

Slow Fish



is coming to **UNH!**

The international Slow Fish campaign is launching initiatives that promote artisanal fishing, embrace 'underloved' species of fish, and inspire reflection on the state and management of the sea's resources. This reflection must start at a local level.

Slow Fish is making its debut in the USA! Kicking off with a two-week Youth-led Slow Fish campaign at the University of New Hampshire! The program will take place from September 14th to October 1st 2013. The entire experience will be documented with the hope of inspiring other young adults to step up and host Slow Fish activities in their own communities. Slow Fish has already rooted itself in countries such as Italy, Brazil, Canada and Argentina. There is great potential for the Slow Fish model in the USA, potentially drawing energy from community supported fisheries (CSFs), academia, fishermen, coastal chefs and preexisting Slow Food networks!

Schedule of events:

- Saturday, September 14th: **Fishtival** and the *first ever* youth-led **Seafood Throwdown!**
- Wednesday, September 18th: **The Fish Belong to the People** movie showing!
- Sunday, September 29th: **Slow Fish filet & cooking workshop** with Chef **Evan Mallet!**
- Sunday, September 29th: **Merroir Manifesto:** Discovering the unique taste of NH fishing waters!



Fishtival and the *first ever* youth-led Seafood Throwdown!

Saturday, September 14th 2013 – from 12:00pm to 4:00pm

(Seafood Throwdown cook-off starts at 12:30pm, don't miss it!)

Fishtival is a NH fish & lobster festival that brings together the community to celebrate, educate, and build connections to the local fishing industry. Walk the decks of a local fishing boat, taste freshly-landed local seafood prepared by Seacoast chefs, learn to identify and prepare local fish.

Fishtival draws thousands of people each year, presenting a perfect opportunity for the Slow Fish launch in New England!



Youth-led Seafood Throwdown!

This year, Fishtival will debut the *first ever* Youth-led Seafood Throwdown!

Two chefs. One mystery fish. A Seafood Throwdown is a cook-off that provides entertainment and raises awareness as to why we should be including more local 'underloved' species of fish in our diet.



Kelsey Grae will be one of two youth chefs competing in the Seafood Throwdown at Fishtival!

Kelsey is studying Nutrition and Dietetics at UNH. She spent the summer eating & sharing her own organically-grown food from her home garden in Durham, NH. Kelsey also donates some of her time to the Cooking Matters program, teaching young kids how to cook and place more value in the kitchen. Kelsey is also a dedicated member of Slow Food and the Organic Garden club at UNH. Kelsey certainly inspires!



The Fish Belong to the People movie showing!

Wednesday, September 18th 2013 – from 6:00pm to 7:30pm

The Fish Belong to the People, a feature length documentary, tracks the fishing history in the Northeast Region of the States showing both unsustainable and sustainable practices. It is one of the few 'fish films' that lands close to home, following a group of family fishermen in Port Clyde, Maine. The movie also highlights the first Community Supported Fishery program.



Slow Fish filet & cooking workshop with Chef Evan Mallet!

Sunday, September 29th 2013 – from 10:00am to 2:00pm

This is the capstone project of the Slow Fish campaign at UNH! The Slow Fish filet & cooking workshop SHOWCASES various species of 'underloved' fish being caught in NH fishing waters! Starting from a whole fish, youth participants will gain valuable hands-on experience learning how to filet. A spectrum of recipes & cooking methods will be explored. It's our hope that people will begin to embrace these 'underloved' species of fish once they learn how to make them taste good.

The workshop will be guided by Chef Evan Mallet of the Black Trumpet, who has been committed to sourcing local NH seafood for his restaurant for years now.



The Slow Fish workshop will be held in a brand new educational-kitchen at the University of New Hampshire. The kitchen opens up to an 80-seat lecture room, allowing for open public viewing of the action! The entire experience will be documented in order to inspire and share valuable knowledge within our coastal community.



***Merroir* Manifesto: Discovering the unique taste of NH fishing waters!**

Sunday, September 29th 2013 – from 2:00pm to 4:00pm

A '*Merroir* Manifesto' is a discussion-based, local seafood tasting event! Hosting a *Merroir* Manifesto helps to frame the unique & tasty *merroir* of a coastal community.

Terroir (pronounced "tare-whar") is a term used to describe the unique set of flavor characteristics gifted to an agricultural product from the land which it is grown. Geography, climate and soil composition can all influence *terroir* – offering a "sense of place". In the same respect, *merroir* (pronounced "mare-whar") is a novel term that can be used to describe "the taste of local fishing waters".

We invite you to join us - together with our community's family fishermen, coastal chefs, professors, students, Slow Food friends, and youth - as we entertain our taste buds and inspire reflection on the state and management of NH fishing waters.

- Why should we embrace local artisanal fishing?
- What is a Community Supported Fishery (CSF)?
- Why should we include more local 'underloved' species of fish in our diet?
- How can we increase our layers of access to fresh local seafood, and begin bridging the gap between consumers and our NH community fishermen?
- How can we improve policy to assure long-term vitality of family-owned fisheries?
- How can we inspire more chefs to begin working with locally-caught seafood – in an effort to frame the unique & tasty *merroir* of the coastal community they serve?

A *Merroir* Manifesto showcasing fresh, local seafood and productive conversation is a win-win!



Fresh & local seafood provided by **NH Community Seafood** for this inspired-learning experience

This 2-week Slow Fish campaign at UNH was organized & directly supported by:



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