



Slow Food® South Jersey

Newsletter

"Food that's Good, Clean and Fair"

August 8, 2009

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Slow Food Lobster Clambake September 13th



Save this Date. \$50/person
Our last Slow Food dinner sold
out quickly.

Don't miss this one!
[See flyer for details](#)

Seasonal Savories



[KK & Tony's Zucchini
Frittata](#)
[Bobbi's Backyard
Summer Tomato Pie](#)

Our Slow Food
Newsletter (and [NJ
Monthly](#) magazine) wants
your seasonal, Slow Food
recipes. Submit yours to
[slowfoodsec@cape-
may.net](mailto:slowfoodsec@cape-
may.net). See Bobbi's
featured in NJ Monthly,
[click here](#)

Dear Judy,

This Labor Day, kick back and help us kick off a national day of action to get REAL FOOD in schools. Our local initiative will be a community potluck with music, children's games, and more at the West Cape May Farmer's Market grounds (details below).

Pig Roast & Garden Tour - Rain or Shine (Free!)



When: Wed., Aug 19 (5:00-7:00pm)
Where: Gail & Jim Fisher's, South Seaville
What: POTLUCK - Bring a chair, a side dish to
share, your own eating utensils & dishes
RSVP by August 17th: 609-624-9135 or
gaildfisher@verizon.net

Gail & Jim are hosting us for a field trip to see what it takes to be "locavores." Jim is roasting a whole locally-raised, pastured pig. We provide the salads, veggies & sweets. Don't forget your chair. See you there!

Labor Day Kick Off Event - Rain or Shine (Free!)



When: Monday, September 7 (4:30-6:30pm)
Where: West Cape May Farmer's Market grounds
What: COMMUNITY POTLUCK, music, children's games, contest for dishes containing zucchini, tomatoes or corn
What: Bring your chair, plate, bowl, cup, utensils, food dish

For some children, a school lunch (or breakfast) is the only meal they get all day. Industrial food in schools is contributing to poor health habits: 1 in 4 children is overweight or obese and 1 in 3 will develop diabetes in his or her lifetime. You can make a difference. [Click here for details](#) We're one of more than 200 Time for Lunch events nation-wide. [Sign the Time for Lunch petition here](#)

Quick Links...

[Our website](#)

[What 's SLOW FOOD?](#)

[Slow Food South Jersey](#)



Attic Treasures & Treats



Do you have a treasure (or treat) you'd donate to fund our "REAL FOOD in schools" campaign? A service or skill? (e.g., garden consult, babysit, bake a cake) A plant, like-new appliance, antique, art object or serving dish? By August 21, tell us what you've got (our goal is 30-50 items valued at \$10-\$100). Contact

Barbara Johnson at barbincapemay@yahoo.com or Marguerite at 898-8714.

Donations (so far) include a basket of fresh figs, an 8" high shell-shaped serving bowl (perfect for salad or shrimp on ice), two Row D Center Orchestra tickets to the NYC Ballet, and a stainless steel 10" Electric Roll-top Chafer design by Noman Van Aiken from the Ritz Carlton in Orlando. Our Attic Treasures and Treats silent auction will be held at our Lobster/Clambake Fundraiser on Sept. 13th.

Spotlight on Slow Food members

Mark Heany, Labor Day Kick Off TIME FOR LUNCH volunteer coordinator, grew up in Hong Kong, worked with EBUG (East Berkeley Urban Gardens) and says, "I'm doing this for our 6-year old son Aiden." [Read more here](#)

Sincerely,

Marguerite Chandler, Secretary
Slow Food South Jersey

\$15 +
\$5. shipping
& handling

Support food that "good, clean, and fair."
Buy our locally-made Slow Food South Jersey Apron
(designed by Janet Payne & silk screened by Flying Fish Studio)

Call 898-8714 or PO Box 85, Cape May Point, NJ 08212

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