

## **The Tortoise and The Hare: The Race for Slow Food**

In order to invoke an image of fresh, you either need a really good photographer or have really good subject matter. While the former is questionable, the latter is absolute. The lettuce you see here was picked that morning from an organic farm I volunteered at last summer. The salad I made with this lettuce was so much more flavorful than anything I could buy at the grocery store, not to mention more nutritious. So, why doesn't everyone want to eat this way?

In a world of ever-changing technology, it is no wonder that immediate gratification is status quo. Today's lifestyle is fast and so is its food. Whether it's ready-made or ready-mixed, McDonald's or Taco Bell. We eat on the go, on the phone, in the car, at our desk, in front of the computer, and in front of the television.

It is no secret that Americans lead unhealthy lifestyles. We don't have *time* for healthy lifestyles. We hardly have time to sit down at the dinner table and eat together. We are all way too busy being lazy and eating highly processed food full of chemicals, fat, sugar and salt. We are enabling huge profits for corporations and big business in exchange for huge waistlines and disease. America ... we need to Slow Down ... to return to old traditions ... to revisit our position on the food frontier. We need to stop the insanity of chemically produced food and demand the obvious alternative ... fresh, local, seasonal and nutritious ... in other words, better choices. Our health and our community are depending on it.

A quote from Meryl Streep: "It's bizarre that the produce manager is more important to my children's health than the pediatrician."

We are about to embark on an exploration into the world of Slow Food. We will talk about how we have compromised our eating habits and sacrificed our health. We will hear from two local doctors and briefly discuss the subjects of cloning and slow food. We will identify local organizations and businesses that promote a healthier food choice and will wrap up by discussing what we can do to win the race for slow food.

**Transition:** The world is a constantly changing place and in order to keep up with it, we need to keep moving.

### **Body**

The American lifestyle is moving too fast and as a result, we have compromised our eating habits and sacrificed our health. American families no longer sit down to that "Norman Rockwell" image of a dinner. Obesity and diabetes are out of control due to less exercise and supersized portions of fatty foods.

An interview with Dr. Shayesteh, Board Certified nutritionist and diabetes educator, revealed that belly fat, which is caused from eating a diet high in fat, sugar and processed foods, is a direct link to disease, some of which include Type 2 diabetes, heart disease, high blood pressure (stroke) and cancer. This is not the fat surrounding your belly. It is the fat that develops inside

your belly that is the culprit. Dr. Shayesteh recommends a healthy eating program – not a diet – and daily exercise to combat the negative effects of fast and processed foods.

Dr. Luis Villaplana of Youngstown agrees. He posts messages in all of his examination rooms which state “Eat like a diabetic if you do not want to become a diabetic”. Villaplana says that “obesity and diabetics are out of control, and not just in adults. I see many children and young adults who are suffering from the effects of poor diet and exercise. The scary part is that people are developing diabetes who have no family history of the disease and that is unprecedented.”

A quote from Andy Rooney: “The federal government has sponsored research that has produced a tomato that is perfect in every respect, except that you can’t eat it. We should make every effort to make sure this disease, often referred to as ‘progress’ doesn’t spread.”

The last time we were together we were discussing genetically modified organisms, a big money maker for Big Ag. The problem with GMOs and other methods of alteration like cloning is that the long-term health effects are not yet known and there is a heated debate ensuing over what experts are calling a “perceived sense of safety”.

Case in point: USA vs. Europe

In January 2008, the Food and Drug Administration – after only 5 years of research – approved cloned animals and their offspring for human consumption. According to the US Agriculture Department, it is legal to breed clones and make food from their offspring.

While, as recent as a month ago, the European Commission proposed sweeping, temporary bans on animal cloning for food production. Simply stated, cloned animal products cannot be consumed or marketed in Europe. The EU is also working to create a system to trace imported genetic material such as semen and cloned embryos. Evidently this is another side business in the food industry. The EU concluded by saying “Clones are for researchers, not for butchers”.

TRANSITION: Despite the increase in obesity and disease and the battle over the genetically modified, there are ways to overcome these obstacles.

One way is slow food. USA Today cites, “Slow Food aims to be everything fast food is not.” Slow Food is an idea, a way of living and a way of eating. “It is a global movement ... that links the pleasure of food with a commitment to community and the environment” (Slow Food website).

I would like to introduce you to some local visionaries who share in the slow food vision and care about the quality of food they serve and sell.

**Grow Youngstown** is an organization that brings fresh and local food to the cities of Youngstown and Warren. Grow Youngstown has an Urban Garden on the corner of Greenfield and Ohio, and they are involved in community projects, workshops, networking and education.

## **Northeast Ohio Food Hub**

Farmers Market on Tuesdays and Saturdays throughout the summer  
Kitchen Incubator

## **The Bread Chef**

Bread Chef, Mike Landgraff, bakes daily from scratch using natural ingredients. They have a running list of everyday breads and daily specials which can include pretzel bread, filone, flax seed, croissants and Danish. His wife, Nancy – Dr. Landgraff as we know her here at YSU is Department Chair and Associate Professor for Physical Therapy.

**Ely's to Go** is located inside The Bread Chef. Ely's specialty is vegan cuisine and her husband bakes scones, muffins and cookies. She has been involved in some events here on campus with YSU Executive Chef Clint Kifolo.

**YSU Executive Chef Clint Kifolo** is an advocate for vegan and organic options on campus. Along with YSU student, Jenny Jacobs, he is involved with the YSU Organic Garden, which is located behind Kilcawley House, next to Sweeney Hall.

## **Janine Welsby Organic Farming Cooperative Hickory Hollow Farm**

Janine Welsby and her husband Larry run a member-supported vegetable co-op where I volunteered last year. They supply Ely's to Go.

## **Catullo's**

This is another local business that cares about the source of their food supply. Our own Joe Polis has been telling us about the goodness at Catullo's and I stopped by last Friday afternoon for a visit and to get a first hand look at what all the fuss is about.

Current statistics reveal there are over 98 million Americans classified as obese and overweight, which accounts for more than 85% of all diabetes cases (Arnold pars 6,7). These examples prove that we DO have a resource to draw from when it comes to making better food choices and these statistics prove that we must.

**VISUALIZATION:** The lack of nutrition in our diets “reflect[s] legitimate concerns that the American diet, which is well on its way to becoming the world's diet, has changed in ways that are making us increasingly sick and fat (Pollan, 9).

**Transition:**

In order to get a better understanding of the global war on food, we have to get involved at the local level.

**Conclusion:**

**I Thesis Restatement:** Although there is a food fight occurring on a national level, it is important to look to local, sustainable resources to combat the problems associated with the health and silhouette of the American public.

**II. Review:** We have discussed our fast-paced lifestyle and how we have compromised our eating habits and sacrificed our health.

We have taken a look at local, sustainable resources for cultural, traditional, environmental and community solutions and discussed how the slow food movement is vastly becoming an acceptable way of eating.

We have heard from two local doctors and have considered genetic modification of animals for human consumption.

We have met some local visionaries of sustainable agriculture and identified the ways in which they promote that philosophy.

And we have seen that disease is not only prevalent but on the rise due to poor quality and choice of foods in our system.

**III. Re-tie Statement:** It is our civic responsibility to support our community and it should be our personal priority to enhance our health. So, please be more mindful and select natural, healthy, fresh, local and seasonal products.

**IV. Action:** I am standing here today as an advocate for real food. If you could walk away and do one thing ... if you would simply consider the concept of slow food and the importance of making better food choices, I could claim victory because it all starts with education and a small step in the right direction. As the tortoise said to the hare on winning the race, "Slowly does it every time" (Aesop, par 5).

**IV. Closing Statement:** We really can make a difference. Support a local business who cares about the food they serve and sell, volunteer at a farm, visit a farmer's market, start a Slow Food Chapter on campus, cook with friends, sit down to dinner with your family. Every time a product you buy crosses that scanner, you vote. So please vote responsibly. You really can change the way America eats ... one bite at a time.

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## SUSTAINABLE AGRICULTURE

### **FARM-TO-TABLE OPTIONS IN MAHONING, TRUMBALL AND COLUMBIANA COUNTIES**

CSA – community supported agriculture – local harvest

“What's a CSA?

A CSA consists of a community of individuals who pledge support to a farm operation so that the farmland becomes the community's farm, with the growers and consumers providing mutual support and sharing the risks and benefits of food production.

2010. Created by Peter McDermott

<http://www.localfoodcleveland.org/csas>

(McDermott, pars 1, 2).



#### **THE ADVANTAGES OF CSA**

- \* *Greater nutritional value:* Food traveling shorter distances, reaches customers with higher nutritional content.
- \* *Supports the local economy:* Money transferred stays within the local economy (doesn't go to Chicago (IGA) or Pittsburgh (Giant Eagle) creating direct and interdependent bonds between producers and consumers.
- \* *Good price:* Customers pay less than they would pay at the supermarket for the same organic produce and farmers get more than they would get at auction or through a distributor.
- *Variety:* Customers get a variety of vegetables not always available at the local supermarket.
- *Sustainable:* The food is grown sustainably and depending on the farm, certified organic. See "Farm Shares" on this page for Farm Practice details.

<http://www.growyoungstown.org/csa.html>

Par 2

The CSA Program



## **THE FARMERS**

### **Red Basket Farm**

Floyd Davis  
6311 Mayburn Barkley Rd.  
Kinsman, OH 44428  
330-469-0810  
[redbasketfarm@aol.com](mailto:redbasketfarm@aol.com)

Supplier to Grow Youngstown and to several Cleveland restaurants. Also featured at four farmer's markets: Howland, Cleveland – Tremont, Peninsula – Akron and Hewitt Hill.

### **Van Buren Organic Grass Fed Beef**

43016 Buckeye Road  
Lisbon, Ohio 44432  
[info@organicgrassfedbeef.com](mailto:info@organicgrassfedbeef.com)  
Fax: 330-482-0767

All organic grass fed cattle. He is a veterinarian and she is a school teacher. To inquire and to order, email or fax. No phone calls, please. They have also formed a foundation, which funds humanitarian, ecological and conservational issues.

### **Janine Welsby Organic Farming Cooperative**

Hickory Hollow Farm  
42211 Glasgow Rd  
Wellsville, OH 43968  
330-532-9625

Member-supported vegetable cooperative. Annual fee for seasonal crops, which are selected by the customer on a weekly basis.

## YSU DINING SERVICES



Located at Street Level in Kilcawley Center

**Clint Kifolo**  
**District Executive Chef**  
**330-941-1718**  
**[clinton.kifolo@sodexo.com](mailto:clinton.kifolo@sodexo.com)**

For a wide variety of other vegan, vegetarian and organic options, visit the website at [http://www.yzu.edu/dining-services/vegan\\_vegetarian/index.shtml](http://www.yzu.edu/dining-services/vegan_vegetarian/index.shtml).

You can be involved in the decision making process about new meal programs and ways to improve your food service program. Call General Manager, Tom Totterdale, or

visit the website for

more contact info:

<http://www.yzu.edu/dining-services/Contact/index.shtml>

## GIANT EAGLE MARKET DISTRICT

### **Dave Crough, Produce Manager**

Giant Eagle Market District  
Robinson Township  
100 Settlers Ridge Center Drive  
Pittsburgh, PA 15205  
412.788.5392  
<http://www.marketdistrict.com>

Guy Fieri of The Food Network” calls Market District “the Disneyland of grocery stores” and includes a Cooking School, Crepes Bar, Asian Food Cart, Rosti Bar, Candy Shop, Hydroponic Garden, Tossed-to-Order Salad Bar and Health, Beauty and Wellness products.

Garden-fresh produce is housed in the two-story Great Hall and features domestic, specialty, locally grown, seasonal and 125 organic fruits and vegetables.