FOUR CITIES FOR DEV

Around the World in 80 Slow Food Projects

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www.4cities4dev.eu

Slow Food is an international association that works to defend food biodiversity,
disseminate taste education and bring producers and consumers together.
Insofar as it believes that the planet is influenced by the food choices each of us
make, it promotes sustainable agriculture and knowledge of food and its origins.
Slow Food has more than 100,000 members and supporters in 150 countries.
Slow Food promotes food that is good for the palate, clean for the environment
and fair for producers and consumers, raising the profile of the former's labour
and protecting the latter's wallet.

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Around the World in 80 Slow Food Projects

GIVE YOUR SUPPORT!

"We are going through a difficult time, a cold winter during which we must make sure we have a good blanket. Think of a patchwork quilt made of little pieces of fabric. Each one on their own is useless. But if we sew these differently colored pieces together with strong thread, then we will have a beautiful, warm blanket. The food communities are the pieces of cloth. Slow Food is the thread. Help us to stitch these thousands of pieces and together we will create a real utopia."

Carlo Petrini, 2010 Slow Food Italy Congress, Abano Terme

4CITIES4DEV

The 4Cities4Dev project, co-funded by the European Union, is the result of a collaboration between four European cities - Turin, the project leader, Tours, Bilbao and Riga - and Slow Food. The project brings together the role of cities as active protagonists of local policies and decentralized development together with the Slow Food approach, based on the involvement of food communities, citizens and consumers.

4Cities4Dev revolves around Slow Food's experiences with food communities, groups of people who produce, process and distribute sustainable, high-quality food, while preserving a strong social, economic, cultural and historic link with their local area.

Slow Food projects are based on a model of development that sees food as an engine of change. They take an integrated approach, uniting aspects that are usually disparate: biodiversity protection, environmental sustainability, a focus on local communities and their traditions and cultures, economic liberation for the producers.

The projects focus first of all on community subsistence and strengthening the local market. In contexts in which the alternatives are often emigration to the global north or begging on the streets of slums, a subsistence economy - generally depicted negatively, as a backwards step—should instead regain the value it deserves.
This development model also involves European consumers, helping them to understand that their choices can have a decisive impact, that everything in the world is connected and that the decisions they make have consequences elsewhere.

Within the 4Cities4Dev project, four European cities have "adopted" seven food communities, in Senegal, Mauritania, Ethiopia, Madagascar, Kenya, Mali and Ivory Coast. Through the support of Slow Food and the launch of official relationships between the partner cities, the food communities and local authorities, this process allows the European cities to really get to know the communities and their contexts. The aim of supporting the food communities is to increase the awareness of European citizens about responsible consumption and the consequences of their food habits. The fight against poverty demands that individuals and local institutions start acting responsibly.

The 4Cities4Dev project has adopted seven projects, but there are many others within the Slow Food network in need of support: Presidia, Earth Markets, food gardens, education projects, exchange events and training for communities. This is why we'd like to extend this innovative development formula, already tested in Bilbao, Turin, Tours and Riga, to many more contexts. To facilitate this, we have created a catalog that recounts iniziatives in 47 countries.

After reading through these small but significant stories, you can contact us for any further information, to get in touch directly with the people involved or to adopt their projects.

Supporting these projects means helping create a better future, in both developing and developed countries.

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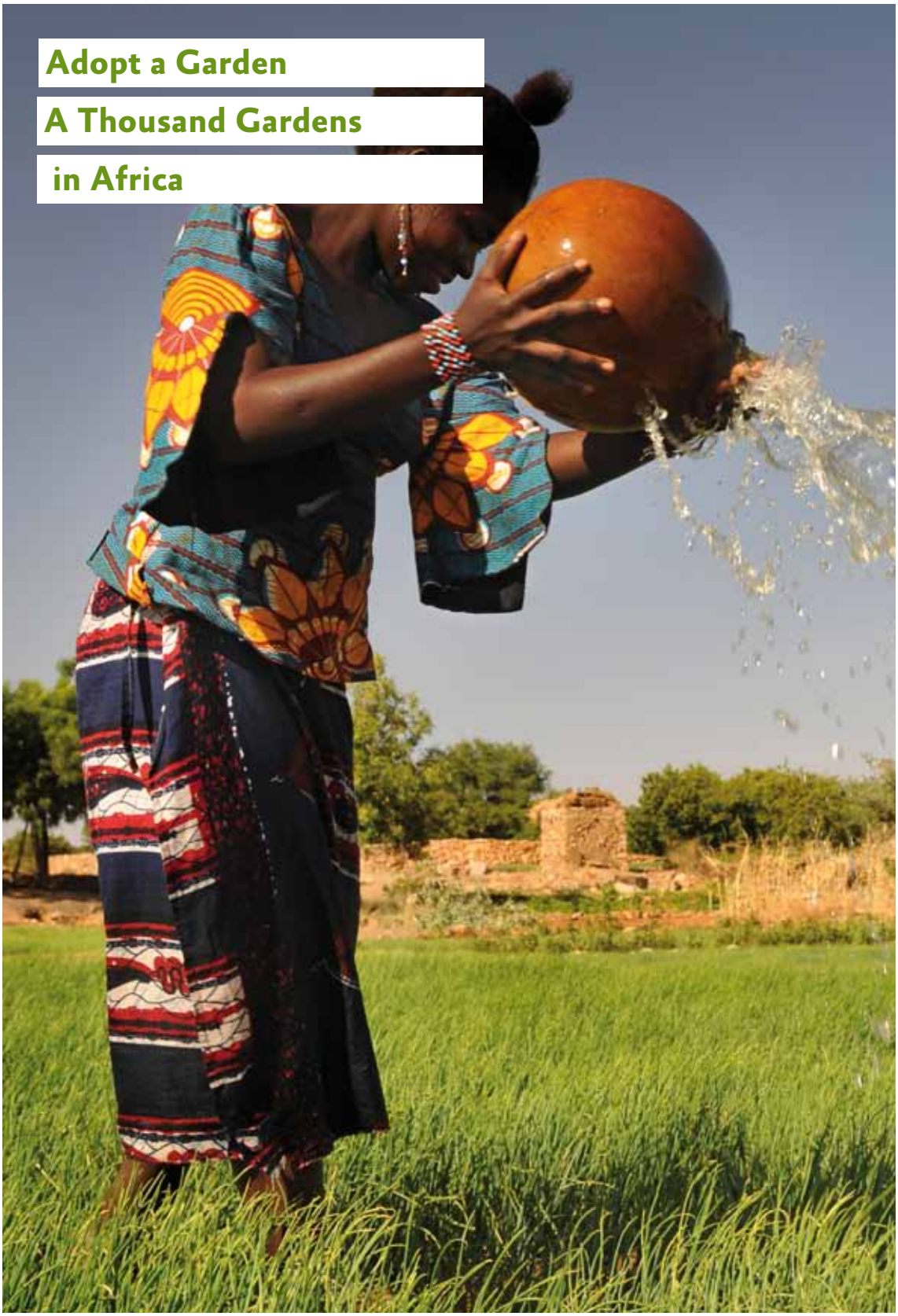
Adopt a Garden

A Thousand Gardens

in Africa



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Africa is rich. We shouldn't be surprised that countries like China and Saudi Arabia are rushing to grab the most fertile land and water resources to produce biofuels or commodities (like sugar cane) for export. As a result, African countries often depend on imported food.
The lack of access to land and water and the rising prices of oil and imported food lead to regular food crises. Climate change and demographic pressure only worsen the already-existing dynamics. African countries are emerging from colonialism and seeking, step by step, to develop democratic governments. Political instability is fertile ground for those who want to get their hands on other countries' resources (land, water, minerals, etc.). Industrial agriculture, encouraged by generous subsidies to governments, is based on monocultures, the use of chemicals and, in some countries, the introduction of genetically modified seeds. But the need to buy expensive seeds, fertilizers and pesticides is one of the causes of hunger in the continent.
In this context, the African communities from the Slow Food network are planting a thousand food gardens. The idea is not to teach Africans something they've known how to do for thousands of years, but to value local knowledge and resources, developing models of sustainable agriculture that respect specific contexts yet are easily replicable. In Burkina, for example, drip irrigation systems use old plastic bottles with holes punched in the bottom. In Uganda, farmers are meeting with cooks and journalists to devise ways to promote traditional products in local restaurants. Throughout the continent, children involved in school gardens are learning how to grow food at home, producing their own seeds and becoming interested in traditional dishes.
In Africa, a simple food garden can point the way towards a better future. It can guarantee a healthy diet, help people understand the importance of producing and eating local food, safeguard traditional seeds and varieties and teach young people about food sovereignty.
The Thousand Gardens in Africa are concrete models of sustainable agriculture, sensitive to different environmental, social and cultural contexts and easily replicable.
They are based on local seeds and traditional varieties and the sharing of agricultural and educational experiences among the communities.
The gardens can be important tools for education, and through children's participation, families and whole communities can also become involved.

ACTIVITIES

- buy basic tools (hoes, watering cans, etc.)
- train local coordinators and organize local activities
- organize knowledge exchanges and training meetings
- print and distribute educational material
- coordinate the project and offer technical assistance
- provide scholarships for young Africans to study at the University of Gastronomic Sciences in Italy
- organize the participation of the African garden communities in national and international events (fairs, markets, seminars)

PROJECT AREA

Benin, Burkina Faso, Cameroon, DR Congo, Ivory Coast, Egypt, Ethiopia, Gabon, Ghana, Guinea-Bissau, Kenya, Madagascar, Malawi, Mali, Mauritania, Morocco, Mozambique, Rwanda, Senegal, Sierra Leone, Somalia, South Africa, Tanzania, Tunisia, Uganda

BENEFICIARIES

From 50 people (1 garden) to 500 (10 gardens)

TOTAL ESTIMATED COSTS

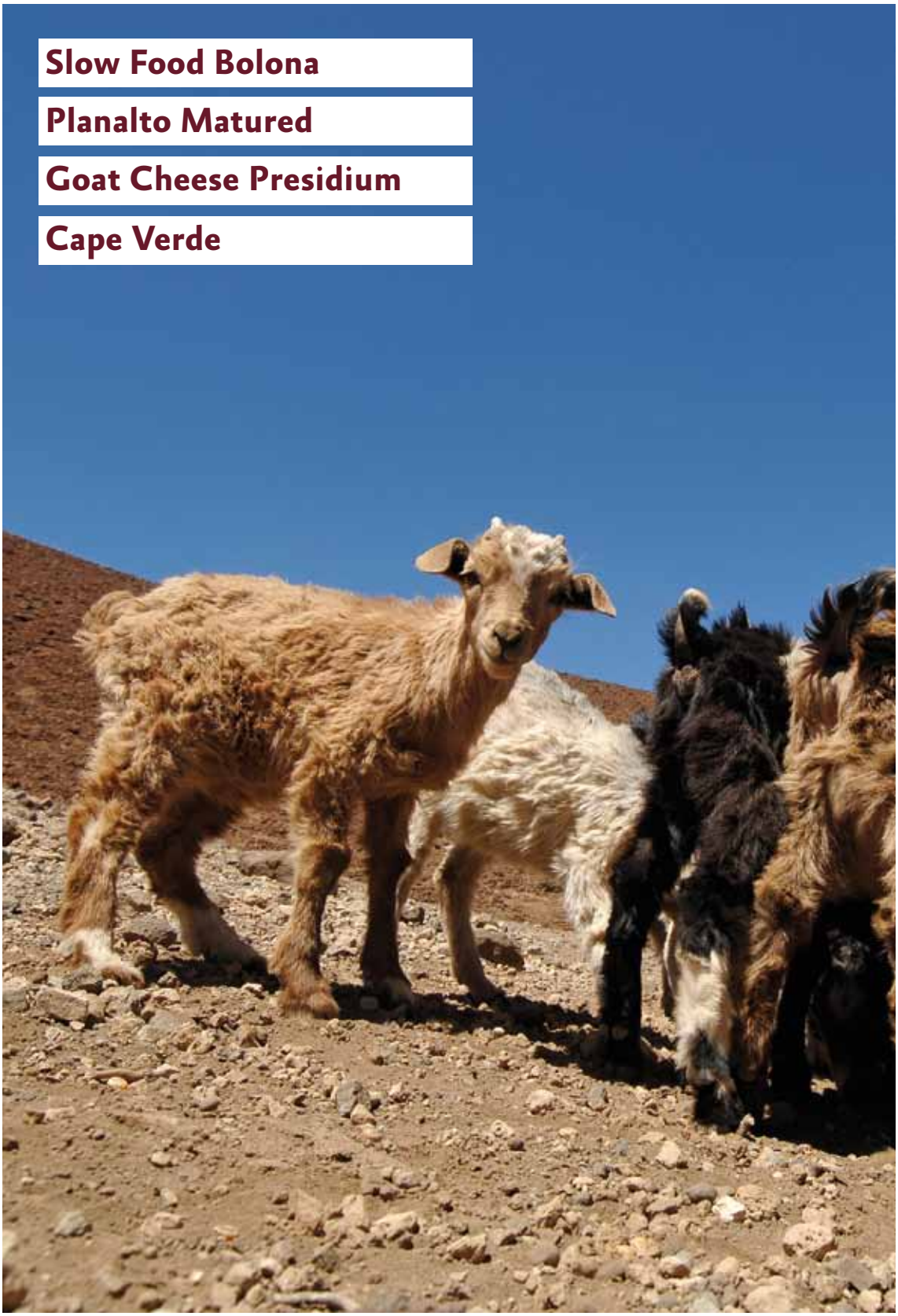
Adopt 1 garden - €900
Adopt 3 gardens - €2,700
Adopt 10 gardens - €9,000

Slow Food Bolona

Planalto Matured

Goat Cheese Presidium

Cape Verde



Slow Food Archive

The Bolona Planalto, a plateau in the middle of Santo Antão, the northernmost of the Cape Verde islands, is a difficult environment, arid and sandy, with infrequent rains. Goats are the only livestock that can survive here. The herders use the little milk they produce to make an excellent cheese. The animals are left to graze freely and spontaneously gather in the late morning to drink at the milking area, where the kids are kept in dry-stone huts. The animals are milked once a day, since there is no electricity and it is only possible to work in daylight. Cheesemaking starts immediately after milking in tiny stone huts with roofs of straw and reed matting on the floor. Every step is carried out with extreme care, keeping water consumption to a minimum. Water is valuable here and most of the year must be brought in by tanker or donkey. Processing is carried out at room temperature, without using additional sources of heat.

A lack of aging facilities means the cheese has traditionally been eaten within a short period (three to five days) after production. The Presidium is promoting the fresh Bolona goat cheeses for local consumption, but is also aiming to equip itself to produce aged cheeses, which have more complex and interesting sensory characteristics.

ACTIVITIES

- renovate the Presidium producers' traditional stone dairies
- provide basic tools needed for artisanal cheese production (plastic buckets, gloves, etc.)
- organize training on basic food safety
- print new labels for the Presidium cheese
- produce and distribute communication material to promote the product on the local, national and international market

PRODUCTION AREA

Planalto de Bolona, Santo Antão Island

BENEFICIARIES

66 farmers and cheesemakers from the Cooperativa Agricola e Pecuaria Criadores das Montanhas
The farmers' families (around 400 people)
Other farmers and their families not directly involved in the Presidium, but who will benefit from its interventions (around 300 people)

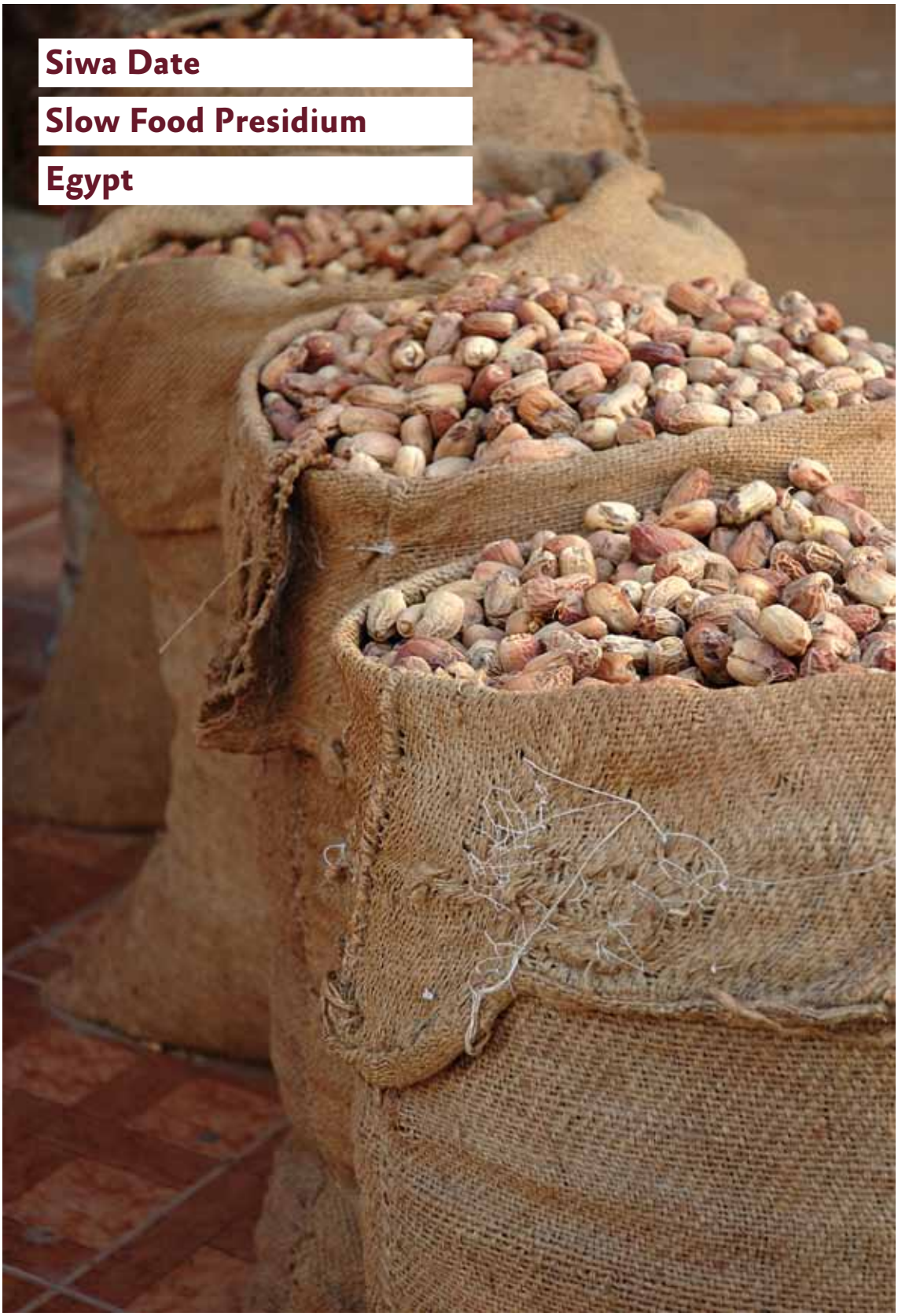
TOTAL ESTIMATED COSTS

€17,000

Siwa Date

Slow Food Presidium

Egypt



© Mauro Olocco

Also known as the "city of a thousand palms", the large Siwa Oasis lies in northwestern Egypt in the deep Qattarah Depression, near the border with Libya. The oasis is inhabited by Berbers and the local economy is based on the production of dates and olive oil. Since 2006 the Presidium has been working to safeguard the various date varieties grown in the oasis, some of which are at risk of extinction. One of the main goals of the project is to improve the quality of dried dates to ensure a higher income for producers. This can only be achieved if producers can directly manage not only the harvest, but also the processing of dates, which is currently subcontracted to third parties. The next step is therefore the creation of a drying and packaging facility that will be managed directly by the local growers' association (SCDEC). The project is also working with research institutes on the ambitious project of safeguarding endangered local varieties using in vitro propagation. Although this technique requires significant economic resources, it is necessary as reproduction with root suckers would take to long - the palms of the endangered varieties only produce one sucker every ten years.

ACTIVITIES

- building a drying and packaging facility with all the necessary equipment
- increasing the plant population of the three endangered palm varieties using in vitro propagation
- producing communication materials to promote the product and its region

PRODUCTION AREA

Siwa Oasis, Matrouh Governorate, Egypt

BENEFICIARIES

89 producers, the producers' families (about 445 persons in total)

TOTAL ESTIMATED COST 2012-2013

€70,000

Nawaya Education Project

Egypt

Slow Food Archive

Nawaya is an initiative from a group of young Egyptians committed to defending small-scale, sustainable agriculture. The group has decided to create an innovative platform to push farmers to adopt sustainable practices.

The idea is simple, and based on the fact that farmers won't be motivated to adopt better practices unless they have a chance to try them out first. Nawaya gives them this chance. Currently Egypt imports around 30 percent of its agricultural requirements, and small-scale farmers have little autonomy of choice, depending on the government to provide them with seeds, fertilizers and pesticides. The project involves training farmers so that they learn (or rediscover) sustainable production methods, freeing them from the government's economic strategies and allowing them to choose what to grow and how, while preserving their land and the environment. To do this, Nawaya wants to create a support network for small-scale producers, organizing training and exchanges of knowledge to improve productivity, promote biodiversity, protect the ecosystem and guarantee food security for communities. The Nawaya platform will provide services to small-scale farmers who want to learn innovative and sustainable techniques, and, if successful, will create new jobs for young people.

ACTIVITIES

- organize training courses on sustainable agriculture, the consumption of local products, the fight against GMOs and pollution
- produce and distribute informational and communication material about the project
- produce an informational booklet about local recipes and traditional products

PROJECT AREA

Abusir area, near Cairo

BENEFICIARIES

Around 150 people involved in the courses, plus around 5,000 reached by the publications

TOTAL ESTIMATED COSTS

€15,500

Slow Food Harenna

Forest Wild Coffee

Presidium - Ethiopia

©Paola Viesi

Ethiopia is the country where coffee originated and the only place in the world where plants can still be found growing wild. The Harenna forest, one of the largest in Ethiopia, is located inside Bale National Park. Here, at an altitude of around 1,800 meters, arabica coffee grows wild in the shade of tall trees and represents the main source of income for the local small-scale farmers. The ripe coffee cherries are picked by hand, an operation often obstructed by baboons, who love to eat the fruits. After the harvest, the cherries are immediately spread out on suspended nets to dry in the sun, and turned frequently. This apparently simple technique is in fact very delicate. The quality of the final product depends on the excellence of the raw materials, the careful selection of the cherries and their perfect drying. Coffee changes depending on the territory, the altitude and the microclimate, just like wine and oil, but nonetheless it usually reaches consumers in anonymous form. What counts on the market is the brand, and rarely is anything known about the provenience of the product, the producers and the processing techniques. One of the Presidium's key objectives is to explain this diversity, promoting a production area and a local culture along with the product. Harenna coffee grows wild in the forest, meaning that caring for the plants, sustainably managing the harvest and

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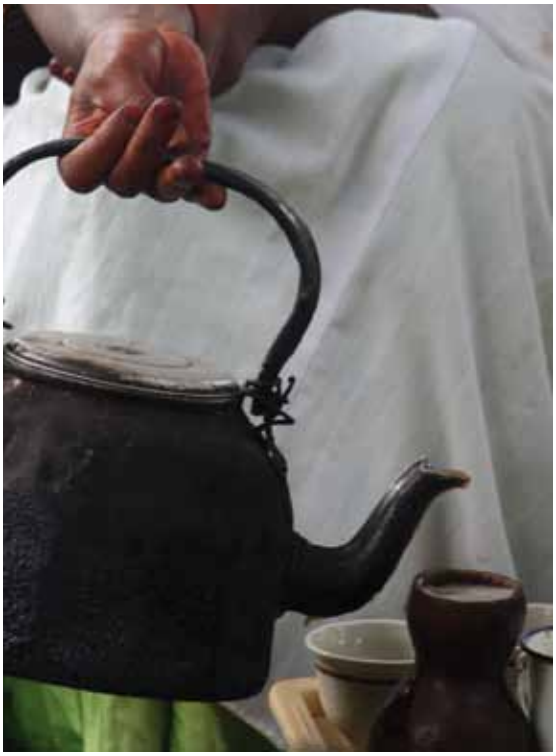

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understanding its value also means preserving the environment. This, then, is another of Presidium's objectives: that good coffee producers become the best guardians of the forest.

ACTIVITIES

- improve the facilities for drying and storing the coffee
- finalize the production protocol
- help the growers to diversify their sources of income, integrating coffee production with other agricultural activities allowed within the park (like beekeeping)
- produce communication material to promote the product and its local area

PRODUCTION AREA

Harenna forest, Dello Mena district
Bale national park, Oromia region

ALREADY ADOPTED

BENEFICIARIES

132 producers, around 4,000 beneficiaries in total

TOTAL ESTIMATED COSTS

€15,000

Slow Food Karrayyu Herders' Camel Milk Presidium - Ethiopia

Slow Food Archive

For the Karrayyu nomadic herders in Ethiopia's Fantalle district, 210 kilometers east from the capital Addis Abeba, camels are everything. Children grow up drinking their milk, while the men follow them for months, sleeping next to them on makeshift pallets. They know each camel by name, and milk them twice a day. Camel milk is a staple food for the Karrayyu, and the only product that the community has started to sell in nearby towns. A small cooperative has been set up, collecting the milk twice a day and taking it to the city, where it is sold mostly to the Somali community.
The Karrayyu are currently going through a critical phase, fighting against the daily loss of vast portions of their land, which is being taken over for huge, polluting sugar-cane plantations. Climate change is also causing increasingly devastating droughts, threatening the survival of their herds. In order to save their ancient culture, the Karrayyu are moving from nomadic pastoralism to agro-pastoralism, a delicate and complex transition.
In this context, the income that comes from the sale of camel milk is of vital importance. This is why Slow Food has started a Presidium, with the aim of monitoring the animals' diet and health, improving the storage and transport of the milk and promoting awareness of camel milk's excellent nutritional benefits and sensory qualities.

ACTIVITIES

- strengthen the cooperative's management capacity by training the farmers
- improve the health and diet of the animals, provide veterinary assistance and buy the necessary equipment for preventing and curing common diseases (e.g. mastitis)
- improve the storage and transport of the product by acquiring aluminum containers
- improve market access by buying a refrigerated vehicle for transporting the milk
- produce promotional material for the product and distribute it locally and nationally
- organize the participation of the producers in Cheese 2013, and at the same time arrange training visits to Piedmontese farms

PRODUCTION AREA

Fantalle district, Oromia region

BENEFICIARIES

42 cooperative members
and around 300 people in total

TOTAL ESTIMATED COSTS

€60,000

Honeys of Ethiopia, the First Network for Quality Honey - Ethiopia

© Paola Viesi

Slow Food has been working in Ethiopia for several years, having established two Presidia for honey, one for white honey from Tigray, made in a harsh, rocky part of the northern region, and the other for honey from the Wenchi volcano, in the more southern Oromia region. Based on the experience gained from these two projects, the first network of quality honey producers in Ethiopia was created in 2009, with the help of Italian partners Modena per gli Altri, Terra del Terzo Mondo and CONAPI. The network enables beekeepers and their communities to share experiences, and it also provides technical assistance, organizes seminars and knowledge exchanges, makes communication and marketing tools available and helps the communities to diversify their sources of income by strengthening the links between beekeeping and other agricultural and tourism activities. To date the network includes the producers from the two Presidia and several communities around Gassa Chare (Dawro Konta), Wolisso, Shalala, Horde, Rira and Getche, but it will grow over time as it welcomes more new beekeepers. Each honey has different characteristics, reflecting the distinct environmental and climatic conditions and flora where it is produced. One of the network's objectives is to map the country's best honeys and the different floral essences, thus helping to safeguard a sector that truly represents Ethiopia's wealth of biodiversity.

ACTIVITIES

- buy equipment for raising the bees and harvesting and processing the honey and its by-products (wax, propolis)
- train the beekeepers on apicultural techniques and how to process the honey and other hive products
- promote the marketing of the different honeys at a local and international level
- map the country's honeys and different floral essences
- produce packaging and promotional material for the product
- make a documentary about the communities in the network

PRODUCTION AREA

Tigray and Oromia regions and SNNPR (Southern Nations, Nationalities and People's Region)

BENEFICIARIES

500 beekeepers and around 25,000 indirect beneficiaries

TOTAL ESTIMATED COSTS

€45,000

Slow Food Wild

Palm Oil Presidium

Guinea-Bissau

Slow Food Archive

Oil palms (*Elaeis guineensis*) originated thousands of years ago in the forests of West Africa, and Guinea-Bissau is still home to many wild palm trees. Communities harvest the big bunches of red fruits and process them artisanally, obtaining a dense, orange-colored oil with scents of tomato, fruit and spice. The delicious oil is also nutritious, with a high content of carotenoids and vitamin E. Men traditionally pick the fruits, while women are in charge of the long and laborious processing. Techniques vary slightly depending on the region and the ethnic group, but certain steps are essential to obtaining a final oil of high quality. The bunches are left for a few days, covered by banana leaves, until they soften and the fruits become easier to remove. They are dried in the sun for one or two days before being boiled in a cauldron of water for a long time. The women then separate the kernels from the fruit pulp, a long and painstaking manual operation. Hot and cold water is alternately added to the pulp to facilitate the extraction of the oil, and the women start squeezing the pulp with their hands. As the oil rises to the surface, they collect it and separate it from the water. This process is repeated several times. Palm oil and the fresh palm fruits are essential ingredients in traditional cuisine, cooked with meat, fish, vegetables or rice. The refined, bleached and deodorized palm oil used in many prepared foods in the West bears no resemblance to the thick, fragrant sauce used to cook fish and vegetables in Guinea-Bissau. International demand for palm oil - which is easy to produce, versatile and profitable - grew during the Industrial Revolution. Currently Malaysia and Indonesia are the world's leading producers, controlling 90 percent of global production with an output of over 45 million tons. In the last 20 years, the surface area dedicated to palm oil cultivation has tripled, and millions of hectares have been deforested to make way for intensive monocultures. The Presidium was started in 2011 and began working with a cooperative in the north of the country, but the aim is to expand it to other parts of

the country, promoting artisanal palm oil from Guinea-Bissau at an international and national level. The oil, made only from wild "dura" oil palms, is produced in perfect harmony with the environment and the local culture.

ACTIVITIES

- identify new producers and involve them in the Presidium
- create an association uniting the Presidium producers
- draft the production protocol
- identify and catalog the different types of palm oil production and their quality differences
- provide technical support and equipment to producers
- produce communication material to promote the product locally, nationally and internationally

PRODUCTION AREA

Guinea-Bissau

BENEFICIARIES

224 producers from six communities in the Cacheu region
Families of the producers (around 1,000 people)

TOTAL ESTIMATED COSTS

€17,000

Slow Food Farim

Salt Presidium

Guinea-Bissau

Archivio Slow Food

Farim is a small village in the north of Guinea-Bissau along the Cacheu River, also known as the Farim, one of the country's most important waterways. Most of the local people grow vegetables, farm livestock and catch fish, but during the dry season many women spend their days harvesting salt. Despite being more than 100 kilometers from the Atlantic coast, the Farim area is still an important center for salt extraction. The long stretch of the Cacheu River that runs from Farim to the ocean is actually a marine inlet that cuts deep inland to create a basin of brackish water subject to tides. Between November and May, the salt forms on the surface of the riverbed exposed during low tide. The women collect the salty earth, filter it through pieces of cloth stretched over wooden frames and boil the resulting brine to speed up the evaporation of water. The long process is made more difficult by the fact that the women process the brine in their villages, up to five kilometers away from the salt deposits. In addition to the exhausting transportation of the salty earth, they also need to collect increasingly hard-to-find mangrove wood to fuel the fires. The collection of mangrove wood is also one of the causes of deforestation in the area and the women are beginning to switch to natural evaporation methods using shallow ponds. Farim salt is produced for home consumption and sold locally. The Presidium has been started thanks to the collaboration of Father Carlo Andolfi, a missionary who has been working in Farim since 2003, and with the technical assistance of Univers-Sel, an association of French salt producers that has been studying traditional salt-production methods for 20 years. The Presidium is encouraging the use of natural evaporation to dry the brine, the creation of nurseries for reforestation and the drafting of a protocol describing the traditional salt-production process and certifying the commitment of the Presidium women to protecting the environment and promoting the product.

ACTIVITIES

- draw up the Presidium production protocol
- create nurseries for reforestation and buy the necessary equipment
- organize training on sustainable salt-production systems
- organize a training exchange between the salt producers in Farim and Guérende (Univers-Sel)
- produce and distribute promotional material for the product on the local and national market

PRODUCTION AREA

Farim, Oio region

BENEFICIARIES

539 producers in five different production areas
Producers' families (around 2,500 people)

TOTAL ESTIMATED COSTS

€11,000

A Thousand Gardens in Africa: Knowledge Exchange and Training on Agroecology - Ivory Coast

Slow Food Archive

Ivory Coast owes its reputation as a nation "blessed by God" to its fertile soil and warm climate. Arable land accounts for 75 percent of the country's surface area and all of its different climate zones are favorable for agriculture. Most of the population are farmers, and they preserve ancient agricultural traditions. Currently agriculture accounts for two-thirds of employment and up to 70 percent of export revenues. The dominant industrial agriculture model is characterized by hybrid varieties, monocultures, an indiscriminate use of synthetic chemical fertilizers and pesticides and the thoughtless exploitation of the forests. The industry is concentrated on export crops: cacao, coffee, cotton, palm oil, rubber and tropical fruit. While there is plenty of investment in industrial production for export, little attention is paid to production for local consumption. This development model leads to a decline in biodiversity and compromises the autonomy and cultural identity of communities. Food gardens in African can represent an important source of healthy food and supplementary income for local communities. The Thousand Gardens project, run in harmony with the Slow Food philosophy, is working with local communities to create concrete models of sustainable agriculture, sensitive to different environmental, social and cultural contexts and easily replicable.

The Slow Food network has planted 30 gardens in Ivory Coast, mostly community food gardens used to meet the food needs of the families who cultivate them. The Thousand Gardens in Africa project, launched between 2010 and 2012, is now continuing with activities aimed at strengthening the communities' activities.

ACTIVITIES

- organize two training meetings among communities on agroecological management of the gardens
- organize a training meeting for students and teachers
- raise awareness among communities through local radio
- distribute the manual, videos and other education tools produced by the Thousand Gardens in Africa project

PROJECT AREA

Ivory Coast

BENEFICIARIES

100 farmers
Farmers' families and members of their communities (around 1,000 people)

TOTAL ESTIMATED COSTS

€3,000

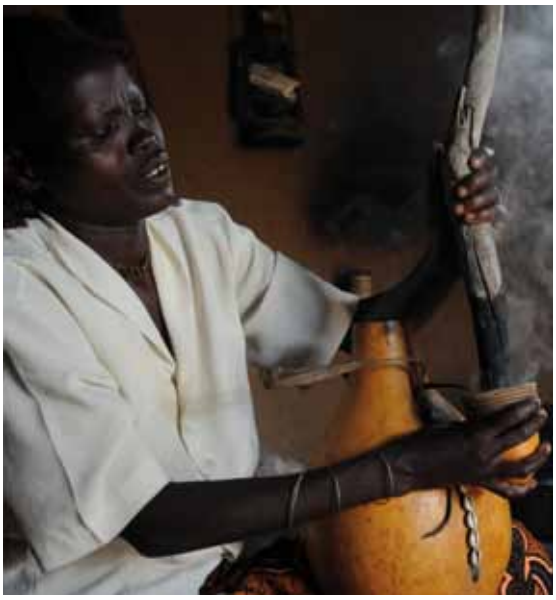
Slow Food Pokot

Ash Yoghurt Presidium

Kenya

© Oliver Migliore

With this project, Slow Food wants to safeguard a very unusual product, closely identified with the Pokot ethnic group in western Kenya. Yoghurt is made from the milk of zebu cattle, then mixed with the ash of a local tree, called cromwo. The ash has antiseptic properties and gives the yoghurt an aromatic flavor and characteristic pale gray color. The yoghurt is stored in calabashes, traditional containers made from local gourds after a laborious process of washing - using boiling water, cromwo wood and milk- and drying them in successive stages. The Presidium's most important task is to improve animal health and the various production phases, with the aim of obtaining a good quantity of quality milk, with greater attention to hygiene, while still respecting the community's traditions. Once this preliminary work has been completed, it will be possible to invest more energy in marketing, which is currently limited because of low production volumes. Finally, thanks to the participation of the producers in international events like Cheese, Algusto, Salone del Gusto and Terra Madre, Slow Food wants to give this product the dignity that it deserves, turning it into a source of pride and motivation for the producers.



ACTIVITIES

- buy a machine for cutting and grinding corn and other plants, to supplement the animals' diet in the dry season
- continue on-site veterinary assistance, to improve the health of the animals and the quality of the pasture
- train some members of the community so that they can directly manage some of the simpler animal health problems and buy a first-aid kit
- buy three male zebu to use for breeding, to genetically improve the herds
- buy a computer to manage a database gathering information on the producers, the animals and the quantity of milk produced
- design and produce sustainable packaging for the local sale of the yoghurt
- produce communication material to promote the product and its local area

PRODUCTION AREA

Tartar and Soibee, West Pokot district, Kenya

BENEFICIARIES

26 producers, around 100 total beneficiaries

TOTAL ESTIMATED COSTS

€10,000

Slow Food Mau Forest

Dried Nettles Presidium

Kenya

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For generations, the indigenous communities of the Mau Forest in the Rift Valley have been gathering leafy vegetables and herbs from the forest. Nettles have always been an important food, available even in periods of drought. However, the quantities being harvested have fallen due to increasing deforestation and now knowledge of its culinary uses is also beginning to disappear. For this reason, a group of women has started growing nettles in the Molo highlands, between 2,000 and 3,000 meters above sea level, obtaining the best results on very fertile land where cows used to graze. The nettles are harvested by hand from mid-March to June and from September to October. They are then immediately immersed in water to soften the stinging hairs on their leaves and sold fresh or dried, ground into a powder. At one time they were used in many traditional recipes, but now they are mostly eaten as a fresh vegetable, or brewed into tea and used as a medicinal herb. They are also recommended as a dietary supplement for breastfeeding mothers - the leaves contain 6% protein and 3.5% minerals and are a rich source of iron and vitamin A. The dry powder can also be diluted in water and sprayed on the earth to improve soil fertility. The leaves of young plants are mainly sold fresh at local markets, while the dried nettles, ground into a powder, have a wider market and are sold all year round. With this Presidium, started in 2009, Slow Food wants to help growers

increase nettle production and to promote the product to restaurants and at local markets, with the support of the Slow Food Central Rift Valley Convivium.

ACTIVITIES

- continue training and technical assistance for producers
- help producers develop an effective and sustainable strategy for controlling insects and plant diseases
- provide assistance for the construction of a storeroom for storing the nettles
- provide assistance for the construction of a better drying facility
- set up a sales point in Molo town to sell Kenyan Presidia products
- produce communication material to promote the product and its production area

PRODUCTION AREA

Karirikania village, Mau Forest, Molo district, Rift Valley province

BENEFICIARIES

28 producers, a total of around 150 beneficiaries

TOTAL ESTIMATED COSTS

€14,000

Slow Food Molo Mushunu Chicken Presidium Kenya

© Oliver Migliore

The Kikuyu community in the Molo district has long raised the Mushunu chicken, a native breed with a firm place in local food traditions. The Presidium area suffered badly from the post-election violence in 2008: many people were killed, many were displaced and many houses destroyed. Most of the cattle were killed. Only recently have the women slowly started rebuilding their small farms. The Mushunu has an unusual appearance: a large bird with an elongated body, it has a completely featherless neck and head and black, white, red or blue plumage. It is very popular due to its flavorful meat, excellent eggs and good brooding behavior. Weighing between 3 and 4 kg, the bird grows slowly and only reaches maturity between six and eight months. The chickens range free and their foraging diet is supplemented with organically grown corn and vegetables. Small pieces of aloe vera are added to their drinking water to help prevent diseases.

The chickens are usually cooked to celebrate important festivals or for special guests. Whether boiled, roasted or fried, the chicken is generally accompanied by rice or ugali, a polenta-like corn porridge. The Presidium's main objective is to support local communities by providing a new boost to Mushunu chicken farming. The first steps have been the purchase of equipment and organizing training on farming and selection methods.

Some of the women from the Presidium have visited the Valdarno Chicken Presidium in

Italy, which protects a native Tuscan breed. Subsequently a producer from Tuscany, Francesca Romana Farina, and an agronomist, Alceo Orsini, traveled to Kenya. These exchanges enabled the identification of practical solutions that will work for these small farms. Equipment has been purchased to enable the number of birds to be increased (an incubator, for example) and to improve control of animal health. A plan was also drawn up to increase the availability of feed by cultivating cereals and legumes, and purchasing mills to produce the feed.

ACTIVITIES

- improve the quality and increase the numbers of Mushunu chickens
- help producers develop an effective and sustainable strategy for controlling chicken diseases
- organize local marketing, creating a network between producers and restaurants
- produce communication material to promote the product and its production area

PRODUCTION AREA

Turi, Molo district, Rift Valley province

BENEFICIARIES

37 producers, around 150 beneficiaries in total

TOTAL ESTIMATED COSTS

€12,000

Slow Food Nzoia River

Reed Salt Presidium

Kenya

© Oliver Migliore

In areas of western Kenya historically cut off from the main sea-salt routes, local communities have developed a distinctive method for extracting salt from an aquatic plant. It is thought that the origins of this practice date back to the 17th century when the Bukusu community migrated from the Congo to the east coast, and the tradition has been handed down through the generations since then.

The production of reed salt is now very limited due to the demanding, time-consuming process it requires and it has been rapidly replaced by the more convenient imported sea salt that arrived following British colonization. In addition, large-scale deforestation has caused river levels to drop, with a consequent reduction in marshy areas where the salt-producing reeds grow.

Now only the Bukusu community in the village of Nabuyole in Webuye district continues to produce salt using the traditional method.

The muchua plant, a type of thin reed, grows in the waters of the River Nzoia in the dry season, from September to March. It reaches a height of about two meters and is ready for harvesting when its flowers wilt and the highest leaves have almost dried out. Bunches of reeds are arranged on stones by the river and allowed to dry, then slowly burned over a very low fire for as long as two or three days. The resulting ash is mixed with hot water, filtered and boiled in a large pan set over a fire. When the liquid has completely evaporated, a salty mixture is left on the bottom. This is collected, wrapped in banana leaves and dried under hot ashes overnight. Pepper is sometimes added, giving a spicy flavor to the salt.

ACTIVITIES

- carry out thorough analyses of the quality of the river water, the ash and the salt at the Kenya Agricultural Research Institute, to verify the product's healthiness
- organize training on agroforestry resource management
- organize training sessions for the Presidium producers at the salt-producing company in Magadi
- rent premises in Webuye where the Presidium salt can be sold to the local market
- produce communication material to promote the product and its local area

PRODUCTION AREA

Nabuyole, Webuye district, Western province, Kenya

BENEFICIARIES

30 producers, around 250 total beneficiaries

TOTAL ESTIMATED COSTS

€5,000

Slow Food Lare

Pumpkin Presidium

Kenya

© Oliver Migliore

The Lare pumpkin is one of the most useful crops for mitigating the impact of climate change. It has a high yield, both the fruit and the leaves are edible and it adapts well to local conditions, providing a good mulch for the soil. Additionally, the flowers attract bees, which increases the pollination of other crops. However, its production is being seriously threatened by the introduction of non-native varieties, which are faster growing and more productive. The Lare pumpkin is oval in shape and varies in size, weighing on average between 3 and 5 kilos. The skin is light green in color with white stripes and the flesh is orange. It is planted during the rainy season (March-April) and harvested after six months. The seeds are kept for planting the following year and can be exchanged with other farmers. A very versatile product, its leaves are used as a vegetable in many traditional dishes. Thanks to their highly nutritious properties, they are also used to make light food for infants and the elderly. The seeds can be toasted or boiled, and once dried they can be milled into a flour used in porridge and for medicinal purposes.
So far, the Presidium has allowed the producers to learn more about the best way to cultivate the pumpkins and to naturally fight diseases and parasites. A mill for flour production has been acquired. To diversify their sources of income, some members of the community participated in a training exchange to learn bread-baking techniques. In October 2010, two producers represented the Presidium at the Salone del Gusto and Terra Madre in Turin. In 2011, a small restaurant was opened, serving traditional local dishes using the pumpkin's flesh, leaves and seeds, for schools and members of the community. Since 2011, the community has been involved in the Thousand Gardens in Africa project.

ACTIVITIES

- finish the construction of a wood-fired oven for baking bread
- train the community members on horticultural techniques in community gardens
- provide cooking lessons to improve the quality of the dishes served in the restaurant
- increase the cultivation area to meet the increased demand for flour and seeds
- open a small sales point for pumpkin products in the town of Njoro
- produce communication material to promote the product and its local area

PRODUCTION AREA

Lare village, Njoro district, Rift Valley province

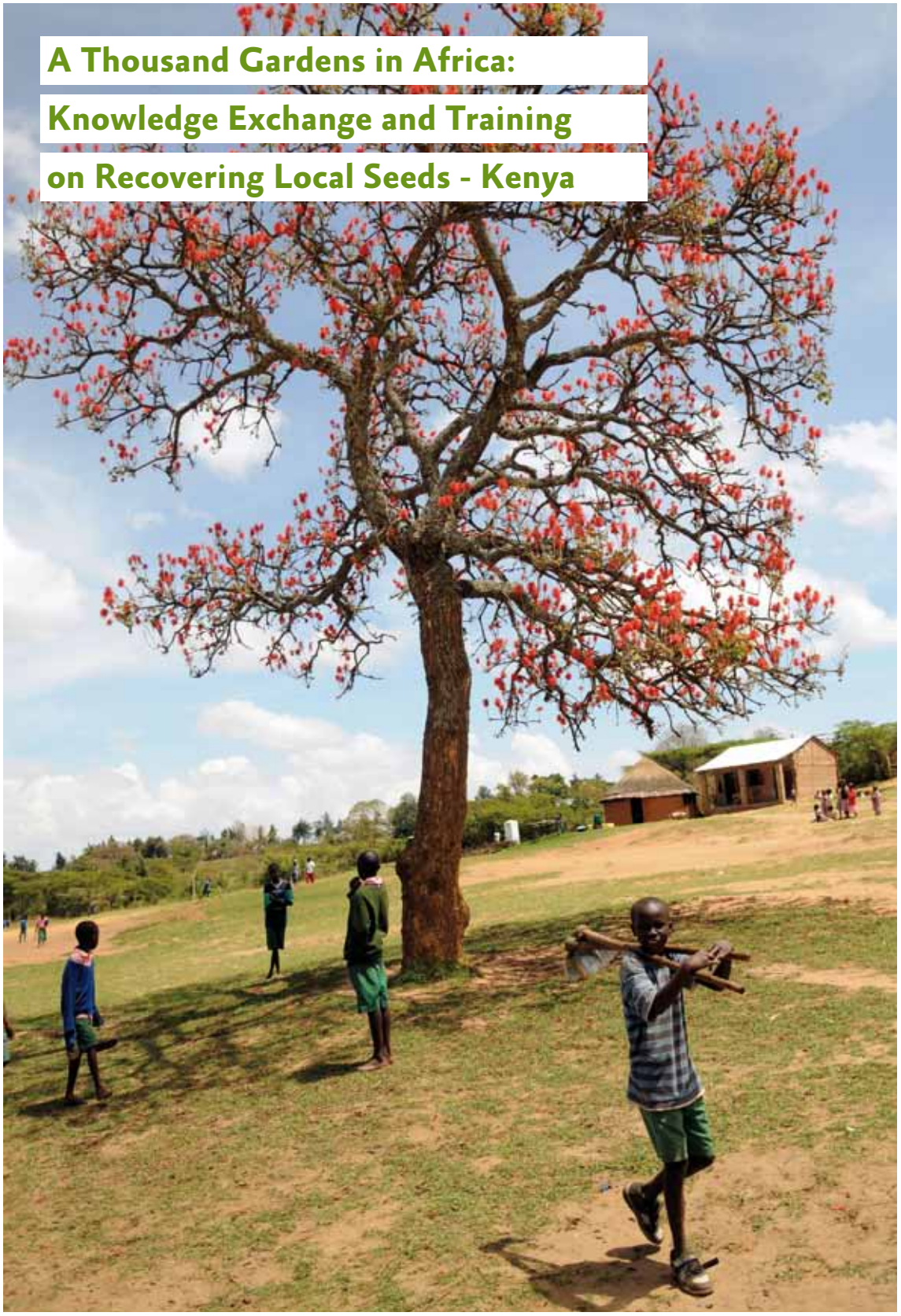
BENEFICIARIES

30 producers, around 150 beneficiaries in total

TOTAL ESTIMATED COSTS

€13,000

A Thousand Gardens in Africa: Knowledge Exchange and Training on Recovering Local Seeds - Kenya



Slow Food Archive

In Kenya, agriculture is responsible for over 50 percent of GDP and over 70 percent of the workforce. Despite its importance, agriculture is almost completely ignored in school curricula and most young people who attend primary and secondary school do not receive any type of training on farming activities. The average age of farmers is getting higher, young people are moving from the countryside to the cities, the social and cultural fabric is disintegrating and a rich heritage of knowledge, local products and traditions risks being lost, swept away by an inexorable process of standardization. Slow Food has been active in Kenya since 2004, and since then, thanks to the Terra Madre network, the association has grown and become stronger in the country. Kenya currently has 14 convivia (local groups), five Presidia and 200 food gardens, as well as many Terra Madre food communities. Together they are working to strengthen the local economy, rediscover their traditions and promote small-scale and sustainable agriculture. Between 2010 and 2012, 200 Slow Food gardens have been created in Kenya, coordinated by young Kenyans who studied at the University of Gastronomic Sciences in Italy and cultivated by a Slow Food network that has expanded to include teachers, cooks, agronomists, families and children.
The Thousand Gardens in Africa project takes an agroecological approach to food growing, based on local agricultural knowledge, the application of traditional and modern techniques suitable for different soil and climate conditions, the correct management of natural resources (biodiversity, soil, water) and social justice.

ACTIVITIES

- organize exchanges and training meetings
- involve nursery, primary and secondary schools in the country
- distribute the manual, videos and other education tools produced by the Thousand Gardens in Africa project

PROJECT AREA

Kenya

BENEFICIARIES

300 students and their teachers
The children's families and members of their communities (around 3,000 people)

TOTAL ESTIMATED COSTS

€3,000

ALREADY ADOPTED

Slow Food Imraguen Women's Mullet Botargo Presidium - Mauritania

©Paola Viesi

The Imraguen ethnic group has lived along Mauritania's coast since before the great Arab migrations, and their existence is dependent on mullet fishing. This is now being threatened by industrial fleets who plunder the fish-rich Mauritanian waters, freeze their massive catches and carry them to processing operations in North Africa or Europe. The Presidium protects the artisanal fishing techniques of the Imraguen people. Women buy the mullet from small-scale fishermen and turn it into botargo (salted and dried mullet roe), tishtar (dried and finely chopped mullet fillet) and mullet oil. The Presidium is helping them to improve production, directly manage the sale of their products and find new markets. The project aims to strengthen the local economy by working with different stakeholders along the production chain - the women who process the fish and the men who catch it - and is seeking to develop local salt production through the creation of an artisanal saltworks. The project also uses botargo as a point of departure for a campaign for local, sustainable fishing, a sector of vital importance to millions of Africans.

ACTIVITIES

- create a saltworks in Nouadhibou, involving first five and then ten producers
- organize the training of salt producers on correct techniques and environmental protection (essential to the quality of the salt)
- add value to the artisanal salt and promote it on the local market
- buy a vacuum-packing machine for the fish-processing workshop in Nouakchott
- buy two outfitted pirogues for the Nouadhibou fishermen so that they can fully join the Presidium cooperative and provide a constant supply of mullet to the Presidium producers
- produce communication material to promote the product and its place of origin

PRODUCTION AREA

Nouadhibou, Nouakchott and villages along the Banc d'Arguin

BENEFICIARIES

244 women directly involved in the production of botargo and other fish products
50 women involved in sales
10 women currently only involved in training activities
10 fishermen directly involved in the Presidium
5 salt producers
Families of the producers (around 1,500 people)

TOTAL ESTIMATED COSTS

€45,000

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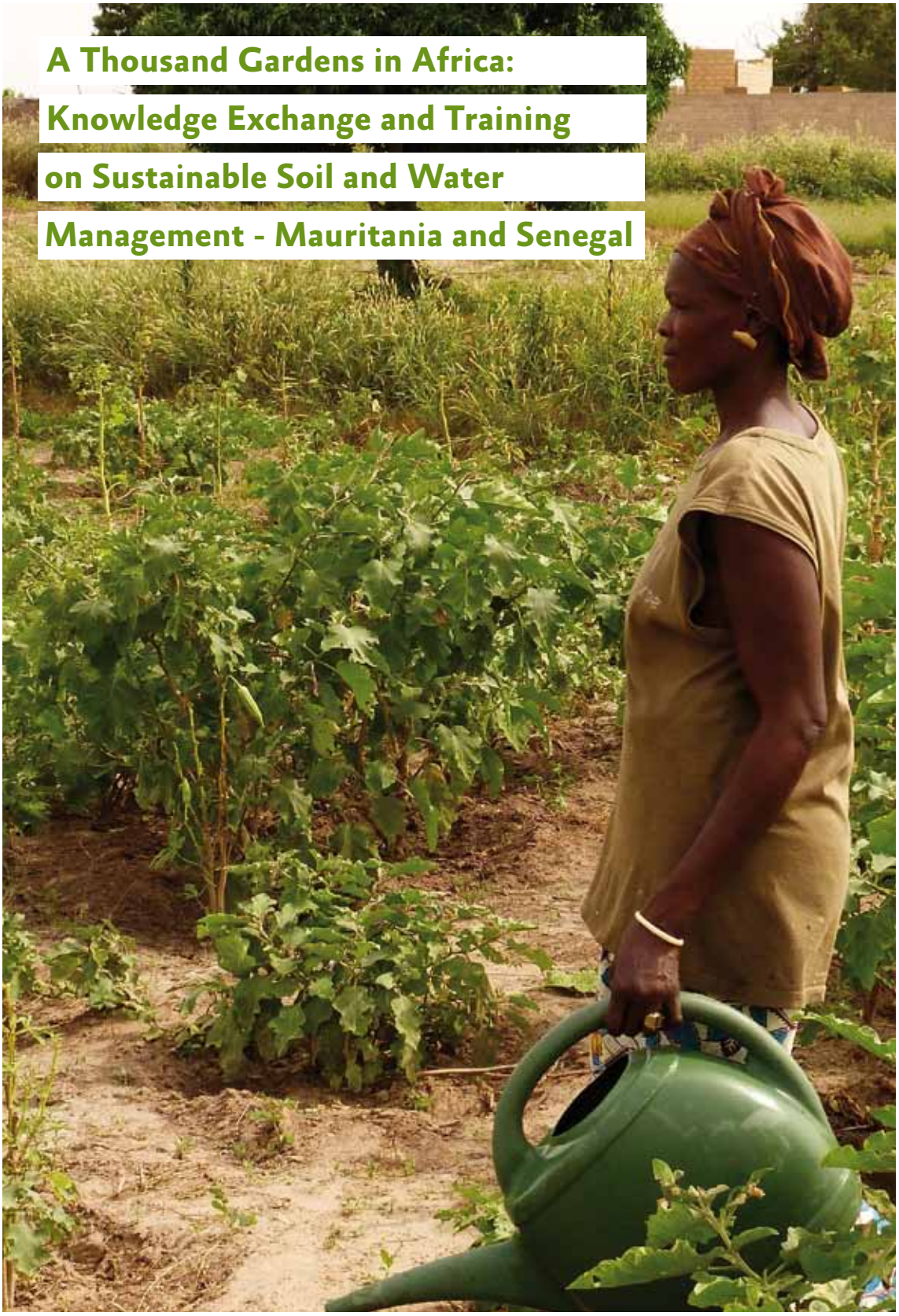
A Thousand Gardens in Africa: Knowledge Exchange and Training on Sustainable Soil and Water Management - Mauritania and Senegal



Slow Food Archive

The biggest challenge to agriculture in the Sahara and the Sahel is sustainable management of the sandy soil and what little water is available. Finding local, sustainable and replicable solutions for good soil and water management is one of the key aims of the Thousand Gardens in Africa project. With this aim in mind, over 50 food gardens have been planted in Mauritania and Senegal, thanks to the involvement of the Slow Food network and local agronomists and farmers. In the community gardens, the growers, mostly women and their children, cultivate vegetables and legumes for the *marmite*, the pot in which family meals are cooked. They share the work and the harvest, as well as tips for improving the garden's management. Water is collected from deep wells, in buckets pulled up by hand, or from tanks in the middle of the gardens. The scarcity of water and the hot climate demand careful management of soil and water, to save resources and exertion. To strengthen the activities started as part of the Thousand Gardens in Africa project, the local coordinators organize training meetings for the garden's growers, with experts who can help them find economical and replicable solutions for improving water and soil management. The meetings involve farmers from Mauritania and Senegal, to facilitate exchanges of experiences. The solutions developed during the training can also be used by other countries in the Sahel and Sahara areas.

ACTIVITIES

- organize a training meeting in Senegal, with the participation of representatives from the Thousand Gardens project in Mauritania
- produce communication material on good practices for water and soil management in arid environments
- distribute the manual, videos and other education tools produced by the Thousand Gardens in Africa project

PROJECT AREA

Mauritania and Senegal

BENEFICIARIES

100 farmers
Farmers' families and members of their communities (around 1,000 people)

TOTAL ESTIMATED COSTS

€3,000

ALREADY ADOPTED

M'hamid El Ghizlane

Oasis Ancient Dates Community - Morocco

Slow Food Archive

Around 10,000 people live in the M'hamid El Ghizlane oasis, about 100 kilometers south of the city of Zagora. Half are nomadic farmers, who move around within a radius of up to 200 kilometers, while the other half are sedentary. Immigration has reached very high levels, and a quarter of the population has already left.
The oasis has around 1,000 palms, but they are dying from drought (three out of four trees), the excessive salinity of the water and attacks from a fungus, the red palm weevil. The shortage of water is also affecting agriculture, undermining the subsistence economy.
The only wells in the oasis are around 20 meters deep and cannot meet the needs of the local producers because of their low capacity and high salinity. The community urgently needs geological experts to visit the oasis, to analyze the factors causing the water shortage, carry out a hydrogeological study using basic instruments and identify possible solutions.
A small artisanal date-processing business, Oasis du Sud, works in the M'hamid oasis. It will shortly become a cooperative, with social aims, so that other women from the community can also be involved. Currently there are eight members, and they specialize in producing date-based products. The women use fresh Fggus, Maghul, Jihal, Bosathani and Khalte dates, which are pressed into juice or ground into a paste. The pits are used as feed for livestock. Their most characteristic product is rôb, a syrup made only from dates, without the addition of any preservatives or colorings. Naturally rich in sugar, the syrup is also high in iron, magnesium and B group vitamins, and is particularly recommended for pregnant women and children. The small business is also experimenting with the production of date jam.

ACTIVITIES

- carry out a technical mission in the field to evaluate the drought problem and identify possible solutions
- help producers draw up a production protocol, describing the production process in detail
- organize a training meeting with representatives from other Slow Food date projects (in Libya, Egypt, Algeria and Morocco) to exchange information, experiences, problems and possible solutions
- launch promotion initiatives for the product to encourage local sales
- produce promotional material about the product and distribute it locally and nationally

PRODUCTION AREA

M'hamid El Ghizlane oasis, Zagora province, Souss Massa Draa region

BENEFICIARIES

8 producers of date products
40 date growers
Families of the producers and growers (around 250 people)

TOTAL ESTIMATED COSTS

€25,000

Taste Education Project Morocco

Slow Food Archive

For years, Slow Food has been working on taste education in Italy, teaching children (and adults) how to rediscover the pleasure of good, clean and fair food, and explaining why it is important to know where the food we eat comes from, who made it and how. An educational kit has been designed to help children get to know more about their food, called "To the Origins of Taste," and includes a video, games and exercises. A group of students from the Mohammed V University in Rabat had a chance to try it out when they attended Terra Madre in 2008, and since then they have been working to bring the concept to their own country. Their idea is to organize a group of people who will travel to the various outposts of the extensive Slow Food network in Morocco (convivia, Presidia, food gardens, universities). In each place they will organize activities involving different groups, helping them reflect on the most important concepts of Slow Food's philosophy in an enjoyable way. The different local events will then be followed by a large national event. The kit needs to be translated into Arabic and adapted to the local context. The activities will also seek to give some basic information about the importance of valuing local products.

Once this type of activity has been tried out in Morocco, one of the African countries where the Slow Food network is the most established, it will then be easy to extend the experience to other North African countries.

ACTIVITIES

- translate the kit "To the Origins of Taste" into Arabic, print and distribute it
- acquire material for use in the sensory activities
- organize various local events and a final larger event on sensory education and the importance of local consumption
- produce product profiles for different local and traditional foods
- produce communication material to promote the project

PROJECT AREA

Morocco

BENEFICIARIES

20 young people and around 5,000 total beneficiaries

TOTAL ESTIMATED COSTS

€10,000

Slow Food Zerradoun

Salt Presidium

Morocco

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The village of Zerradoun, in the foothills of the Rif mountains in northeastern Morocco, has an unusual feature. Situated between two valleys, surrounded by mountains and fields of durum wheat and barley, are two saltwater springs.
The stone salt pans around them were built 200 years ago. As the water evaporates, local women, members of the Al Wifak ("agreement" in Arabic) cooperative, collect the salt. The salt extraction process is simple but time-consuming. Water from the springs runs into tanks for the first evaporation and is then transferred to the pans and left for five days. More water is added to the saline sludge and the mixture allowed to dry for another two days.
Salt production starts around the middle of May and continues for three or four months, depending on the weather conditions (there needs to be a lot of sun). The Presidium is working with the Al Wifak cooperative to improve the product and to market the different types of salt, especially locally.

ACTIVITIES

- hold a literacy course for the producers
- provide technical assistance to improve the production chain and correctly manage the salt pans and the machinery bought in 2010, thanks to the consultancy of the Univers-Sel association of Guérande salt producers
- upgrade the water collection basins, replacing the plastic sheets with eco-friendly materials
- create suitable packaging, in collaboration with local women's cooperatives
- produce communication material to promote the product and its local area
- promote the product locally, nationally and internationally

PRODUCTION AREA

Zerradoun, Brikcha municipality, Tangier-Tétuan region

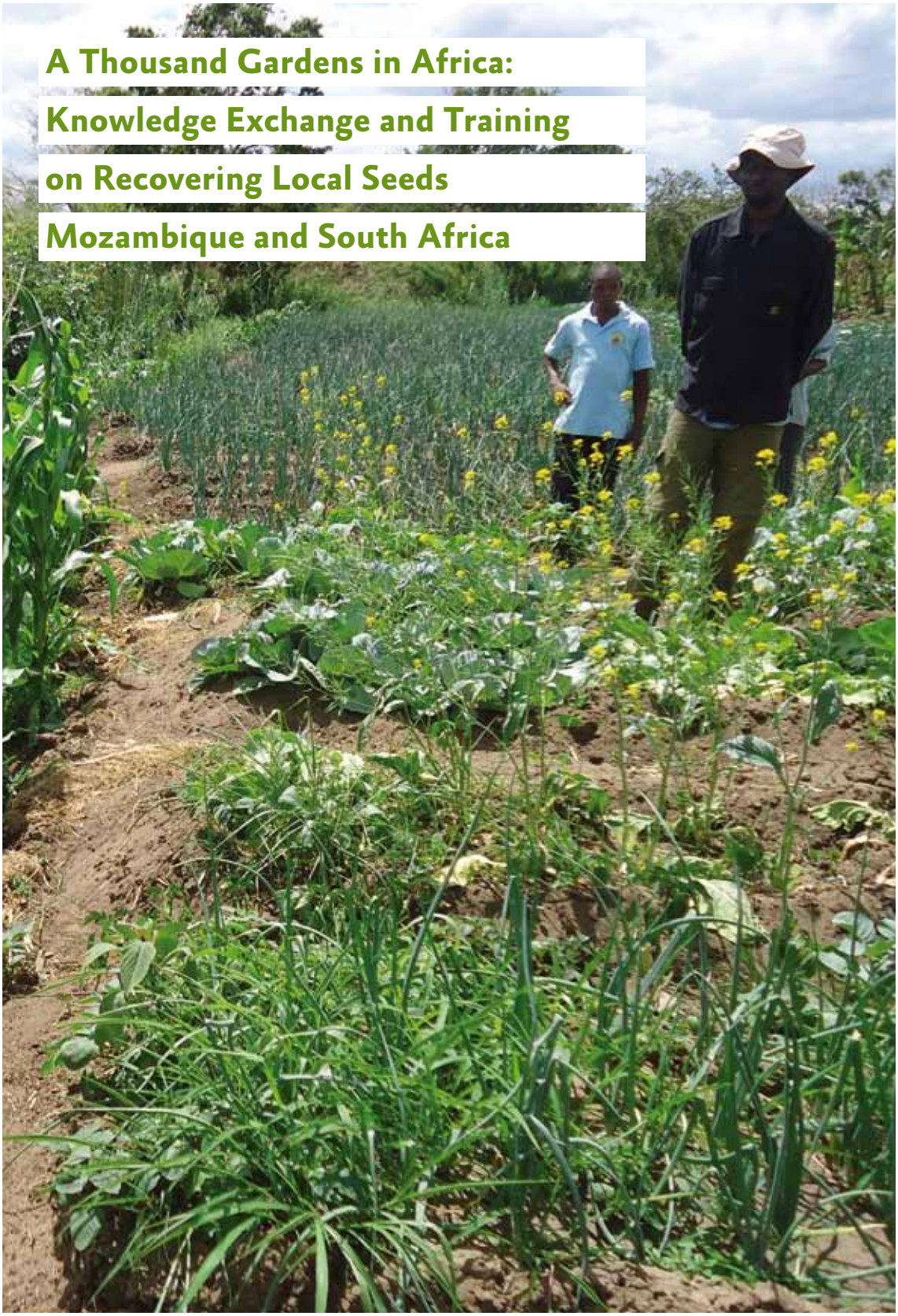
BENEFICIARIES

30 producers, joined in the Al Wifak association
Families of the producers (around 150 people from the community)

TOTAL ESTIMATED COSTS

€18,000

A Thousand Gardens in Africa: Knowledge Exchange and Training on Recovering Local Seeds Mozambique and South Africa



Slow Food Archive

Mozambique is a country rich in resources: wild products from its forests, valuable as food and medicine; raw materials like coal, precious stones and natural gas; and seafood from along its 3,500-kilometer coastline. But in rural areas, biodiversity is declining, especially among domesticated species (both plants and animals), because of the growing standardization imposed by industrial agriculture. Communities are losing the seeds of local crops, which are being replaced by patented varieties, often hybrids, owned by a handful of multinationals like Monsanto (which has a base in nearby South Africa) and requiring massive use of fertilizers and pesticides. This phenomenon is putting at risk the age-old traditional knowledge that for generations has allowed communities to select and reproduce their seeds autonomously and for free.
Traditional crops are characterized by a high level of genetic variety. Diversification allows local communities to manage production, keeping some of the harvest for their own consumption and selling the rest. It guarantees that food is available in every season and protects against the risk of epidemics. The local economy, mostly subsistence, is based on community knowledge about cultivation and processing techniques and traditional recipes. Between 2010 and 2012, 30 Slow Food gardens were planted in the Maputo and Capo Delgado regions, thanks to the involvement of many local communities, farming cooperatives, schools, cooks and local markets.

To give continuity to the project and reinforce the educational and awareness-raising activities launched when the gardens were created, knowledge exchanges and training meetings will be organized for the communities.

ACTIVITIES

- organize an exchange and training meeting on the topic of seed production, storage and exchange, involving the local network of producers and NGOs working on biodiversity and agroecology initiatives
- organize a training exchange between the KwaZulu-Natal communities in South Africa and the Mozambican communities
- strengthen small-scale farming movements and involve producers from the network of food gardens in local markets and monthly food fairs in Maputo and Cabo Delgado
- print and distribute awareness-raising and communication material

PROJECT AREA

Maputo and Cabo Delgado provinces

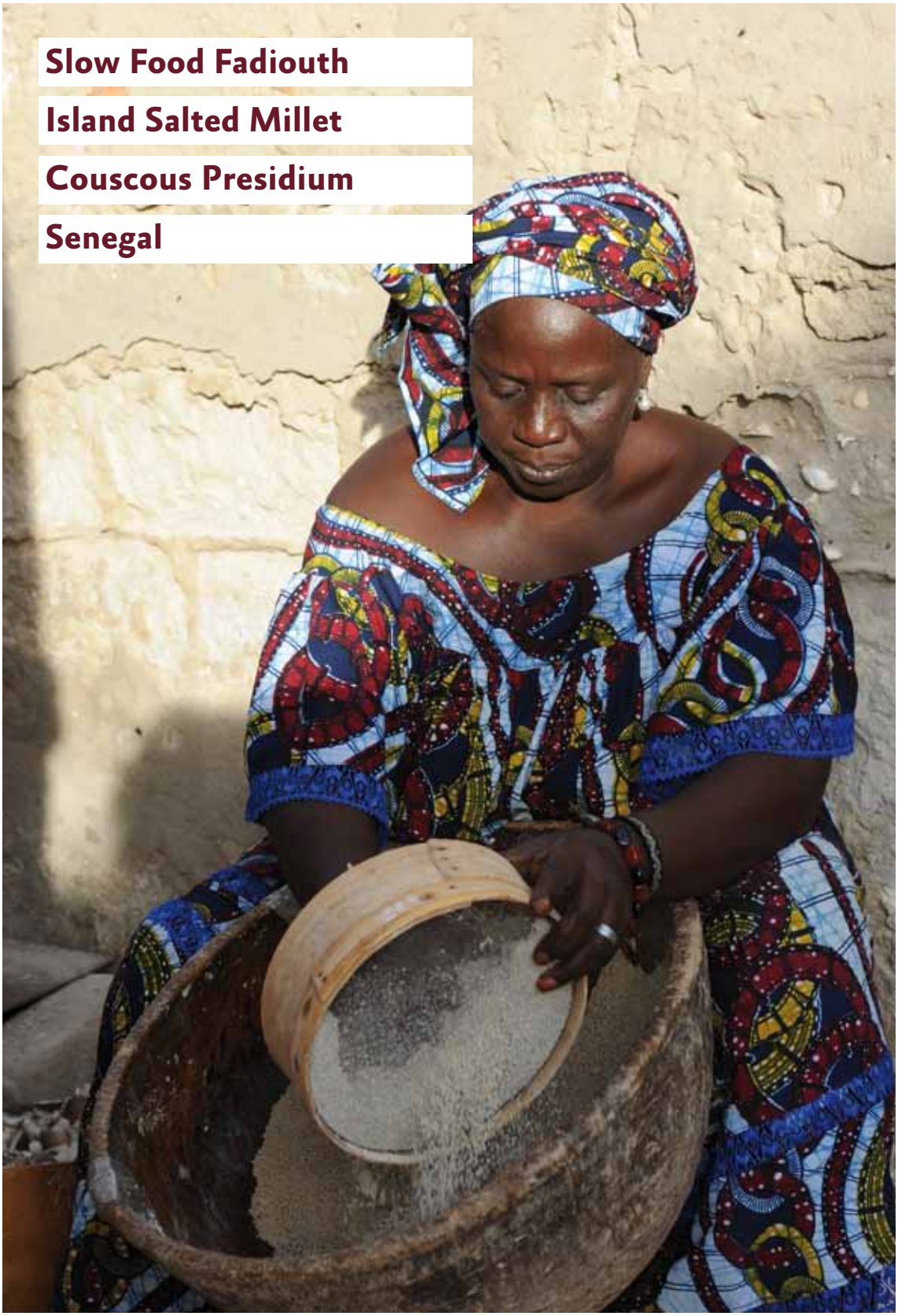
BENEFICIARIES

150 farmers
Farmers' families and members of their communities (around 2,000 people)

TOTAL ESTIMATED COSTS

€4,000

Slow Food Fadiouth Island Salted Millet Couscous Presidium Senegal



©Paola Viesi

Salted millet couscous from Fadiouth Island is the result of bringing together traditional cereals, cultivated since time immemorial in the inland areas, and the sea. Situated just off the mainland, Fadiouth village sits on an island covered in seashells and is accessible from Joal (150 kilometers south of Dakar) via a long narrow wooden pedestrian bridge. The Seerer, the indigenous people who live here, have always been the main producers of Sunnà millet and make their living from agriculture and fishing in the sea and lagoons. The preparation of salted couscous is long and laborious, requiring at least two days to obtain a good quality product. The women come together towards the evening to prepare the millet to make the flour. The grains are husked in wooden mortars, sifted and washed in the sea. They are then ground and the resulting semolina is wet with seawater and worked by hand to transform it into tiny couscous pellets, which are then sifted. The couscous is then stored in traditional gourds, covered with a cloth and left to ferment overnight. In the morning the women add powdered baobab leaves - used as a thickener - and start cooking the couscous. The Presidium's objective is to promote a revival of the cultivation and consumption of the local Sunnà millet, which has been dropping rapidly in recent years, and increase awareness among local residents of why it is important to keep marine waters and beaches clean and unpolluted. The Presidium has identified a core group of 20 women producers who have been brought together in a local economic group (GIE). The Joal - Fadiouth local authority identified and renovated a building on the island where the women can work together. In 2011, the producers took part in two training workshops run by an expert on cereals and couscous production to draw up the Presidium protocol and improve the packaging and labeling of the couscous. The improvement of the conditions in which the couscous was produced and stored and the renovation of the building have enabled the Presidium producers to obtain the Ministry of Trade's authorization to sell the product on the national market.

ACTIVITIES

- organize training for the producers on community work and good hygiene practices
- buy bags for the couscous and a vacuum - packing machine
- produce communication material to promote the product and its local area
- organize two local events to promote the product (one in a Dakar supermarket and the other for restaurants and hotels in Joal)

PRODUCTION AREA

Fadiouth Island, Joal-Fadiouth municipality, Fatick region

BENEFICIARIES

20 women, united in the Mbel Saa GIE (economic interest group), directly involved in couscous production
100 women involved in training activities
15 Sunnà millet growers
Families of the couscous producers and millet growers (around 200 people)

TOTAL ESTIMATED COSTS

€7,000

Slow Food Gandoul

Islands Wild Fruit Juices

Presidium - Senegal

Slow Food Archive

The Saloum delta is a tangled maze of brackish water, rivers, islands and clearings, covering a surface area of 180,000 hectares in the Fatick region. Three women's communities living on the islands of Dionewar, Falia and Niodior, known as the Gandoul islands, gather and process mollusks, especially a sea snail called yeet in Wolof (*Cymbium olla*), which lives in shallow, sandy waters along the West African coast. Once very abundant, the sea snail's numbers are now in steep decline. The main problem in this area is the pressure on marine resources caused by large foreign fleets exploiting the seas and the increase in local population. Fishing is by far the most common activity for the local people.
Together with the women, the idea was developed that as well as fishing, they could also start gathering and processing the many wild fruits that grow in the area. Each family usually makes excellent juices for their own consumption, using *karkadè* (hibiscus), *pain de seinge* (baobab), ginger, tamarind, *ditakh* (sweet detar), new and other types of fruit.
The Presidium will focus on these fruits, turning home recipes into high-quality products to be sold on the local market. In March 2009, with the aid of a local agronomist, local fruit varieties were mapped to identify the most suitable for processing. The Slow Food Foundation also gave two pirogues to the local women so that they could move from island to island more easily.
The Rural Community for the three islands has provided a piece of land on the island of Dionewar and funded the construction of a workshop for the Presidium women. The support of the Piedmont Regional Authority has made it possible to equip the workshop with basic tools like pots, strainers and scales, a gas supply and a tank for collecting rainwater. Now the women can store and process the fruit and prepare the extracts and jams.
Training courses have been organized for the women in Senegal and in Italy on good production practices and basic hygiene standards. The Slow Food Foundation is also working with ITA (Institut de Technologie Alimentaire) and the Senegalese Slow Food network to promote the Presidium products on the local market.

ACTIVITIES

- buy a third pirogue, for the women from Niodior island who currently have no means of transport
- supply the Presidium with glass jars and bottles
- acquire a refrigerator for storing the fresh wild fruit (to be located on Falia island)
- organize an exchange of experiences between the producers on the three islands to share their respective skills and organize training on good production practices and basic hygiene standards for the Falia community
- produce promotional material for the product and distribute it locally and nationally

PRODUCTION AREA

Gandoul islands (Dionewar, Falia and Niodior), Saloum Delta

BENEFICIARIES

500 women
Families of the producers (around 2,000 people)

TOTAL ESTIMATED COSTS

€20,000

Slow Food Kenema

Kola Nut Presidium

Sierra Leone

© Paola Viesi

The kola nut is the fruit of the kola tree, which belongs to the same family as cacao, Sterculiaceae. The tree is native to the tropical forests of West Africa, and still grows wild in Sierra Leone and Guinea-Bissau. In Sierra Leone, the long civil war tragically struck down an entire generation and its aftermath has caused a collapse in kola production. Most of the expert farmers disappeared during the war or fled the country, abruptly interrupting the transmission of traditional knowledge from one generation to the next. As a result the kola trees are often left untended, producing fruit late and erratically. Founded in collaboration with the WWOOF Sierra Leone association, the Kenema Kola Nut Presidium involves 80 small-scale producers in the villages of Dalru and Gegbwema. They have started to work together to improve the cultivation, processing and marketing of the kola nuts. Thanks to an important collaboration with Baladin, a well-known Italian artisanal beer and soda producer, and Slow Food, Cola Baladin was launched in 2012. The beverage is made from Kenema kola extract and other natural ingredients. Part of the proceeds will go to support Slow Food Presidia and community garden projects in Sierra Leone.

ACTIVITIES

- agronomical training to improve kola cultivation techniques
- produce communication material to promote the product and its local area

PRODUCTION AREA

Kenema district

BENEFICIARIES

80 producers, around 200 people in total

TOTAL ESTIMATED COSTS

€9,000

ALREADY ADOPTED

Kent Fishing Community

Sierra Leone

Slow Food Archive

Kent is a small fishing village on a triangle of land extending out towards the sea, at the far south of the Freetown peninsula. A handful of mud houses are set amidst mango trees, in front of white-sand beaches and one of the world's most fish-rich seas. Hope of Kent is an association of fishermen and women who salt and smoke the fish (barracuda, lady fish, snapper, scabbardfish, sole, turbot and others). Founded in 2006, with the assistance of Fathers of St. Joseph and the NGO Engim, it unites 15 people. Originally they only had one pirogue between them, and now they have six. Since 2011, the association has also had a refrigerator for storing the fresh fish. With its first profits, it built a small gazebo on the rocks, which will soon become a simple restaurant where the women will serve fresh fish. The community's main problems are the lack of electricity (there is a generator, but it is only used when absolutely necessary because it is too expensive to run 24 hours), a lack of clean water and the transport of the fish. An artesian well could be built to supply fresh water, and a feasibility study is currently underway. A solar power plant would solve the electricity problems. A vehicle would be necessary in order to sell fish directly in the city, without intermediaries. A small van would be ideal, and could also be used to transport the children to school in the morning and pick them up in the evening.

ACTIVITIES

- build a smoker
- build an artesian well to supply fresh water
- buy a vehicle for selling fish and taking children to school
- construct a solar power plant for electricity production
- organize training on food safety and diversification of supply for the women running the restaurant
- buy the equipment necessary for the restaurant

PRODUCTION AREA

Freetown peninsula

BENEFICIARIES

15 fishermen and 15 women who process the fish
Families of the producers and the villagers who would have a supply of water from the well (around 500 people)

TOTAL ESTIMATED COSTS

€60,000

Slow Food Zulu

Sheep Presidium

South Africa

© Paola Viesi

The Zulu sheep first appeared on the eastern coast of the South African province of Kwazulu-Natal around 1,800 to 2,000 years ago. For a long time the sheep provided an important source of food for the local inhabitants. Today, however, crosses with more productive breeds and the fragmentation of the flocks have seriously threatened its survival, leading to a drastic drop in the number of surviving animals. Protecting the Zulu sheep is fundamental to safeguarding the area's biodiversity. In a region dominated by fields of genetically modified corn and sugar-cane monocultures, the sheep farmers continue to cultivate local varieties in order to feed their flocks. Agile, of medium-small size, the Zulu sheep looks similar to a goat, and has meat that is compact, savory, flavorful and lean. The sheep is characterized by its small ears, and its coat can be black, white, brown or beige. The sheep has fat stores in its tail and body which are essential to its survival in the area, which has a hot, damp climate. The hardy sheep require little attention and graze outdoors all year round. The Zulu sheep also plays an important role in traditional medicine, its fat used as a sedative in cases of aggressiveness or hyperactivity.
Founded in 2009, the Presidium has united the last remaining herders in the area, with the aim of increasing the sheep's population, creating a farmers' association and drawing up a protocol for its farming. Additionally, it will work to raise the awareness of the local and national authorities so that they recognize the importance of this asset to biodiversity.

ACTIVITIES

- create an association to safeguard and promote the breed
- draw up a farming protocol
- increase the population of the breed
- organize training sessions and promotional events for local products at the farms
- produce communication material to promote the breed and its local area

PRODUCTION AREA

Zululand district, Kwazulu-Natal province

BENEFICIARIES

15 farmers
Families of the farmers (around 70 people)

TOTAL ESTIMATED COSTS

€4,000

Slow Food Lansarin and Gaffaya Ancient Durum Wheat Varieties Presidium - Tunisia

Slow Food Archive

The Lansarin and Gaffaya hills, around 30 kilometers from Tunis, are between 500 and 800 meters high and covered in olive groves and fields of wheat and legumes.
The Medjerda, the only permanent river in the area, makes Lansarin and Gaffaya particularly fertile and suited to agriculture. Two ancient varieties of durum wheat, Mahmoudi and Schili, with long straw and glassy amber grains, are grown in the hills here.
The wheat is used to make semolina for couscous, bread and *borghul* (steamed crushed wheat). Additionally, for centuries, the women have been passing down recipes for the production of pasta like *hlalam* (similar to trofie) *nouasr* (for soup) and *richta* (a kind of flat, eggless tagliatelle).
The Schili variety is one of the oldest, but very few farmers still cultivate it. The ones who do grow it in small plots in the hills or on slopes not easily reached by machinery.
The Mahmudi variety, on the other hand, was selected at the start of the 20th century for its nutritional value and resistance to drought and black wheat rust. It is mostly grown in the hills, sometimes on flat plateaus, where machinery like threshers can be used, and sometimes on steep slopes inaccessible to machines. In these cases, the cultivation is done entirely by hand, from sowing to harvesting. Chemical fertilizers and pesticides are not used in the fields, and to avoid the soil becoming impoverished, the wheat is rotated with legumes.
The cultivation of these ancient varieties and the traditional cultivation techniques allow a group of older farmers to maintain the soil's fertility and to preserve the land from erosion. Despite this, both varieties are at risk of disappearing, threatened by the introduction of more productive hybrids.
The Presidium's objective is to encourage the formation of a cooperative of Tunisian farmers and the women who process the durum-wheat semolina into slowly dried couscous and various types of traditional pasta. This project will hopefully revive a micro-economy, giving proper recognition to the community's farming work and protecting biodiversity and the local environment and culture.

ACTIVITIES

- set up a workshop where couscous and various types of pasta can be prepared
- buy bags for packaging the semolina and a vacuum-packing machine
- organize training on traceability, community work and food-safety practices
- organize a local event to promote the products
- produce promotional material about the product and distribute it locally and nationally

PRODUCTION AREA

Lansarin and Gaffaya hills, Tebourba province, Mannouba region, northern Tunisia

BENEFICIARIES

8 growers and 8 producers
Families of the producers (around 50 people)

TOTAL ESTIMATED COSTS

€20,000

Slow Food Luwero

Robusta Coffee Presidium

Uganda

Slow Food Archive

After Ethiopia, Uganda is Africa's second-largest coffee producer. The country's forests are the homeland of *Coffea canephora*, better known as robusta, named for its resistance to disease. Robusta began to be cultivated more widely following an epidemic that struck Brazilian arabica at the end of the 19th century, and now has a flourishing market. It is most commonly used in espresso blends, giving body, bitterness and an extra dose of caffeine to the final cup. Traditionally two indigenous varieties of robusta were cultivated in Uganda, Kisansa and Nganga. Kisansa can keep producing for several decades, growing up to 10 meters tall, and are resistant to all the major diseases. Even though the government has pushed for the replacement of traditional varieties with more productive commercial hybrids, many growers have preferred to continue growing the local varieties.
Along the shores of Lake Victoria, at altitudes between 900 and 1,200 meters above sea level, these ancient robusta varieties are cultivated under shade trees. The Presidium, established in 2012, aims to promote the Kisansa variety and will initially involve around 70 producers. Through a project run by Caritas Uganda they have organized themselves into a company, the Katuka Development Trust, with the aim of facilitating coffee sales and having more contractual power with the government. Thanks to the Capca project, coffee producers in 16 districts in the Central region have been able

to obtain the organic and fairtrade certifications needed to access niche markets. The Presidium will also help the producers to find buyers in countries where there is a strong demand for robusta coffee, like Italy.

ACTIVITIES

- train producers on coffee-drying techniques ("natural" method)
- buy coffee-processing equipment
- train a member of the local community to be a taster, for quality control
- identify new local and international markets
- produce packaging and promotional material for the product

PRODUCTION AREA

Wakiso, Mpigi, Luweero, Mubende, Masaka, Rakai, Mukono and Nakaseke districts, Central region

BENEFICIARIES

70 producers, united in the Katuka Development Trust (KDTL), and around 700 total beneficiaries

TOTAL ESTIMATED COSTS

€15,000

A Thousand Gardens in Africa: Knowledge Exchange and Training on Recovering Local Seeds - Uganda

Slow Food Archive

In Uganda, agriculture often does not provide sufficient income, so young people are forced to look for work in the cities. Additionally, there is a widespread contempt towards working the land, not helped by the fact that misbehaving schoolchildren are often sent to work in the fields as punishment. Where food is available, it is often highly priced, inaccessible to those earning the average per-capita income. In many areas, the dependence on export crops like coffee and the poor fertility of the soil mean that most food is imported from the nearby Democratic Republic of Congo. Even these supplies are limited and their cost increases with supply. The first good, clean and fair school gardens were started in 2006 by Edward Mukiibi, the leader of the Slow Food Mukono Convivium, with the aim of improving the relationship between children and agriculture, to make up for the chronic shortage of food and to safeguard local food traditions. In fact it was thanks to the success of school gardens in Uganda and Kenya that Slow Food decided to launch the challenge of A Thousand Gardens in Africa.

Between 2010 and 2012, 60 Slow Food gardens have been planted in Uganda, thanks to the commitment of a growing network that now includes teachers, cooks, agronomists, the University of Makeni, families and children. Two-thirds of Uganda's Slow Food gardens are in schools. To give continuity to the project and reinforce the educational and awareness-raising activities started when the gardens were created, knowledge exchanges and training meetings will be organized for teachers and schools.

ACTIVITIES

- organize training meetings and exchanges on the subject of producing, storing and exchanging local seeds from traditional varieties
- involve new nursery, primary and secondary schools in the country
- distribute the manual, videos and other education tools produced by the Thousand Gardens in Africa project

PROJECT AREA

Uganda

ALREADY ADOPTED

BENEFICIARIES

300 students and their teachers
The children's families and members of their communities (around 3,000 people)

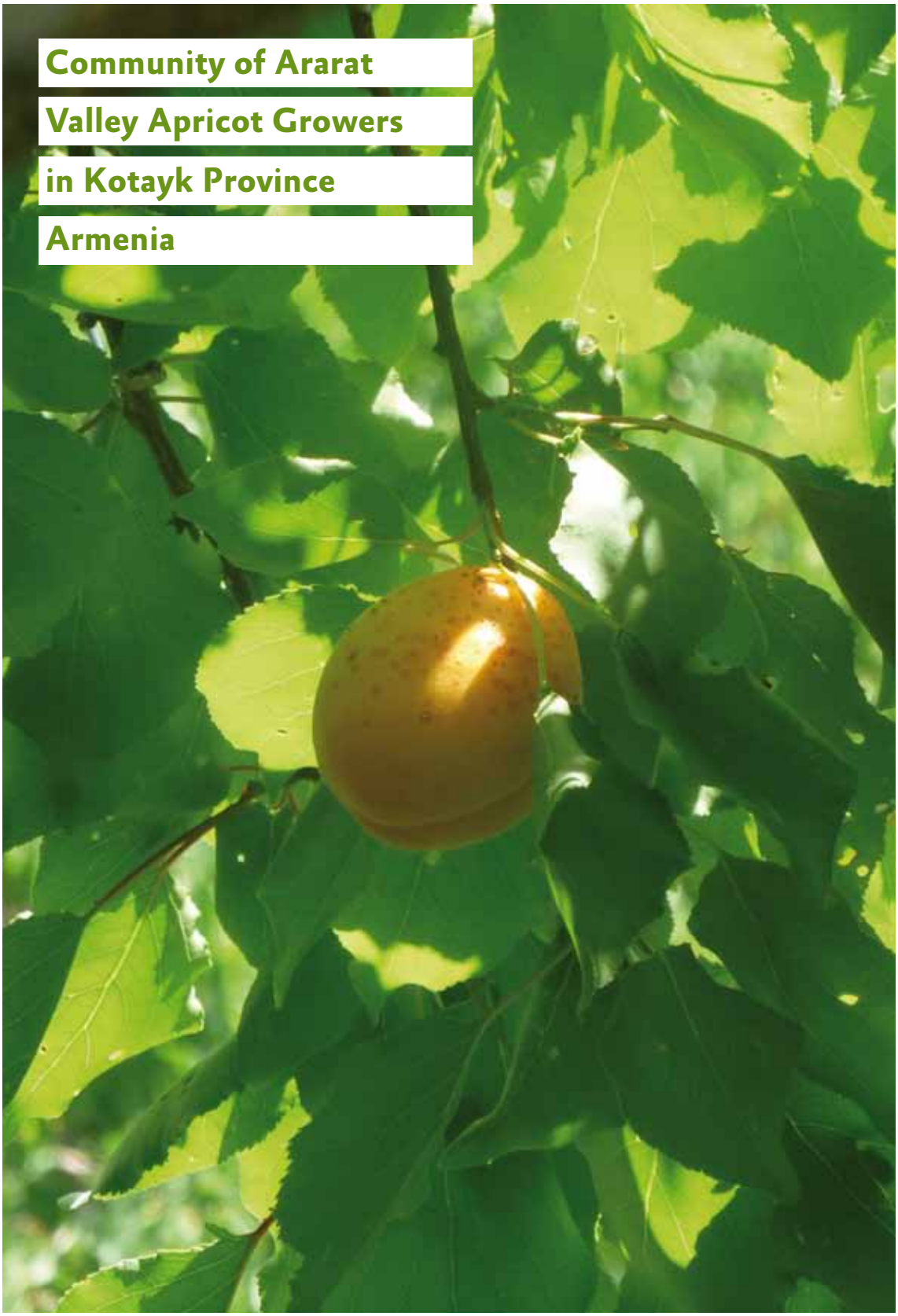
TOTAL ESTIMATED COSTS

€3,000


CAUCASUS
ARMENIA
TAJIKISTAN
TURKEY
GEORGIA
UZBEKISTAN
PALESTINE
INDIA

ASIA AND THE MIDDLE EAST

Community of Ararat Valley Apricot Growers in Kotayk Province Armenia



Slow Food Archive

Researchers have found apricot seeds dating from 6,000 years ago in the central Armenian province of Kotayk, leading them to believe that apricots probably originated in the country. The theory is supported by the fact that the Romans called this fruit "Armenian apple," reflected in its Latin names, Prunus armeniaca or Armeniaca vulgaris. Dozens of native varieties still survive in the Ararat Valley, close to the capital Yerevan, like Shalakh, Novrast Krasnyj, Khosrovshay, Tabarza, Karmir, Nakhidhevani, Bedem - Erik, Abutalini and Spitak. However, little scholarly attention has been paid to these varieties, and they risk disappearing. Growers own only a few trees, barely enough to feed their families and maybe sell a few fruits at the local market.
The community identified by Slow Food is in the Ararat Valley, in the northwest of the province of Kotayk, and the members grow Nakhidhevani and Shalakh apricots. Nakhidhevani apricots are small and yellow, and are eaten dried or turned into juices and spirits. The egg-shaped Shalakh apricots are much bigger, weighing up to 100 grams. They are yellow with red streaks and the flesh is tender, sweet and very juicy. Considered the symbol of Armenia, they grow on hardy trees, tolerant of the summer sun and freezing winter temperatures, well suited to the arid slopes of the Ararat Valley. They are mostly eaten fresh, but are also excellent dried or used to make preserves, jams (maraba in Armenian), compotes and spirits.

ACTIVITIES

- develop suitable packaging for the dried apricots
- improve the bottling process for apricot juice
- organize training visits to other businesses that process fruit
- produce and distribute promotional material about the product for the national market

PRODUCTION AREA

Ararat Valley, Kotayk province

BENEFICIARIES

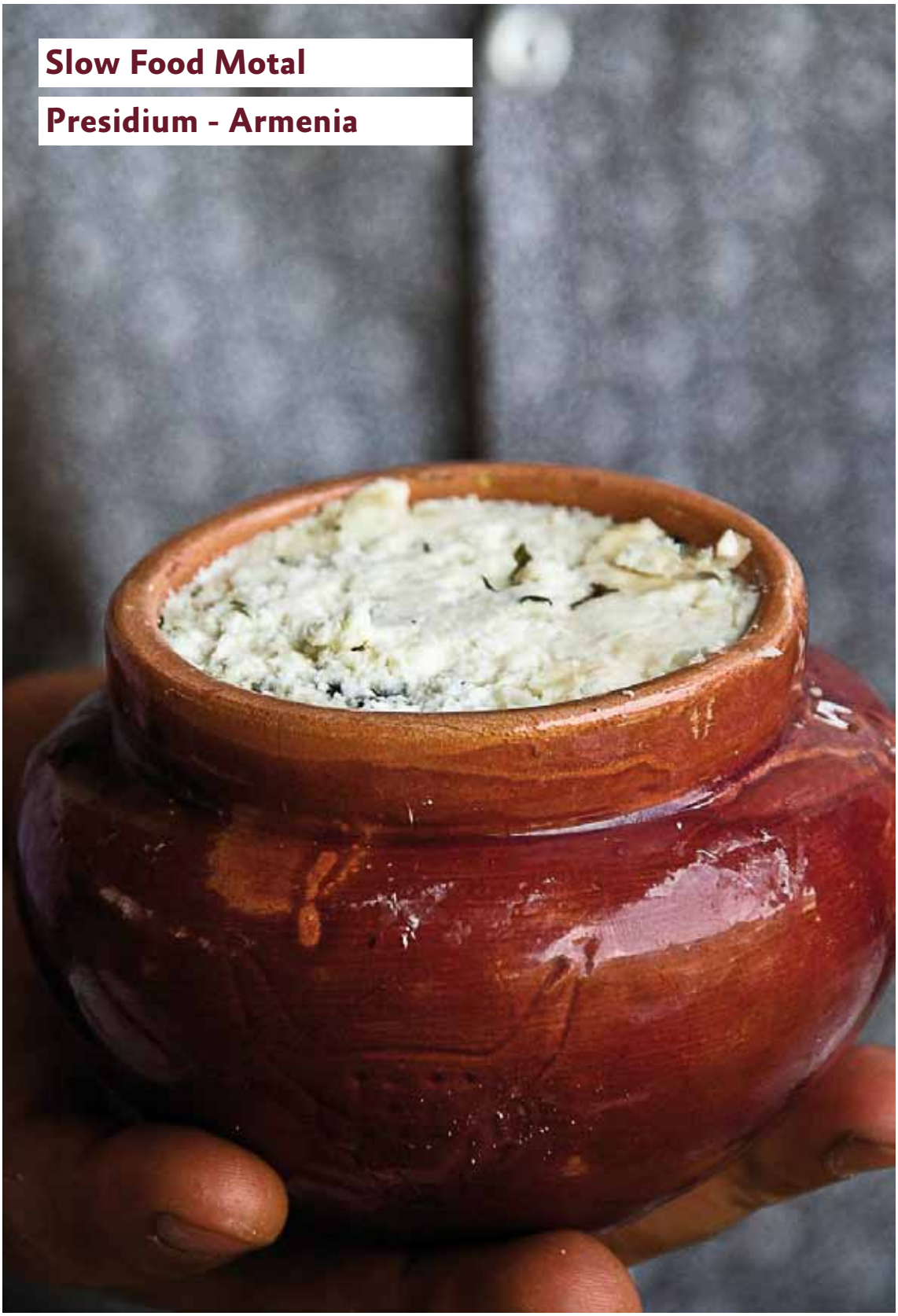
5 producers and their families

TOTAL ESTIMATED COSTS

€5, 000

Slow Food Motal

Presidium - Armenia



© Lisa Zillo, Paolo Gasparini

Ninety percent of Armenia is over 1,000 meters above sea level, and its mountains are home to herders and their goats, which can climb up to altitudes as high as 3,000 meters.
The herders look after the animals and close them in pens only at night. They milk the goats by hand, and use the milk to make Motal, an ancient Armenian cheese, using rudimentary tools and a very simple technique.
The milk is usually processed immediately after milking, while still warm. When this is not possible, the milk is gently heated, without boiling. Some calf rennet is added to the warm milk and it is left to cool for half an hour.
The curd is then roughly broken (using a knife or a ladle) and hung in a cloth, with a weight on top, for at least 15 minutes to drain off the whey.
The curd is then cut into small pieces and put into a container, where it is left in brine for at least 40 days. After this period, the curd is extracted from the molds, crumbled by hand and seasoned with mountain herbs (fresh tarragon in particular). Finally, the curds are molded into terracotta pots which are covered with a piece of cloth. The terracotta pots are boiled before being used, heated in the oven and spread with sour cream inside (sheep fat was used in the past). The pots of cheese are turned upside-down and left to rest on a layer of ashes in cold, dry cellars. Motal can age for up to two months like this. When the cheese is eventually ready, the pots are sealed with beeswax and can be kept in the refrigerator for up to eight months. Motal producers are herders who each have between 10 and 150 goats. They work in extreme conditions with scarce financial resources at their disposal. Their cheeses are generally sold directly to consumers or through middlemen right after being removed from the brine. Generally the herders do not have enough time and resources to preserve the cheeses for longer in terracotta according to the traditional technique.
The Presidium was created to make the producers less isolated, to help them work together, to improve cheesemaking techniques and to obtain the food-safety authorizations needed to sell the cheese. In order to ensure food safety and animal health, a local vet, a Slow Food Foundation collaborator, visits the producers regularly. One of the Presidium's main objectives is to guarantee that the milk is safe and the cheese is being produced and aged in hygienic conditions. A first version of the production protocol has been drawn up, specifying the use of pure goat's milk from the native goats and a minimum brining of 40 days.

ACTIVITIES

- identify new producers and involve them in the Presidium, creating a stable group that can produce sufficient quantities of the product
- finalize the production protocol
- continue the work on animal health and milk quality, with the collaboration of a local veterinarian
- set up a facility for aging the cheese
- organize training to improve the cheese's aging technique
- obtain an annual certification from the national food-safety authority
- promote Motal in local restaurants
- produce promotional material about the product and distribute it locally and nationally

PRODUCTION AREA

Gegharkunik and Shirak provinces

BENEFICIARIES

6 producers form the Meghrashen village (Shirak province) and the Dzoravank, Aghberk and Areguni villages (Gegharkunik province)
Families of the producers (around 30 people)

TOTAL ESTIMATED COSTS

€7,000

Terra Madre Caucasus

Regional Meeting

© Viktoria Smialkova

Terra Madre is the global network of food communities launched by Slow Food in 2004. It unites small-scale food producers, cooks, teachers and young people working to improve the food system and promote food production that is good, clean and fair. Over the years, national Terra Madre networks have formed in many countries, including Brazil, Tanzania, the Netherlands, South Korea, Austria and Sweden. The Caucasus is a little-known area of great importance to food biodiversity. This is the homeland of the grapevine, the apricot and the almond, to give just a few examples. In this region, Slow Food and Terra Madre have over 100 members, 20 food communities, two Presidia and food and taste education projects in schools. Three national meetings have been organized over the last two years, in Georgia, Armenia and Azerbaijan. Terra Madre Georgia brought together associations of food producers, young farmers, academics, students, environmentalists, journalists and cooks for the first time. Together they discussed small-scale agriculture, land ownership, market access and the abandonment of the countryside by young people. Terra Madre Armenia was held at the Yerevan University of Agriculture and brought together Slow Food members, food producers, students, scientists and representatives from official institutions. During Terra Madre Azerbaijan, the main topics of discussion were climate change and agriculture and traditional crop varieties. The success of these events and the need to create a regional network able to act effectively and promptly to safeguard local agriculture and traditional gastronomy led to the decision to organize a wider meeting, uniting food communities from all of the countries in the region: Terra Madre Caucasus. The Terra Madre Caucasus network will bring together around 120 people in Georgia to discuss issues of common interest and to exchange ideas and experiences. Conferences and seminars will explore crucial topics like the protection of traditional products, sustainable food production, the promotion of farming, awareness-raising among consumers (especially young people) and sustainable tourism development.

ACTIVITIES

- hire the hall where the event will be held for two days
- coordinate the meeting organization
- organize delegates' participation (accommodation, meals, transfers)
- arrange the necessary translations
- produce communication materials

EVENT AREA

Tbilisi, Georgia

BENEFICIARIES

120 delegates: producers, farmers' associations, local food communities, the young farmers' movement, academics and students, environmentalists, journalists and cooks. The delegates will represent communities and associations, the media will publicize the message and the teachers will bring the content to their schools and universities, for a total of around 5,000 indirect beneficiaries.

TOTAL ESTIMATED COSTS

€10,000

Slow Food Georgian Wine in Jars Presidium Georgia

Slow Food Archive

Georgia was one of the first places where grapevines were domesticated, perhaps even the first. Unsurprisingly, dozens of native grape varieties, their origins lost in the mists of time, can be found here. The traditional vinification method is very unusual, involving the use of large terracotta jars, called kvevri in the local language, which are buried to allow the fermentation and subsequent aging of both red and white wines. Unfortunately this method risks disappearing as large winemaking cooperatives turn to modern technology, more productive grape varieties (often international rather than native) and conventional agriculture. The ancient technique by which local artisans make the huge terracotta jars is also being forgotten. The Presidium was started in 2008 and involves producers in three areas. The first, Khakheti, is the most traditional and the best suited to winemaking, with the best facilities. The second, Imereti, is further east and completely different. Here wine is made mostly for home consumption and facilities are extremely minimal or completely non-existent (the jars are buried outdoors under rudimentary shelters). The third area, Kartli, is home to an ancient native vine variety called Chinuri, currently at risk of disappearing. The producers' association Kvevri Wine was founded in 2011 and oversees the production process, checks the final quality and promotes wine aged in jars. To increase the project's sustainability, some producers have started making chacha, a local spirit distilled from grape skins.

ACTIVITIES

- buy equipment for the production and bottling
- provide expert technical assistance regarding the production process
- finalize the Presidium production protocol
- equip a small facility for storage, sales and tasting
- support the costs of analysis to certify that the wine is suitable for commercialization
- produce communication materials to promote the product and its place of origin

PRODUCTION AREA

Khakheti, Imereti and Kartli regions

BENEFICIARIES

12 producers and their families
(around 120 people from the community)

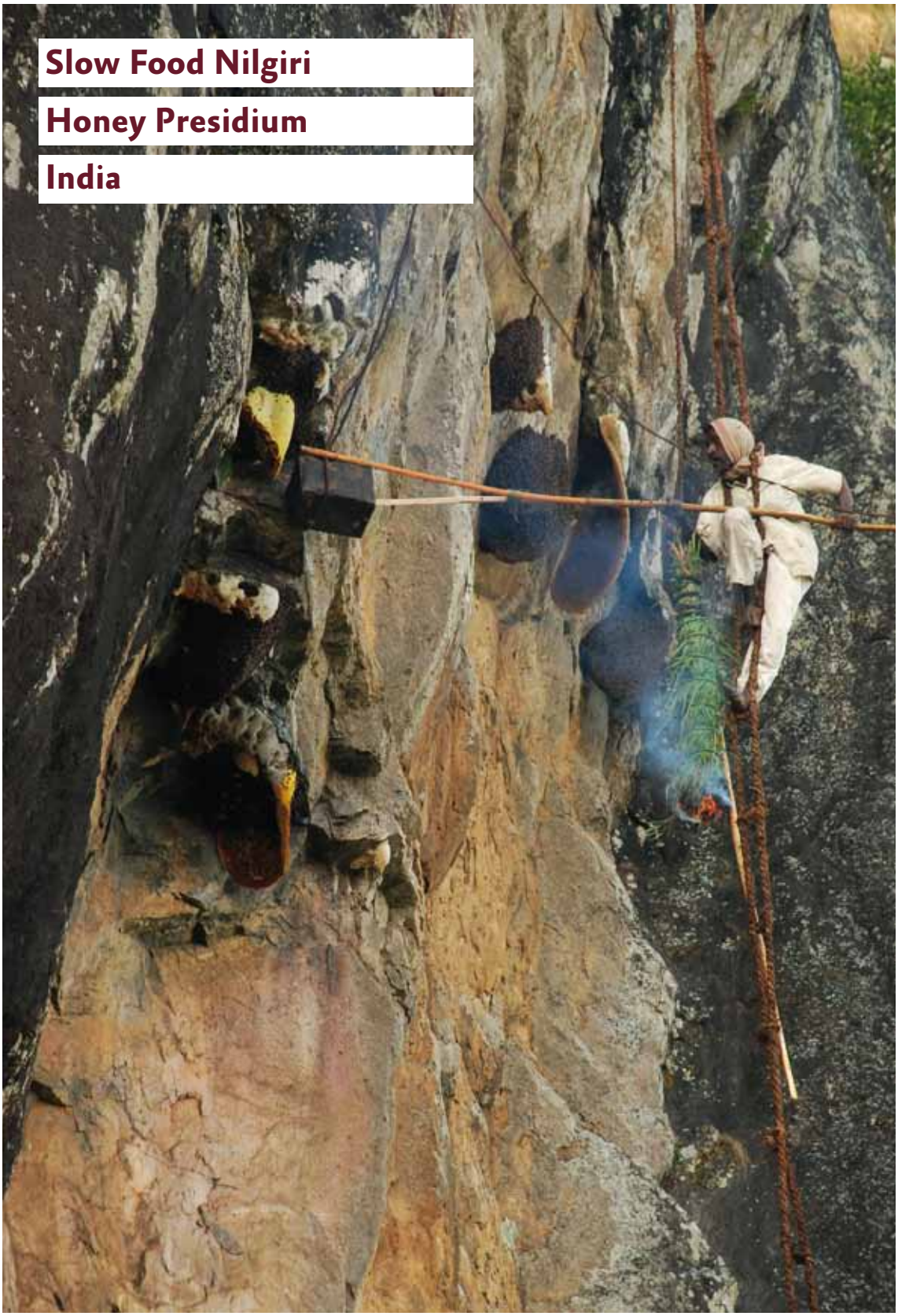
TOTAL ESTIMATED COSTS

€17,000

Slow Food Nilgiri

Honey Presidium

India



In the tropical forests on the slopes of the Nilgiri mountains in southern India, local tribes risk more than a sting when they collect wild honey. The giant rock bee (*Apis dorsata*) forms its honeycombs on high mountain ledges, requiring honey hunters to climb down long rope ladders made from tree bark to reach the combs hanging hundreds of feet in the air.
A loss of balance or a single misstep can be fatal. On the trip back to the village through the thick forest, the honey hunters may encounter bears, leopards and elephants. The area is a UNESCO biosphere reserve, and one of the richest biodiversity hotspots in the world.
The Irula and Kurumba tribes have been practicing honey hunting in this way for generations, but now this ancient tradition is at risk, because of deforestation, an increase in tea cultivation and a resulting greater use of pesticides and fertilizers.
The project will be run together with the Keystone Foundation, which has been working with the tribes to set up local production centers where honey hunters can store, filter and package their honey.

ACTIVITIES

- develop a network of beekeepers and honey producers, involving indigenous groups from other parts of India
- provide technical assistance to improve quality control during processing and packaging
- identify local sales channels for the honey and other products like beeswax
- produce communication material to promote the product and its local area

PRODUCTION AREA

Nilgiri Hills, southern India

BENEFICIARIES

Around 100 people, 800-1,000 total beneficiaries

TOTAL ESTIMATED COSTS

€10,000

Indigenous Millet Network - India

© Annelie Bernhart

Could one of the oldest grains in India's history become the key to its future? Millet has been cultivated by humans for thousands of years and has played a fundamental role in India's regional cuisines. When the government began to promote the production of rice and wheat, millet cultivation and consumption fell drastically, along with the grain's status, and it was increasingly relegated to use as animal feed, an ingredient in processed food or a subsistence food for the most marginalized tribal populations. Millet became the grain of the poor, in contrast to the prestige enjoyed by white rice. But small-scale farmers often own poor land in arid regions, where millet is the only crop that will thrive. Highly nutritious, this grain is crucial to the fight against malnutrition and can help guarantee the self-sufficiency of small farming communities. Millet's biodiversity in India is incredible, with at least eight main types (finger millet, foxtail millet, pearl millet, kodo, banyard, large millet, small millet and common millet). In the different states, each type has different names and uses. Recipes using millet are very diverse and include porridge, pancakes, roti bread, puddings and other sweets. Some communities also brew an unusual millet beer. Slow Food is encouraging the formation of a network of indigenous producers to promote the rediscovery of this incredible grain, facilitating exchanges of knowledge about the cultivation and processing of different types of millet.
The network will initially involve indigenous tribes in northeastern India and the Nilgiri Hills in southern India, before extending to other regions.

ACTIVITIES

- create the network and facilitate exchanges between different regions where millet is grown
- organize visits and exchanges between the communities
- provide technical assistance, especially in regards to processing
- rediscover and promote the traditional and cultural aspects connected to millet consumption
- involve a network of cooks to help rediscover the forgotten taste of millet, educate consumers and reintroduce millet into the daily diet
- produce communication material to promote the product and its local area

PRODUCTION AREA

Meghalaya (northeastern India), Tamil Nadu (southern India) and Western Ghats (western India), and eventually other Indian regions

BENEFICIARIES

1,000 people, 5,000 total beneficiaries

TOTAL ESTIMATED COSTS

€15,000

© Kunal Chandra

Slow Food Rimbàs

Black Pepper Presidium

Malaysia

© Alberto Peroli

In the heart of the tropical Borneo forest, in the state of Sarawak, live the Iban, an indigenous people who hunt, fish and cultivate rice and fruit trees. In recent years, much of the forest has been destroyed to make way for immense oil palm plantations. The future of the local community and the area's biodiversity is at risk, and fewer and fewer traditional products, like the prized Kuching variety of black pepper, can be cultivated.

Even though black pepper is perhaps the world's best-known and most-used spice, its cultivation is not very profitable for the Iban. Compared to rubber trees or oil palms, its cultivation is very labor intensive, and unlike rice, it is not a primary commodity.

In the village of Babu Sebebau, for example, the producers only care for the pepper plants in their spare time.

The Presidium was started in 2006 through a collaboration between Slow Food and the local community, with the aim of improving the quality of the pepper, increasing the number of annual harvests and refining each stage of the processing of the peppercorns.

ACTIVITIES

- provide agronomical assistance for the adoption of cover crops, which will increase organic matter in the soil and allow the control of weeds
- research new commercial channels
- produce communication material to promote the product and its local area

PRODUCTION AREA

Babu Sedebau, Sarawak state

BENEFICIARIES

10 producers, 300 beneficiaries in total

TOTAL ESTIMATED COSTS

€10,000

Education Project for Local Consumption Palestine

©Beatrice Catanzaro

The agricultural sector in the West Bank is struggling because of lack of access to water (80 percent of water resources are in the hands of the Israelis), constant confiscation of land by Israel and production decisions made based on the Israeli market rather than internal food security. Additionally the Palestinian population mostly prefers products from Israel or imported from abroad rather than local products, because they are cheaper and considered to be safer and more attractive. Slow Food is promoting education initiatives in the Palestinian territories that re-educate the local population about the agricultural products and traditions of their own land, to support the rural economy and improve food security in the urban areas of the West Bank. Since 2011 the Slow Food Nablus and Bait Al Karama convivia have been working to set up a multipurpose center to promote the cuisine of Nablus, organizing courses for the local people and international tourists. This project is an essential source of income for 45 women from the city, which has an unemployment rate that can reach between 60 and 80 percent. It is also facilitating the creation of a network of consumers who care about local products. In Ramallah, the local volunteer association Sharaka, the driving force behind the Ramallah farmers' market food community, has started two school food gardens and a community food garden. Finally, the Youth Development Association organizes initiatives with young people throughout the Palestinian territories each year on Terra Madre Day. In 2011, they held seven events for Terra Madre Day, involving over 1,000 young people in Hebron, Jenin, Bethlehem, Jericho and elsewhere. The day of celebration strengthened the relationship between the younger generations and their land.

ACTIVITIES

- organize participation in exchanges with Italian producers and food communities to improve Palestinians' capacity to organize promotional activities for typical local products
- construct irrigation systems for the two school gardens and the community garden in Ramallah
- print informational material (booklets, brochures, etc.) to help schools run sensory and taste education activities
- support the realization of events based around food education and the promotion of local, traditional products in schools throughout the West Bank.

PROJECT AREA

West Bank

BENEFICIARIES

Over 1,000 people

TOTAL ESTIMATED COSTS

€8,000

Slow Food

Pamir Mulberry Presidium

Tajikistan

© Francesco Sottile

There still exist pristine places without industry and pollution where people live in harmony with their environment. One of them is the autonomous province of Gorno-Badakhshan in Tajikistan. Though its area (about 65,000 square kilometers) extends over half the country, only 3 percent is habitable. Gorno-Badakhshan is located among the Pamir Mountains, known as the "Roof of the World." The province's few villages are situated in the valleys, along rivers, and the local people cultivate every patch of available land. Introduced from China via the Silk Route, the mulberry is perfectly adapted to the difficult mountain environment, where it grows between 1,100 and 2,400 meters above sea level, replacing crops, such as wheat and barley, that cannot grow at these altitudes. According to the most elderly growers, some of the plants are over a hundred years old. There are more than 60 varieties of mulberry in the Pamir region, the result of centuries of natural selection and adaptation. The fruit can be eaten fresh or turned into jams and syrups the berries can also be eaten dried, whole or ground into *pikht*, a kind of flour used as a sweetener in tea, fermented milk or sour cream or mixed with ricotta to make a filling for cakes. Mulberries are mainly harvested for family consumption. In the summer families put as many as 20 to 30 sacks of dried mulberries aside as a reserve for the winter. During the Second World War and the extended civil war that afflicted the country until 1997, mulberries provided the main source of nutrition for the local population. The community of Khorog mulberry growers and producers that formed the Presidium has been part of the Terra Madre network since 2004. The Presidium currently unites 23 women from two districts within the autonomous province of Gorno-Badakhshan. Its main objective is to protect the Pamir tradition of eating mulberries, which has been dying out in recent years because of the spread of industrial products. The Presidium will provide the producers with the equipment needed to gather, dry and preserve the berries.

ACTIVITIES

- draft a production protocol for the Presidium
- produce the packaging for mulberry products
- obtain the food-safety authorizations needed to sell the product from the relevant authorities
- organize training to improve the care of the mulberry trees and product quality
- produce promotional material about the product and distribute locally and nationally

PRODUCTION AREA

Shughnon and Rushon districts,
Gorno-Badakhshan Autonomous Province

BENEFICIARIES

23 growers
2 producers
Families of the producers (around 200 people)

TOTAL ESTIMATED COSTS

€10,000

Foça Earth Market

Turkey

Slow Food Archive

Foça is a small, pretty town (population 60,000) on the Gulf of Izmir, north of Bodrum and around 60 kilometers from the regional capital, Izmir. The area is popular with tourists and Izmir is an important port for exporting the local agricultural products. Much of the district of Foça is under environmental protection because of its incredible natural heritage, including a wealth of wild medicinal and culinary herbs.

Inspired by the desire to promote these local varieties, the Slow Food Foça Zeytindali Convivium began inviting the women who pick the herbs to display and sell their products in the town. This led to the creation of the market, inaugurated in April 2011 by the convivium. The market is held all year round, every Sunday from 8.30 am to 6.30 pm, in a covered structure in Yerel Pazar (the market square), in the center of town, a few steps from the sea. All the producers come from within a radius of 40 kilometers. On sale are many vegetables, herbs and salad, all of the highest quality, as well as bread, preserves, mushrooms, cheese, milk, yoghurt and flowers. Many olive cultivars, including some native varieties, grow in the area, and so local olive oil is also available. A street-food stand sells *gözleme*, a phyllo pastry made from water, flour and salt, rolled out with a tapered rolling pin, filled with herbs and cheese, folded like a crêpe and then cooked in a special convex pan called a saç.

Taste education was the main motivation that pushed the convivium to create the market, especially the desire to spread awareness about the wild herbs and grape molasses, a traditional sugar substitute. With the help of the most experienced producers, the market organizes educational activities for the other producers and exchanges of traditional seeds.

ACTIVITIES

- organize training for the producers to improve the production of olive oil made from native varieties, and on food safety standards and product labeling
- map the local species and varieties at risk of extinction, working with the University of Izmir
- organize an event to promote the market in Izmir
- produce and distribute promotional material about the market

MARKET AREA

Yerel Pazar, Foça, Turkey

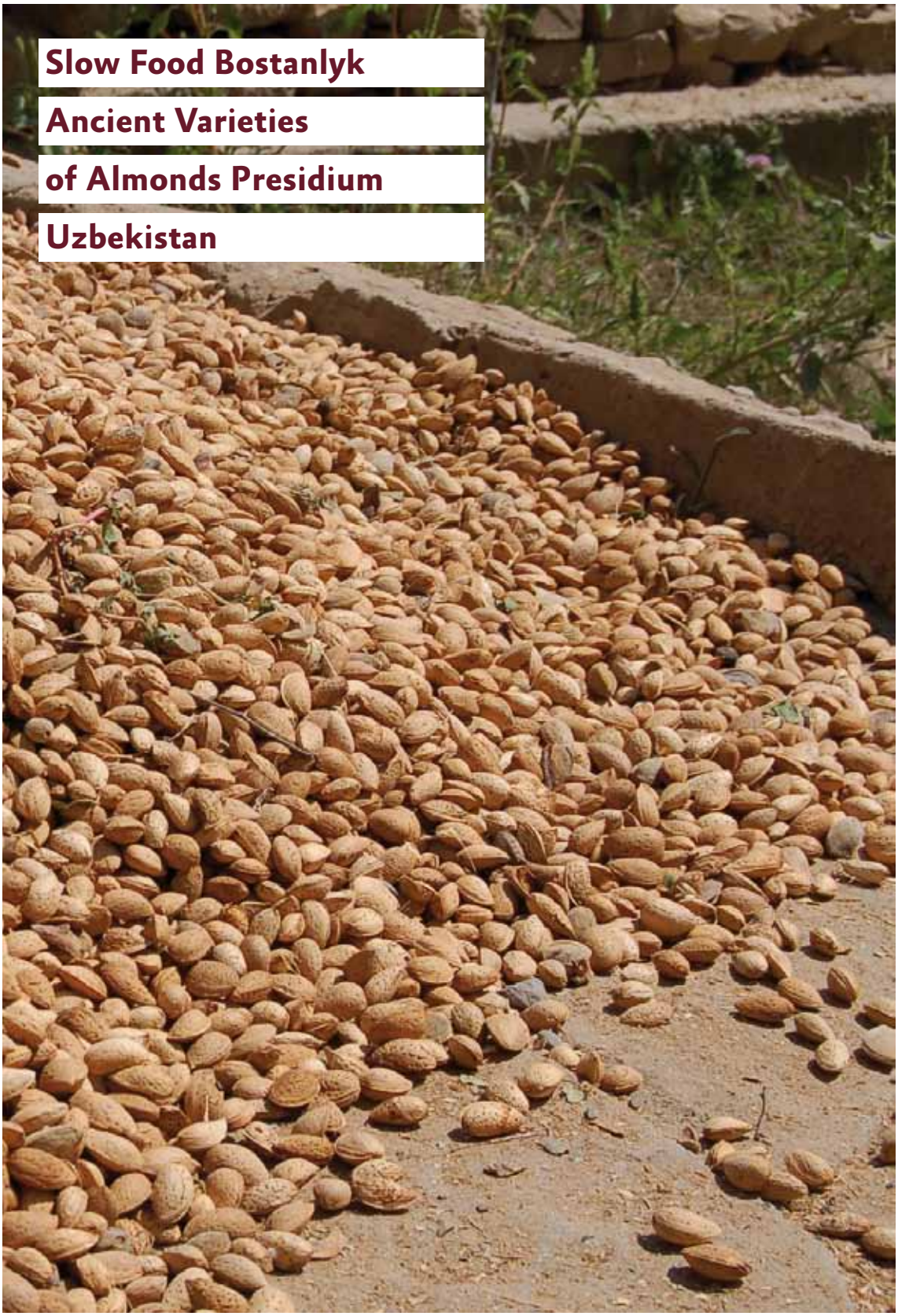
BENEFICIARIES

12 producers
Producers' families (around 60 people)
Consumers (around 500 people per market)

TOTAL ESTIMATED COSTS

€6,000

Slow Food Bostanlyk Ancient Varieties of Almonds Presidium Uzbekistan



Slow Food Archive

At Uzbekistan's northern borders with Kazakhstan and Kyrgyzstan lies the Chatkal Valley, crossed by the ancient Silk Road linking Asia and Europe. This area is where many almond cultivars were originally domesticated, and both cultivated and wild almonds still grow here. The Bostanlyk district, in the western part of the valley, is the country's biggest almond producer and boasts an impressive heritage of wild almond forests, which have not yet been fully classified. The Shroder research institute, which specializes in studying almond trees, is located here and has so far identified more than 50 sweet and bitter almond varieties, but still has an enormous amount of work to do. The current situation is critical because the ancient forests of wild almond trees are being threatened by logging on a massive scale. In collaboration with the Presidium producers, the forestry authorities have recently developed a conservation program to preserve the genetic heritage of the wild almond trees. The almond tree is important not only as an element of the Uzbek landscape, but also to the local culture and economy. The almonds are toasted and ground to make *tolkun* - used at the table or as an ingredient in cakes and cookies - or eaten fresh. The bitter almonds are also pressed into oil. The Presidium for ancient Bostanlyk almond varieties was created to protect and promote this extraordinary heritage of biodiversity. So far it involves about 10 producers from Khumsan and Brichmulla, two villages in the Bostanlyk district. A Slow Food convivium was founded here in 2009. The Presidium's most important objectives are to classify the varieties and their production areas (with the help of the Shroder institute), create suitable packaging for the sale of the almonds and rediscover traditional almond recipes. The promotion of traditional sweets, particularly *khashtak* (made from dried native varieties of apricots, raisins, honey and almonds and/or walnuts) could represent an important new source of income for local producers. These products will be sold locally and in the capital, Tashkent.

ACTIVITIES

- continue the classification of almond varieties
- publish a catalog of the different almond varieties and their uses
- draft the Presidium production protocol
- organize an event to locally promote almond-based products
- create packaging for the sale of almonds and almond products
- produce promotional material for the product and distribute it locally and nationally

PRODUCTION AREA

Khumsan and Brichmulla, Bostanlyk district, Tashkent region

BENEFICIARIES

8 producers in the villages of Khumsan and Brichmulla
Families of the producers (around 80 people)

TOTAL ESTIMATED COSTS

€7,000

AMERICAS


UNITED STATES
MEXICO
CUBA
GUATEMALA
HONDURAS
VENEZUELA
PERU
BRAZIL

Slow Food Licuri

Presidium - Brazil

© Paula Pimentel

In the semi-arid state of Bahia, licuri palms (Syagrus coronata), with their hanging bunches of small green fruits, are easy to spot from a distance. The imposing licuri is also called the solitary palm of the Brazilian caatinga, the characteristic biome of the northeast of the country. The palm was once an integral part of this landscape and its fruits a common food. In the Piemonte da Diamantina region, in the heart of the Bahian caatinga, the main harvest still takes place between January and May. The bunches are cut using a knife or a scythe, collected in a typical basket made from woven lianas called a balaio and transported by the women on the backs of mules or on their heads. The women both pick and process the fruit. Sitting at home or in the shade of a tree, they use a stone to break the shells of the small nuts. Birds love to eat the outer flesh of the licuri palm fruits. The flesh surrounds a shell which in turn hides a kernel with a very intense coconut-like flavor. The fruits can be eaten unripe or ripe, raw or toasted, or they can be pressed into milk or oil. They are still an essential ingredient in traditional Easter dishes, served with fish or chicken, while the milk is used to flavor rice. Licuri plays a fundamental role in the local economy, and for many families it represents their only source of income. In 2005, the creation of Coopes (a production cooperative in Piemonte da Diamantina) brought together a number of licuri harvesters and established rules about the harvesting and processing of the fruits.
The cooperative unites 120 women from 30 different communities. They harvest and break the fruit and use them to make different products like cookies, sweets, milk, bars and oil, and they also make palm straw crafts. As well as identifying possible new markets, the cooperative is fighting against deforestation and for the protection of the palms from fires. Many local communities depend on the palm tree for their livelihoods, and they are essential to the survival of two of the region's most beautiful birds, the hyacinth macaw and Lear's macaw, which feed on the fruits.

ACTIVITIES

- train and sensitize producers and administrative staff
- organize training exchanges with the Presidium for umbu (another traditional fruit in the area)
- produce promotional material about the product and distribute it locally and nationally

PRODUCTION AREA

Piemonte da Diamantina region,
Bahia state, northeastern Brazil

BENEFICIARIES

Families of 120 producers from 30 different communities

TOTAL ESTIMATED COSTS

€8,000

Slow Food Serra Catarinense Araucaria Nut Presidium - Brazil

DoDesign-s/Acolhida na Colônia

The Serra Catarinense is a mountainous, forested area in the state of Santa Catarina, whose economy has traditionally depended on the use of forest resources and livestock. Traditionally the local diet was based on *Araucaria angustifolia*, a tree native to southern Brazil. Reaching 40 meters in height, it lives an average of 200 to 300 years, with some trees even reaching 500 years of age. Though the Serra Catarinense was completely covered with araucaria some centuries ago, over the last few decades the trees have been cut down and replaced with the Canadian pine (*Pinus eucariotis*), which is much more profitable due to high demand for its timber. It is estimated that no more than 1 percent of the formerly boundless araucaria forests of southern Brazil now remain. The araucaria pine nut, or *pinhão*, is the tree's seed. About 4 centimeters long, elongated and ivory in color, it is covered by a tough skin and held in large cones. Always considered a poor person's food, it is used in many traditional dishes, but its value has never been officially recognized at a national level. The Presidium works with the Ecoserra cooperative, to which most of the producers belong, helping it to obtain better profits and preserve the remaining araucaria forests through awareness-raising campaigns targeted at changing public opinion. It is also working with the Grupo Ecológico Renascer de Urubici (an association of gatherers and processors created in 1996 and linked to Ecoserra) on a pilot project for processing the pine nuts.

ACTIVITIES

- set up a workshop for the producers
- organize training visits to other producers of nut products, for example the Italian Presidium for dried chestnuts
- produce promotional material about the products and distribute it locally and nationally
- organize the participation of the producers in national events to promote the product on the Brazilian market

PRODUCTION AREA

Urubici and Lages, Santa Catarina state, South region

BENEFICIARIES

The pilot project involves 14 producers from the Grupo Ecológico Renascer de Urubici, while the awareness-raising campaign is aimed at all 300 producers from the Cooperativa Ecoserra

TOTAL ESTIMATED COSTS

€30,000

Slow Food

Umbu Presidium

Brazil

© Sören Schuhmacher

The umbu fruit is native to northeast Brazil, where it grows in the Caatinga, the typical scrub of the dry lands of the sertão. The name comes from the indigenous Tupi Guaraní phrase *y-mb-u*, which means "tree that gives drink."
The tree has umbrella-like foliage and fruits once a year, producing up to 300 kilos of umbu when it reaches maturity. Due to its root system, a great network of tubers which can store up to 3,000 liters of water during the rainy season, it can survive even the driest periods. This makes it an important resource in one of Brazil's poorest and most arid regions where the local agriculture, based on corn, beans, manioc and free-ranging sheep, is at risk from severe cyclical droughts.
The umbu fruit is picked by hand and collected in bags and buckets. The round fruit can be as small as a cherry or as big as a lemon. The skin is smooth and green or yellow when the fruit is ripe, and the juicy, aromatic, sweet-tart flesh surrounds a large pit. Umbu can be eaten fresh or made into many types of preserves. Traditionally it is cooked down until the skin separates from the fruit. The liquid is then poured off, mixed with cane sugar and cooked for another two hours to make a delicious jelly. Or the pulp can be cooked for a long time with sugar until it becomes a thick, slightly tart paste, similar to the Spanish membrillo. Umbu can also be made into juice, *vinagre* (made from cooking overripe fruit), *marmelada* (umbu slowly cooked with sugar) or *umbu em calda*, a simple compote made by putting whole fruit in jars with sugar syrup. The fresh pulp or, when the fruit is out of season, *vinagre*, is mixed with milk and sugar to make the traditional *umbuzada*, an energy-rich drink that can replace the evening meal. The COOPERCUC cooperative, which makes artisanal umbu products without any artificial flavorings or preservatives, was founded in 2003. With support from the Slow Food and the NGO Horizon 3000, 10 workshops were opened in 2006, and there are now 13 in total. In these workshops, the fruit can undergo an initial processing before being delivered to the cooperative.

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The Presidium has drawn up a production protocol to guarantee the artisanal quality of the products and is working to promote them locally, nationally and internationally. Every year, the cooperative organizes an umbu festival, an important event to promote the fruit, which is a symbol of the local area and culture. The festival includes umbu cooking demonstrations, traditional dances and the sale of local crafts.

ACTIVITIES

- support part of the costs for the 2013 umbu festival
- produce and distribute communication material to promote the product on the local, national and international market

PRODUCTION AREA

Canudos, Curaçà e Uauà municipalities, Bahia state, Northeast region

BENEFICIARIES

144 pickers and producers
Producers' families (around 700 people)

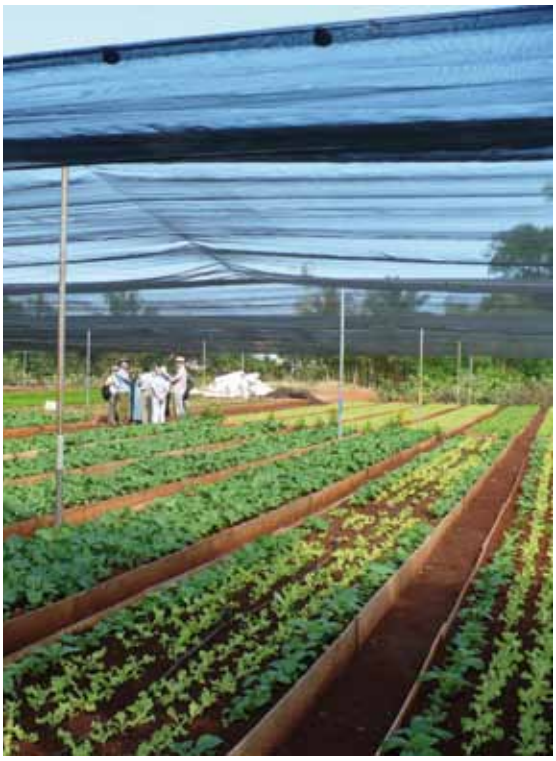
TOTAL ESTIMATED COSTS

€7,000

Food Education Project in Marianao Cuba

Slow Food Archive

This 'train-the-trainer' project aims to improve access to healthy food for local communities by developing skills in sustainable cultivation and food preservation techniques. The Proyecto Comunitario Conservación de Alimentos (community project for food conservation) association, a member of the Terra Madre network since 2004, launched the project in 2009 and has developed community training workshops and supporting educational materials. Individuals who go through the training become 'local leaders' responsible and empowered to go out into the community and pass on their new knowledge. By encouraging communities to grow a wide variety of fresh foods, the project aims to improve the Cuban diet, which is often severely lacking in diversity. Proyecto Comunitario has been working with families and producers across the Marianao municipality, in the province of Havana, teaching them to grow their own vegetables, pulses, herbs and fruit and to transform surplus harvest into preserves and other processed products. The focus is on organic cultivation methods and making use of limited resources carefully to obtain a good harvest of high quality. The two founding members of Proyecto Comunitario Conservación de Alimentos have been developing education projects for more than fifteen years and work with many communities all over Cuba. They have also opened a small publishing house that produces books, CDs and videos on the topics of the training courses and host a weekly radio show on the Cuban public radio.



ACTIVITIES

- organizing training courses (called "Learning-by-Doing") on growing food and natural preserving techniques
- purchasing materials and equipment for food preserving (small green houses to dry produce, jars, labels etc.)
- producing and printing teaching/ educational materials for participants
- organizing a community fair at the Marianao city hall
- producing and distributing materials to promote and communicate the project

PROJECT AREA

Marianao Municipality, Havana Province

BENEFICIARIES

4 trainers, 20 producers, 1,800 community members who will be taught the techniques learnt during the courses by producers

TOTAL ESTIMATED COSTS

€3,000

Slow Food Ixcán

Cardamom Presidium

Guatemala

© Luca Rinaldini

Cardamom was introduced to Guatemala in the early 19th century, and one of the areas where it thrived was the municipality of Ixcán, in the El Quiché region. Ixcán saw some of the bitterest fighting during the civil war in the 1980s and '90s. It is inhabited by indigenous people from five ethnic groups, who mostly make their living from farming. In recent years, the contraction of the market has led to a fall in prices, with inevitable economic and social consequences for the local communities. Just under half of the farming population of Ixcán cultivates cardamom, and they are forced to sell their product at cost price or lower, despite the excellent quality and entirely organic cultivation. The Presidium involves 130 families joined together in the Asociación Integral de Productores Orgánicos de Ixcán (ASIPOI), who mostly grow the green variety of cardamom, prized for its size, color and flavor. ASIPOI also works more generally to promote environmentally, economically, socially and cultural sustainable development processes. The association runs two cafés where it sells and promotes the cardamom and other products made by its members (honey, vanilla and coffee). The cafés are also used to organize events with the producers and educational meetings. The Presidium is working to draw up a production protocol, improve the production chain and promote the cardamom on the national and international market.

ACTIVITIES

- supply the two shops/cafés with any missing furnishings and equipment
- produce communication material to promote the product and its place of origin

PRODUCTION AREA

5 communities from the Ixcán municipality, Valle 1, San Antonio Tzejá, Santiago Ixcán, Copal "AA" and Primavera del Ixcán, El Quiché department

BENEFICIARIES

130 families joined together in ASIPOI (Asociación Integral de Productores Orgánicos de Ixcán), for a total of around 800 people

TOTAL ESTIMATED COSTS

€10,000

Slow Food Camapara Mountain Coffee Presidium - Honduras

Slow Food Archive

No one knows for sure exactly when coffee first reached Honduras, but it is believed that some seeds arrived from Costa Rica between 1799 and 1804 among goods brought by traveling merchants. The Copán area, in the west of the country near the border with Guatemala and El Salvador, is recognized for the quality of its mountain coffee. This is the location of the densely forested, 1,900-meter-high Camapara mountain. Fruit plants and medicinal herbs flourish on the slopes of the mountain, which is protected by a national park. The mountain's first inhabitants were groups of Lenca laborers who arrived from the surrounding countryside to work for the area's rich landowning families. Over the decades they liberated themselves from the landowners and established their own subsistence economy, based on coffee, vegetables and small livestock. Today the mountain is home to around 500 coffee growers, mostly small-scale producers organized into cooperatives who traditionally grow arabica plants of the Typica, Burbón and Caturra varieties in the shade of native trees, at altitudes between 1,200 and 1,600 meters above sea level. To spread the traditional varieties, the farmers still count on the help of a bird that lives in the park, the chequeque, which eats only the pulp of the native coffee berries and scatters the seeds over the ground. In the cup, the coffee has a strong fragrance of peach and amaretto, with notes of fruit and chocolate. The Presidium was founded in early 2011 with a group of producers from the Cruz Alta community, who live on the mountain slopes. Despite making a high-quality coffee, the producers still struggle with a difficult market, dominated by "coyotes" who buy the coffee at ridiculously low prices. Now, a collaboration with IHCAFE', the Honduran coffee institute, is guaranteeing the producers access to training programs and technical assistance. The Presidium is working to promote the traditional coffee varieties, some of which have been replaced in past decades with hybrids, which are more productive but make a more anonymous coffee. Activities in the field and the post-harvest stages

are being improved and the distribution chain is being shortened through the creation of new commercial channels.

ACTIVITIES

- create a nursery for traditional varieties of coffee and distribute the plants to the cooperative members
- produce promotional material for the product and distribute it internationally

PRODUCTION AREA

Cruz Alta community, La Campa municipality, Lempira department

BENEFICIARIES

33 coffee growers, members of the Cocatecal cooperative
Families of the producers (around 200 people from the community)

TOTAL ESTIMATED COSTS

€4,000

Slow Food Puebla Sierra Norte Native Bees Honey Presidium - Mexico

Slow Food Archive

The Sierra Norte de Puebla is a mountain chain in the north of Puebla state covering a surface area of 500,000 hectares, with peaks up to 2,300 meters high. Traveling from the city of Puebla, the state capital, towards the heart of the Sierra takes you across wide semi-arid plateaus until the climate becomes more humid and the cacti gradually give way to dense vegetation. Over the centuries, the indigenous Náhuat and Totonaca people have developed a system called *koujatkiloyan*, or "productive forest." Food is harvested from the forest, which is protected instead of being chopped down. Within this system, the native bee *Scaptotrigona mexicana* plays a fundamental role as a pollinator and dispenser of a flavorful honey, which according to Náhuat tradition also has medicinal properties. Its domestication dates back to the pre-Hispanic era, and in the Sierra Norte the native people have managed to protect the species and still breed it in traditional *mancuernas*. These hives are made up of two terracotta pots, sealed with a damp ash mixture. Honey production takes place between 400 and 1,300 meters above sea level, with the *mancuernas* are positioned in the forest near the beekeepers' homes. The producers break apart the two pots using a machete, select the combs and manually extract the honey, separate the hive's other products (pollen, propolis and wax) and then reseal the *mancuerna*. Traditionally the honey is used as a natural antibiotic for the respiratory tract and recent analyses have proven the honey's anti-microbial effect.

The Presidium was established in 2012 with the collaboration of the Tosepan Titataniske cooperative, which since 1998 has been coordinating the work of a group of producers to help safeguard beekeeping. Initially the group was made up of 40 beekeepers with an average age of around 70. Now there are 140 beekeepers in 18 communities in the municipality of Cuetzalan, with a much younger average age. The producers sell their honey and other *mancuerna* products to the cooperative for a fair price, then the cooperative markets the honey, pollen and propolis and uses them to make cosmetics. It is also training new producers with seminars and promoting this unique and little-known honey to restaurants around the country. In recognition of the beekeepers' important work, in 2011 Cuetzalan was declared the "Pisilnekmej Native Bee Sanctuary."

ACTIVITIES

- organize training seminars to bring new producers into the Presidium, to draft a production protocol and to promote good beekeeping practices
- organize an event to promote the product nationally
- produce promotional material for the product and distribute it locally, nationally and internationally

PRODUCTION AREA

18 communities in Cuetzalan municipality, Puebla state

BENEFICIARIES

140 Náhuat beekeepers belonging to the Tosepan Titataniske cooperative

TOTAL ESTIMATED COSTS

€8,000

Slow Food Chontalpa

Cacao Presidium

Mexico

©Luca Rinaldini

Following the disastrous floods in 2007, Slow Food launched a fundraising appeal to help several small cooperatives in Chontalpa, a region in the state of Tabasco known for cacao production and for being the origin of one of oldest cacao varieties, Criolla.
Slow Food used the funds raised for some emergency projects, working with the local NGO ATCO (Asesoría Técnica en Cultivos Orgánicos), but also to strengthen its commitment to the area with the launch of a Presidium. The Presidium aims to help small-scale cacao producers to improve the cultivation, fermentation and drying of the beans to find commercial channels more profitable than the local market, which does not value the quality of cacao and the producers' work and to shorten the supply chain, putting growers and chocolate producers in direct contact.
The producers are working on a production protocol which will protect the Presidium cacao and its traditional cultivation methods, guaranteeing respect for the environment and for workers.

ACTIVITIES

- provide ATCO's technical and marketing assistance to the organizations of producers (assistance in the field, technical training, opening and maintenance of commercial channels)
- identify new organizations of producers to expand the Presidium and thus multiply its positive effects
- buy the materials for making new fermentation boxes
- buy the materials for building new solar dryers (greenhouse-type structures)
- promote Chontalpa cacao, involving quality chocolate producers

PRODUCTION AREA

Cárdenas and Centro municipalities, Chontalpa region, Tabasco state

BENEFICIARIES

25 producers united in four organizations (La Nueva Esperanza, El Porvenir and La Ardilla cooperatives in Cardenas El Grano de Oro cooperative in Centro) Families of the producers (125 members)

TOTAL ESTIMATED COSTS

€10,000

Chinantla Vanilla

Slow Food Presidium

Mexico

© Livio Bersano

Vanilla is thought to have originated in the Mexican area of Chinantla - the only region in the world where vanilla grows wild and also home to the species greatest genetic diversity. Five or six vanilla varieties have been identified here, though not all have been scientifically documented.
The Presidium involves several communities in the Chinantla region and covers all the stages involved in the production of the high quality local vanilla varieties.
The project began with a small group of producers who established some initial guidelines to ensure the quality of the vanilla and preserve the forest's rich biodiversity. Later the producers worked with the Slow Food Foundation for Biodiversity to draw up a detailed production protocol, which has now been adopted by all Presidium producers.
In 2008 the Presidium producers formed the Sociedad Cooperativa Fortaleza Chinanteca (Chinantla Presidium Cooperative), with the aim of continue training activities and jointly managing all steps of the vanilla production chain: from work in the fields to processing and marketing on national and international markets. The Presidium also cooperates with technical experts and local research centers such as the Istituto Tecnológico Agropecuario n° 3 in Tuxtepec.
In recent years, the production area has been regularly hit by droughts during the ripening period of the fruit. Due to this problem, the 2012 harvest was 80% lower than the previous year.
To protect against such significant loses, and allow producers to obtain a more abundant and higher quality (larger beans) yield, it is necessary to build water collection systems to irrigate the vanilla plants.

ACTIVITIES

- training for cooperative producers on technical, production, organizational and commercial issues
- providing technical assistance to ensure the production protocol is adopted correctly
- building and installing 25 rainwater collection systems (roof, gutter, tank, pump) for the irrigation of vanilla plants

- creation of communication materials to promote the vanilla and its production area

PRODUCTION AREA

San Felipe Usila, San Juan Bautista, Valle Nacional, San Andrés Teutila, San Andrés Teotilapan and San Pedro Ixcatlán municipalities, Oaxaca state

BENEFICIARIES

25 families of producers in nine communities in the Chinantla region, 150 people in total.

TOTAL ESTIMATED COST 2012-2013

€30,000

Slow Food Andean Kañihua Presidium

Peru

© Oliver Migliore

One of the least-known Andean vegetable species, kañihua is nonetheless of great importance both for the environment and the local people. From the *Chenopodiaceae* family, the plant only grows at altitudes above 3,800 meters in the southern Peruvian Andes and on the Bolivian plateau. Kañihua plants grow no higher than around 50 centimeters, and their seeds are flecked bright red and yellow. The green parts of the plant are rich in calcium, making kañihua useful fodder for livestock during times of drought. The hardy species adapts well to an arid climate, high soil salinity and low temperatures, conditions not uncommon on the Peruvian plateau. However, the grass's distinctive feature is its tiny grains, which are ground into a very fine brown flour, called *kañihuaco* in Quechua. This flour is used to make cookies, cakes, soups and even hot drinks. Kañihua has a protein content of 14-18 percent, with a high level of lysine (2.5 times more than corn) and three other essential amino acids this makes it a good partial replacement for animal products, like milk, that can be hard to find high up in the Andes. Currently just 2,000 hectares of land are planted with kañihua, in the Peruvian departments of Puno, Cusco, Apruimac and Huancavelica. Just 10 years ago, there were 4,000 hectares. Many farmers have switched to more popular crops, like oats and alfalfa, which are used by the dairy industry. The Presidium wants to safeguard the identity of this local crop and identify new market channels. This means classifying and cataloguing local varieties and selecting those most suitable for promoting both locally and internationally. One of the first steps has been the purchase of a small threshing machine suitable for harvesting and cleaning the kañihua. Previously, the tiny size of the grains made the harvesting process very wasteful.
Next, a mill was acquired, allowing the producers to set up a small workshop to make kañihua products: toasted flour (kañihuaco), cookies and bars made from puffed grains (turrón).
The Presidium is also developing a series of awareness-raising activities, to spread information about kañihua's nutritional qualities and to promote its inclusion in an everyday diet.

ACTIVITIES

- support the producers' participation in Mistura, a gastronomic event held every year in Lima, and other local and national events and markets to promote kañihua and try to find new commercial channels
- produce communication material to promote the product and its local area

PRODUCTION AREA

Ayaviri, Cupi and Santa Rosa, Melgar province, Puno department

BENEFICIARIES

40 farmers
Producers' families (around 200 people)

TOTAL ESTIMATED COSTS

€2,000

Slow Food Navajo-Churro Sheep Presidium

United States

Slow Food Archive

The Churra sheep breed was brought by the Spaniards to Mexico in 1540, and 50 years later it had spread to New Mexico. Over the next 400 years, the breed adapted to the arid plateaus and canyons of New Mexico, Arizona, Utah and Colorado. As well as wool - used to make carpets, saddle blankets, coats and vests - the sheep also provided the native Navajos with lean and nutritious lamb and mutton.
The breed has twice risked extinction.
The first instance occurred in 1863 when the Navajo were declared enemies of the United States. Colonel Kit Carson was sent by the government to eliminate them and his troops burned fields and fruit trees and slaughtered countless sheep. Later, in the 1930s, government stock reduction programs nearly eradicated the breed. The Navajo-Churro was replaced by other sheep, less hardy and with greasy, short-staple fleece, with the aim of increasing meat production. The new breeds couldn't adapt to the environment, and the Navajo almost died out by the 1970s the number of remaining sheep was less than 400. Then, in the 1980s, an effort to restore the ancient breed was started.
A number of grassroots organizations joined forces to revive the spinning and weaving of its wool. In 2005, the Navajo-Churro Sheep Association had registered more than 5,000 animals. In the summer of 2006, several non-profit organizations joined forces with Slow Food USA to establish a Presidium to promote Navajo-Churro lamb meat and to encourage its sustainable production. The Navajo-Churro Sheep Presidium initially involved shepherds and wool artisans who lived in the northern and western areas of the Navajo reserve.
The project is raising the profile of the breed among chefs and buying groups and at local markets. The hope is to involve the eastern Navajo region and the Hispanic areas of New Mexico in the future.

ACTIVITIES

- promote Navajo-Churro meat on the local market, through a distribution system aimed at restaurants and canteens
- promote the artisanal products made from Navajo-Churro wool
- produce communication material to promote the product and its local area

PRODUCTION AREA

Colorado Plateau region, extending across Arizona, New Mexico, Colorado and Utah

BENEFICIARIES

7 producers
Families of the producers
(around 35 people within the community)

TOTAL ESTIMATED COSTS

€3,000

A Better Snack: Food Education Project in Schools in Rural di El Hatillo - Venezuela

Slow Food Archive

This pilot project is based in the rural part of the El Hatillo municipality, southeast of Caracas in the Gran Caracas area. The municipality covers 114 square kilometers and a considerable part is made up of rural communities who live in critical socio-economic conditions, if not absolute poverty.

The municipality has a population of around 90,000, and the rural zone is covered by three public schools and a private school run by an ecclesiastical foundation. Several studies, including one conducted by the Simón Bolívar University in Caracas in 2008, have shown that some of the children who attend the El Hatillo schools suffer from malnutrition, while others are overweight. Taking the Slow Food philosophy as a starting point, the project wants to promote good food education practices through the school lunch, so that even children from the most disadvantaged backgrounds can have a daily meal with an appropriate number of calories, and know how to recognize good, clean and fair food. The project wants to teach children not only how to identify healthy, nutritious food, but also how to prepare it. It also wants to motivate teachers and staff so that the school takes an interest in Venezuelan gastronomy and agriculture, rediscovering traditional foods and recipes and passing on ancestral knowledge and culture to new generations.

ACTIVITIES

- organize training activities and screenings of educational videos about food and nutrition
- create fun, educational activities, based on games, songs, stories and play-acting, to teach how to choose food knowledgeably and responsibly
- hold workshops with the children to teach them how to prepare a healthy and tasty school snack using traditional Venezuelan recipes

PROJECT AREA

El Hatillo municipality, Gran Caracas

ALREADY ADOPTED

BENEFICIARIES

60 children aged between 7 and 12
Students' families (around 300 people)
20 teachers and the staff of the municipal council

TOTAL ESTIMATED COSTS

€1,500

Native Potato Festival

Venezuela

Slow Food Archive

Potatoes are a traditional food of fundamental importance to the Venezuelan diet, and the main crop in the Andean area. Most of the country's potatoes are grown in the state of Mérida, especially in the municipality of Rangel. Countless varieties have been preserved here, including Arbolona Negra, Rosada, Cucuba, Reinosa Criolla and Guadalupe.
The survival of this biodiversity is now under threat from factors like the transition to monocultures and the introduction of hybrid seeds. In response to this encroaching standardization, the Andean farmers are working hard to safeguard their native potatoes and seeds. To support their move towards autonomy, it is important to give visibility to the communities and to promote the consumption of native potatoes at a national level. This can be done through the involvement of restaurants, Slow Food network members and other potential partners throughout Venezuela.
These are the objectives of the Native Potato Festival, which will be Venezuela's central activity for Terra Madre Day 2012. Terra Madre Day is held every December and is dedicated to celebrating local food, with events organized simultaneously by Terra Madre food communities around the world.
At the festival, the diversity of potatoes will be presented, as well as their many different

uses in the kitchen. Chefs from Venezuelan cities like Caracas, Barquisimeto, San Felipe and Mérida will be invited in the hopes of launching virtuous processes of promotion and consumption, and small-scale farmers and consumers will be brought into contact with each other.

ACTIVITIES

- contact the leading gastronomic organizations and restaurants in Venezuela's major cities
- send information and samples of different native potato varieties to chefs, so they can develop recipes
- develop menus and dishes
- produce the graphics and promotional material for the festival
- promote the event in the local media
- produce a three-minute video about the diversity of native potatoes

EVENT AREA

Mérida

BENEFICIARIES

72 farming families working to revive the cultivation of native potatoes
Festival participants (around 3,000 people)

TOTAL ESTIMATED COSTS

€3,000

Native Seed Harvesting and Reproduction Project Venezuela

Slow Food Archive

The villagers of Monte Carmelo, traditionally the granary of Sanare, in the Venezuelan Andes, make their living from agriculture. The production of vegetables like tomatoes, onions, leeks, peppers, cabbages, beans, peas, pumpkins, manioc, corn and other native crops plays an extremely important role in providing both nourishment and an income for the area's small-scale farmers. In this context, preserving and reproducing the native seeds is vitally important, as it prevents the extinction of local varieties and combats the introduction of commercial hybrids and even genetically modified seeds. Producing their own seeds means not being forced to spend money buying them, and also growing crops perfectly adapted to the local conditions, which need fewer external inputs (water, fertilizers, pesticides). The creation of a small seed bank for the farmers is thus a fundamental strategy for protecting food sovereignty and means guaranteeing the families' access to safe and healthy food. At the same time, it is also an important educational tool, allowing the farmers to manage the selection, preservation and reproduction of the best seeds. The seed bank will be established in the village of Monte Carmelo, using a demonstration plot provided by the Liceo Bolivariano Benita de Jesús García. However, it will also involve farmers from surrounding villages, who will be able to experiment with reproducing seeds in their own fields. Particular emphasis will be placed on training the students, and respecting them as the main guardians of knowledge about seeds and about the preparation and cooking of traditional products. In its second phase, the project will be replicated in neighboring villages, with the ultimate goal of creating local jobs and stemming the tide of migration towards the cities in search of an illusory better life.

ACTIVITIES

- raise awareness among the producers about the urgent need to preserve traditional varieties and save native seeds (of vegetables, legumes, cereals and tubers, but also fruit and shade trees)
- start the process of seed recovery and reproduction through the creation of a seed bank at the Liceo Bolivariano Benita de Jesús García, which will also make available some experimental demonstration plots
- promote local agricultural biodiversity through knowledge exchange and the involvement of women and young people

PROJECT AREA

Liceo Bolivariano Benita de Jesús García, Monte Carmelo village, and the villages of Potrerito, San Mateo, Quebrada Arriba and Hacha, Lara state

BENEFICIARIES

80 people directly involved in the project (students, teachers, administrative staff and school workers)
250 families in surrounding villages

TOTAL ESTIMATED COSTS

€2,000

EUROPE

Sensory Learning

Belarus

Slow Food Archive

Launched by Slow Food Belarus Convivium in 2008, this project provides a hands-on course for secondary school students that builds knowledge of the region's local food culture, improves the daily diet of families in the region and empowers young people to play a role in the future direction of the local food system. The project was launched in the villages of Berioza and Kobrin In the traditionally agricultural region of Brest, which still provides one third of the national meat and milk production. However, the region is also home to a growing industrial sector and is home to several hundred factories including some of the largest i n Belarus. As fields are abandoned for factories, the local food and wine traditions and artisanal production are being replaced by a diet reliant on standardized processed foods. The region is also recovering from the devastation of Chernobyl, which hit Belarus harder than any other USSR state. More than 70% of the radiation fallout hit this region, causing severe damage to environmental and human health and the local economy and culture, in particular agriculture. Slow Food Berioza Convivium designed this school progam to inspire enthusiasm amongst young people for good, clean and fair local food production and to promote healthier and more sustainable food choices. The project was launched at the Berioza Secondary School N°3, the village's predominant school with 1,400 pupils. Each year around 120 students aged 9-15, study the origins, processing methods and sensory qualities of local food, and investigate the social, economic and cultural role of small producers in Belarus. In 2010, three additional schools in Brest region joined the initiative, together involving more than 400 pupils.

ACTIVITIES

- Expanding the project at Berioza Secondary School N°3 with the creation of a school garden and increasing the number of participating students
- introducing the project to more schools in the Brest region
- organizing opportunities for participating teachers to share their progress and to pass on their experience to teachers from schools across Belarus
- organizing visits to small-scale farmers and producers increasing the cooking courses, theory classes and tasting sessions
- creating a network of schools (in the district of Brest, in Belarus, Ukraine and Russia) which can offer their student food education courses
- producing and distributing communication and promotional materials

PROJECT AREA

Berioza and Kobrin, Brest region, Belarus

BENEFICIARIES

600 pupils of the Berioza Secondary School N°3 and some schools in Kobrin.
The families of the students
(about 1,800 - 2,000 people)

TOTAL ESTIMATED COSTS

€7,000

Slow Food Pozegaca

Plum Slatko Presidium

Bosnia Herzegovina

Slow Food Archive

Slatko means "sweet," but in the Balkans it is also used to refer to fruit conserved in syrup. Mostly prepared at home, these preserves are made in different areas of Bosnia-Herzegovina, Serbia and Croatia, but they are no longer as common as in the past. The upper valley of the Drina River, in Bosnia, is particularly suited to plum growing, and the slatko made here requires a laborious production process.

In the village of Ustikolina (Goražde district), a group of women have revived the traditional recipe with the help of several older women. The main ingredient is the Pozegaca variety of plum, which is grown along the banks of the River Drina. Peeled and pitted by hand, the plums are cooked slowly over a wood fire. Started in 2004, the Presidium has helped the producers generate income from this domestic activity, creating a small cooperative which produces and jars the traditional slatko in accordance with food-safety regulations.

ACTIVITIES

- organize the third edition of the Ustikolina Taste Festival (organized by the Presidium women since 2009 to promote small-scale quality products from the Drina Valley)
- promote the product to local restaurateurs and at events and fairs around Bosnia
- organize training courses so that another five women can join the group of producers
- produce communication material to promote the product and its place of origin

PRODUCTION AREA

Upper Drina valley, Ustikolina, Goražde

BENEFICIARIES

11 producers and 2 plum-growers, for a total of around 40 people in the village of Ustikolina

TOTAL ESTIMATED COSTS

€7,000

Slow Food Mavrovo Reka Mountain Pasture Cheeses Presidium - Macedonia

© Ivo Danchev

Set among the Shar Planina Mountains, some of the highest peaks in Macedonia, the green forests of the Mavrovo National Park are cut through by the Radika River and its tributaries. Though unique and beautiful, this land is unable to offer adequate economic prospects to the local people, and the last 40 years have seen mass emigration out of the region. Against this background of depopulation and abandonment of the land, shepherding and cheesemaking are still rooted in an ancient tradition. The production of cheeses in mountain pastures is an important economic activity, closely linked to the local identity, and has the potential to contribute to a revival of the entire region. The Mavrovo Park is home to a very special cheese, Kashkaval, possibly the ancestor of all pulled-curd cheeses. The name recalls Caciocavallo, a pear-shaped cheese from southern Italy, but Kashkaval is cylindrical. The sheep's milk cheese is made in rounds of 4 or 6 kilos and undergoes long aging in cool, damp locations, following a complex production process. Kashkaval is the most interesting and complex of the local cheeses, but the area's ancient shepherding tradition has produced others. Some of the other dairy products made within the park include Belo Sirenje, similar to Greek feta, and the thick, yoghurt-like Kiselo Mleko, literally "acidic milk." All are made from the raw milk of a local breed of sheep, the Sharplaninska. In the summer, the sheep graze on the rich variety of grasses and herbs in the meadows of the park's 52 mountains. The Mavrovo Reka Mountain Pasture Cheeses Presidium has been established to protect and promote the main products made from the raw milk of Sharplaninska sheep. Initially the Presidium will work with a group of producers to draft a production protocol and guarantee suitable hygiene standards. Slow Food will collaborate with experts from the Ss. Cyril and Methodius University in Skopje on the inclusion of Mavrovo Reka dairy products in the national register of traditional and typical products, thus legalizing the use of raw milk in their production. The Presidium will also promote the aging of Belo Sirenje in traditional wooden containers (*drveni kaci*) made by local craftsmen.

ACTIVITIES

- constitute a producers' association and create a brand to protect the mountain products
- draft a Presidium production protocol
- obtain the necessary certifications for marketing the products
- build the traditional wooden containers for aging the cheese
- produce communication material to promote the product and its local area

PRODUCTION AREA

Mavrovo National Park

BENEFICIARIES

5 producers
Producers' families (around 30 people)

TOTAL ESTIMATED COSTS

€6,500

Slow Food Wild Fig

Slatko Presidium

Macedonia

© Francesco Sottile

Situated in the heart of the Balkan Peninsula, the Republic of Macedonia has for centuries been a treasure house of gastronomic and cultural traditions. The southeast of the country, from the Macedonian side of Lake Dojran to beyond the River Vardar on the Greek border, is rich in wild fig trees. The large quantities of fruit prompted the local people to find a way of making the fruits palatable. This led to the creation of a wild fig preserve called slatko (which means "sweet" in Macedonian), whose recipe is guarded by the local women. The men harvest the fruit at a very early stage of ripeness. The women dedicate themselves to the long and laborious process of making the preserve. Figs are first boiled nine times to eliminate the milk. Only then do the fruit start releasing their sugar. They are then drained. Separately, sherbet - a syrup of water and sugar - is prepared, and the figs added to it. The mixture is boiled for an hour, then lemon is added to maintain the figs' color. When the slatko has cooled and the fruit has absorbed the syrup, it is packed in glass jars. Wild fig slatko was traditionally served to guests together with coffee, showing how closely linked it is to the local area and how it has long been a fundamental element in interpersonal relationships. Wild fig slatko is produced at home for family consumption and is not available on the market except for small quantities sold by word of mouth. The strict Macedonian regulations on food products, and lack of legislation regarding traditional products, means that it is very difficult to obtain certification to sell the preserve on the market. The objective of the Presidium is to assist the transition from a product made exclusively for family use to a quality artisanal product.

The first step was the creation of an association to promote wild fig slatko. Now the producers will draw up a production protocol with the help of local consultants and Slow Food.

The Presidium will subsequently set up a production workshop that meets regulations and promote the product.

ACTIVITIES

- draw up a production protocol for the Presidium
- set up a workshop that meets legal standards
- produce communication material to promote the product and its local area

PRODUCTION AREA

Bogdanci, Gevgelja, Dojran and Valandovo municipalities

BENEFICIARIES

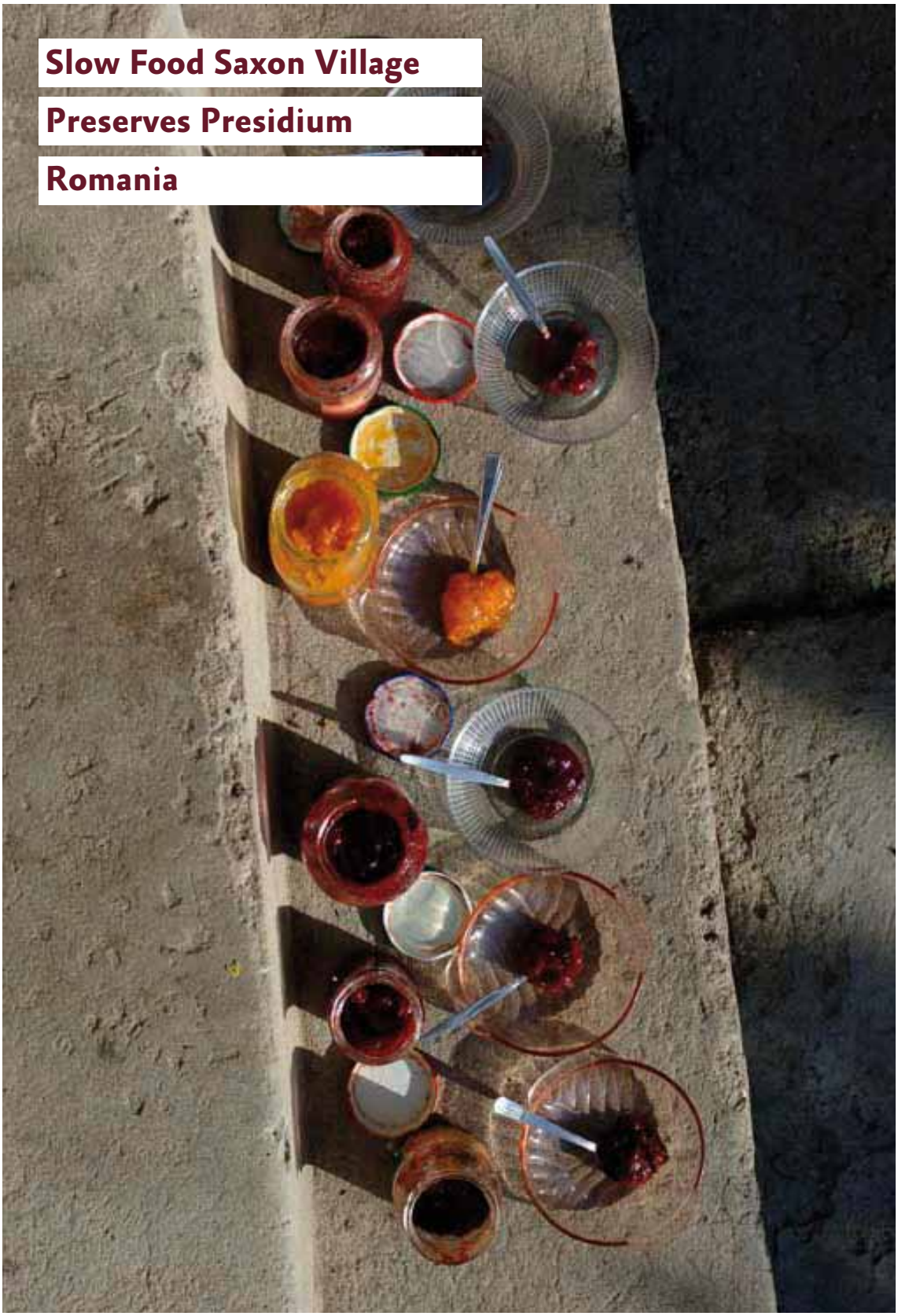
32 producers

Producers' families (around 150 people)

TOTAL ESTIMATED COSTS

€10,000

Slow Food Saxon Village Preserves Presidium Romania



© Alberto Peroli

The Siebenburgen, the seven villages of Transylvania, have been inhabited by the Saxons for eight centuries. With the end of Communist rule in 1989, many of the villagers abandoned their lives in Romania and returned to Germany. Today, the Siebenburgen are a kind of lost paradise, a still-surviving piece of the Middle Ages in one of the most unspoilt natural environments in Europe, inhabited by Romanians, Saxons, Hungarians and Roma. The local women use fruit from their gardens or wild berries from the forest to make an extraordinary variety of jams, like wild strawberry, rhubarb, rosehip and apple and cinnamon. The recipes are simple: fruit, sugar, sometimes a little natural pectin made from unripe apples, cooked briefly over a low fire. The Presidium was founded thanks to Slow Food's collaboration with the Fundatia ADEPT, which promotes sustainable and responsible rural tourism in the Saxon villages. Once solely a domestic activity, the jam-making now generates income since 2011 the producers have joined the Transylvania Food Company, a social cooperative which promotes local products and reinvests the proceeds in activities that support local enterprise.

ACTIVITIES

- provide technical assistance for drawing up protocols for individual types of preserves
- produce communication material to promote the product and its place of origin

PRODUCTION AREA

Saxon villages, Transylvania

BENEFICIARIES

15 women producers, for a total of around 50 people

TOTAL ESTIMATED COSTS

€3,000

Turda Food Education Project Romania

© Marta Poszony

In the mountains of western Transylvania, in north-central Romania, Slow Food is busy in the small village of Turda creating educational programs to encourage better availability of seasonal fruits and vegetables, less food waste and put more attention on food quality.
Slow Food Turda's food education activities for children and young people began in 2008 when they created a food garden at the Dr Ion Ratiu Preschool. Today their projects have grown to involve around 400 children, 25 teachers, 30 volunteers and numerous nutritionists and food producers. As well as the activities in schools, since 2010 Slow Food Turda has been organizing Vara Gastronomica (gastronomic summer), a ten-day camp for 40 children aged between 7 and 12. Held in the midst of the beautiful unspoiled Apuseni Mountains, the camp involves students from the University of Gastronomic Sciences in Pollenzo, who organize Taste Workshops and gastronomy lessons. In 2011, Slow Food Turda also organized the first edition of Young Europeans for Sustainable Food - Y.E.S. Food!, a summer camp for young adults aged between 18 and 25, dedicated to issues around food and sustainability. Slow Food Turda's food education activities continue to develop and have become a model for projects around the country.

ACTIVITIES

- organize the third edition of the Vara Gastronomica summer camp for children
- produce and distribute promotional and communication material in Romanian about Slow Food Turda education projects

PROJECT AREA

Turda, Transylvania

BENEFICIARIES

450 children and young people, 20 producers, 25 teachers

TOTAL ESTIMATED COSTS

€3,500

Slow Food Mangalica Sausage Presidium Hungary

Slow Food Archive

The Mangalica pig breed (also known as Mangaliza or Mangalitsa) was once found across the Pannonian Plain, especially in Hungary.
The pig is distinguished by its thick, curly coat, which is usually blond, sometimes black, and occasionally pink. A large breed, the Mangalica grows very slowly and cannot be kept in closed quarters, making it poorly suited to modern industrial pig farming. After risking extinction, the breed was rediscovered in the late 1990s thanks to its excellent pork, which has a high fat content but a low cholesterol level. Mangalica pig farming became a profitable business, including outside its original area, and the producers' association that was supposed to protect the breed allowed the farming of cross-bred pigs, leading to false breeds.

In the Kiskunság national park, a few small-scale producers are still farming the pure-bred pigs in a semi-wild state, integrating their pasture diet with natural feed produced on the farm. The healthy, flavorful meat can be roasted, stewed or braised, and is usually served with sauerkraut, potatoes and stuffed peppers. The farmers also make their own smoked hams and sausages following traditional techniques. The sausages are the most interesting product. They are produced in various forms and sizes, but the most traditional type is packed in the pig's duodenum and has a diameter of about 3 centimeters and a length that can reach 70 centimeters.
The sausages are stuffed into casings by hand and cold-smoked over an acacia- or oak-wood fire and then left to age, ideally for at least two or three months. Since 2010, the producers, together with the Slow Food Kiskunság Convivium, have been organizing sensory and taste education activities with children from five schools within the park. These gastronomic workshops explore the area's culinary and cultural traditions, and include visits to local producers and community food gardens to collect local seeds as well as tastings.

ACTIVITIES

- continue support for the education and training activities run by the convivium in local schools
- produce communication material to promote the product and its local area

PRODUCTION AREA

Kiskunság county

BENEFICIARIES

12 farmers, a total of 200 beneficiaries, including the schoolchildren

TOTAL ESTIMATED COSTS

€3,500

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