



Slow Food[®] Bedford

Bringing people together

So, hands-up if you've been back to the Rajkot since our February event. My household's already been twice! Thank you for all the positive comments about the evening on the website. Sue has relayed our thanks to the team. I hope the Mersea visit will be as successful.

This month has seen two additions to SFB's committee. We now have a Secretary (Fytton Rowland) and a PR & Marketing Officer (Emily Saunders).

Other news is that Sue has been invited to join Bedfordshire in Bloom's committee.

Keep it slow

Hilary, Newsletter Editor

Farmers' Markets: A debate

Last month the newsletter featured Woburn's monthly farmers' market. This is one of several FM listed by Bedfordshire Borough Council. However, this FM attracts stalls from beyond the usual 30-mile radius. So, in response to a member's query, SFB's Committee would like to open a debate on what should constitute a 'farmers' market'. How should convivium support producers. How should we balance buying 'locally' versus buying 'independently'.

The committee post for Markets has been vacant since the Autumn. Contact Sue if you would like to volunteer.

To contribute to this debate, leave your comments at <http://tinyurl.com/2ogr2o>.

SFB Project 2008

Ann Hepher has made enormous progress with the project. The team from Shuttleworth Horticultural College have planted the initial crops—early potatoes and Swiss chard. These need to be ready for our first school visit, which will be Brickhill Lower (8 May).

An educational board will be erected onsite, jointly funded by SFB and Bedford Borough Council. The theme will be "Did you know", answering questions about the apples, the history of Laxton's and Parkwood Community Orchard today.

Several people have asked who painted the project's beautiful apple logo. This was donated by Terri Gipson, Sue's niece. Terri is a botanical artist.



Zero Castle Carbon

The community ZCC project is celebrating its formal launch on 20 April. After the success of the Christmas event, another local producers fayre will be held on Castle Road between 11am and 3pm. But there will also be a varied programme of activities. For more details see www.zerocarboncastle.org.

Rajkot tapas evening

SFB's February event was our first restaurant visit. We took over the High Street restaurant (except for one table of very tolerant diners). We ate eight tasting dishes variously accompanied by rice, naan and salad. The portions were very generous considering each platter was a 'tasting'. My favourite dish was the chilli squid in a lovely lime sauce.

The restaurant specialises in Gujarati food. The chefs buy key ingredients from Leicester



when they cannot be obtained locally (patra chaat's South African leaves, for example). Their chefs make paneer on the premises from buffalo milk and all the breads are oven-baked (instead of fried).

The Rajkot made SFB enormously welcome and Sam, the restaurant owner, explained the background of the restaurant. In a town with many excellent Indian restaurants, the Rajkot's focus on the finest ingredients and fresh preparation really makes it special. £195 was raised for the SFB Project 2008. [The newsletter editor won a SF bottle opener in the raffle—so she's very happy!]

Introducing Emily Saunders

A PR & Marketing specialist has joined SFB's committee. Emily returned to home-town Bedford a few years ago leaving Quadrille Publishing, to set-up Salt and Pepper PR. She explains "My company offers restaurants and food producers an opportunity to reap the benefits of targeted PR and marketing initiatives without the high cost and commitment that usually comes with the appointment of large city-based agencies. I've been aware of the Slow Food movement for several years through work connections with fellow supporters but I was until recently, unaware of Bedford's convivium. I join the committee with real excitement for our forthcoming projects and a confidence that I can help communicate exactly what SFB is all about, educating Bedfordians on how they can get involved and why they should become members."

Calendar dates

5-6 April: Beds Festival of Food

For more details see www.shuttleworth.org or call 01767 627527.

20 April: ZCC launch, Castle Road

Local producers market and other events.

23 April: St George's Day SFB Event

7pm, Devonshire Arms. Bookings required by 16 April. Details on website.

26 April: Kimbolton Food Festival

11-3, Mandeville Hall. Details on SFB website.

26 April: Slow Food UK AGM, Kendal

Contact details

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