

Slow Food Perth

Western Australia

Convivium Newsletter
June 2002

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This is the first of a planned two part special on cheese. This edition focuses on different types of cheese and introduces some suppliers of specialist cheeses. In a couple of months, part 2 will look at some local producers of quality cheese as well as further cheese suppliers.

About Cheese – Part 1



Cheese has been made since prehistoric days with milk obtained from various mammals, including camels and reindeer. Today, most cheese is made from cow's milk, although there has been a marked increase in the production of ewe's and goat's milk cheese in recent years.

Cheese is an important element in the diet of most societies, because it is nutritious, natural, capable of being made in most environment's from deserts to ice and snow, and is a means of preserving milk in periods when there is none available.

Cheese, in its simplest form, is made by separating the solid component of milk, curd, from its liquid part, the whey. The more whey that is removed, the harder the cheese produced. However there are some distinct styles of cheese based on the manufacturing technique used. The section below outlines the most commonly encountered styles of cheese and a suggestion as to the food and wine to accompany them.

Hard Cheese

Hard cheeses are the driest and most concentrated style of cheese. With their low moisture content they can live for up to 3 years. Aged hard cheeses become crumbly and develop a much loved "bite" on the palette. Cheddar, Parmesan and Leicester are common types of hard cheese. Serve with full-bodied red or white wines. Matching foods include grapes, apples, walnuts, dried fruits, olives, and cured meats such as ham.

Semi-Hard Cheese

The curds in semi-hard cheeses have been heated and then pressed to expel moisture. This gives them a characteristic nutty taste and smooth texture. Common semi-hard cheeses include Gouda, Edam Emmenthal and Swiss. Like hard cheeses maturation can improve the flavour, increasing the nutty complexity. Serve with dry white wine, desert wines, medium reds and fortified wines such as Port or Muscat. Food suggestions include dried fruit, pickles and gherkins.

Washed Rind Cheese

Wash Rind Cheeses have surface ripened rinds that range from orange and sticky to brownish or thick and grey. These cheeses are “washed” in baths of salty water (brine), cider, wine, etc., and matured in humid cellars or caves that help retain the moisture. Under these conditions the cheese develops an orange sticky rind that can evolve to brownish or thick and grey with aging. Washed rind cheeses have a rich, creamy texture, a strong piquant, farmyard flavour and aroma. Washed ripened cheeses include Tilsit, Raclette, and Havarti. Try fruit bread, pears, sultanas, cashews and hazelnuts. Serve with desert wines, red wines or beer.

White Mould Cheese

These cheeses develop a white, fuzzy rind. With soft white rinded cheese the curd is only lightly drained to retain much of the whey, so that as the cheese ripens it develops the soft, creamy, almost runny texture we associate with Brie or Camembert. The high moisture content and humid conditions in which they are matured encourage the growth of the soft white fuzzy mould, *Penicillium Candidum*, typical of Brie. Often, they have an aroma and taste of melted butter and fresh mushrooms that becomes more pronounced with age. Examples are Camembert, Brie and Chèvre Log.

Serve with Chardonnay, Riesling, sparkling dry reds and fortified wine. Good food matches are baguette, grapes, fresh dates and figs.

Cooked Cheese

The milk in cooked cheeses is heated for a short time which modifies the milk protein and caramelises the natural sugars in the milk. As a result cooked cheeses develop a rich nutty flavour when matured. Common cooked cheeses are Emmenthal and Gruyere. Serve with full-bodied red, fortified wines or champagne / sparkling whites. Matching foods include sourdough, or Italian or French crusty bread accompanied by quince paste or fruit chutney.

Blue Cheese

Blue cheese is veined through with a blue grey mould, giving them a traditional shattered appearance. The raw curd in blue cheese is loosely packed to allow the mould to spread and grow through the curd. It is this mould that gives blue cheeses their delicious sharp, strong flavour. Roquefort, Stilton, Gorgonzola and Danish Blue are examples of famous blue cheeses. Food choices include pears, dates, celery and walnuts with traditional water crackers. Serve with desert and fortified wines or with a medium red wine such as Pinot Noir.

Fresh Unripened Cheese

Fresh cheeses are made to be eaten quickly, usually within weeks of being made. There are a wide variety of fresh cheeses including Cottage, Quark, Mascarpone, Cream, Ricotta, Feta, Mozzarella and Bocconcini (actually baby Mozzarella). The softer cheeses such as Cottage, Quark etc are generally made for dessert eating, while the firmer ones such as Feta and Mozzarella combine well with olive bread, olives, roast peppers and tomatoes. Try medium red wines or any sparkling wine.

Cheese Suppliers

This is a small sample of cheese suppliers. Part 2 of the cheese special will add to this (members suggestions are welcome).

Food (by Christopher Hillier)

*151a Rokeby Road
Subiaco (6380 2000)*

Christopher Hillier has a wonderful walk-in cheese larder, which is just the right temperature and humidity for cheeses to store and ripen. He carries a lot of the Blue Cow Cheese products, including a great selection of Australian as well as European cheeses. The Food's staff are very knowledgeable and will generally encourage sampling before you buy. Christopher Hillier also stocks a great selection of products to accompany cheeses, such a fruit pastes and appropriate crackers. Don't forget to ask about Food's Cheese Club.

Di Chiera Brothers

*527 Fitzgerald Street,
North Perth (9444 5225)*

This Continental Deli has all the charm and service of an 'old-style' corner deli. They stock a selection of European cheeses, including a particularly good range of Italian cheeses. If you can get Tom (owner) to serve you, then you are in for a treat. He is well versed on all matters relating to cheese and will gladly advise you on what cheeses to consider for a particular occasion – e.g. cheese board, pastas, fondue etc. He encourages you to sample most cheeses before you buy.

The RE Store:

*231 Oxford Street,
Leederville (9444 9644)*

The RE Store has become a bit of an institution in Perth, as far as European Smallgoods are concerned. Amongst other things they have a huge cheese counter with a variety of tasty cheeses displayed. Most of the staff appear to be bi-lingual

(speaking Italian to many of their customers) and are well versed when it comes to cheese selection. Don't be afraid to ask to sample any particular cheese - they are very willing to offer small morsels for tasting!

Fresh Provisions

*77 Walcott St
Mount Lawley (9227 6309)*

A great store open 24 hours that, as its name suggests focuses on fresh food. This includes all the delicatessen lines, with an impressive range of Australian and international cheese available.

Foodplate at Claremont Fresh

*333 Stirling Highway
Claremont (9284 5116)*

Claremont Fresh Markets is a 7-day a week selection of food stores covering bread, fruit and vegetables, meat and (of course) delicatessen lines and cheeses. Foodplate is an outlet at Claremont Fresh that sells a wonderful variety of cheeses. They are always willing to recommend a cheese or offer a taste.

Cheese in the News



Since 1996 Australia has had food regulations that prevented the importation of many cheeses made from un-pasteurised milk. Some of you may have seen the recent newspaper articles in the Australian about Roquefort cheese being held in custody for four months and may wish to know more.

Essentially, Australia operates under a Food Standards Code that is designed to regulate the standards for foods made, imported or sold in Australia. One of the requirements under this code has been that cheese be made from pasteurised milk. The intention of this regulation has been to avoid potential health risks through bacteria in un-pasteurised (or raw) milk. However many of the famous cheeses in the world, including Roquefort (the most popular blue cheese in France) are made of raw milk, so this regulation has had the effect of banning the importation and sale of such cheeses.

The regulation has been the subject of much emotive debate, with the ANZFA (the body responsible for enforcing the Food Standards code in Australia and New Zealand) taking the view that the regulation was essential for the health of our community. Others have argued that with millions of kilograms of raw milk cheeses consumed in Europe every year with no ill effects, that the regulations are self-serving and designed to restrict cheese imports.

Most of the rest of the world also has food regulations that allow the importation and manufacture of raw cheeses under reasonable health guidelines. Except for Australia, every country in the UN World Trade Organisation (WTO) has regulations that allow the importation of raw cheese. For example the USA operates under a “60 day” rule, under which any raw cheese needs to be aged for at least 60 days before sale, to ensure that any bacteria in the raw milk is killed by the natural aging process of the cheese.

Whatever the truth, a new Food Standards Code (FCS) has been developed and is due to replace the old code in December 2002. The new code was thought to provide an opportunity to sell raw milk cheeses because it changed the definition of cheeses that could be sold to:

“Milk must be heat treated by being held at a temperature of no less than 72°C for

a period of no less than 15 seconds, or by using a time and temperature combination providing an equivalent level of bacteria reduction”

In January this year Calendar Cheese Company and Fromagerie Occitanes, the second largest producer of Roquefort in France, agreed to test the interpretation of the new law under transition arrangements to the new FCS code.

An importation permit was obtained and 80kg of best quality Roquefort was sent to Australia. The cheese was seized by Australian Quarantine Inspection Services (AQIS) as a non-conforming food and referred to ANZFA for an opinion. For the past five months it has sat in custody awaiting an outcome on its legal position. AQIS have refused to test the cheese, simply arguing it does not conform because it is made from raw milk.

This interpretation has led to further concerns that other hard cheeses such as Parmigiano Reggiano, Pecorino Romano, Comte Gruyere and a host of others (presently legal because of zero phosphatase under the old law) will also be deemed non-conforming under the new food standards code. As a result the ANZFA also recognise that after the negative media attention they have a public relations disaster if such a ban was implemented. To address the matter ANZFA are now proposing to adapt the new FSC to include raw milk 'Hard Cooked Grating Cheeses'.

However this leaves Australia still out of step with the rest of the WTO members, with all other raw milk cheese still banned. As one would expect, the argument rages on.

If you care about the future sale of good cheese in Australia, the right of the consumer to choice, then you may wish to contact ANZFA and express your concerns ian.lindenmayer@anzfa.gov.au

Meanwhile, five months later, the Roquefort awaits its fate

Slow Reviews

Reviews of selected events organised by Slow Food Perth, or covered in the Slow Calendar.

Special Tasting: Fresh Oysters & WA Sparkling Wines

Wednesday evening 29th May



At the most recent Slow Food tasting event, members were able to compare fresh SA Pacific Oysters and WA Rock Oysters (the two most readily available oyster species). These were complemented by a selection of five WA Sparkling Wines.

The oyster tasting was conducted by Jeremy Pearce from Larners Oysters - WA's sole distributor of oysters to seafood retailers. Jeremy discussed the history of oysters in Australia, oyster farming methods used today, the different appearance and taste of the two oyster species presented, as well as how to shuck oysters at home. Members showed their enthusiasm for the subject matter by polishing off approx 6 dozen oysters ... finished of course with a little fresh lemon and cracked black pepper!

The WA Sparkling Wines were presented by Peter Forrestal. He guided us through the five different wines (originating from different WA wine regions) and extracted comments and opinions from members.

The five wines presented were:

- Upper Reach Methode Champenoise
- 2000 Xanadu Pinot Noir Chardonnay

- 1997 Plantagenet Pinot Noir Chardonnay
- 1999 Somerset Hill 'Constellation' Pinot Noir
- 1997 Houghton Pemberton Pinot Noir Chardonnay

Last but not least, some of New Norcia Bakery's lovely wholemeal sourdough sticks were provided. These just topped off the tasting.

Our thanks go to Jeremy and Peter for working to make this a very informative and entertaining event. Thanks also to Kingsley Sullivan (from New Norcia Bakery) for providing the bread and Robynne Snell (our Treasurer) for raiding her lemon tree!

WA Fine Wine Show

Slow Food member Liz Mencil attended the WA Fine Wine Show on Friday afternoon, 10th May. This was hosted by the Wine Industry Association of WA and held at the GPO Building, Forrest Place - Perth. This is her review.

"I paid for the afternoon session, so that I could avoid the Friday evening crowds. For just \$15.00 I was given a glass, my hand was stamped and I was let loose to sample over 500 different wines from 80 plus wineries! I tried my hardest to 'spit' all wines sampled, but after slurping and swishing my way around the stands I assure you I still felt slightly intoxicated. By the end of the session my teeth were red and tannin was gripping at every corner of my mouth!"

"Going to the afternoon session proved to be great, as there were not many people and it was an ideal way to get to chat to the winemakers themselves. I was really surprised at the large number of wineries from the newer wine regions - some of the wineries I had never even heard of. I guess it just goes to show how the WA wine industry is expanding!"

Slow Events

Coming events organised by Slow Food or for which Slow Food has an interest.

Organoleptic Olive Oil Tasting

*Sunday 9th June, 2pm to 5pm
Pauline's house - Gloster St,
(corner Coleraine St) Subiaco*



Jill and Tony James of Forest Grove Olive Farm in Margaret River are expert at producing and appreciating the qualities of olive oil (Tony is also the President of the Margaret River Olive Industry Association). Jill and Tony will be hosting a special Olive Oil Educational and Tasting for Slow Food Perth - "Oils Ain't Oils". Participants will be guided through a tasting covering issues such as appearance, aroma, flavour intensity, complexity and balance. Common faults, such as rancidity, will be highlighted. The benefits of extra-virgin olive oil, and the exacting quality standards associated with this classification will also be uncovered.

Olive oils sampled will include Forest Grove's own products, as well as other Australian and International products (both boutique and supermarket brands). Tasters will also be given the privilege of sampling Forest Grove's premium new-season olive oils (crushed in mid-May).

Following the guided tasting, Jill will discuss issues relating to serving olive oils with food and using olive oil in cooking. Several delicious foods will be prepared by Jill (also a fantastic and experienced cook) so that we can put theory to the test.

Don't miss out on this informative and delicious Slow Food event! Members and their friends, family and colleagues welcome. Bookings essential – no later than Thursday 6th June. For further information contact:

Liz Mencil - Events Coordinator
Email: mencil@iinet.net.au
Phone/Fax: 9444 6596.

More details of the events below will be sent to members by a separate Email.

Cured Meats

*Saturday 22nd June, 2pm
Cnr Gloster & Coleraine Sts Subiaco*

Slow cured meats, made by hand using traditional methods from their European homelands. Products such as Parma ham can take up to 2 years hand curing to bring to perfection. Perth has some real artisan producers of these products. This will be a very special tasting so put this one in your diary!

Chocolate Tasting

*Wednesday 24th July, 8pm
Cnr Gloster & Coleraine Sts Subiaco*

Winter, and a wonderful time to sample the delights of finest quality chocolate. Enjoy this private tasting being put together for Slow Food members. We promise to educate and delight you with this informative and delicious session!

Goose Egg Brunch

*Saturday 3rd August, 11am
Start Bistro, Claremont*

Prepare for a taste treat and great social event. Slow Food Perth is organising a goose egg brunch at the Star Bistro, Claremont. Numbers will be limited to approx 20 people, based on the restricted, seasonal availability of Goose Eggs - hence there is still some uncertainty about the date as we wait for the spring goose egg season to start!

Slow Journey: La Strada del Gusto

October 2002 Piedmont, Italy

Bi-annually in October, Slow Food International joins forces with the region of Piedmont to organise a “*Salone del Gusto*”, a showcase of international cultural and gastronomic events in Italy. 24th – 28th October 2002 sees the next of these events, in Turin, Italy. This year’s *Salone* will be structured around the themes of food education and the protection of the world’s bio-diversity: the two main pillars of the Slow Food philosophy. The scale of “*Salone del Gusto*” is breathtaking as the brief overview below shows.

- **The World’s Flavours.** A global market place featuring the world’s best artisan foods.
- **Il ‘Buon Paese’ Market** (The Good Country) will be a market place for Italy’s finest gastronomic specialties.
- **The Enoteca** (wine store) will feature tastings of over 2,500 International wines.
- **Taste Workshop.** Some 260 taste workshops will be held this year, lead by an impressive line up of connoisseurs, producers, chefs and artisans.
- **Dinner Dates.** 50 Piemontese restaurants and bistros have created special menus for the event 20 International chefs will also be present to speak and serve their dishes that built their reputations.

Slow Food Queensland is organising a visit to “*Salone del Gusto*” preceded by a 7-day guided tour of the Piedmont Region, discovering the delicious and exalted cuisine this region has to offer. For more information contact Roz Macallan, President, Slow Food Queensland, ((07) 3870 4101), Email: macallan@gil.com.au or Slow Food Perth Leader, Elena Anière, Email: elenaa68@hotmail.com.

Great Southern Region: Gastronomic Weekend Tour

The Slow Food Perth Committee is progressing plans for the Gastronomic Weekend Tour of the Great Southern Region outlined in last month’s newsletter.

Committee members are planning an exploratory visit to the Albany region at the end of June to help ensure that the weekend includes the best the area has to offer. It looks like being an educational and enjoyable event filled with great taste experiences.

Keep the Labour Day long weekend in March 2003 free – you won’t regret it.

Slow Calendar

A calendar of other events likely to be of interest to members of Slow Food Perth.

Mt Barker Winter Solstice Winemakers Dinner.

Wednesday 19th June

Location: Burswood, Perth.

A premium five-course meal showcasing the Mt Barker region’s wines. Two hundred people are expected to sample 19 selected red, white and dessert wines from the Mt Barker region. In its third year, the dinner will offer the new component of a prize of a weekend’s accommodation for two people, with tours of the Mt Barker wineries.

Phone: Ian or Linda Tyrer of Galafrey Wines on 9851 2022. Fax 9851 2324. Email galafrey@wn.com.au

A Taste of New Norcia

Saturday 6th July, 9.30am to 5pm

St Ildephonsus’ College, New Norcia

The Benedictine Community in New Norcia have developed an increasing following for their range of fresh produce from the community. This includes breads, cakes, olive oils and wines.

Starting at 9.30 on the 6th of July an all day program including morning tea, a 5 course lunch and guided tours of the monastery and facilities will be held. The luncheon features new Norcia and regional produce and each course will be accompanied by a guest speaker.

The day's event costs \$88 including food, wine, entertainment and museum and art gallery entry. For more details or to book, contact Mrs Sally Osborn of the Benedictine Community on 1800 882235.

Riedel Master Class

*Wednesday 17th July, 7pm
Wine Education Centre
RAS Showgrounds Gate 1
Graylands Rd, Claremont.*

The Wine Education Centre in conjunction with Riedel glassware is conducting a master class not to be missed! Ever wondered how much influence glassware can have on wine? You can find out by coming along and attending a structured tasting of ultra premium wine in Riedel glassware.

Price: \$165 (GST incl.) per person which includes take home pack of four Riedel glasses (RRP \$150) plus finger food afterwards. The session will start at 7pm sharp. For more information contact the Wine Industry Association of WA on 93851699 or try their web site www.winewa.asn.au

The Great Southern Perth Wine Tasting

*Wednesday 21st August 1pm to 8pm.
Hyatt Regency Perth Grand Ballroom.*

About 25 - 30 Great Southern Wine Producers will offer tastings of their new vintages to the trade and the public. Tickets likely to be \$17 per head.

For more information, phone: David Wyatt on 9842 3265, Fax 9832 3211 Email davidw@omninet.net.au

Slow Restaurants

MUST Wine bar and Restaurant

Beaufort St Highgate

Slow Food member Dr Bill Parker nominated this Wine Bar and Restaurant which is in Beaufort St, opposite the Queens Hotel. He felt that the food was excellent; including tapas style snacks as well as main meals. A wide variety of wines were available by the glass as well as bottle. This included an extensive regional range from Western Australia. Lastly, the friendly service and knowledgeable staff impressed and were able to expertly match wine with food.

Slow Butcher

Slow Food member Pauline Tresise has another nomination for Slow Food butcher.

"I have just remembered a butcher in Fremantle called Frank's Gourmet Butcher (Italian butcher) at 17 Wray Avenue Fremantle. He has all the Italian and Spanish sausages. He also has exotic meats such as has rabbit, goat etc. If he hasn't got it in stock, he will order anything in for you. I have tried his meat and been very pleased with it."

Slow Question & Answer

This is a new section introduced at the suggestion of our members. People can put direct questions about all matters relevant to Slow Food so see if members can help. Get your answers or new questions in direct to the editor at geoff.costello@bigpond.com.

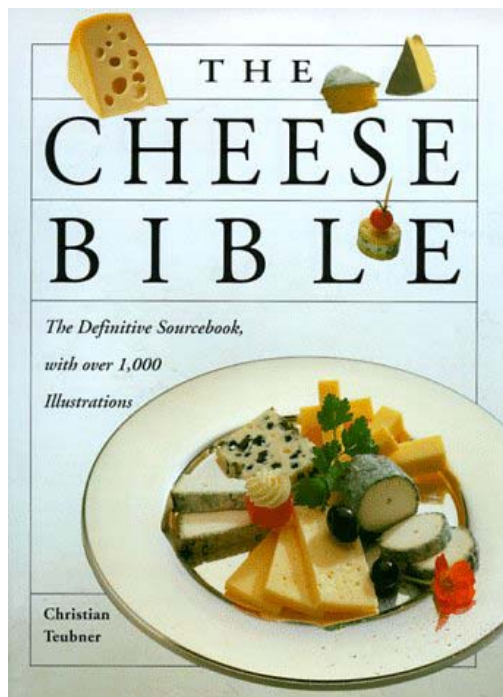
Question from Liz Mencil:

Does anyone know where I can source fresh Indian Paneer (cottage cheese) to use in Indian dishes, or does anyone have a good recipe?

Slow Books

The Cheese Bible

Penguin Studio; ISBN: 0670881295



Really the cover page says it all. This delectable volume is the definitive sourcebook to what just might be the world's most popular food. From the first chapter, "What Is Cheese?", to the comprehensive "Cheese Glossary", to the scrumptious cuisine and detailed cooking techniques, *The Cheese Bible* provides a wealth of information.

Slow Food: Collected Thoughts on Taste, Tradition, and the Honest Pleasures of Food

*Chelsea Green Publishing Co.
ISBN: 1931498016; (October 2001)*

This anthology is a great way to introduce yourself to what the New York Times called one of the most important ideas that shaped 2001: The Slow Food Movement. The book is an anthology of writings from the movement's quarterly publication *Slow*, which has been published since 1996.

The book is divided into fifteen sections with titles like "The Ark and the Deluge", "Prohibitions and Prejudice", and simply "Beer". It is rich, intelligent, insightful writing that will anger you one moment and leave you drooling the next. Buy the book then loan it to a friend.

Slow News

Thanks to Slow Food Perth member, Ann Moore, of Focus on Food, Slow Food Perth has had its first official media release. This resulted in an article published in the 9th May issue of Western Australian Business News. See below for the link:

<http://www.businessnews.com.au/news.cfm?function=show&NewsID=8115>

It's a great article that provides some useful background information on the history of the Slow Food movement. For example – did you know that Slow Food was founded by Carol Pertrnii in protest at the opening of the first McDonald's store in Rome in 1986?

Slow Food Perth has had many enquiries as a result of the article and a number of new members have joined.

Slow Web

This week we are featuring two sites, both dedicated to the world of cheese.

Appropriately www.cheese.com focuses on the range of cheeses available world wide. It has a (growing) database of 652 cheeses from all over the world, and includes a really useful cheese links section with links to many other cheese related sites. You can search the extensive database of cheeses by names, country of origin, kind of milk that is used to produce it, or by texture.

We also have the French equivalent in www.fromage.com, which as one would expect is dedicated to the best traditional French cheeses. Again, a true labour of love!

Slow Cooking

Members interested in seasonal cooking may want to contact Tracey Cotterell from “Matters of Taste”. She runs small, “hands on” seasonal cooking classes with complete menus using fresh local produce from the current season. For more information try Tracy’s informative web site www.mattersoftaste.com.au

From Your Editor

I have tightened the size of this issue, based on feedback from some members that the May issue was taking too long to download on slower modems. Other than that I have retained and improved on the new format from last time, that resulted in lots of positive feedback from many of you.

The theme for the July issue is **Chocolate**, so get your submissions in. Of course I welcome any information or nominations, including Slow Restaurants, Slow Reviews, Slow Books, Slow Web, etc.

So, if you have feedback, information or articles to contribute (even in rough form) get them to me by the end of June to make the next issue.

The Slow Food Manifesto

“Our century, which began and has developed under the insignia of industrial civilization, first invented the machine and then took it as its life model.

We are enslaved by speed and have all succumbed to the same insidious virus: *Fast Life*, which disrupts our habits, pervades the privacy of our homes and forces us to eat *Fast Foods*.

To be worthy of the name, Homo Sapiens should rid himself of speed before it reduces him to a species in danger of extinction.

A firm defence of quiet material pleasure is the only way to oppose the universal folly of *Fast Life*.

May suitable doses of guaranteed sensual pleasure and slow, long-lasting enjoyment preserve us from the contagion of the multitude who mistake frenzy for efficiency.

Our defence should begin at the table with *Slow Food*. Let us rediscover the flavours and savours of regional cooking and banish the degrading effects of *Fast Food*.

In the name of productivity, *Fast Life* has changed our way of being and threatens our environment and our landscapes. So *Slow Food* is now the only truly progressive answer.

That is what real culture is all about: developing taste rather than demeaning it. And what better way to set about this than an international exchange of experiences, knowledge, projects?

Slow Food guarantees a better future.

Slow Food is an idea that needs plenty of qualified supporters who can help turn this (slow) motion into an international movement, with the little snail as its symbol.”

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