Slow Food USA

SLOW FOOD CHAPTERS CELEBRATE EARTH DAY 2024

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Earth Day is celebrated every year on April 22 and serves as a reminder of conservation and sustainability. Since 1970, globally, people have participated in a movement to promote earth- and eco-friendly practices. It's a day for advocacy and positive environmental change that empowers everyone to make informed choices and take meaningful steps for a more sustainable planet.

Naturally, that means it's a critical day for action for the global Slow Food movement. Reviving the earth's biodiversity while actively combating the climate crisis that threatens planetary and human health must happen every day, and especially on Earth Day. A vision for good, clean and fair food for all can only be achieved by recovering the immense damage to our foodways and our planet.

There are many ways to support the planet on Earth Day. Many organizations are planting and growing vegetables, as well as celebrating the community through good food and activities. Slow Food is among these organizations bringing people together to celebrate our planet. Two of our Slow Food chapters, Slow Food Prescott and Slow Food East End, are both running local events, and we heard from Molly Beverly, chair of Slow Food Prescott and Maria McBride, chair of Slow Food East End, about their upcoming community events.

SLOW FOOD PRESCOTT

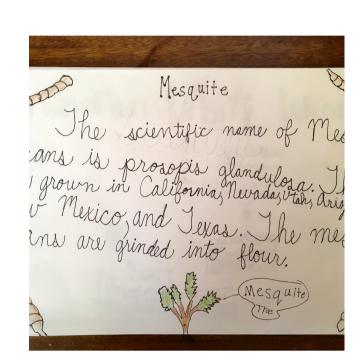
Molly explains that Slow Food Prescott's Earth Day event on April 20 will be held at Prescott's historic downtown square. From 9:00 a.m. to 2:00 p.m., there will be activities for the whole family to enjoy. If there are people interested in getting their hands dirty, there's a hands-on planting activity using the Ark of Taste Christmas Lima Beans run by Slow Food Prescott's garden educators.

There are more Ark of Taste crops featured as well. Samples of mesquite flour cookies are available for people who would like to taste mesquite beans' flavor profile. And Alicia Previn, children's author of The Earthworm Book, will be there, focusing on worms and nature.

To round this out, under the management of Slow Food Prescott's musical steering committee member, Kellie Hart, there's music to keep good energy and spirits up too. Molly said, "It's a joyful introduction to good, clean and fair and a chance to build the Slow Food community."







SLOW FOOD EAST END

"Before the growing season begins it's great to bring our agricultural community together to share ideas, seeds, flavors, crafts and plans. It is motivating for new growers and rewarding for local experts." Maria said, referring to the network of agriculturalists along New York's east end of Long Island. This year on April 21 at Saint Joseph Villa from 1 pm to 4 pm, East End's Earth Day event is expected to have 300 or more people and over 40 vendors, including growers, environmentalists, etc., who come together to celebrate growing and eating food that heals people and the planet, all in a jam-packed two-hour time period.

Maria explained that this Slow Food East End event is free for all to attend with a pleasant message "Todos Bienvenidos" on all the promotional signage. The event is family-friendly featuring wood makes, herbalists, bakers, native landscapers, demos, tastings and hands-on activities like painting locally foraged oyster shells and beach stones.

Additionally, local chef Robyn Diederiks Henderson of Robyn's Kitchen will be on site to show how she makes garlic confit, an inspired, delicious way to preserve an abundant crop. Cornell Cooperative will have cooking demos featuring fresh, indigenous, sustainable healthy F.I.S.H. Maria explained that one of the valuable parts of this event is interacting with people and having one-on-one conversations with experts and people passionate about what they're doing, all within an intimate space. In all, Maria hopes that people "take some ideas on what to do with the abundant produce that comes their way."









HOW YOU CAN CELEBRATE EARTH DAY

Reading about our Slow Food chapters' Earth Day events might have you inspired and wondering what you can do to celebrate Earth Day. If you're near one of these chapters, visit and join in the festivities. You can also look up Slow Food USA's other chapters to see if something is happening in your neck of the woods.

Also, there are simple activities you can do inside and outside of your home to reduce and conserve. Inside your home, you can reduce your energy use to make a difference. Think about switching off lights and electronics when you're not using them. You can also switch to energy-efficient light bulbs as well. If you want to reduce waste, get into composting, reuse shopping bags and use reusable containers (especially any takeout containers).

Outside of your home, think about starting a small vegetable or herb garden if you have the space. Maybe there is a local cleanup event; support that by beautifying your neighborhood. And for a calmer day, a nature walk or birdwatching is always a great way to practice wellness and appreciate what our world has to offer.

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