



# Slow Food® Southern Forests



*Buckwheat arrived in Italy and France via Russia and Eastern Europe, brought there by The Crusaders who got it from the Saracens, where it was given the Arabic-derived name, 'Saracen Corn'.*



## long table lunch launch

**Lost Lake Winery  
Sunday 26 July 2009**

The newly formed Southern Forests Convivium invites the community to join us for a lunch of local food and wine to celebrate the beginning of an organisation that recognises and promotes the cultural importance of food in our community.



*"Good, clean and fair food is only possible with knowledge: the knowledge of those who bring food to the table and the knowledge of those who eat it. Understanding more about our food, how it tastes and where it comes from makes the act of eating all the more pleasurable."*

**Slow Food founder,  
Carlo Petrini**

### FEAST ON:

#### **Pasta e Fagioli**

*A hearty soup of Manjimup white beans, local vegetables, pasta with Parmesan, local olive oil and crusty bread*

#### **Juniper-brined free-range Chicken with Braised Cabbage and Apple**

*Free-range chicken pieces brined with juniper berries and bay leaves, roasted and served with a braise of local cabbage and apples*

#### **Buckwheat Cake with Karri Honey-poached Persimmons and Bannister Downs Double Cream**

*A unique Italian-style buckwheat and almond cake served with local persimmons poached with Karri blossom honey and luscious Bannister Downs double cream*

Slow Food is an international movement with not for profit groups called 'conviviums' that promote food and wine culture. Each convivium enjoys linking the pleasures of food and wine with awareness through education and responsibility via various events and projects. This happens through activities such as long table lunches, cooking classes, visits to farms and producers, kitchen gardens in schools, seed-saving groups or seasonal food production events.

Come along for the conviviality, food, wine and to learn more. We look forward to your company.

#### **Sophie Zalokar**

*Leader, Slow Food Southern Forests*

**RSVP 19TH JULY TO LOST LAKE - 9776 1251**

**Slow Food Members \$55.00 Friends (Non Members) \$60.00**

Payment is required on booking and confirms your place. Wine purchased separately from Lost Lake. Please advise at time of booking if dietary or allergy issues. Tickets are limited to 60 guests, please book early.

From convivial small-table events and taste workshops to international forums, Slow Food builds community networks between grower and eater, agriculture and market, village and the world, and at its heart celebrates and champions 'small, slow food' in ways that enhance knowledge, respect and passion.