



Slow Food®
Deutschland e.V.

Slow Food Deutschland

For a sustainable food system !





If you sow utopia, you will harvest reality.

Carlo Petrini



Slow Food promotes a sustainable global food system and culture based on responsibility and respect towards the environment, the farmers and animals involved in this system as well as on the importance of enjoying good and tasty food. The basic prerequisite for this approach is to preserve the bio-cultural and taste diversity and to acknowledge the value of food as a „means to life“.

We are committed to upholding small-scale agriculture and artisanal fishing practices as well as food production chains that are in harmony with our ecosystems, animal welfare, the revival of rural areas, and our cultural traditions. To achieve this goal, Slow Food provides nutritional and taste education for children, youths and adults, as well as training programs for young professionals in gastronomy, agriculture, and the food sector. Slow Food connects artisanal food producers with conscious consumers, which we call co-producers.

For Slow Food, everyone has the right to fresh, nutritious food. At the same time, Slow Food believes that everyone has a responsibility to protect their culinary heritage, culture, traditions, ecosystems and a climate enabling us to enjoy these foods.



*The Slow Food approach
is to combine pleasure
with awareness and
responsibility.*





With no other everyday action do we influence the world more than with the approximately 100,000 meals that we eat on average in the course of a lifetime. With our knife and fork we decide at least three times a day with each meal and our consumption habits which

kind of food production system we support. Our food habits impact our all future: How and with what we feed ourselves not only affects our enjoyment and our health, but also agriculture, climate, economy, politics, health, environment, cultural landscapes and last but not least our identity.

..... 7 *That's why our food should be good,
clean, and fair.*

Good

... tasty, nourishing, fresh, healthy, capable of stimulating and satisfying the senses

Clean

... produced without straining the earth's resources, its ecosystems and its environments and without harming human health

Fair

... respectful of social justice, with fair compensation and conditions for all actors involved – from the production to commercialization and consumption

In 1986, the Slow Food movement was founded in Italy by the journalist and sociologist Carlo Petrini with the purpose of preserving food cultures. The international association was founded in 1989 and continues to pursue its initial objectives of promoting culinary delights and a moderate pace of life, but in a more comprehensive manner. It soon became clear that small-scale agriculture, the food trade and a healthy environment are essential for a good, clean, and fair food culture.

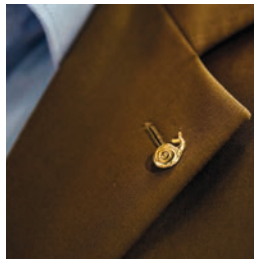
After three decades, millions of people now associate with Slow Food worldwide and commit to a food system that will be able to feed future generations. This network includes activists of all ages, chefs, farmers, fishermen, food artisans, experts, scientists, and researchers from more than 170 countries.



There are national associations in Germany, Brazil, China, the United Kingdom, Italy, Japan, the Netherlands, Switzerland, South Korea, Kenya, and the USA. Slow Food Deutschland e. V. (Germany) was founded in 1992 - as the first national association outside Italy. At the beginning of 2019, it counted over 14,000 members in 85 local groups. The office of the national organization is located in Berlin.

Slow Food Deutschland has become a relevant voice in politics and in shaping the debate around food. Our aim is to convince political decision-makers to recognize nutrition as an interdepartmental field of action that needs to be addressed with a holistic food policy.

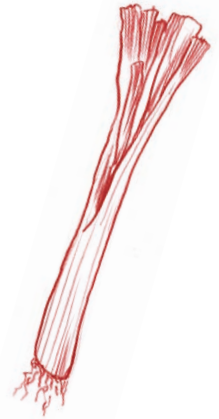






Convivia: The Local Chapters

The local groups called convivia are the vibrant heart of Slow Food Germany, which are spread throughout the country. The members of these groups come together to put the Slow Food philosophy into practice and spread it locally. Through different event formats and activities, the local groups connect consumers with the origin of their foods and facilitate the exchange with producers. They contribute to building local networks and to promoting the preservation of local foodways. There are over 85 convivia in Germany, to be found in the cities as well as in more rural areas.



As a Slow Food member, you are part of a large, colorful, international community inviting you to explore the world of different tastes. And you drive change - whether purely ideologically and financially or through action. Your membership helps Slow Food to remain independent in its work.

To become a member, simply go to www.slowfood.de/mitgliedwerden or contact our office (see page 30).



Slow Food Youth

The **Slow Food Youth Network (SFYN)** is Slow Food's youth movement and a worldwide network of young people. During political actions and events such as Disco Soups, Eat-Ins and workshops, the SFYN mobilizes the public and raises awareness for a better food system. Through creative activities, they encourage young and old to take conscious consumer decisions and to align the enjoyment of good food with respect towards the environment and people involved in the food production chain. They hereby help young consumers transform their daily habits. The young people in the network are students or young professionals with a background in fields like gastronomy and agriculture. The international network also involves many students and alumni of the Slow Food University of Gastronomic Sciences in Italy.

Slow Food Youth in Germany (Slow Food Youth Deutschland) is one of the convivia. The Slow Food Youth cwonvivium is subdivided into several local groups. The most active areas are amongst others: Berlin, Cologne, Leipzig and Münster.

www.slowfood.de/slowfoodyouth



The **Disco Soup** (German “Schnippeldisko”) is a special kind of disco during which participants dance, chop vegetables, scrub, and cook to the beat! Our stars are two-legged carrots and knobbly potatoes. We want to show that these misfits are as delicious and valuable as their uniform industrial counterparts. That’s why we visit farms to harvest these veggie misfits, organize a DJ, gather some people, and chop like champions to create a delicious meal and have fun doing it. A thematic program usually accompanies the chopping and dancing thus offering participants the latest news on different food-related hot topics. The first Disco Soup was organized in Berlin in 2012 by Slow Food Youth Germany and partners and has since inspired large and small events all over the world. Schnippeldiskos now take place in schools throughout Germany. In April 2017, an international platform was created for the Schnippeldiskos: On and around the annual World Disco Soup Day in April, Slow Food Youth groups around the world arrange Disco Soups to raise awareness and to counteract food waste.







Food and Taste Education: Practical Experiences are the Key



Where exactly does the milk I buy come from and how is it processed into butter and cheese? Which ingredients make up a good fruit yogurt or vegetable broth and which ingredients or additives are a mere sign of an industrial process and should not be found on the label to begin with? More and more consumers are looking for answers to one of the main questions Slow Food encourages consumers to raise when shopping: „Where does my food come from and how was it produced“, which goes along with the understanding that food labels and descriptions on the packaging are of little help and lack transparency about the way, the food was produced and the different production sites. This is where Slow Food provides orientation by making complex interconnections understandable and suitable for everyday use. We provide guidance and offer positive alternatives so that individuals can adapt their daily habits and actions. This is exactly what happens during our practical taste and food education workshops and programs. Our educational work combines theoretical in-depth knowledge and understanding with practical experiences involving the senses and the taste buds. Under the guidance of experts, the participants taste

and compare foods of different origins, preparation methods, or degrees of maturity. When comparing industrial with artisanal products we ask for instance: Does the aroma or texture change?

The food industry has encouraged a process of alienating consumers more and more from the foods they eat and of their origin. Foodstuffs are something people find as an end product on the supermarket shelf and have no connection to the steps preceding the sale. This is why Slow Food takes them back to the origins of important foods such as bread, milk or honey. During the “On the discovery of the roots of our food” action days, we show the participants where these foods come from, how they grow, and how they are produced and processed. During the *Tripe talks* - Nose-to-Tail cooking and discussion sessions - the participants gather around the stove top to cook together and reflect on the topic at hand with experts. Here you can find nationwide dates for taste and nutrition education:

www.slowfood.de/termine

www.slowfood.de/bildung

Taste Education from the Cradle

It is important to start food and taste education from the cradle, because what foods we are exposed to in our early years influences what we will eat and like as adults. This is why Slow Food offers taste education programs for children and young adults. The formats include the Slow Mobiles, children's cooking clubs, sensory training sessions, school gardens, nutrition weeks, educational project days and more. Without a moralizing undertone these educational activities make young people develop an understanding for food quality, a more respectful attitude towards the environment and more appreciation for meals prepared from fresh and nutritious ingredients. The Slow Food Deutschland Education Commission supports the local groups and all interested parties in their work with the offspring.

Your contact to our experts:

bildungskommission@slowfood.de



Slow Food®
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gemeinnützige UG



The charitable daughter of the non-profit organization Slow Food Deutschland e. V., the non-profit enterprise company (limited liability) called Slow Food Deutschland gUG, carries out educational projects such as the school projects Understanding Soil, Iss Fair-Netz and Edible Connections. Within the framework of these projects, Slow Food develops informative working materials to be used both for the theoretical preparation in the classroom as well as for the practical part in extracurricular places such as on the field and in the bakery. The goal is also for teachers and educators to use these materials beyond the project and to embed them in the context of everyday classroom life. The approach of the Slow Food educational work is to actively involve the students in the processes of the food production chain, to let them dig, harvest, bake and prepare food themselves.

Let's invest in the future! Your donation helps us continue our educational projects and to reach even more young people!

www.slowfood.de/wirueberuns/spenden

The Slow Food Youth Akademie – A Training Program for Young Adults

The Slow Food Youth Akademie started in 2017 and since then gathered every year around 25 trainees, experienced employees and students in the age range of 18 and 35 from all over Germany. The young adults include students, chefs, farmers, beekeepers, fishermen, confectioners, activists, bakers and marketing and sales representatives from different companies.

On eight weekends in the course of a year, the participants deal with the structures, the challenges as well as the opportunities of our food production



system, from the field to the table. The program supports them in their critical examination of our current food system by looking at the value chain of specific food categories like meat and dairy products, grains, vegetables and fish and by comparing artisanal and industrial processes. They learn to question the status quo and to become responsible consumers and entrepreneurs. The educational program provides them with know-how shared by scientists from fields like climatology and agrology as well as by experts from the practical fields of agriculture, gastronomy and fisheries. In May 2018, former participants founded a network for alumni of the Academy. The main sponsor of the Slow Food Youth Akademie in Germany is the Heinz-Sielmann-Stiftung.



Eat it, to save it!

Biocultural diversity maintains the balance of varied ecosystems and cultural landscapes. Slow Food is committed to preserving culinary richness and biocultural diversity through projects such as the Ark of Taste, the Presidia and the vine sponsorships.

The **Ark of Taste** was created in 1996. Since then, the Ark of Taste travels the world collecting smallscale quality productions that belong to the cultures, history and traditions of the entire planet: an extraordinary heritage of fruits, vegetables, animal breeds, cheeses, breads, sweets, and cured meats. The Ark was created to point out the existence of these products and draw attention to the risk that they might disappear within a few generations due to industrialization, genetic erosion, changing consumption patterns, climate change, the abandonment of rural areas, migration, and conflict. With the motto **“Eat it, to save it”** Slow Food wants to safeguard diversity and put almost forgotten foods on our plates. There are over 5,000 Ark of Taste passengers around the world, over 70 of them can be found in Germany.



Presidi are smart networks of dedicated farmers, artisanal producers, traders, chefs, scientists, and conscious consumers. Through a joint effort, they are able to ensure the continued existence of traditional foods and production methods and to manage them in an economically viable manner. The Presidia normally form around an Ark of Taste passenger, sustain quality productions at risk of extinction, protect unique regions and ecosystems, recover traditional processing methods, and safeguard native breeds and local plant varieties. Today, there are more than 500 Presidia involving over 13,000 producers. There are five Presidi in Germany.

Through **vine sponsorships**, we want to promote biodiversity and the cultural landscape of the steep slopes on the Moselle river. These extreme slopes planted with Riesling vines are among the jewels of our local wine culture and also have an ecological significance. Become a vine patron and enable the producers of this wine to continue their work while at the same time getting your annual share of the wine.

www.slowfood.de/biodiversitaet



Quality

A holistic approach is necessary to define food quality. In order to define quality, Slow Food looks at the raw materials used, at their origin and ways of production and processing as well as at the final product on the shelf. Slow Food encourages consumers to raise questions about the system: How was the animal raised? In a cage or on the pasture? How was the food processed? Which ingredients were added and to what purpose? Merely to speed up the industrial process? Today foods are mostly produced in an industrial and mass-produced way with a high degree

of mechanization and automation, often based on raw materials that are produced in different places and processed elsewhere. Food additives save time and money, regulate and stabilize structure, taste, color, manufacturing processes and shelf life.

These processes are not based on craftsmanship and artisanal knowledge. To counteract this development, Slow Food works to preserve artisanal foods and therefore supports small and medium-sized producers who safeguard traditional cultivation and processing methods.



*What is “good food” according to Slow Food?
Good foods are produced and processed in a socially,
economically, and ecologically sustainable way,
consist of high-quality ingredients and are obtained
through artisanal knowledge and know-how.*



A region's unique culinary identity is expressed in its typical products and the ways of using them in the kitchen. For this reason, the Slow Food Germany gastronomy guide (German: Slow Food Genussführer) presents restaurants that are anchored in their region. The spotlight is usually on traditional regional dishes or new interpretations of dishes based on what local raw ingredients that the season and region have to offer. The focus is not on star restaurants and expensive top-class gastronomy, but on simpler inns and restaurants that implement the Slow Food principles of „good, clean, fair“ on a daily basis, do without flavor enhancers and „convenience“ foods and welcome their guests with an inviting environment and service.

The 2019/2020 edition presents 548 restaurants and offers an insight into the culinary history and specialties of twelve German regions. The restaurant guide is a joint effort of 69 test groups and over 500 restaurant testers. It is published by the German publishing house oekom verlag.

www.slowfood.de/publikationen/genussfuehrer



Markets, Fairs and Events



Slow Food Germany and its convivia organize various markets and trade fairs to connect producers, traders, experts and co-producers. In addition to the sensual experience of enjoying good products from food artisans, these food fairs or markets usually offer an exciting thematic food-related program.

The annual highlight and biggest artisanal food fair is the „Festival of Flavors - the Slow Food fair“ (German: Markt des guten Geschmacks), Slow Food Germany’s leading fair taking place in Stuttgart every spring. The hundreds of exhibited products have to undergo the Slow Food quality check. In addition to the exhibited food diversity, visitors can pick from a wide range of activities including taste workshops and conferences, where they receive tips and tricks for the kitchen as well as knowledge about the food system. Discussions and lectures deal with current questions on agriculture and nutrition as well as present Slow Food projects.



Support and network - the Slow Food supporters

Small and medium-sized companies that are committed to the philosophy of Slow Food in their daily work and would like to support our work financially, can become official Slow Food supporters:

www.slowfood.de/unterstuetzer





Terra[®]
madre



Terra Madre

Slow Food promotes the development of strong, local networks that are globally connected. They consist of people who already work along the food value chain, for instance in the fields of sustainable food production and artisanal processing. In addition, there are actors from politics and civil society, from education and research, from art and culture that contribute to the vision of a more sustainable food system. Along with conscious consumers, they are the key to achieving Slow Food's goals. All together, they make up the Terra Madre network that connects food communities with consumers, chefs, and other actors in over 160 countries. In addition to regional and national meetings, representatives meet at the Terra Madre World Congress, which takes place every two years in Turin. There are also regional Terra Madre meetings, such as terra Madre Balkans and Terra Madre Nordic.



Networks: Think global, act local



Slow Food uses its networks to promote food sovereignty worldwide. Food sovereignty is the right of every community to decide for itself what it grows, produces, and eats. This is particularly important in the countries of the global south, where it is often not just a question of improving the quality of life, but of fighting hunger and feeding people as well as of preserving the foodways of local communities and cultures.

With its **10,000 Gardens in Africa** project, Slow Food supports the construction of fruit and vegetable gardens in communities, schools, and families on the African continent. The gardens are set up and run by the local population. As places of learning and exchange, they combine traditional knowledge with innovative ideas on relevant topics like land use, compost, and water use. The goal of the gardens is to provide food security as well as fresh and nutrient-rich local foods and to boost the local economy.





Slow Food Chef Alliance

For its members, cooking begins with the food and the knowledge of its origin. In their kitchens they create dishes that tell stories about the people, animals, and landscapes that these products come from. They take responsibility for the products that they put on the table, minding the seasons and being transparent about their sources. This is exactly what the members of the Chef Alliance do. Not only do they take responsibility for the enjoyment of their guests, but also for the cultural and natural landscapes: they use seasonal ingredients as well as old varieties which they buy from small producers in their region. They do without industrially processed products and additives, work without packaging where possible and avoid food waste. At the beginning of 2019, the network counted 30 members from ten federal states in Germany.



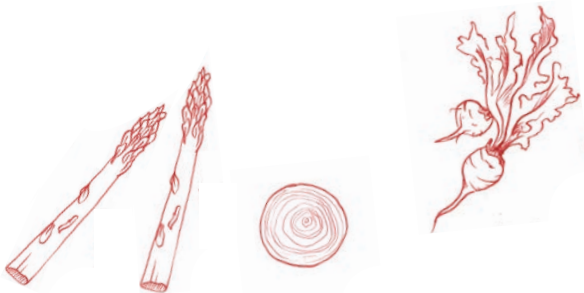
Broadening the network and getting involved: because food concerns us all!

Good, clean, and fair food tastes good and is better for us, our society, and the environment. We mingle in the social debate about the future of our food by promoting good food and advocating the use of a holistic approach towards food. This dialogue is done in exchange with consumers, in cooperation with various organizations and initiatives, and in dialogue with political decision-makers on a local, national, EU as well as on an international level. We attach particular importance to issues such as organic agriculture, sustainable fisheries, biocultural diversity, quality and enjoyment, climate change and nutrition, food waste, animal welfare, access to land, soil quality, seeds, and other food-related topics.



Food waste - plate not bin!

Every year, about 1.3 billion tons of food are wasted worldwide. Around one third of all food produced does not make it onto the plate. This waste occurs along the entire value chain and leads to the loss of valuable and finite resources such as water, energy, and soil. For many years now, Slow Food Deutschland has been raising awareness about the reasons that food waste occurs and offering solutions and alternatives. Slow Food activities include events and projects for people of all ages as well as communication campaigns.





„We're fed up!“ Demonstration

„We're fed up!“ is the motto of the demonstration taking place in Berlin each January, which is organized by an alliance of over 50 civil society organizations. In 2018 and 2019, more than 30,000 citizens supported the demonstration in the streets of Berlin. Slow Food Germany is part of the organizer team and actively involved in content development and implementation including contributions for conferences and world cafes.



Slow Food Magazine



The Slow Food Magazine is published six times a year and designed for people who are passionate about good food and a sustainable food production. With its profound and entertaining mix of culinary, cultural, political, and social themes, the Slow Food Magazine shows how enjoyment

and responsibility go hand in hand. The magazine also provides travel guides, recommendations for restaurants and artisanal products as well as suggestions for culinary tours, articles on politics and society, detailed dossiers on food and nutrition, and portraits of new Ark of Taste passengers. In addition, there are innovative recipe ideas and news about Slow Food Germany activities and events. The magazine is available in some kiosks and by subscription. Our members receive the magazine free of charge.



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