



# Enjoying the **slow** life

Fully appreciating the process of nourishment sometimes requires a different perspective and broader philosophy. Eating, which to most people may be little more than a physiological inevitability, is to others a process of soul as well as physical nourishment.

Regrettably, the global increase in fast foods and hurried eating habits has had the combined effect of standardising individual tastes and the gradual disappearance of thousands of foods and flavours. Moreover, an appreciation of food is no longer an automatic part of the eating experience. The realisation of these truths gave rise to the establishment of the Slow Food Movement in Italy in 1986.

The philosophy of the Slow Food Movement is founded on our right to eating pleasure and our consequent responsibility to protect our heritage of culture and traditions, and the foods that go along with it. The Slow Food philosophy centres around the celebration, protection and promotion of food that is good, clean and fair.

In view of this philosophy, good food is delicious, natural and part of a cultural heritage, while clean food is grown sustainably, in a manner that does not harm the environment, animal welfare or our own health. Fair food is produced by farmers and artisans who have food sovereignty: they are free to choose how,

when, where and what food they produce, and are adequately remunerated and respected for their work.

Slow Food organises educational programmes, events and campaigns often organised at the local level by Slow Food branches, referred to as *convivia* (eating companions), of which there is a branch in Cape Town. Worldwide, there are more than 1 000 Slow Food branches spreading the Slow Food philosophy and connecting food producers everywhere to the Slow Food network. Through these *convivia*, members come together to share the everyday joys food has to offer.

Slow Food Cape Town offers monthly activities to promote its philosophy. These events include meals, tastings, lectures and producer visits. They are also involved in the annual cheese festival held at *Bien Donne* at Franschoek around the last two weeks of April. Keep an eye out for previous award winners with the Slow Food Snail logo (below) at the 2011 event.

Further information about Slow Food Cape Town is available from their website [www.slowfoodcapetown.co.za](http://www.slowfoodcapetown.co.za) **M&J**

