

Slow Food® South Jersey

Newsletter - October 15, 2009

"Food that's Good, Clean and Fair"

Table of Contents

[Leadership Meeting](#)

[Discussion Groups](#)

[Lima Bean Festival](#)

Photos of the Lima Bean Festival



What a fantastic fall we are having! The local farm stands are filled with apples, pumpkins, gourds, squash, cabbage, broccoli - and don't miss your opportunity for the last corn of the season.

[COMING NEXT](#)

LEADERSHIP MEETING: MON., OCT. 26 (All welcome)

Where: Borough Hall, West Cape May

When: 5 pm meeting; 6 pm potluck

This is where we make our decisions, discuss new events, talk about how we could do better.

We'd like to hear your opinion.
Email slowfoodsec@cape-may.net

[DISCUSSION GROUP SIGN-UP](#)

Earlier this year Slow Food of South Jersey supported two study groups. The workbook used in these groups was *Menu for the Future*. A total of 16 people participated. The knowledge gained from this experience as well as the camaraderie shared in our six sessions has made a significant impact on our relationship with food and with each other. This fall we have begun a new discussion group on *Voluntary Simplicity*. If you are interested in attending, hosting or experimenting with a discussion group please contact Nina Singleton at 609-898-9431. For details about *Voluntary Simplicity* [click here](#).

[37th ANNUAL LIMA BEAN FESTIVAL](#)



Once again, West Cape May hosted the world's only Lima Bean Festival serving copious quantities of Lima Bean Chili, Lima Bean Salad, Lima Bean Soup, fresh corn and crab cakes. Rea's farm also brought fresh produce including fresh lima beans and pole beans.

Sincerely,

Nina Singleton, Treasurer
Slow Food South Jersey

Quick Links...

[Our website](#)

[What 's SLOW FOOD?](#)

[Slow Food South Jersey](#)



Want to contact us?

By mail: Slow Food South Jersey, PO Box 85, Cape May Point, NJ 08212

By email: SlowFoodPres@cape-may.net

By phone: Call Marguerite at 898-8714.

Need a speaker: Call Judy at 884-6080.

RECEIVE THIS NEWSLETTER BY HITTING THE "JOIN OUR MAILING LIST" BUTTON (above).