities. Find an event near you or create one of your own, as simple or complex, big or small as you wish. Together we'll shout our message to world: a global revolution grows from local roots.

Check out the Terra Madre Day **website** to find out more, get inspiration from past editions, download graphics and register your event.

Let's get ready to celebrate!

www.slowfood.com/terramadreday

Between Taste and Research

In Italy and Denmark: Exploring the secrets of cooking through traditional and modern recipes

From Castel di Sangro to Copenhagen, Niko Romito and Benedict Reade have widely different experiences and unique professional backgrounds, but share the same great passion: the search for authentic and honest tastes that are deeply tied to their regions.

Benedict Reade, 27, is Head of Culinary Research and Development at the renowned Nordic Food Lab (NFL), founded in 2008 by René Redzepi, head chef at the acclaimed Noma restaurant, and Claus Meyer, gastronomic entrepreneur. Their goal? "We want to explore the secrets of Nordic cooking through both traditional and modern recipes,

sharing the results with chefs, academics, experts and food lovers. We combine communication, education, health and gastronomy to analyze the true meaning of "goodness" in its broadest sense. Although there are just seven of us, our team includes experts in microbiology, chemistry, anthropology and philosophy".

Niko Romito is a young chef from Abruzzo, who has been awarded two Michelin stars for his cooking at Reale Casadonna. He has recently opened a training center, where he offers future chefs a truly unique experience. "In addition to the work in the kitchen, it is fundamental that trainee chefs realize that, in order to truly understand the world of gastronomy, they also need to meet producers, choose fish and vegetables at the market after waking up at five in the morning, and understand the importance of ingredients. These are values which become rules for life, and include the respect for people and nature around us. It is key to know that using high quality products impacts on the end result, and that each dish has a story behind it: if presented in the right way, it can be moving and exciting".

We took the opportunity to ask Ben and Niko a few questions, in the lead-up to their participation in various events at Salone del Gusto and Terra Madre 2012.

Ben: What messages do you want to convey at the Salone?

"Being at the Salone will be a unique opportunity to present the Nordic Food Lab and what we actually do, and explain how we try to disseminate the sense of "good". Our main message is certainly the importance of exploring food that people don't normally know. Our research is tightly linked to Slow Food, as we do believe that sustainability is one with organoleptic quality. Think about it: the best meat you could possibly eat comes from animals that have been raised respecting their well-being and health regulations; the best vegetables are grown without pesticides and without interfering with the pace of seasons, but simply following nature. We study often forgotten ingredients, those which belong to our past or are rooted in a specific region. Let's take insects, for instance: we want to make them tasty and enticing. We would like to eliminate the sense of repulsion and fear that people usually feel when they think of these animals, and show how good they actually are".

Niko: Among many other events you are also participating in the conference *Learn to Cook*. What is the secret?

"The key ingredient is undoubtedly passion. Also, if you want to learn how to cook well, you first need to learn how to eat well. It requires a sensitivity to good, natural products and for genuine and correct techniques. Experience follows, and it can be developed anywhere. If you taste the same dish made by two different chefs, they will certainly be completely different, because each chef adds their own personal and unique touch, which comes from the background and sensitivity of each individual".

Ben: The topic of Salone del Gusto and Terra Madre is *Foods that Change the World*. What do you think this food is?

"I think the ingredients that can change the future are those which tie us to our land and traditions – from lichens, to mushrooms and seaweed... I don't know if the work of the Lab is changing the world, but we are certainly working on the future of food, to make it more sustainable and tasty. It is also essential to develop educational activities to involve children and influence what they learn at school and at home. The more we change what children eat, the more curious they will be towards other cuisines, faraway traditions and unknown tastes when they grow up. Of course changing habits is a long and complex process".

Niko: What about the situation in Abruzzo?

"Educational activities with children are undoubtedly the starting point. I don't know if a school garden can really change the world, but it is certainly key that children, especially at school, understand the relationship with nature, and that everything comes from the earth. A garden gives them the opportunity to think about biodiversity, the cycle of seasons, the reason why it must be respected, avoiding tomatoes in January and oranges in August. I personally only cook dishes that I like; dishes with a strong local identity and that are virtually found only here at Reale Casadonna. With time, I become less and less interested in astonishing my guests for the sake of it. My goal is not a cuisine full of special effects, but simple dishes. I want to give everyone the opportunity to taste food which they may already know, but have never eaten prepared in that specific way. I want people to recognize the tastes of the ingredients that I cook without too many complications, but enhancing the concentration of taste."

What would you tell the many young people who will come to the Salone?

Niko: "What I tell young people is: be curious, always. Be open and ready to learn from everything. Ask yourselves why a certain product is like it is, research it. It may sound obvious, but cooking is a field where you learn very day. Even by looking at a lady who has been making home-made pasta with the same recipe for 30 years, you can learn invaluable secrets. Open your mind, and a world will open".

Ben: "Curiosity is certainly key, and that's exactly what we are trying to do. We try to raise the interest of everyone on new products or things they would have never thought about. So why not trying ants, insect, or bee larvae?"

What about the future?

Attention for raw ingredients, respect for our planet, research and education: from northern to southern Europe these seem to be the essential prerequisites for high cuisine.

Niko: "The next course at the Training Center will include more hours of practical work. One of the two new workshops will simulate a restaurant kitchen. Students will create a daily menu and serve their dishes, respecting service times. Also, we want to help each one of them to specialize in their sector – from main courses to desserts, from bread to appetizers. Four students who have just finished their courses will soon go to Heidelberg, where we have recently started cooperating with an Italian restaurant and we will design themenus. It is going to be a great working and life experience".

In Denmark the methods employed by the NFL are very different, but the philosophy remain the same.

Ben: "Encouraging people to choose high quality food can be very complicated but we try, even with unusual initiatives such as handing out food on the streets. The goal is to have people try new tastes, understand a new biodiversity of tastes that is still to be explored, and become curious about new ingredients. For instance, some time ago we gave out seaweed ice cream on the city streets from an old-fashioned ice cream bike. I have to say that people are very curious and react positively to new things, especially if it is food they have never heard about before or made with insects. By the way, we are preparing a little surprise for our Taste Workshop at Salone del Gusto, but I am not going to spoil it now..."

By Alessia Pautasso

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We look forward to seeing Ben and Niko in Turin in October. Here are the dates. Don't

forget to book online to ensure your place:

[Learn to Cook](#), Conferences, Saturday, October 27, 2012 - 03:00 PM

[Romito's Abruzzo](#), Dinner date Thursday, October 25, 2012 - 08:30 PM NH Lingotto – Tech Restaurant Torino

Via Nizza, 230 – Torino

[Abruzzian Lamb From Nose to Tail](#), Taste Workshops, Friday, October 26, 2012 - 12:00 PM sala D

[The Fifth Quarter](#), Master of Food, Friday, October 26, 2012 - 06:30 PM cucina didattica-Spazio Slow Food Educa, Oval

[The Nordic Food Lab: Back to the Future](#), Taste Workshops, Thursday, October 25, 2012 - 02:30 PM sala D

Paths of Excellence in Turin

An exhibition at the Salone del Gusto and Terra Madre describes the project supported by Slow Food and the Ford Foundation

Etson is a young Peruvian from the Colca Valley. Edwin is a chef in southern Bolivia. Fernando collects a sought-after shellfish, the *loco*, in Chile. Saleheddine cultivates fields in a northern Moroccan biosphere reserve. What do these four have in common?

They are all working to try to guarantee sustainable and socially inclusive development based on the value of biological and cultural diversity in their countries, a huge challenge. They all believe in the value of the natural and cultural heritage that makes their land, their history and their way of life unique, a heritage that is the result of thousands of years of interaction between nature and migrating populations, millennia of overlapping and integrating people, products, customs and beliefs. They all want to preserve this identity, and above all to promote it. They want to turn the uniqueness that originates from diversity into an economic and social resource.

Regina, who promotes social gastronomy in Rio de Janeiro, and Pavlos, whose family has been producing excellent olive oil in the hills of Thrace for centuries, have the same objectives. They have joined many other farmers, fishers, cooks, food experts, young leaders and representatives from local organizations in setting out on an ambitious and innovative path, leading towards local development and the spread of fair work conditions. They are all the protagonists of a pilot project run by the **Slow Food Foundation for Biodiversity** and the Rural Territorial Development with Cultural Identity program of **RIMISP – Latin American Center for Rural Development**.

The project, supported by **Slow Food** and the **Ford Foundation**, is called **"The paths of excellence: Discovering Territories through Products and People."** It will be presented at the Salone del Gusto and Terra Madre in Turin, the first stop for a traveling exhibition about the project.

The exhibition will present 12 different areas often characterized by inequality and marginalization, in both developed and developing countries in Latin America, North Africa and Europe. The public will be able to meet the custodians of each area's gastronomic and cultural traditions, taste their excellent products and experience a true journey of discovery via images, sensations and flavors.

From October 25 to 29, the people who live and work in these areas will be sharing the beauty of their land and the wealth of their culture with the visitors and producers of the Salone del Gusto and Terra Madre.

Find out more:

<http://pathsofexcellence.org>

www.rimisp.org

FOOD FOR THOUGHT

The Séralini Study and Long-Term GMO Toxicity

On September 19 the results were released of the first study on lifelong consequences of GMO-containing feed in rats...

When GMOs were about to be launched on the market in the late 1980s, the principle of substantial equivalence was introduced. According to this principle, GMOs are considered substantially equivalent to their non-modified counterparts, thus eliminating the need to carry out long-term tests on the effects of their consumption. Many scientists, and public opinion in general, have long opposed this principle, claiming that the modifications introduced into the DNA cannot offer any certainty as to long-term effects.

One of these scientists is Marcello Buiatti, a professor of genetics at the University of Florence. "The control of possible risks was entrusted to the EFSA, the European Food Safety Authority, whose guidelines for the analysis of risk are inadequate. In particular, experiments to evaluate the possible toxicity of GMOs must be carried out within a time span of 90 days, which allows the study of short-term toxicity, but often is not long enough to reveal a series of diseases, including tumors, that show up over longer periods of time. Additionally, the guidelines insist on only a few of the possible analyses that could be carried out on the treated rats, neglecting important physiological, metabolic and anatomical-functional studies." This has led to the need to carry out more thorough studies, and the results of one such study have just been published.

On September 19 a new study was released that seeks to shed light on the long-term consequences of a diet containing genetically modified organisms. The study, carried out by Italian and French researchers led by Professor Gilles-Eric Séralini, involved feeding 200 rats with diets containing variable amounts of GMOs for two years. The researchers used a Monsanto corn variety, NK603, modified to make it resistant to glyphosate, a herbicide sold under the name Roundup.

As the authors of the study themselves state, the results on their own cannot be considered decisive in the still-open debate about the possible effects of GMO consumption on human and animal health. But "the study was published in an international peer-reviewed journal [Food and Chemical Toxicology], which guarantees the **scientific validity of the study and the professional reliability of the team** who worked on it, because if that was not the case, it would bring into question the whole journal and everyone who works on it in various capacities," commented Professor Federico Infascelli, who teaches animal nutrition at the University of Naples Federico II.

The doubts and questions that Séralini's study brings up are certainly worrying, said Professor Infascelli, especially because "the authors compare the materials and methods that they use with those of previous studies aimed at showing that GMOs are not toxic, which for many reasons have proven to be much more incomplete than this one."

The fact that short-term side effects have not been observed following GMO

consumption means that they do not show immediate toxicity, but how much is known about chronic or subchronic effects linked to the ingestion of small quantities for a prolonged period of time? **Toxicological studies normally conducted for the approval of a genetically modified food only last 90 days, while Séralini's analysis observed the effects over a time period of two years.** This kind of study is very complicated, not only because of its long duration and high number of animals, but also because it uses patented GM corn, generally owned by a multinational, which does not always allow its use for this type of analysis.

The 200 rats analyzed in Séralini's study were divided into four groups. The first was fed with GM corn not treated with the herbicide, the second with GM corn treated with Roundup, the third with conventional corn and water diluted with some Roundup, and the fourth was the control group, fed conventional corn and water without added herbicide. The animals' long-term mortality was evaluated, as well as the appearance and extent of tumors and any metabolic, physiological and anatomical diseases. **The analysis of the results showed that the first three groups had much higher mortality rates,** as well as serious damage and alteration to the functionality of the liver and kidneys.

Apart from the worrying differences in mortality rates and the fact that this represents the first study of such long duration, it is interesting to observe that **for the first time, the consequences of a diet containing feed treated with the herbicide were studied.** The herbicide was used just as it is used in the fields and as it can eventually be found as a residue in food or animal feed. Generally tests are only carried out on the herbicide's active ingredient, decontextualizing it from the solution in which it is dissolved when it is sold. This makes a difference, as the solution contains other ingredients that help the action of the main active ingredient. In Séralini's study, the concentration of Roundup in the water given to the rats was below the threshold allowed for drinking water, and yet it still had consequences on the animals' health.

The study is now being closely examined by ANSES, the French food safety agency, and the EFSA, whose opinion is expected by the end of the year. Given the results of this study, **it is hard not to ask why the EFSA does not carry out this kind of analysis and control, instead of leaving the testing to the same multinationals who then commercialize the products,** and limiting themselves to checking that the documentation they provide is reliable.

In general this type of analysis should be carried out more often and there should be a **clear law on food labeling,** so that not only foods containing GMOs are identified (as required by regulations (EC) 1829/2003 and 1830/2003), but also products like meat and cheese deriving from animals fed with GM feed.

Federica Ferrario, who runs Greenpeace's GMO campaign, sums it up: "The results of the study are very worrying and for this reason they should be thoroughly verified. The fact remains that there is no point in running useless risks, we need to apply the precautionary principle and immediately adopt a moratorium on the import and cultivation of GMOs at a European level."

by Elisa Bianco, Slow Food Study Center e.bianco@slowfood.it

*Photo: The cover of *Nouvel Observateur* announcing the study – Gilles-Eric Séralini*

COUNTDOWN TO SALONE

Coming to Turin?

All the practical information you need to know about the Salone del Gusto and Terra Madre event...

As we reach the end of the countdown to the Salone del Gusto and Terra Madre, here is a quick run-down on all you need to know:

Dates and Opening Hours

Thursday October 25 – Sunday October 28: 11 am to 11 pm

Monday October 29: 11 am to 8 pm

Entry Tickets

If you haven't already yet, you can **buy your ticket in advance** at no extra cost and avoid the queues

<https://forumweb.bestunion.it/forumwebnr/default.asp?o=665&l=ENG&t=FWEBEN>

[Slow Food members](#) able to take advantage of the 50% discount on entrance fees (30 euros for a five-day pass instead of 60), 20% discounts on the bookable events and 30% discount on books.

View a detailed **price list** for entrance fees.

http://salonedelgustoterramadre.slowfood.com/visitatori.plp?pagina=info_visitatori

Bookable events

Places are limited for the Taste Workshops, Theatre of Taste, Meetings with the Makers, Master of Food and Dinner Date events, so booking is essential.

The deadline for online bookings is October 18, 2012. Bookings cannot be made by telephone. Any remaining places can be booked during the event.

Have a look at the [calendar](#) and book your events early.

http://salonedelgustoterramadre.slowfood.com/eventi.plp?pagina=laboratori_del_gusto

Getting there

Address: Lingotto Fiere, Via Nizza 280, Turin, Italy

If you're arriving by plane, train, bus, bike, car, the Salone website has detailed information for **how to get you there**.

http://salonedelgustoterramadre.slowfood.com/visitatori.plp?pagina=come_arrivare

Finding your way around

Here you can download and print a **map** of the area. Take note that there will not be a printed program or map available at the event, to help with the environmental sustainability of the event, this year all the information is digital or available to print at home.

https://content.slowfood.it/upload/2012/C274517218b5c1B7EFPs531102B5/files/SalonedelGustoandTerraMadre_Map.pdf

Download the app!

This year for the first time, a **free App for iPhone and Android** is available in English and Italian. You will find the full program, map, list of exhibitors, as well as tools to help you tailor the experience to your interests.

<http://itunes.apple.com/us/app/salone-internazionale-del/id552002716?l=eng&ls=1&mt=8>

https://play.google.com/store/apps/details?id=it.riot.client.android&hl=en_GB

Or **download** the full program (pdf).

For more detailed information, visit the **official website** and follow us on **facebook** and **twitter** for updates.

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

See you in Turin!

RECIPE OF THE MONTH

Neapolitan Timpano

The classic southern Italian baked pasta dish will be the star of a Cooking with Waste workshop at Salone del Gusto. Follow this recipe or adapt it to use what you have...

A classic southern Italian pasta dish will be the star of the “**Filled Pastas and Timballos**” Cooking with Waste workshop at Salone del Gusto and Terra Madre in October. Neapolitan chef Antonio Tubelli will share his recipe for timpano, the iconic dish of layers of pastas, meats, and cheeses baked in a form that has its origins in using up the leftovers of Sunday lunch.

Antonio explains: “Traditionally ragu, meat sauce, had a long life. The pot would be simmering on the stove on Saturday night and that evening, or on Sunday morning, the family would start to dip chunks of bread into it. Then an abundance of pasta was cooked to eat with the sauce for Sunday lunch. Finally on Monday, the left over pasta and the remains of the ragu was used to make timpano, with the addition of some mozzarella.”

This dish can be made in as many variations as there are cooks and there is no "official" timpano recipe. It is traditionally prepared in an enamel dish, but a large deep cake tin also works, and a wide variety of ingredients are sometimes added including peas, small meatballs and hard-boiled eggs. That's the beauty of cooking without waste - it's all about adapting your recipe to fit your pantry. Enjoy!

Neapolitan “Timpano”

Serves 6-8

6 kg San Marzano tomatoes for passata
8 tbsp extra virgin olive oil
salt to taste
300 g pork muscle
300 g pork chops
300 g calf muscle
2 medium sized onions, diced
2 tbsp red pepper concentrate or tomato concentrate
200 ml red wine
large bunch basil, leaves washed and removed
1 kg ziti (medium pasta tubes)
50 g butter
3 tbsp breadcrumbs
500 g fresh mozzarella, cubed
250 g Parmesan cheese, grated

Begin by preparing the tomato passata – a simple tomato puree. Heat 2 tablespoons of olive oil, add the diced tomatoes and a pinch of salt, letting them cook down until soft. Blend and strain the sauce and set aside.

To make the traditional Neapolitan ragù (meat sauce), start by browning the meat (cut into large chunks) in 6 tablespoons of olive oil. Add the onion and pepper or tomato concentrate, and then the tomato passata, wine and basil. Now the slow cooking process starts: simmer the sauce for a number of hours - with the lid on and adding a little water if it starts to get dry – to allow the tomatoes to reduce and the ragù to become creamy.

Next cook the ziti in a large pot of salted boiling water until al dente. After draining, mix in the ragù, leaving aside the large pieces of meat.

To prepare the timpano, preheat the oven to 180°C (350 F) and grease a deep 26 cm baking pan with butter and dust with the breadcrumbs. Fill the bottom of the pan with a half the ziti pasta and top with the roughly chopped ragù meat and mozzarella pieces. Cover with the rest of the ziti and a generous sprinkling of parmesan. Bake for 15 to 20 minutes.

Unmold the timpano onto a large plate and serve warm.

Click here to visit the Salone del Gusto and Terra Madre website.

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