Slow Food®

Slow Food®
Deutschland e.V.

Make legumes great again - reviving a traditional food culture:

Help us to create a cookbook based on European legumes`

Partner TRUE-project Task 1.5

Claudia Nathansohn

Slow Food®

What is **Slow Food?**

Slow Food®

The **Slow** Food **Network:**

Slow Food®

it tastes
good

and gives us
pleasure
to eat it

Slow Food®

clean

the way it’s produced respects
the environment, animal welfare
and our health

Slow Food®

accessible prices for consumers

and

fair

conditions and pay for small-scale producers

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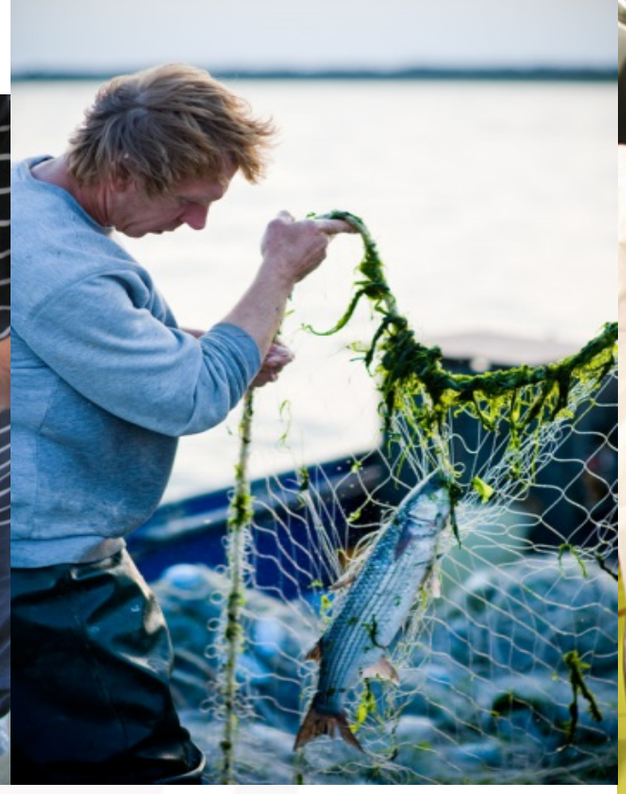

What does Slow Food do?

The Slow Food Youth Network

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Education the Slow Way

… an approach that allows children and adults to **understand food**, how it's made, by who and where it comes from

SLOW FOOD YOUTH AKADEMIE

Changemaker Food System

Iss Fair-Netzt!

Supply Chain

UNIVERSITÀ DI SCIENZE GASTRONOMICHE

University Polenzo, Italy

TELLER STATT TONNE

Food Waste

Schoolgardens

BODEN BEGREIFEN

Understanding Soil

and lots more...

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Slow Food Foundation for Biodiversity

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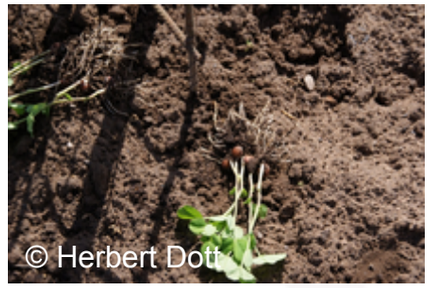
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Protecting **Food Biodiversity**

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Terra Madre

JOIN US 20th -24th september 2018, Torino, Italy

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Slow Beans Mel

2/3 DICEMBRE 2017

Palazzo Delle Contesse - Mel (BL)

Due giornate all' insegna del gusto
e della biodiversità
per scoprire mille curiosità sui legumi!
La comunità leguminosa di Slow Food®
presenta, racconta e fa degustare
i migliori e più rari
legumi tradizionali italiani
nel centro storico di Mel.

Slow Beans comunità Slow Food Veneto Belluno - Feltrino Associazione per la tutela del Fagiolo Gialet della Valbelluna Mele di Mel dolomiti Comune di Mel

Slow Beans comunità leguminosa

www.facebook.com/slowbeans/

TRansition paths to sUstainable legume-based systems in Europe

Slow Food® Deutschland e.V.

TRUE-Foodprint: legume recipes to encourage sustainable food systems

Cookbook

Task 1.5

TRansition paths to sUstainable legume-based systems in Europe

Slow Food® Deutschland e.V.

Recipes

plus historical informations

TRUE-Foodprint: legume recipes to encourage sustainable food systems

Cookbook

Task 1.5

Nutritional Value

WP3 Nutrition & Product Developement

Marta Vasconceles and team

Ecological Footprint

WP5 Environment

David Styles and team

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TRUE-Foodprint: legume recipes to encourage sustainable food systems

TRUE

- Which legumes are used in your recipe?
- How and where is this legume grown? Which climate is needed for it to grow well?
- What is the significance of the legume in your region, culturally and otherwise?
- What are typical and suitable side dishes for these legumes? Are there other typical side dishes for these legumes that are not part of your recipe?
- Does this legume have a history? What is the story behind your recipe – personally or culturally: What can you tell us about it?

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Get your recipe-template: cookbook@slowfood.de

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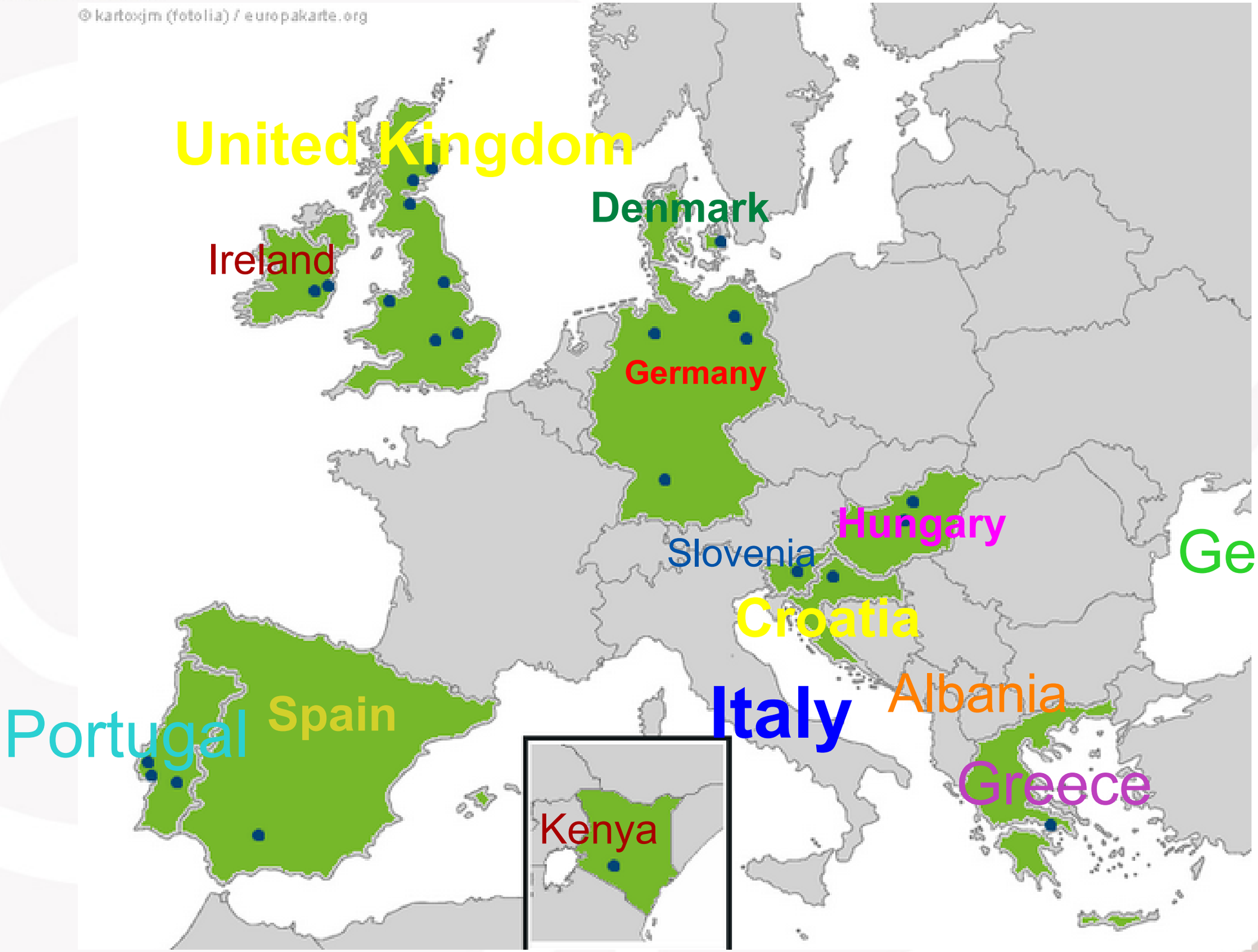

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SLOW FOOD YOUTH AKADEMIE

Workshop-concept

Panel Discussion

Taste-Workshop

‚root tour' (Wurzeltour)

...and more

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Share your **favorite legume recipe** with us!

For centuries, legumes have played a central role in our ***food culture*** as the basis for many traditional dishes that are now almost forgotten. This is why we want to highlight the diversity and nutritional **value of legumes**, and the beneficial effects they have on the climate and the environment.

Help us make ***legumes*** better known again by sending us *your recipe* with a traditional legume that deserves more recognition. Let us demonstrate how **tasty, colorful** and **versatile** legumes are.

For a recipe template and more information please write to *Slow Food Germany e. V. :*

cookbook@slowfood.de

THANK YOU *for your help!*

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Slow Food®

Thank you!

Discover more

and find Slow Food **near you**

www.slowfood.com