

“There’s No Plate Like Home”

A Slow Food Presentation

Susan Liechty and Amy Sherman



Suggested reading list and web sites to explore:

“Animal, Vegetable, Miracle” by Barbara Kingsolver

“The Botany of Desire” by Michael Pollan

“Epitaph for a Peach” by David Masumoto

“Farms and Foods of Ohio: From Garden Gate to Dinner Palate” by Marilou Suszko

“Fast Food Nation” by Eric Schlosser

“The Heirloom Tomato” by Amy Goldman

“How to Pick a Peach” by Russ Parsons

“In Defense of Food: An Eater’s Manifesto” by Michael Pollan

“The Kitchen Diaries” by Nigel Slater

“Manifestos on the Future of Food & Seed” featuring essays by Michael Pollan, Carlo Petrini, Prince Charles, Vandana Shiva and others

“The Omnivore’s Dilemma” by Michael Pollan

“Slow Food Nation” by Carlo Petrini

“What to Eat” by Marion Nestle

“Zingerman’s Guide to Good Eating” by Ari Weinzwieg

“In Praise of Slowness” by Carl Honore

“The Splendid Table” by Lynn Rosetta Kasper

“Italian Slow & Savory” by Joyce Goldstein

“Cooking by Hand” by Paul Bertolli

“Slow Food Nation” by Carlo Petrini

“A Cook’s Journey – Slow Food in the Heartland” by Chef Kurt Michael Friese

“Slow Food – Collected Thoughts on Taste, Tradition, and the Honest Pleasures of Slow Food” by Carlo Petrini

“Renewing America’s Food Traditions” by Gary Paul Nabhan

“Coming Home to Eat” by Gary Paul Nabhan

“The Golden Throng” Edwin Way Teale (Bees)

Anything by MFK Fisher

www.slowfoodusa.com -USA

www.slowfood.com - International

www.ams.usda.gov/farmersmarkets (lists of farmers markets)

www.sustainabletable.org

www.ediblecommunities.com

www.foodmuseum.com – The Food Museum

www.greenpeople.org – Community Supported Agriculture

www.mockingbirdmeadows.com – Provided the honey today

www.local-matters.org

www.keyingredients.org America by Food

www.seedsavers.org

www.foodroutes.org

www.localharvest.org

Honey Varietals – What makes Honey Look and Taste Differently

The flavor and color of the honey varies depending on where “the bees buzzed” – more specifically, which blossoms the honeybees visited while foraging. Honey colors range from water-white to dark brown, with light amber the most familiar to consumers. Typically, honey flavor follows the color. Lighter honeys usually have a mellow, delicate flavor, while darker honeys are more robust. Other flavor notes can identify a honey’s floral source, such as a slight herbal taste in eucalyptus and citrus overtones in orange blossom. Many varietal honeys are produced in limited geographical areas (blueberry, tupelo and star thistle, for example), and hive yields can vary widely from year to year depending on environmental conditions.

Honey varietal facts:

- Approximately 3,000 varietal honeys are produced worldwide
- The United States produces around 300 verified honey varietals
- Beekeepers can control the flavor of their finished product by directing bees (or placing hives in proximity to) certain flowers
- The unique “taste of place” makes local varietals worth seeking out.
- The power of the nectar in different flowers determines the honey’s flavor intensity. However, as a general rule, lighter honeys tend to be mild while darker honeys are often stronger in flavor.

Setting Up a Tasting

Honey tastings are a great way to learn to appreciate varietals and the taste of terroir, as well as to gain an understanding of diverse, working landscapes and food sheds. Honeys, particularly from single floral sources, offer a wonderful and distinctive expression of states, regions, flowers and seasons. They can display these characteristics in their aromas, flavors, colors and levels of sweetness and density without human interference.

1. Determine the format of your honey tasting
 - A first tasting might include a wide variety of honeys from multiple regions such as the honeys on the Slow Food Ark of Taste or try one of these options:
 - A regional tasting which includes specific varietals from your state or geographic region
 - A more advanced tasting comprised of the same or similar varietals from multiple sources within a region to show distinctions in terroir
 - Ask a beekeepers/honey producer to assist by doing a comparative tasting: honey, from different flower sources, various formats such as showing the difference between liquid, spun and comb honeys, or a vertical tasting to show the flavor difference from year to year, field to field

2. Start with a baseline and plan to taste horizontally

Start with a classic light amber honey such as clover or alfalfa as your honey “standard” then arrange the honeys in a color spectrum of light to dark on your tasting “map” a suggested sample tasting might include clover baseline plus sage, orange blossom, eucalyptus, blueberry and buckwheat. For example:

Light	Medium	Dark
Sourwood	Tupelo	Avocado
Basswood	Orange Blossom	Blueberry
Firewood	Eucalyptus	Buckwheat

3. Determine if you want to taste blind or divulge honey varietals and sources up front

4. Assemble the equipment

1 oz. cups or containers for individual honeys and small (tasteless) spoons or teaspoons and plates

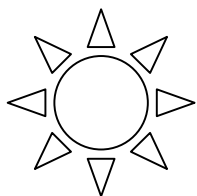
- Each honey varietal in squeeze bottles (to aid in portioning)
- Water for palate cleansing
- Tasting map, notes page and varietal descriptions

Varietal information and sources may be found on: www.honey.com and www.honeylocator.com

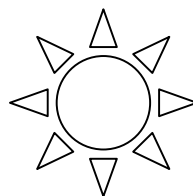
Honey Pound Cake

1 cup flour
1 cup eggs
1 cup melted butter
1/2 cup honey
1/2 cup sugar
1T vanilla extract
2t baking powder

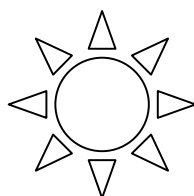
1. Place all ingredients in large mixing bowl and mix until homogeneous.
2. Bake in greased loaf pan for 1 hour at 350, or until toothpick comes out clean.
(Yes it's really that easy!)



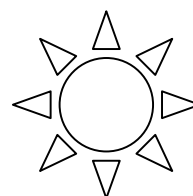
Varietal #2



Varietal #3



Varietal #1



Varietal #4