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THE **SLOW FOOD** GUIDE TO
NEW YORK CITY
RESTAURANTS, MARKETS, BARS

PATRICK MARTINS and BEN WATSON



Slow Food Guide To New York

Patrick Martins, Ben Watson



Slow Food Guide To New York:

The Slow Food Guide to New York City Patrick Martins, Ben Watson, 2003 Slow Food is dedicated to stewardship of the land and ecologically sound food production revival of the kitchen and the table as centers of pleasure culture and community invigoration and proliferation of regional seasonal culinary traditions living a slower and more harmonious rhythm of life

Professor Chocolate Presents the Ultimate Guide to Finding Chocolate in New York City (Lower Manhattan and Brooklyn Edition) Rob Monahan, Neill Alleva, 2010-08-30 Professor Chocolate presents the official handbook for discovering New York City's best kept chocolate secrets It is designed for both the native and the visitor who wish to hunt for the ultimate chocolate experience Inside you'll find over 40 chocolate shops profiled mapped and organized into 11 distinct and digestible walking tours The authors are elementary school teachers by day and chocolate seeking aficionados by night and weekend We simply love chocolate love finding it and love sharing our research with anyone who is interested We hope that you will have just as much fun exploring as we have had researching Let the journey be the reward

Javatrekker Dean Cycon, 2007-10-17 In each cup of coffee we drink the major issues of the twenty first century globalization immigration women's rights pollution indigenous rights and self determination are played out in villages and remote areas around the world In Javatrekker Dispatches from the World of Fair Trade Coffee a unique hybrid of Fair Trade business adventure travel and cultural anthropology author Dean Cycon brings readers face to face with the real people who make our morning coffee ritual possible Second only to oil in terms of its value the coffee trade is complex with several levels of middlemen removing the 28 million growers in fifty distant countries far from you and your morning cup And according to Cycon 99 percent of the people involved in the coffee economy have never been to a coffee village They let advertising and images from the major coffee companies create their worldview Cycon changes that in this compelling book taking the reader on a tour of ten countries in nine chapters through his passionate eye and unique perspective Cycon who is himself an amalgam equal parts entrepreneur activist and mischievous explorer has traveled extensively throughout the world's tropical coffeelands and shows readers places and people that few if any outsiders have ever seen Along the way readers come to realize the promise and hope offered by sustainable business principles and the products derived from cooperation fair pricing and profit sharing Cycon introduces us to the Mamos of Colombia holy men who believe they are literally holding the world together despite the severe effects of climate change caused by us their younger brothers He takes us on a trip through an ancient forest in Ethiopia where many believe that coffee was first discovered 1 500 years ago by the goatherd Kaldi and his animals And readers learn of Mexico's infamous Death Train which transported countless immigrants from Central America northward to the U S border but took a horrifying toll in lost lives and limbs Rich with stories of people landscapes and customs Javatrekker offers a deep appreciation and understanding of the global trade and culture of coffee In each cup of coffee we drink the major issues of the twenty first century globalization immigration women's rights pollution

indigenous rights and self determination are played out in villages and remote areas around the world What is Fair Trade Coffee Coffee prices paid to the farmer are based on the international commodity price for coffee the C price and the quality premium each farmer negotiates Fair Trade provides an internationally determined minimum floor price when the C plus premium sinks below 1 26 per pound for conventional and 1 41 for organics that s us As important as price Fair Trade works with small farmers to create democratic cooperatives that insure fair dealing accountability and transparency in trade transactions In an industry where the farmer is traditionally ripped off by a host of middlemen this is tremendously important Cooperatives are examined by the Fairtrade Labeling Organization FLO or the International Fair Trade Association IFAT European NGOs for democratic process and transparency Those that pass are listed on the FLO Registry or become IFAT members Cooperatives provide important resources and organization to small farmers in the form of technical assistance for crop and harvest improvement efficiencies in processing and shipping strength in negotiation and an array of needed social services such as health care and credit Fair Trade also requires pre financing of up to sixty percent of the value of the contract if the farmers ask for it Several groups such as Ecologic and Green Development Fund have created funds for pre finance lending Savoring Gotham ,2015-11-11 When it comes to food there has never been another city quite like New York The Big Apple a telling nickname is the city of 50 000 eateries of fish wriggling in Chinatown baskets huge pastrami sandwiches on rye fizzy egg creams and frosted black and whites It is home to possibly the densest concentration of ethnic and regional food establishments in the world from German and Jewish delis to Greek diners Brazilian steakhouses Puerto Rican and Dominican bodegas halal food carts Irish pubs Little Italy and two Koreatowns Flushing and Manhattan This is the city where if you choose to have Thai for dinner you might also choose exactly which region of Thailand you wish to dine in Savoring Gotham weaves the full tapestry of the city s rich gastronomy in nearly 570 accessible informative A to Z entries Written by nearly 180 of the most notable food experts most of them New Yorkers Savoring Gotham addresses the food people places and institutions that have made New York cuisine so wildly diverse and immensely appealing Reach only a little ways back into the city s ever changing culinary kaleidoscope and discover automats the precursor to fast food restaurants where diners in a hurry dropped nickels into slots to unlock their premade meal of choice Or travel to the nineteenth century when oysters cost a few cents and were pulled by the bucketful from the Hudson River Back then the city was one of the major centers of sugar refining and of brewing too 48 breweries once existed in Brooklyn alone accounting for roughly 10% of all the beer brewed in the United States Travel further back still and learn of the Native Americans who arrived in the area 5 000 years before New York was New York and who planted the maize squash and beans that European and other settlers to the New World embraced centuries later Savoring Gotham covers New York s culinary history but also some of the most recognizable restaurants eateries and culinary personalities today And it delves into more esoteric culinary realities such as urban farming beekeeping the Three Martini Lunch and the Power Lunch and novels movies and paintings that memorably

depict Gotham's foodscapes From hot dog stands to haute cuisine each borough is represented A foreword by Brooklyn Brewery Brewmaster Garrett Oliver and an extensive bibliography round out this sweeping new collection **Explorer's Guide Erie Canal: A Great Destination: Exploring New York's Great Canals** Deborah Williams,2009-06-01 The Erie Canal Great Destinations is the first comprehensive travel guide to New York State Canals and the communities and attractions found along them Each chapter covers one canal providing historical background as well as information on wineries canal museums restaurants lodging canal cruises and bike paths in all the major cities many of the small towns and villages and the two biggest Finger Lakes The guide offers separate sections on Buffalo Albany Syracuse Utica and Rochester and their outlying areas as well as a chapter on Niagara Falls With coverage of three smaller canals in the region the Oswego Champlain and Cayuga Seneca this is undoubtedly the most extensive guide to the canalways of the state *Slow Culture and the American Dream* Mary Caputi,2022-06-01 Is the USA hospitable to the slow movement The land of fast food get rich quick schemes and 24 7 news feeds In *Slow Culture and the American Dream* A Slow and Curvy Philosophy for the Twenty First Century Mary Caputi argues that the slow movement has much to teach the United States at this moment in time Although slow philosophy is in many ways opposite to the prevalent American Dream the current cultural setting demands that we heed its teachings The climate crisis should make us rethink our fast paced ever accelerating lifestyle so that we can lighten our carbon footprint and decelerate if not reverse the damage done to the planet Equally important however is the movement's mandate that we slow down and savor life focusing on quality beauty and calm rather than quantity and speed Slow Food Cittaslow slow cities slow fashion slow travel and slow parenting are examples of a philosophy that seeks to shift our focus away from progress as currently understood and revalue quality of life issues Drawing deeply on her involvement with Slow Food and Cittaslow the author advocates mainstreaming the philosophy of slow and thus reprioritizing the American Dream in ways that sustain the planet and teach Americans to develop a more refined aesthetic principle **The Bloomsbury Handbook of Food and Popular Culture** Kathleen Lebesco,Peter Naccarato,2017-12-14 The influence of food has grown rapidly as it has become more and more intertwined with popular culture in recent decades The Bloomsbury Handbook of Food and Popular Culture offers an authoritative comprehensive overview of and introduction to this growing field of research Bringing together over 20 original essays from leading experts including Amy Bentley Deborah Lupton Fabio Parasecoli and Isabelle de Solier its impressive breadth and depth serves to define the field of food and popular culture Divided into four parts the book covers Media and Communication including film television print media the Internet and emerging media Material Cultures of Eating including eating across the lifespan home cooking food retail restaurants and street food Aesthetics of Food including urban landscapes museums visual and performance arts Socio Political Considerations including popular discourses around food science waste nutrition ethical eating and food advocacy Each chapter outlines key theories and existing areas of research whilst providing historical context and considering possible

future developments The Editors Introduction by Kathleen LeBesco and Peter Naccarato ensures cohesion and accessibility throughout A truly interdisciplinary ground breaking resource this book makes an invaluable contribution to the study of food and popular culture It will be an essential reference work for students researchers and scholars in food studies film and media studies communication studies sociology cultural studies and American studies Hidden Kitchens Nikki Silva, Davia Nelson, 2005-10-21 A volume based on the popular NPR radio series explores how communities come together through food combining popular stories from the show with new interviews photographs and recipes from a wide array of atypical kitchens

Slow Living Wendy Parkins, Geoffrey Craig, 2006-02 Originating in Italy slow food is not only committed to the preservation of traditional cuisines and sustainable agriculture but also the pleasures of the table and a slower approach to life in general Craig and Parkins argue that slow living is a complex response to processes of globalization It connects ethics and pleasure the global and the local as part of a new emphasis on everyday life in contemporary culture and politics **The Taste of Place** Amy B. Trubek, 2008-05-05 While much has been written about the concept of terroir as it relates to wine this book expands the concept into cuisine and culture more broadly Bringing together stories of people farming cooking and eating the author focuses on a series of examples ranging from shagbark hickory nuts in Wisconsin to wines from northern California *The Routledge Handbook of Sustainable Food and Gastronomy* Philip Sloan, Willy Legrand, Clare Hindley, 2015-06-12 The issues surrounding the provision preparation and development of food products is fundamental to every human being on the planet Given the scarcity of agricultural land environmental pollution climate change and the exponential growth of the world's population where starvation and obesity are both widespread it is little wonder that exploring the frontiers of food is now a major focus for researchers and practitioners This timely Handbook provides a systematic guide to the current state of knowledge on sustainable food It begins by analyzing the historical development surrounding food production and consumption then moves on to discuss the current food crisis and challenges as well as the impacts linked to modern agriculture and food security Finally it concludes with a section that examines emerging sustainable food trends and movements in addition to an analysis of current food science innovations Developed from specifically commissioned original contributions the Handbook's inherent multidisciplinary approach paves the way for deeper understanding of all aspects linked to the evolution of food in society including insights into local food food and tourism organic food indigenous and traditional food sustainable restaurant practices consumption patterns and sourcing This book is essential reading for students researchers and academics interested in the possibilities of sustainable forms of gastronomy and gastronomy's contribution to sustainable development The title includes a foreword written by Roberto Flore Head Chef at the Nordic Food Lab Copenhagen Denmark *The Sauna* Robert L. Roy, 2009-03-20 Replete with history tradition health benefits instructions for proper use and maintenance this completely revised and expanded edition will inspire With a history going back at least one thousand years the sauna is ready for a new generation of enthusiasts seeking

health pleasure and peace of mind and Rob Roy is ready to recruit If the sauna is just a bath then Buckingham Palace is just a house So writes sauna expert and intrepid do it yourselfer Roy in this new updated version of *The Sauna* This completely revised and expanded edition of *The Sauna* contains everything you ever wanted to know about the famous Finnish bath In this inviting book Roy shares his infectious enthusiasm for the sauna and provides a complete detailed guide to sauna building along with resources for equipment and supplies *The Sauna* is replete with history tradition health benefits instructions for proper use and maintenance as well as step by step instructions for building a variety of cordwood masonry saunas and new to this edition conventionally wood framed saunas The beautiful color photographs also new to this edition will inspire you to create your own sauna haven

Run Fast. Eat Slow. Shalane Flanagan, Elyse Kopecky, 2016-08-09 NEW YORK TIMES BESTSELLER Fuel up like New York City Marathon champion Shalane Flanagan *Run Fast Eat Slow* contains sound advice and delicious and nutritious recipes finally a true runner's kitchen companion Joan Benoit Samuelson first ever women's Olympic marathon champion From world class marathoner and four time Olympian Shalane Flanagan and chef Elyse Kopecky comes a whole foods flavor forward cookbook that proves food can be indulgent and nourishing at the same time Finally here's a cookbook for runners that shows fat is essential for flavor and performance and that counting calories obsessing over protein and restrictive dieting does more harm than good Packed with more than 100 recipes for every part of your day mind blowing nutritional wisdom and inspiring stories from two fitness crazed women that became fast friends over fifteen years ago *Run Fast Eat Slow* has all the bases covered You'll find no shortage of delicious meals satisfying snacks thirst quenching drinks and wholesome treats all made without refined sugar and flour Fan favorites include Can't Beet Me Smoothie Arugula Cashew Pesto High Altitude Bison Meatballs Superhero Muffins Kale Radicchio Salad with Farro and Double Chocolate Teff Cookies

Food Politics Marion Nestle, 2007-10-15 An accessible and balanced account *Food Politics* laid the groundwork for today's food revolution and changed the way we respond to food industry marketing practices Now a new introduction and concluding chapter bring us up to date on the key events in that movement This pathbreaking prize winning book helps us understand more clearly than ever before what we eat and why

The Everything Cheese Book Laura Martinez, 2007-06-14 poisses Explorateur Emmental just naming cheeses can be a tongue twisting game Learn how to pronounce the names more than 100 types of cheeses and pair them with wine and food with *The Everything Cheese Book* Written by a certified cheese specialist this book offers you a chance to learn about the history of cheese while giving you insider tips and more than 100 recipes for preparing cheese related or cheese based plates platters and hors d'oeuvres This mouth watering resource shows everyone from the cheese amateur to the connoisseur Where and how to buy quality cheese How to organize and host cheese parties The art of cheesemaking How to pair cheese with wine How to distinguish several types of cheese by taste texture and smell With *The Everything Cheese Book* you will be well on your way to becoming a seasoned affineur

Cumin, Camels, and Caravans Gary Paul Nabhan, 2014-04-07 Gary Paul Nabhan takes the reader on

a vivid and far ranging journey across time and space in this fascinating look at the relationship between the spice trade and culinary imperialism Drawing on his own family s history as spice traders as well as travel narratives historical accounts and his expertise as an ethnobotanist Nabhan describes the critical roles that Semitic peoples and desert floras had in setting the stage for globalized spice trade Traveling along four prominent trade routes the Silk Road the Frankincense Trail the Spice Route and the Camino Real for chiles and chocolate Nabhan follows the caravans of itinerant spice merchants from the frankincense gathering grounds and ancient harbors of the Arabian Peninsula to the port of Zayton on the China Sea to Santa Fe in the southwest United States His stories recipes and linguistic analyses of cultural diffusion routes reveal the extent to which aromatics such as cumin cinnamon saffron and peppers became adopted worldwide as signature ingredients of diverse cuisines *Cumin Camels and Caravans* demonstrates that two particular desert cultures often depicted in constant conflict Arabs and Jews have spent much of their history collaborating in the spice trade and suggests how a more virtuous multicultural globalized society may be achieved in the future

Southwest France, 2003 Complemented by travel advice maps accommodation listings and site descriptions a collection of essays and articles on the region of southwestern France by noted authors travel writers and journalists is organized thematically under such headings as Current Events Food and Drink and Museums and Monuments Original 15 000 first printing

Renewing America's Food Traditions Gary Paul Nabhan, 2008 This work represents a dramatic call to recognize celebrate and conserve the great diversity of foods that give North America the distinctive culinary identity that reflects its multi cultural heritage Included are recipes and folk traditions associated with 100 of the continent s rarest food plants and animals

Chefs on the Farm Shannon Borg, Lora Lea Misterly, Karen Jurgensen, 2008 The perfect treat for foodies organic gardeners cookbook addicts and sustainable practitioners alike Sustainability is an accelerating trend in the food world With the rising interest in organic and locally grown food there is also an increasing interest in connecting the farm to the table *Chefs on the Farm* describes the seasonal workings of Quillisascut Goat Cheese Farm a small family run business in northeastern Washington state There owners Lora Lea and Rick Misterly started a Farm School for the Domestic Arts where every summer professional chefs culinary students food writers and others live and work on the farm Cooking only with ingredients they find on the farm students learn to be connected to the food they work with Learn more about the Quillisascut Goat Cheese Farm at Quillisascut.com

Nutritionism Gyorgy Scrinis, 2013-06-18 Popularized by Michael Pollan in his best selling *In Defense of Food* Gyorgy Scrinis s concept of nutritionism refers to the reductive understanding of nutrients as the key indicators of healthy food an approach that has dominated nutrition science dietary advice and food marketing Scrinis argues this ideology has narrowed and in some cases distorted our appreciation of food quality such that even highly processed foods may be perceived as healthful depending on their content of good or bad nutrients Investigating the butter versus margarine debate the battle between low fat low carb and other weight loss diets and the food industry s strategic promotion of nutritionally enhanced

foods Scrinis reveals the scientific social and economic factors driving our modern fascination with nutrition Scrinis develops an original framework and terminology for analyzing the characteristics and consequences of nutritionism since the late nineteenth century He begins with the era of quantification in which the idea of protective nutrients caloric reductionism and vitamins curative effects took shape He follows with the era of good and bad nutritionism which set nutricentric dietary guidelines and defined the parameters of unhealthy nutrients and concludes with our current era of functional nutritionism in which the focus has shifted to targeted nutrients superfoods and optimal diets Scrinis s research underscores the critical role of nutrition science and dietary advice in shaping our relationship to food and our bodies and in heightening our nutritional anxieties He ultimately shows how nutritionism has aligned the demands and perceived needs of consumers with the commercial interests of food manufacturers and corporations Scrinis also offers an alternative paradigm for assessing the healthfulness of foods the food quality paradigm that privileges food production and processing quality cultural traditional knowledge and sensual practical experience and promotes less reductive forms of nutrition research and dietary advice

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