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School

SLOW FOOD

The pleasure of consuming food
mindfully

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Slow food is the practice of enjoying local, organic and sustainable produce brought together in a way that respects the ingredients and the local cuisine



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Image Source: Strand of Silk

“Slow Food unites the pleasure of food with responsibility,
sustainability and harmony with nature”

Carlo Petrini, Founder of International Slow Food Movement

WHAT IS SLOW FOOD?

FOOD THAT IS GOOD, CLEAN AND FAIR

Slow food is good tasty food that is cooked with care, produced in a clean way without harming health and the environment, and comes from producers who receive a fair value for their work.

A MINDFUL WAY OF LIVING AND EATING

It is a global, grassroots movement that links the pleasure of food with a commitment to community and the environment. A slow food activist is an active part of the food chain who recognizes the connection between plate and planet thus caring for every step of the process from sourcing to consuming.

AN ANTIDOTE TO FAST FOOD CULTURE

In 1986, Carlo Petrini founded the slow food movement to counter the fast food culture, championing ‘slocal’ (slow and local) food heroes and building close connections among consumers, the government, activists and of course, the farmers.

Himanshu Kapoor, nutritionist and an active Slow food member since a decade says, “Slow food is opposite of fast food. Fast food is empty calories, thus we call it junk food. Slow food is calories loaded with minerals and vitamins thus healthy. Slow food is locally grown, usually organic, artisanal and healthy food.”

WHY DO WE NEED TO JOIN THE SLOW FOOD MOVEMENT

TO REAP THE BENEFITS OF EATING LOCAL AND SEASONAL

The mantra to stay healthy is to eat regional and seasonal. Native and locally grown produce in season is fresher, has a smaller carbon footprint, is better for the environment, and is lighter on our wallets. It helps us to support the community and our bodies are better accustomed to locally grown produce in accordance with the season.

TO LOAD NUTRITION NATURALLY

Food as an energiser and immunity booster is well ingrained in our traditions. A healthy diet, without the excesses of sugar and processed food, can ply us with the minerals and micro-nutrients our body needs, without the need to resort to external supplements. Fresh, organic, slow grown produce, oozing with nutrients is enough.

TO COMBAT THE RISE OF LIFESTYLE DISEASES

A balanced diet and the right food knowledge is the need of the hour. Our fast paced lifestyle and erratic eating habits has led to a sharp increase in lifestyle diseases. Conditions such as diabetes, heart disease and obesity are on the rise. The importance of what we eat and how we eat would mean fewer legions of people suffering from acid indigestion, heartburn, nausea, acid reflux and so on.





Image Source: IndiaTimes.com

TO REVIVE TIME TESTED FOOD WISDOM

Inspite of being deeply connected to our food and traditions, we are experiencing disappearance of local and ethnic dishes. Our ecosystem supports a rich repository of super foods like amla, drumsticks, sesame , ghee and so on. Traditionally these have been consumed by Indian communities to maintain good health, but the awareness about their benefits needs to be spread widely now.

TO STRENGTHEN OUR ROOTS

Vegetables sprouted from the earth before the hypermarts took over the mass attitude towards food consumption. Until the 1990's, everything that grew around us was consumed right from the root to the stem, the very last leaf was roasted, grilled and pulverized with love and care. The slow kitchen that was a way of life back then needs a comeback for us to enjoy the nature's bounty to its fullest.



TO PRESERVE BIO DIVERSITY AND SUPPORT OUR TRADITIONAL FOOD SYSTEMS

Slow food has set itself the mission of defending biodiversity and reintroducing forgotten species and varieties. India's agriculture sector employs more than 50 per cent of the entire workforce, with a growing number of women being involved in food production in recent years.

Globally, women have been instrumental in preserving biodiversity and food security. To bring back the goodness of lost staples like millets (ragi, jowar, bajra etc) and traditional homebound recipes (primarily prepared by womenfolk), we must support our local farms and local food systems.

TO UNITE AND CELEBRATE LIFE OVER FOOD

Festivals, weddings, births, deaths are celebration of our lives whereby everyone comes together over food that has been arranged and cooked by the family members with love. In India, communities have bonded over food during such celebration over the centuries. Slow food is a tapestry of culinary interdependence that holds the nation together, one grain at a time.



HOW CAN WE EMBRACE SLOW FOODS?

EAT LOCAL AND SEASONAL

You can start embracing the slow food movement right at home by eating clean and swapping out processed products for simpler, healthier foods sourced from local farmer's market. Also, try growing your own food in your backyard or terrace. Fresh tastes the best.

AVOID GENETICALLY MODIFIED
FOOD, BUY ORGANIC

Encourage farming of plants, seeds, and livestock characteristic of the local ecosystem. Respect seasons as every fruit or vegetable has a correct season for planting and harvesting. Be in sync with your environment and celebrate your seeds and agro diversity.



Image Source: Lamrenew.com

PRESERVE TRADITIONAL COOKING AND REGIONAL CUISINES

Ditch quick fix meals. Understand that eating is much more than a vital function. It's an experience that involves all our senses, stories and cultures. Share the responsibility to keep these culinary traditions alive in order to stay healthy and to bring diversity to the table.

CELEBRATE FOOD

Make the kitchen and the table as centres of pleasure, culture and community. Family that eats together, stays together. Get involved with like minded groups who believe in slow and mindful living.



Image Source: The NIE




Image Source: The Conversation

LETS DRIVE THE CHANGE

The intensive chemical agriculture that has been followed in India after green revolution success is causing heavy pollution of food, drinking water and air, the life expectancy has improved, but the quality of life has substantially deteriorated. The rural economy is in ruins because of over-dependence of costly outside inputs in agriculture such as seed, fertilizers, pesticides, growth-promoting chemicals. High time for us to wake up to the reality of not so natural ways of growing and consuming food in order to ensure balanced personal and socio economic growth.

Worldwide food trends are changing towards a distinct health orientation. India is not far away in catching up the health and fitness centric food consumption trend. Slow food movement alerts people to the consequences of a fast-paced lifestyle and seeks to reawaken people's love for the food they eat.



“Slow food resonates with Indian culinary culture with an appeal for regional, seasonal and slow pace of life. Slow Food philosophy today offers a balance between the fast-food onslaught against the traditional way of cooking and eating. Going back to one's roots, the Slow Food way, offers a plausible coexistence of traditional way of slow life, which in turn opens up avenues of sustainable life & happiness in modern times.”

Akhil Kapoor, Convivium Leader Delhi
Organic Farmers Market



Author and contributor - Slow food

Anurag is a happy go lucky naturalist by lifestyle who professes living in Now. Being a management professional and a first principle thinker, she has used her dynamism for last 23 years in varied fields like corporate, education, art & culture and social development. Zeal to nourish at the core level and her experiential journey towards a mindful living post cancer has equipped her enough to add value to life around her.

Organo Et School

Organo Et School is the brainchild of team Organo. Organo was founded on the idea of environmentally conscious living and Organo Et School translates that idea into reality by educating and empowering schools, colleges, organizations and communities on the triple bottom line of sustainability. Organo et School aims at engaging individuals of today to stay connected with nature through workshops, live sessions and site visits.



Leading the change

We create an experiential learning environment for people to learn from.

Organo Et School educates people about the challenges of sustainable development and creates opportunities for them to use their creativity and knowledge to pioneer innovative solutions for themselves.

Learners develop a sense of place and belonging to their local community.

**NURTURING A LEARNING ENVIRONMENT FOR ALL
STAKEHOLDERS WHERE INCLUSIVE HOLISTIC ECO-LIVING IS
CELEBRATED**

Office Address: Organo Et School, Plot No.15, 8-3-684/3-15, LIC Colony, Srinagar Colony, Hyderabad – 500073.

Contact Us: +91 9154 10 0775

Email: oes@organo.co.in