



Slow Fish 2007 The third edition from 4th-7th May

Slow Fish, the fair organised by **Slow Food** and the **Region of Liguria**, returns in Genoa from **May 4-7**. This is the third edition of the **biennial** international event dedicated entirely to the world of fishing and its problems.

The concept of sustainable fishing production will be analysed from different points of view through **conferences, meetings, workshops and tastings** in order to discover new or little-known aspects of the sea and water ecosystems.

Fishing communities from many countries around the world will take part in Slow Fish as well as the fishing associations **Lega Pesca** and **Agci Pesca**, academics, researchers, public bodies, enthusiasts and experts in the sector. A rich programme of events will include a market with the best fish products on sale.

But Slow Fish is not only a trade fair – it will also deal with themes linked to **environmental sustainability and social fairness**.

Almost every day the media report alarming information about the serious conditions of water ecosystems, depletion of North Sea fish stocks and the suffering of various species of fish in the Mediterranean. Industrial over-fishing, extended distribution areas and pollution have impoverished the sea and often the catch is transformed into animal food, fertilizer or even heating fuel. According to the Fao, half the world's fish resources have been fully exploited and there is a risk of increasing the amount of over-exploited or practically exhausted resources, which already accounts for a quarter of the total.

Awareness of these problems is not the exclusive prerogative of an educated environmentalist elite – the consumer public at large must make choices which favour preservation of the environment and food resources. This is why during Slow Fish, Slow Food Italia is launching an awareness-raising campaign, **Fare's Fair**, to protect fish biodiversity through responsible consumer behaviour and improve knowledge and enjoyment of food.

Also available at the 2007 edition is an extensive trading and tasting area, with a **market** and the daily fish auction, as well as seven restaurant areas: **Islands of Taste**, where tastings take place at the counter, and **Seafood Osterias**, restaurants with seating and kitchen facilities. At the **Bistro** more in-depth tastings are accompanied by a good glass of wine chosen from among over 600 labels available in the **Enoteca**.

In the areas dedicated to the **food communities** and **Presidia** it will be possible to purchase products, meet fishermen, look at photographs and watch video documentaries.

Let's not forget food and taste education: the now-classic **Taste Workshops** and **Theatres of Taste** will feature live demonstrations by chefs. And then **Fish Tales**, for schoolchildren and **Which fish?** for more curious visitors and high school students. Last but not least, the **Water Workshops** offer a rich programme of training meetings and opportunities for more detailed discussion of problems relating to fishing and the sea.

Ufficio Stampa Press Office Slow Fish

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Slow Fish 2007: another view of fish

Slow Fish was created in order to attract the public's attention to modern and pressing problems connected to the sea and at the same time, provide information to promote more appropriate consumer behavior.

The objective is to publicize appropriate and functional **food consumption** which protects fish resources, but also to create an opportunity to talk to those who **work in the fish sector**, as managers and guardians of these resources.

The event has been held in Genoa since its first edition. The city and the region of Liguria (located at the centre of the Mare Nostrum) have had a historical and geographical role to play in attracting significant trade in goods as well as cultural events, debates and proposals. The **Liguria Region Authority** is directly involved in the running of the event and acts as a reference point in the Mediterranean for environmental problems and prospects of eco-sustainable development of a sea that is threatened by a worrying loss of biodiversity. Liguria hopes to become the fulcrum of the debate regarding the state of the seas, lakes and rivers, involving institutes, bodies and academics as well as people working in the sector and the consumers – the final link in the chain but a fundamental element in efficiently addressing the problem.

Slow Food brings a valuable baggage of experience and relationships accumulated over twenty years to this edition of Slow Fish, further enhanced by **Terra Madre**, the second impressive edition of which was held last October in Turin.

By contrast, the issues and situations of Slow Fish are a heavy burden we would gladly do without. The **bleak situation** facing marine ecosystems around the world, the loss of biodiversity and biomass, the level of chemical pollution and climatic changes combine to paint a picture that appears beyond recovery. But **human actions**, which set this dramatic chain of events off in the first place, are also the only way of **turning things round**: only humans and their virtuous behavior can herald a process of recovery and resolution.

These are the themes of Slow Fish, at once a **trade fair**, a **celebration** and a **market**, though it also includes educational initiatives successfully developed in the six editions of the Salone del Gusto, as well as **in-depth analysis**, **research** and **opportunities for professionals to meet and share experiences**.

As at Terra Madre there will be **fishermen**, **chefs** and **researchers**, and as at the Salone del Gusto there will be **consumers**, who, as active, aware, responsible people, we prefer to call co-producers.

Working together, the final aim is to try to form an **alliance for the sea** — a pact to protect it and ensure it continues to provide us with beauty, an economic livelihood, well-being and pleasure, and to demonstrate that 'another fish is possible' in the interest of the environment and future generations.

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Fare's Fair

A Slow Food campaign to protect fish biodiversity, promote responsible consumer behaviour and improve knowledge and enjoyment of food

Slow Food Italia presents the 'Fare's Fair' campaign at Slow Fish 2007, a project to generate more attention, information and awareness about the consumption of fish.

The presentation takes place Friday, May 4, (3pm - Room 2). Speakers: Roberto Burdese (President of Slow Food Italia), Marco Costantini (Sea Program Director, WWF Italia), Giuseppe Lembo (Head of Sustainable Aquaculture & Fisheries, ICEA), Luigi Pomata, (Restaurant 'Da Nicolò', Carloforte), Glenda Spiller (Director Education Department, Fairtrade Italia). Chair: Piero Sardo, President of the Slow Food Foundation for Biodiversity Onlus.

There's no need for a behavioral revolution. We could try respecting existing regulations for a start. But out of straightforward common sense, Slow Food is also working to prevent the fishing of certain species whose progressive depletion (albeit still legal) is compromising the food chain.

The fishing and consequent sale and consumption of protected species or specimens below the minimum marketable size, or still growing, constitutes a serious threat to the planet's sea populations of fish, shellfish and mollusks. In the case of some species, it is believed to be the main cause of population depletion. For example, in Italy the sale of protected species (date mussel, fan shell, eel elvers etc.), species of a size below that permitted by regulations (swordfish, red tuna, sea bass, mullet, hake, lobster etc.) and species caught outside the permitted period (lobster, whitebait) is a fairly common practice in general markets, retail shops and restaurants.

The 'Fare's Fair' campaign will use information and the involvement of interested parties (markets, restaurants, consumers) to address this problem. Specific initiatives will be aimed at three targets — young people, chefs and fish market managers — who will be asked to help reverse a trend that cannot be maintained. We will present the manifesto for this campaign at Slow Fish, asking consumers, chefs, fish market managers and large-scale retail trade buyers to endorse it and display it at their places of business.

Information and educational materials will also be provided to show how the catching of young fish and endangered species causes damage to the ecosystem and biodiversity, as well as what and how many alternatives exist to illegal or inappropriate consumption without forgoing gastronomic pleasure or jeopardizing the health of the planet.

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Tasting and Shopping Areas

The fish market

The market, the Slow Fish *piazza*, is a place where visitors can discover and buy fish and related products. Here in the basement of Pavilion C all the best fish products can be found among the lively, traditional **fresh fish** stalls with over 90 exhibitors from the peninsula's most important fishing regions. Also in this sector is a large area dedicated to **preserved fish** – in oil, brine or salt – from Italy and various other countries, selected according to scrupulous quality parameters. Passing through a major space devoted to **extra virgin olive oil** visitors will be able to discover and experience the importance of products like salt, which have always been used in cooking to enhance the flavour of fish. Once a day a **fish auction**, complete with auctioneer, will be staged where the public can buy portions of the freshest fish.

Islands of Taste and Seafood Osterie

The Osterie include an area devoted to the region of **Veneto**, where visitors at lunch or dinnertime can taste specialities from the lagoon, and the region of **Friuli-Venezia Giulia**. Those wishing to explore the world of freshwater fish will enjoy the of **Piedmont** Osteria and the **Umbria** Island of Taste. The latter is run by the food communities of the Trasimeno Lake fishermen and Umbrian chefs with **Slow Food Umbria**. **Slow Food Campania** will delight visitors with the traditional fish recipes of the Tyrrhenian coast, including fried fish, and the **Slow Food Tuscany** Island of Taste will feature the Slow Food Orbetello Bottarga Presidium. Visit the Cabras fishermen of Sardinia at the **Gal Montiferru** area for regional specialities like *mrècca* grey mullet and eels with Sardinian pecorino cheese. And if Italy is not enough you can always visit the Slow Food Norway Island of Taste, returning after its success at Slow Fish 2005 and the latest Salone del Gusto, with stockfish (cooked in all ways from the simplest to the most sophisticated recipes) and specialities from the North Sea.



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Bistrot and Enoteca

There are 10 tasting areas offering a thousand flavors from the diverse world of water at the Slow Fish Bistrot, including aphrodisiac oysters selected by Cam, shellfish from the northern Adriatic and raw fish from Eataly selected by expert Nando Fiorentini, along with bluefin tuna straight from the Cantabrian sea and salted anchovies from the Mediterranean. You can taste sturgeon from the Lombard tradition of northern Italian rivers, and salt cod and stockfish in the preserved fish area.

Top Italian chefs will liven up the three tasting areas: alongside Gigi Boscolo and Gianni Breda, Galdino Zara of the osteria Da Paeto in Pianiga will demonstrate his talent with lagoon fish and Venetian *cicheti* – delicious traditional snacks served with an aperitif. First courses - De Cecco pasta served with sauce made from the day's catch – are the domain of Rita Abbagnale and the Castellammare di Stabia convivium, while Sicilians Pino Maggiora and Aldo Baciulli will prepare Trapani couscous. The ever-popular Ascoli stuffed olives will be served with a range of fried fish and, of course, Genoa's classic focaccia, a Slow Food Presidium, will make an appearance. A wide range of desserts will also be on offer with coffee and ice cream made from Presidia products.

The Enoteca is an integral part of the Bistrot. Here visitors can choose the wine they prefer to enjoy with fish and other foods from over 1,000 bottles of all types – white, red, dessert and sparkling wines – from the best Italian wineries. Making its debut at the 2007 edition of Slow Fish is the **Progetto Cantine**, created by Slow Food to strengthen the links with the group of wine producers who adhere to the association's philosophy. The project, which will involve producers in Cheese – which will be held in Bra September 21-24, 2007 – and in the Salone del Gusto 2008, has already met with huge success. 480 wineries will be represented at Slow Fish in Genoa.



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The Presidia at Slow Fish

The Sea Presidia were created to protect the small traditional fishing communities around the world that hand down ancient techniques from one generation to the next.

Of course, these fishing methods cannot guarantee the same quantities of fish caught by large fishing boats and necessary to the canned fish industry, but, with their use of small boats and selective nets, they do respect the coastal ecosystems and seasonal nature of fishing.

Only the survival of these communities will prevent the dismal transformation of sea towns into tourist villages. Only their responsible approach and ancient skills can protect the sea while guaranteeing good fresh fish.

The Presidia fishermen come from all over the world: many from the **Mediterranean** (like the fishermen of Noli anchovies and Sicilian *masculina da magghia*), others from **northern seas** (catching and processing cod, herring, lobster, pilchards and so on). One group of Presidia represents **lagoon and freshwater fish** (Venetian soft shell crab, Comacchio eels, Poirino tench). Lastly, an exciting experience made possible by the support of the Slow Food Foundation for Biodiversity: an **exchange of experiences** between the Orbetello fishermen, the Imraguen women making grey mullet roe in Mauritania and the fishermen of Robinson Crusoe island, Chile.

20 Presidia, grouped into four themes, will accompany visitors, who can taste and buy the products, and above all find out more about their area of origin and fishing techniques thanks to photographic exhibitions and video documentaries, and the extraordinary opportunity to meet with the fishermen in person, talk to them, ask questions and understand their daily toil and lifestyle.

The Four Areas

Mediterranean

Liguria – Noli anchovies
Campania – Menaica anchovies
Campania – Traditional Cetara anchovies
Marche - Portonovo Wild Mussels
Sicily – Favignana bottarga
Sicily - Masculina da magghia
Tuscany – Tuscan palamita

Northern Seas

Norway – Salted and smoked herring from the Sunnmøre region
Norway – Soroya island stockfish
Norway – Kristiansund salt cod
Great Britain – Cornish oysters
Great Britain – Cornish pilchards and sardines

Lagoons and freshwater

Piedmont – Poirino tench
Veneto – Soft shell crab
Emilia-Romagna – Traditional marinated Comacchio eels
Puglia – Lesina eel
Sardinia – Marceddi clams

Italy-Chile-Mauritania: a meeting of fishermen from around the world

Tuscany – Orbetello bottarga
Mauritania – Imraguen women bottarga
Chile – Fish from Robinson Crusoe Island

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Fish Tales

Education in sustainable fishing and consumption of fish for kids

Among the themes of Slow Fish are educational activities for schoolchildren, organized by the Slow Food Education Office with the support of Carige and the cooperation of the Genoa Aquarium, Agci Pesca, Legacoop–Lega Pesca, the Liguria Regional Authority. *Fish Tales* (pavilion C, Genoa Fair Center), is a solid educational experience on fish consumption and sustainable fishing for future generations

Children and youngsters will be able to discover a beautiful but endangered world in the company of Santiago the fisherman and Zerro, a little fish, and understand where and how the fish they eat was caught.

Each session lasts about 70 minutes, one focusing on grey mullet and the other on Mediterranean horse mackerel. The children will get to know the fishermen's cooperative of the Orbetello lagoon and the Imraguen women of Mauritania, who are skilled in producing *botargo*. They will also make a virtual voyage to the fishing community on Robinson Crusoe island, Chile, before retuning to the Ligurian coast to learn about the Camogli tuna fishing net.

The students will learn about grey mullet and horse mackerel, explore their habitat, discover the changes in their ecosystems due to pollution and consequent changes in the trophic network and increase in gel plankton (jellyfish and similar creatures). They will also see examples of sustainable fishing and processing techniques from the fishing communities that attended Terra Madre in Turin in October 2006.

The Fish Tales journey concludes with all the participants sitting round a large table to use their five senses to discover dishes created to promote grey mullet and scad, while sharing the knowledge they have acquired on their 'voyage on the high seas'.

There will also be four guided visits for schools on Friday and Monday (from 9.30am to 3.30pm) organised with the City of Genoa (Education Services department, Catering Services and the Municipal Police force) to help children discover the fish products on the stalls of Genoa's Mercato Orientale.

'Fish Tales' is open to primary and middle schools in Liguria and neighboring regions. Booking is compulsory. To book www.slowfood.com, for info educazione@slowfood.it.

Timetable of activities

Courses for schools, by booking only:

Friday and Monday 9.30am-11am-12.30pm-2pm-3.30pm

Saturday: 9.30am-11am-12.30pm

Courses for young visitors to Slow Fish:

Saturday: 4.30pm

Sunday: 12.30pm-4.30pm

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Which Fish?

This year educational experiences for curious visitors and older students

New at Slow Fish the 2007 edition of are educational experiences for adults and high school groups, created with the help of the Laboratorio Creativo association of Turin and the support of Carige.

Through three stages (the sea, a boat, the market) *Which Fish?*, takes visitors on a trip following fish from the sea to the table.

The experience begins with a description of the conditions of the sea today: pollution — both direct (ships, industries etc.) and indirect (climatic changes) and the consequences for ecosystems ('alien' species for example), as well as the impact on the environment of human activities such as tourism and aquaculture. This is followed by an illustration of favorable running procedures for sea resources such as protected areas and reserves, Slow Food Presidia, fishing tourism, educational fishing and coast-sea integrated management.

The next stage focuses on fishing and responsible depletion of sea biodiversity and fish stocks illustrated with examples of overfishing and illegal fishing: ie, catching fish below the size limit and invasive techniques for the ecosystem such as fishing with hooks and indiscriminate fishing nets.

The final stage will take visitors to the market where they will receive tips about buying fish in order to raise their awareness as consumers, examine labels and choose neglected species that are less intensely fished today, as well as local fish and fish in season.

The course ends with a game which can include visitors who did not take part in the other stages and will give everyone a chance to test their knowledge of the sea by creating dish that gives a good example of fishing and respects the sea environment!

Participants will then be taken to discover tasty dishes based on species like the curled picarel, paddlefish and horse mackerel, all little known and therefore rarely fished.

The last stage reproduces buying and selling fish in a market, where visitors are given an opportunity to improve their responsible purchasing skills, preferring neglected or little fished species, fish in season and local fish species, with a careful eye on the label.

Visitors are then invited to take part in a game to see what they have learned, with a chance to win a dish that is the fruit of good fishing examples that respect the sea.

These courses aim to be fun while raising awareness about the problems lined to the sea and how they are directly dependent on our daily behavior as citizens, tourists and consumers.

Timetable of activities

Courses for visitors: length 10 min. Open all day

Courses for high school students (by booking only): length 30 min. starting at **9.30am** and **10.15am** on **Friday, Saturday and Monday May 2007**

For information: visit www.slowfood.com or write to educazione@slowfood.it



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Theatre of Taste Great chefs take the stage

Friday 4, 4pm

Enrico Chicco Cerea's story began in 1966, when his parents Bruna and Vittorio opened the restaurant *Da Vittorio* in the center of Bergamo. Meat occupied most of the space on menus, leaving little room for fish dishes. It was a huge gamble, won thanks to daily fresh supplies and delicious recipes. Bergamo rapidly became a must for good food lovers, and this success was crowned with a first Michelin star in 1970, which was doubled in 1996. In the last few years Cerea has also achieved his dream of entering the super-guide of the best restaurants of the world – first with inclusion in the Relais Gourmand restaurant section and then last year, just a few months after transferring to the prestigious villa with accommodation in the countryside of Cantalupa, Brusaporto, when he was featured in *Relais&Château*. Bruna and Vittorio's eldest son Enrico was always in the kitchen from an early age. His passion for cooking was so strong that every free moment he had, starting with the school holidays, became a pretext to pursue, explore and research the secrets of world cuisine. Aided by a remarkable talent, he acquired his own highly personal style, blending Vittorio's recipes with the sensitivity and technique he learned over the years. The definition 'Lombard tradition and creative genius' perfectly encapsulates the theme of his creations. (www.davittorio.com)

Monday 7, 4pm

Gennaro Esposito was born in Vico Equense (Naples) in 1970 and graduated from the local catering school in 1988. He attended study stages with Vissani in Italy and with Alain Ducasse in Montecarlo and Paris. Gennaro belongs to *Jeunes Restaurateurs d'Europe*, an exclusive club for the best young European chefs. At the age of 22 he and his partner Vittoria (then 18) took over a small beach location in his hometown and in a few years transformed it into one of the best restaurants in Italy, *La Torre del Saracino*, thanks to his commitment and care over ingredients, particularly fish. A convinced supporter of Campania's traditional foods, he insists that his restaurant use the best oils and pasta, fresh and mature cheeses from Alburni, Monti Lattari and Cilento, vegetables from the Sarno-Nocerino farming area and of course, fish from the Gulf of Naples.

(www.campania-startup.it)

Saturday 5, 4pm

Stuart Gilles is a pupil of Gordon Ramsay, Britain's best known chef, and since 2003 has been chef at the *Boxwood Café* in the Berkeley Hotel in Knightsbridge, London.

Stuart's CV is highly impressive: before joining the *Boxwood Café* he was head chef alongside the famous Angela Hartnett at *The Connaught* restaurant, where he learned to blend classic French cuisine with innovative Italian techniques. Earlier still he acquired international experience at the *Lord Byron Hotel* in Rome, at *Daniel's* in New York under the direction of legendary chef Daniel Boulud and at *Le Caprice* in London. Stuart's cuisine is inspired by seasonal ingredients selected with fanatical care.

(www.gordonramsay.com)

Saturday 5, 7pm

The *Virgula* restaurant, created from a renovated salt warehouse on the banks of the River Tago, is owned by promising thirty-year-old Portuguese chef **Bertilio Gomes**. His cooking style is based on Portuguese products from the sea (mollusks, shellfish and salt cod) and the land.

'Cooking is constantly evolving. Every day we encounter new stimuli, other cultures, other flavors. You must never stop – cooking is an expression of the world.' This is Bertilio's spirit, a philosophy that pays since he was voted Portugal's best young chef of the year in 1998.

(www.comidasdomundo.com)

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Sunday 6, 7pm

Marcello Leoni and his brother **Gianluca** are the owners of *Il Sole, Antica Locanda del Trebbo* (Bo), a hundred-year-old country restaurant and former staging post at the end of the last century. While still young, the brothers emerged from *Il Trigabolo* in Argenta (Ferrara) for many years a melting pot of talent for Italian catering. They then worked at *Villa Mozart* in Merano and for five and a half years with Gianfranco Vissani at his restaurant in Civitella del Lago (Orvieto). The Leoni brothers are now firmly established in the national catering landscape, and are numbered among the twelve best young emerging chefs.

Marcello describes his creations thus: 'My dream is an interpretation of contemporary life; I'd define my cooking as an "atomic-classic", a reprisal of traditional cuisine through the experiences of my training and my imagination'.

(www.piucucina.it)

Sunday 6, 1pm

Paolo Masiere, 34, began cooking more out of necessity than calling: when his father opened the family restaurant, young Paolo found himself in the kitchen. He soon developed a passion for food that led him to perfect his cooking techniques and develop his knowledge of fine food. He began researching traditional Ligurian dishes in order to revive them. He attended a number of study stages: first in Italy under Gualtiero Marchesi, then in France with Georges Blanc and Bernard Loiseau. At 24, when his father fell ill, Paolo took over the restaurant and, with his wife, transformed it into today's *Paolo & Barbara* in Sanremo.

Just a year later a Michelin star arrived: Paolo is the youngest Italian chef to receive this important recognition of the quality of his cuisine and the service in the restaurant. 'Quality of ingredients is the basis of our cooking,' says Paolo. In his restaurant he serves revived and innovative regional dishes, 'contemporary Ligurian cuisine', as he likes to call it, creating unusual recipes. Typicality is what he most looks for in his ingredients, as this means freshness as well as breeding and growing techniques that respect the product itself and the environment.

(www.thebestraffaello.com)

Saturday 5, 1pm

Carloforte is the only town on the island of San Pietro, southwest of Sardinia, and is famous for its traditional tuna fishing. In this corner of the world, **Luigi Pomata** is chef of his father's restaurant *Da Nicolò*. At 29 his love of local traditional cuisine is characterized by his constant search for top quality local ingredients. This is demonstrated by his use of authentic, hard-to-find cheeses and cured meats made by old mountain shepherds. This same passion led him to take part in important international events where he was rewarded with the Art of Menù prize, second place in the Gualtiero Marchesi Award and second place in the San Vito Cous Cous Fest. Luigi also teaches at the Istituto Etoile di Sottomarina (Venice), Italy's first professional cooking school and still one of the most important, and is about to publish an interesting book on tuna and other Mediterranean fish.

(www.carloforte.net)

Monday 7, 1pm

Mauro Ricciardi's story has a simple beginning: the son of farmers, he began working as an electrician for Enel, the Italian national electricity board, until in 1990, when he decided to give up his secure job to run a restaurant by the sea. At first the restaurant served a very ordinary style of cooking that failed to excite the exuberant Mauro: confident of his own potential, in 1993 he decided to take over and do the cooking himself. He studied the subject in depth, reading books and attending courses in Italian restaurants. His boundless passion and exemplary commitment were rewarded with considerable professional satisfaction and, in 1998, a Michelin star. His dishes are a mixture of tradition and creativity and uncompromising quality: if the ingredients are not up to standard, he changes the menu.

(www.locandadelletamerici.com)

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Friday 4, 7pm

At just thirteen years of age, **Alfredo Russo** became passionate about cooking and enrolled at a catering school. After graduating, he worked in three different Piedmont restaurants, all boasting a Michelin star. At the end of the nineties, he decided to undertake a personal journey and, with his wife, opened the *Dolce Stil Novo* restaurant in Ciriè, near Turin. Just three years later, they obtained a Michelin star and were included in the *Jeunes Restaurateurs d'Europe*. Recently, *Dolce Stil Novo* was entrusted with the organization of the gala diner for the Olympic board visiting the city of Turin and in the 2004 edition of the *Guida dell'Espresso*, Alfredo Russo was named best young chef of the year. He says: 'My cooking is innovative with an unmistakably playful and surprise element – one of the most distinctive features of the New Italian Style'.

When you taste his specialties — canned veal with tuna sauce served with citrus caramel, *The Cheese Game* (a balanced combination of cheeses), Fassone calf's liver with cherry sauce — you realize he's right.

www.piemonte-emozioni.it

Sunday 6, 7pm

It was his passion for cooking that led **Jesus Sanchez** (who was already showing talent at the early age of eight) to move to Madrid to study at the Casa de Campo catering school from 1981 and 1984. At the same time he followed a pastry chef course at the pastry chefs' association in Madrid. After graduating, he began working under the supervision of Eustaquio Becedas and Patrick Buret at the *Hotel Ritz* in the Spanish capital. In 1986 he moved to the chain owned by famous chef Luis Lezama, working in Madrid, Marbella and Seville. At the same time, he attended training courses in *Bermeo* in Bilbao, *Jacques Cagna* in Paris, *Chapon Fin* in Burdeos and *Ithurria de Ainhoa*, also in France. Today he is the chef at *Cenador Amos*, near Santander, recognized as one of the best fish restaurants in Spain.

www.cenadordeamos.com



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Women of Slow Fish 2007

The fishing communities which played a leading role at Terra Madre 2006 will take part in Slow Fish (Genoa, Italy, May 4-7, 2007). These include communities whose members are all women. They are the custodians of ancient techniques for and knowledge of fishing or preserving seafood. And though they may not produce quantities to match large fishing boats or industrial seafood processors, their work fully respects coastal ecosystems and seasonality of fish species.

The importance of the role of women in this industry is also underlined in the 2006 UN Food and Agriculture Organization's report on the state of fishing and aquaculture worldwide :

"Millions of women around the world work in the fishing sector, especially in developing countries. Their work often involves making or mending nets, baskets, preserving containers and hooks. The women rarely take part in ocean or deep sea fishing, but more often work in small boats or canoes in inland waters or on the coast, gathering bivalves, molluscs, pearls, and seaweed or positioning the nets. Women also play an important role in aquaculture where they work in maintenance of the tanks and gathering the fish.

However most of the women working in the fishing sector are involved in the preserving and sales processes, and many countries are showing a strong increase in female businesses in this field."

Listed below are some of the female fishing communities taking part in Slow Fish 2007:

Ghana

Fishermen and fish smokers of Chokomey

Chokomey is a village of 1,000 fishermen surrounded by the Densu river in the Greater Accra region of southwest Ghana, 15 km from the capital Accra. The Ewe people originate from another of Ghana's 10 regions, the Volta. To reach the ocean, they must cross the river in canoes (of which they have four). While the men fish, the women dry and smoke the fish for local consumption. The community is part of the Development Action Association, a federation of associations that is 98% women that works to guarantee fair recompense for workers and deals with problems relating to food safety, income diversification, environmental decay and HIV infection.

Production zone

Chokomey, Greater Accra region

Senegal

Fish processors and sellers

The community includes over 25,000 women from coastal areas, all of whom belong to the Union Nationale des Operatrices de la Fenagie Pêche. The most frequently processed fish are twaite shad, umbra, a type of *Carcharhinus* shark and shellfish (Noah's ark, mangrove oyster, murex, etc.). The women are responsible for all of the processing, starting with gathering these fish from their aquaculture tanks or among the coastal vegetation at low tide by hand or using small machetes. The shells are taken to the village, boiled and opened, and the molluscs are removed for drying. The fish undergo traditional preserving processes: dry salting or brining, grilling and drying (*ketiakh*) or smoking (*methorah*), fermenting either in pieces (*guedj*) or whole (*tambadiang*).

Production zone

Dakar region



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Chile

Seaweed gatherers, Pichilemu

Native communities living in coastal areas have always found sustenance in the sea. In the town of Pichilemu, which overlooks the ocean, seaweed has always been a fundamental part of the local diet and is still the focus of the women's efforts today. The main variety gathered – using techniques learned passed down from older generations – is Antarctic *Durvillaea*, known hereabouts as *cochayuyo*. This seaweed is particularly firm, fleshy and elastic in texture and is used in a variety of dishes from mixed salads to rich first courses like vegetarian paella. *Cochayuyo*'s nutritional benefits make it an important daily food source: it contains plenty of iodine, calcium, iron and magnesium and is rich in protein and fiber.

Production zone

Pichilemu

Thailand

Federation of small-scale fishermen in southern Thailand

The community consists of about 300 inhabitants on the island of Muk, which is inside the Had Chao Mai National Marine Reserve struck by the 2004 tsunami. The village's activity consists of small-scale fishing and processing of the fish, which is mainly carried out by the women working for the community. The fish caught along the coast (prawns, shrimp, crabs, anchovies, scampi, pomfret) are made into various products, including fresh fish paste (*nam prik pa yang*) and *pla keng* (pomfret), sun-dried shrimp (an ingredient in many Thai recipes) and prawn crackers. All the products are within the village as well as outside of it.

Production zone

13 provinces in southern Thailand

Morocco

Mussel fishermen in the province of Tiznit

Mirleft is a fishing village on the Atlantic coast south of Agadir, still unspoiled by mass tourism. There are wide beaches and long rocky cliffs in the area where mollusks proliferate – especially mussels. They are harvested manually from the rocks using rudimentary tools, then shelled and steamed in sterilized steel containers. Once cool they are packaged and shipped to local markets. The community also produces more traditional sun-dried mussels, and some of the mollusks (about 10 tons per year) are sold *au naturel*. The Tifaouine association works with the fishermen – 46 women and nine men – to rationalize production, improve quality standards and guarantee fair social development.

Production zone

Mirleft, province of Tiznit

Mauritania

Imraguen women's mullet bottarga (Slow Food Presidium)

The Imraguen are nomadic fishermen who follow the shoals of grey mullet and umbra along the Banc d'Arguin, on the northern coast of Mauritania, moving their provisional villages as they go.

Traditional fishing techniques are still used, which are more sustainable but less profitable than modern methods. Only the Imraguen are allowed by the park to fish with *lanches* - motorless sailing boats – but during the season when the large shoals of mullet are passing through (late October to early January) they still use traditional methods. About 10 men enter the water holding a long net which surrounds the mullet and close it around them. The women have always been responsible for the production of bottarga, *tishtar* (dried chopped mullet fillets) and oil. However traditional fishing both without boats and using *lanches* is threatened by pressure from industrial fishing vessels which enter the Banc d'Arguin waters illegally. The waters of Mauritania are among the very few worldwide which are still richly stocked with fish. Foreign fleets divide fishing rights, hiring local fishermen. The fish is frozen and



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transported elsewhere for processing, mostly North Africa and Europe. The traditional skills linked to mullet processing are being lost and with them, an important part of the Imraguen's cultural identity.

Presidium

The survival of the Imraguen is closely linked to mullet fishing. Since *mulet* are the basis of the fishermen's diet, their villages on the beach move with the shoals of fish. The Presidium involves a cooperative of Imraguen women supervised by the local NGO Mauritanie 2000 and living in the city of Nouadhibou. The Presidium producers purchase the mullet from the fishermen and process them. Their work is underpaid today – bottarga is bought at a paltry price by an intermediary and sold abroad. Slow Food, with the help of the producers of Orbetello bottarga (Toscana), is trying to help the Imraguen women to improve the quality of production. In 2006 three women visited Orbetello to attend a training course and some fishermen will travel to Nouadhibou to help them set up a small workshop. The objective is to find alternative markets and manage direct sales of bottarga.

Production area

Mauritania

Villages of Banc d'Arguin and Nouadhibou.



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The Killers of the Mediterranean

At Slow Fish there will be a rich program of Water Workshops, open to the public, which aim to provide detailed information and involve experts in this sector like biologists, researchers, teachers, journalists and the food communities who attended Terra Madre, in discussions regarding the current and future state of the seas, rivers and fishing industry.

Two Water Laboratories, The enemy comes from the land (Saturday, May 5, 3pm, Room 1) and Everything ends up in the sea (Saturday, May 5, 6pm, Room 2) will focus on the problem of contamination of the planet's waters.

For too long the sea has been considered a dumping ground for anything and everything. Waste from sea and river transport, civil and industrial sewage and waste, residual chemicals from agriculture all ends up in the sea sooner or later. Many of the substances that have gradually accumulated in the sea, such as heavy metals like mercury, PCBs (polychlorobiphenyls), dioxins – as well as flame retardants from the building industry and synthetic musk used in perfumes and detergents – are non-biodegradable and highly toxic. In an enclosed sea like the Mediterranean, pollution from chemicals described above is even more intense due to the slow turnover of waters.

Oil refineries, the metallurgical industry, industrial breeding, fertilizer manufacturers, the chemical and paper industries and waste processing plants (in order of impact) are the industries which most greatly pollute the Mediterranean, pouring real poisons into the sea and threatening the environment and human health with everything from heavy metals to lingering toxic substances and hydrocarbons. A quantity of mercury 20 times higher than the limit set by the World Health Organization has been found in fish. The United Nations Environment Program Mediterranean Action Plan (UNEP/MAP) estimates the daily consumption of polycyclic aromatic hydrocarbons through food in some Mediterranean areas to be 3 micrograms per individual: 100 times higher than the amount considered tolerable. This data was gathered by Medpol, the UNEP/MAP program against sea pollution (2006).

Millions of tons of pollutant substances are dumped in the Mediterranean every year by industry : 85,000 tons of heavy metals, 900,000 tons of phosphorus, 200,000 tons of nitrogen, 47 tons of aromatic polycyclics. These dangerous are poured into the sea by coastal industries alone. Then we must include the figures for river pollution, pollution caused by ships and boats and by accidents. The responsibility for dumping toxic industrial waste depends on the level of production. According to research carried out by Medpol, oil refineries are the main sources of industrial pollution from hydrocarbons (98.9%), phenols (99.5%) and cadmium (42%), while the metallurgical industry mainly dumps zinc (98.8%), oils and grease (85%).

Industrial breeding is primarily responsible for phosphorus pollution (94%), while most mercury (98.8%), lead (42.2%) and to a lesser extent, oil and grease pollution (14.7%) derives from fertilizer manufacturing. Lastly the chemical and paper industries are respectively the main sources of pollution from lead (55.7%) and organochlorines (96.2%). These industries dump enormous quantities of chemical substances dangerous for human health into the sea, including heavy metals (mercury, cadmium, lead, zinc), as well as hydrocarbons, phenols, oils and organochlorines.

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It is a short step from water to man: once they have entered the sea environment, these pollutant chemicals accumulate in plants and pass along the food chain in animals, reaching their highest concentration in mollusks and large predators like tuna and swordfish. According to the report on sustainability and the environment, *A sustainable future for the Mediterranean* (2005) by the UNEP/MAP observatory Plan Bleu, 70-95% of illnesses caused by lingering toxic pollutants can be traced to the consumption of contaminated fish. Heavy metals are responsible for damage to the nervous, endocrine and reproductive systems; hydrocarbons attack the immune system; organochlorines are suspected by the EU of damaging the hormones; phenols may cause thyroid and cardiovascular disease and tumors; cadmium can affect the kidneys and arsenic may be the cause of gastrointestinal damage. The effects on humans of consuming sea products contaminated by chemical substances are basically long-term. In general, people who eat fish two or three times a week are running a greater risk, although this depends on the type of product, the concentration of pollutants and the physical susceptibility of the consumer.



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The Tropical Mediterranean *Climate changes and foreign species*

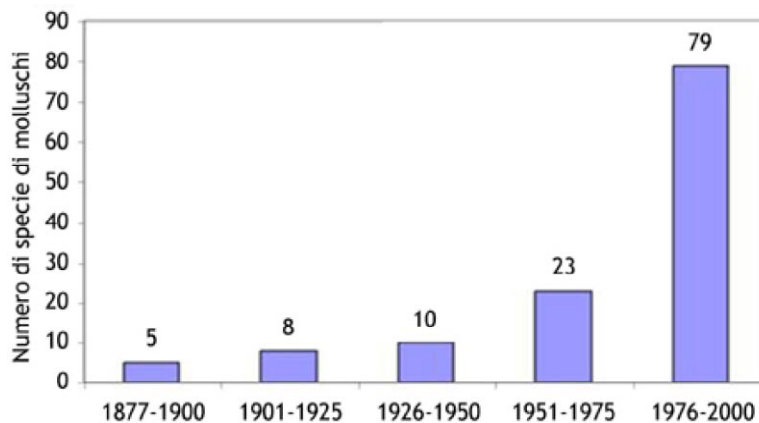
Although the Mediterranean only accounts for 0.82 % of the planet's waters, it is home to about 8,500 species of macroscopic marine organisms (4-18% of the world's specific heritage). There are many reasons why the Mediterranean is such a richly stocked and fascinating laboratory for the study of biodiversity.

In recent decades however, there has been an increase in allocthonous species which are foreign to the basin and often tend to replace native species, sometimes with catastrophic results.

In the sea, many species are deliberately introduced through aquaculture and tropical fish trade and involuntarily through ships' ballast water, hull encrustations and – in the case of parasites – through the importing of host species which often survive.

Non-native species can also enter from the Red Sea, through the Suez Canal and from the Atlantic, through the Strait of Gibraltar, making the Mediterranean the planet's most greatly invaded sea with over 700 foreign animal and plant species. As far as fish are concerned, it is estimated that 130 alien species have come in, representing a 25% modification in Mediterranean fish diversity. The diffusion of these species, which are mainly subtropical and tropical, is noticeably influenced by the climate change in progress, to the extent that we are witnessing a tropicalization of the basin in addition to the southernization phenomenon whereby thermophilous native species that were previously present in southern waters are relocating north. All this is beginning to have repercussions on fishing activity and, inevitably, on dietary habits. Italian consumers are familiar with the example of the Philippine clam which was imported by aquaculture in the early 1980s and has now almost entirely replaced the native clam in the Adriatic, while the Japanese king prawn is often found in markets alongside the Mediterranean king prawn.

Timescale of introduction of alien mollusc species



Source: Zenetos



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Barracuda, trigger-fish and scar-fish, which were once found only in the southern Mediterranean, are now caught and sold throughout the basin. Fortunately these species represent a low risk to human health apart from the very remote danger of coming across a puffer fish (fugu), which is famous for the poison it carries in its flesh, particularly in Japan, where only a few specially trained chefs are authorized to cook it. Some harmful foreign algae species may contaminate filtering shellfish, which are, however, subjected to careful health monitoring for consumers' safety.

The introduction of foreign species into the Mediterranean does not necessarily result in increased biodiversity since these species often take the place of native fish. Consider the competition between *Caulerpa racemosa* and brown Mediterranean cistoseira algae, or oceanic posidonia. *Caulerpa* suffocates other organisms with a dense net of runners and prevents posidonia's seeds from taking root, compromising reproduction.

Deterioration of posidonia prairies (Source: Unep-Rac/Spa, 2005)

Area	Degree of deterioration
Ligurian Sea (Italy)	20%
Alicante (Spain)	52%
Marseille (France)	About 90%
Toulon (France)	Completely disappeared
Gabes Gulf (Tunisia)	Completely disappeared

Caulerpa taxifolia and *Caulerpa racemosa* are two lessepsian alga species (which reached the Mediterranean through the Suez Canal) with a high growth and adaptability rate. They cover the seabed and obstruct the life cycles of other organisms, altering the ecological balance in the area of sea concerned.

A few months ago the news broke that schools of barracuda had been seen in Liguria; these predators from the Atlantic ocean have found an ideal environment in the Mediterranean, and their numbers have grown so that they now endanger sea bass, a solitary predator which cannot possibly compete with schools of barracuda.

Moreover the winter that never really started this year has also caused an early arrival of jellyfish along the Ligurian coast, a worrying factor for tourism in particular. After jellyfish, this summer we expect to see the blooming of the poisonous alga *Ostreopsis ovata*, which could become a national problem in a very short time given its steady development in many Italian coastal areas, with serious consequences for sea biocenosis and tourism.

It is not easy to predict future trends and it normally takes hundreds of years for an ecosystem to be completely eradicated. But clearly we are facing very swift climate changes and the effects will be clear as we start to witness an increasingly tropical Mediterranean.

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Aquaculture

The Water Workshops Aquaculture: The pros and cons, (Saturday, May 5, 3pm) and The ethics of proteins (Sunday, May 6, 12pm) will both be held in Room 1 and deal with the topic of fish farming and whether it can offer a solution to overexploitation of the seas.

Fish and shellfish farming have been scaling the heights of expansion with an average annual growth rate of 8.8% since 1970. After a period of considerable reliance in the 1980s, the intensification of aquaculture has had a negative impact on sensitive environments and often leads to social injustice: local populations are often penalized by the development of these activities.

The most obvious paradox is the fact that farmed species are often carnivorous and require considerable outlay in terms of protein-rich food deriving from fish. Thus fish are consumed in order to farm fish – and that's not all. Valuable proteins are wasted in order to obtain other proteins which are more expensive, thus ensuring a profit but at an intolerable cost to the environment.

The most commonly farmed fish in Italy, representing 94% of all fish farmed, are sea bass, gilthead bream and trout (all carnivores), while on a worldwide scale various species of salmon, another important predator, make up the majority. The feed used in intensive aquaculture consists of up to 80% powdered fish and fish oil. Up to 5 kg of wild fish are used to obtain 1 kg of farmed fish. According to the FAO report on the state of fishing and aquaculture in the world, three-quarters of farmed fish in industrialized countries are carnivores.

Considerable effort has been made to create useful reference terms for the definition of sustainable aquaculture. In this sector three definitions of sustainability are proposed: environmental, economic and social. It is by now clear that in environmental terms recycling nutritional elements (converting nitrogen into protein, for example) through various forms of farming can be more practical and efficient than monitoring or processing waste water or dumped by-products from intensive farming. In lakes, ponds and seas, communities of organisms which live in the water (phytoplankton and zooplankton) play a critical role in production but have no market value: they are therefore both very important and free. The careful selection of "vegetarian" fish and filtering organisms which feed on living or dead matter suspended in the water opens the possibility of producing species which have a high economic and nutritional value but do not require feeding.

Unfortunately the FAO also reveals that the farming of shellfish (which are important for their filtering capabilities) has decreased by 12.4% while mussel farming records an increase of just 4%; bivalve mollusk farming is doing better (+9%), while carp and salmon farming has increased by 5%.



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The six most widely farmed fish species : quantities and increases between 2002 and 2004

Species	2002 (Ton)	2004 (Ton)	Percentage of increase 02-04
Carp and other cyprinidae	16,673,155	18,303,847	4.8
Oysters	4,332,357	4,603,717	3.1
Sea walnut, seafood, bivalve mollusks	3,357,510	4,116,839	9.1
Freshwater fish	3,763,902	3,739,949	-0.3
Shrimp	1,495,950	2,476,023	28.7
Salmon, trout, rock salmon	1,791,061	1,978,109	5.1
Mussels	1,700,871	1,860,249	4.6
Tilapia and other cichlids	1,483,309	1,822,745	10.9
Scallops	1,228,692	1,166,756	-2.6
Various sea mollusks	1,389,586	1,065,191	-12.4

Source : FAO, 2006

Worth noting is the boom in shrimp farming (+28% in two years). The impact of small crustacean aquaculture on coastal regions of southeast Asia and Latin America has been disastrous from both an environmental and a socio-economic point of view. Whole mangrove forests – essential to coastal ecosystems – are razed to the ground in order to build shrimp farming tanks. It is estimated that 25% of these forests have disappeared around the world in the last 20 years, and one-third of these to make way for aquaculture. The ecological damage is further aggravated by the indiscriminate use of antibiotics, pesticides and industrial foodstuffs. So while the demand for cheap shrimp continues to grow, the communities providing them are undergoing constant deterioration of their living environment.

What caused this explosion in shrimp farming?

The structural adjustments requested by large international organizations like the FAO, the world bank, the Asiatic development bank and the Inter-American development bank included mass dependence on large-scale aquaculture in the hope of a “blue revolution” in the wake of the last century’s “green revolution”, which produced an income and tangibly improved the quality of life in local communities. But something went wrong. We now need to subject it to the same tests applied to “landbound” animal husbandry, bearing in mind that water is much more fragile than land. The basic criteria to follow are: precise management of the life cycle, from ovum to adult; monitoring of the growth process through knowledge of the farmed animal’s nutritional and behavioral requirements; respect for the environment, particularly regarding the quality of water used; marketing of the end product in order to ensure fair profit. These are laudable intentions which cannot be left in the hands of large financial groups which have invested hopes and capital in a global food market obtained from modern “blue farms”, but instead should be entrusted to the prudence of consumers, the wisdom of producers and the intelligence of researchers.



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Aquaculture production in some EU countries

Italy	
Species	Production (Ton)
Med. mussel	92,219
Philippine clam	41,139
Rainbow trout	33,770
Sea bass	7,176
Gilthead bream	4,959

Spain	
Species	Production (Ton)
Mussel	201,025
Rainbow trout	32,442
Gilthead bream	11,183
Oyster	4,565
Turbot	3,847

Ireland	
Species	Production (Ton)
Mussel	31,703
Salmon	23,231
Japanese oyster	5,444
Rainbow trout	1,693
Oyster	280

France	
Species	Production (Ton)
Japanese oyster	107,000
Mussel	55,000
Rainbow trout	45,248
Med. Mussel	18,000
Carp	5,827

United Kingdom	
Species	Production (Ton)
Salmon	145,609
Mussel	17,580
Rainbow trout	14,319
Japanese oyster	769
Atl. halibut	187

Portugal	
Species	Production (Ton)
Clam	3,174
Gilthead bream	1,854
Rainbow trout	1,309
Sea bass	808
Mussel	424

Source : Eurostat 2005



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Where Fish End Up Information about worldwide fish consumption

In 2004 about 75% (105.6 million tons) of world fish production was used for human consumption. The remaining 25% (34.8 million tons) was destined for non-food products especially powdered fish and oil. Apart from China, the largest fish producer and consumer in the world, the quantities are respectively 68.9 and 24 million tons.

Also in 2004, 61% (86 million tons) of the world fish production was processed. 59% (51 million tons) was processed into products for human consumption and the rest was used for non-food products.

In the 1990s the percentage of fish sold fresh or alive increased compared to other products from 35 million tons in 1994 to 55 in 2004 – an increase from 31 to 39%.

Freezing is the most widespread method for consumption as food, corresponding to 53% of fish processed for human use in 2004, followed by canning (24%) and smoking (23%).

In developing countries the percentage of frozen fish has grown steadily and in 2004 it accounted for 40% of total production. The type of fish consumed varies geographically: smoked fish is more widely consumed in Africa (17% in 2004) and Asia (11%) than in other continents. In 2004 in Europe and North America over two-thirds of the fish used for human consumption was frozen or canned.

Most of the fish used for non-food products derives from stocks of small oceanic fish. Many of these are used for animal feed and other products: 90% for powdered food and 10% for direct feeding to farmed and wild fish. The quantity of fish used as raw materials for powdered feed in 2004 reached 15.5 million tons, an increase of 17% compared to 2003, but still below the peak of 30 million tons recorded in 1994.

Human consumption

Per capita consumption of fish at a worldwide level has increased in the last four decades from 9 kg in 1961 to an estimated 16.5 kg in 2003. China is foremost with an increase in its production percentage from 21% in 1994 to 34% in 2003, while per capita consumption is around 25.8 kg.

In industrialized countries apparent consumption of fish has risen from 13 million tons (equivalent live weight) in 1961 to 27 million tons in 2003, with an increase in annual consumption from 20 kg to 29.7 in the same period.

The contribution of fish to the total of animal proteins consumed grew considerably between 1961 and 1989 (from 6.5% to 8.5%), but then fell again due to the increase in consumption of other animal proteins; in 2003 the percentage returned to the levels recorded in the mid-1980s. From the early 1990s the consumption of fish protein remained fairly steady at 8.2/8.6 g per head per day, while the consumption of other animal proteins continued to grow.

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Total and per capita supply of fish according to continent and economic group in 2003

	Total supply (millions of tons in equivalent live weight)	Per capita supply (kg/year)
Worldwide	104.1	16.5
Worldwide excluding China	71.1	14.2
Africa	7.0	8.2
North and Central America	9.4	18.6
South America	3.1	8.7
China	33.1	25.8
Asia (excluding China)	36.3	14.3
Europe	14.5	19.9
Oceania	0.8	23.5
Industrialized countries	27.4	29.7
Transition economies	4.3	10.6
LIFDCs* (excluding China)	23.8	8.7
Developing countries excluding LIFDCs	15.8	15.5

Source: FAO, *The state of world fisheries and aquaculture 2006*

* Low Income Food Deficit Countries (LIFDCs)

In recent years the greatest increase in fish consumption quantities came from aquaculture, which was estimated in 2004 to have contributed 43% of the total fish available for human consumption.

Aquaculture has pushed the demand and consumption of several highly valued species such as shrimp, salmon and bivalve mollusks. Since the mid-1980s these species have been produced by aquaculture rather than fished, with a consequent reduction in price and a sharp increase in sales. Throughout the world (excluding China) the average per capita supply of farmed fish has increased from 13.7 % in 1994 to an estimated 21.4 in 2004, which corresponds to an increase from 1.8 kg per capita in 1994 to 2.9 kg in 2004 (an average annual increase of 4.9 %). The same data applied to China indicates an increase from 61.6% in 1994 to 83.4% in 2004. In the last 10 years the per capita supply of farmed fish in China has increased from 10.9 kg in 1994 to 23.7 kg in 2004, showing an average annual increase of 8.1 %.

The differences in the consumption segments per species are obvious. Deep-sea fish are very widespread in northern Europe and North America while cephalopods (octopus, cuttlefish, squid) are mainly consumed in Mediterranean countries and Asia.

Consumption of crustaceans, which cost more, is mainly concentrated in countries with a solid economy. Of the total 16.5 kg of fish species consumed per capita in 2003, about 75% was fish, 25% mollusks and crustaceans – about 4.2 kg per capita subdivided into 1.5 kg of crustaceans, 0.6 of cephalopods and 2.1 kg of other mollusks.

Freshwater and saltwater fish account for about 30 million tons of the total supply (4.8 kg per capita). Saltwater fish account for over 46 million tons of which 18.4 million are deep-sea species, 19.8 million oceanic species and 8.4 million unidentified sea species.

Source: FAO, *The state of world fisheries and aquaculture 2006*



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A look at Europe

The European Union is the third largest fishing power in the world with the largest product processing market. Despite problems linked to availability of fish resources and price increases, consumption of fish and sea products is increasing in most European countries. This is due to a number of factors, including greater interest in diet and healthier lifestyles, food scandals and increased economic resources which allow the purchase of more highly valued foods. European citizens consume about 19.9 kg of fish per person per year, a higher average than the world total which is 16.5 kg.

Spain eats the most fish, with 30.3 kg of seafood per capita per year. The Spanish prefer fresh or preserved fish although frozen fish is also widely consumed. Cod and hake (hake represent a third of the fish consumed on Spanish tables) are the favorites, followed by sardines, anchovies, fresh tuna and flat fish like sole and plaice. The undisputed king of crustaceans is the king prawn (about 2 kg per capita per year) followed by seafood, octopus and squid.

The French are also avid fish consumers, and their annual diet includes about 28.4 kg of fish products. Tuna is the most commonly consumed, followed by salmon, cod, sardines, trout, mussels, oysters, scallops and shrimp. In 2006 domestic fish consumption increased by 2% compared to 2005, an increase which is due more than anything else to processed products, above all smoked salmon. Purchases of fresh fish are falling (- 4%).

The Italians are a little further behind with 21.2 kg of fish per capita per year in 2005. They prefer wild fish (55%) to farmed; fresh and defrosted (52.5%) to frozen, preserved or smoked.

The population of Great Britain consumes 20.1 kg of fish per capita per year with a slight decrease in domestic consumption of fresh, refrigerated and frozen fish in recent years. Consumption of oily fish (dried, salted or blue fish) has increased by 7.9%, forming one-third of the average total annual consumption.

Germany consumes 12.4 kg of fish per capita per year (one of the lowest in Europe) and prefers fresh processed products (as has Britain in recent years) especially sliced fish. The favorites are Atlantic rock salmon, herring, tuna and salmon.

(Source: Wwf)



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2048: The Collapse of the Oceans **Research findings are cause for concern** *Impact of Biodiversity Loss on Ocean Ecosystem Service*

On November 3, 2006, *Science* magazine published the results of four years of research carried out by an international team of biologists and economists, entitled "Impact of Biodiversity Loss on Ocean Ecosystem Services", which summarizes the current state of the seas and the oceans.

The article records a progressive and unstoppable impoverishment of biodiversity in the Earth's waters. According to the research team's surveys the number of commercially viable fish stocks has apparently fallen by almost a third: 29% have now reached the "point of collapse", which means that fishing these species yields over 90% less than it used to in the past.

Things seem to be going from bad to worse. Since the 1960s and 1970s, the disappearance of fish from the seas has been the result of a chain reaction. Because they are linked to one another by symbiotic relationships going back thousands of years, marine species need one another to survive and the extinction of just one can cause many others to follow.

So something must be done, and quickly. How much time do we have left?

If humanity continues to exert this level of pressure on fish stocks it will not slow down (and the increasing population of the planet suggests that the situation can only worsen) and if the trend of recent years continues, researchers predict that by 2048 fish will have practically vanished from the oceans.

So can we only watch helplessly as the seas silently empty before our very eyes?

Apparently all is not lost. The ocean also has good recovery potential and the regeneration of overfished stocks can take place in just a few years.

To this end, 44 protected areas – marine and fishing reserves all over the world – were analyzed in a second stage of research. In these waters a 23% average increase in marine biodiversity was recorded just five to 10 years after the fishing ban was imposed. With a few important specifications, of course. Some "depleted" species, especially fish living in deep waters, have only repopulated the seas slowly and with great difficulty.

Biodiversity plays a crucial role. Waters where a greater number of marine species exist also recover more quickly from forms of stress like overfishing and pollution. On the other hand, areas with low biodiversity show a lesser capacity for recovery.

If we want the trend to be reversed and marine biodiversity to be restored where it has vanished, researchers have no doubts: we must suspend fishing of overexploited stocks and begin repopulation campaigns; reduce water pollution through increased monitoring of industrial waste; take action to prevent large-scale climatic changes caused by human activity; and (last but by no means least) set up a large number of fishing and marine reserves as soon as possible. On this particular front too little has been done until now. Consider that currently only 1% of the total surface area of water on the planet is dedicated to parks and reserves.

Nothing new so far, but the analysis carried out by the research team has reached an unexpected and surprising conclusion. It is economically advantageous to protect the seas with fishing reserves. Protecting the sea with fishing bans is an excellent investment which bears fruit in the short term. Five to 10 years on, the number of marine species in a reserve increases

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by 23% on average. It has also been observed that the return of biodiversity in protected waters acts as a catalyst and leads to a general increase in economic services rendered by the sea. The research team has in fact noted that just a few years after the creation of a reserve, surrounding waters usually show an average increase in fishing resources of about 400%. Overall, then, the fishing industry does not suffer any economic damage; in fact, it guarantees that fish resources, its source of income, can be recovered and do not reach the point of collapse. Also, the creation of new marine parks and fishing reserves usually brings about a huge development in the regional tourism sector with obvious economic benefits for the whole community. We are still in time, apparently, to remedy the damage we have done. Marine biodiversity can still be saved.

(Source: Michele Fossi's article, *Slowfood* n. 26)



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UNISG at Slow Fish

Find out more about the university, its activities and course offerings

The University of Gastronomic Sciences will have a dedicated space at Slow Fish 2007. Meanwhile its students will be participating in the event, attending workshops and conferences, and getting an in-depth look at fish and seafood and learn from experts in the sector.

The UNISG stand will be near the entrance to the fair, and here you can get a taste of the broad range of educational courses the university offers.

Staff will be on hand during the event to provide further information, and printed material will be available to take away.

Visitors can learn more about the project **In Search of the Great River**, which will take students and teachers on a trip down the River Po from September 26 to October 20.

One of the many original aspects of this unique and ambitious field trip is that the students are themselves directly involved in the planning and organization.

Here is the program of activities which will be held each day at the UNISG area:

Friday May 4, 11.30am: BORMIOLIROCCO and WWF present the project **Insieme per la natura** (*Together for nature*)

Friday May 4, 5pm: scientific meeting with Francesco Puma, Coordinator of the Technical Secretariat of the Po River Basin Authority: **Il Fiume Po tra natura, territorio, paesaggio e società** (*The River Po between nature, territory, landscape and society*)

The great river is still an important environmental and economic resource which can be saved, notwithstanding the altering of its state caused by human pressure and exploitation caused by urban, industrial and productive development.

Saturday May 5, 12pm: press conference

Presentation of the University of Gastronomic Sciences's project **In Search of the Great River: a journey along the Po for a new experience of memory and river identity**. Speeches will be made by Alfonso Pecoraio Scanio, Italian Environment Minister; Ezio Pellizzetti, Rector of the University of Turin; Alberto Capatti, Dean of the University of Gastronomic Sciences and Carlo Petrini, President of Slow Food.

Saturday May 5, 5pm: UNISG meeting

Prof. Piercarlo Grimaldi, who teaches Anthropology at UNISG, will present the documentary **Ritratti e interviste di uomini del fiume** (*Men of the River: Portraits and Interviews*)

Sunday May 6, 11.30am: scientific meeting: **Understanding the River Ecosystem**

An in-depth look at research into the ecological heritage of the river with Roberto Mezzalama, representative of the environmental research society Golder Associates and the society Cooperativa Nautilus, who are collaborating on the project "*In Search of the Great River.*"



Sunday May 6, 3pm

Fish and fishing on the River Ticino: presentation of the book **L'ultima Peschiera** (*The last fish-farm*)

Sunday May 6, 5pm: meeting with UNISG students

Pedalling and learning: a student's account of the organizational and educational experience of the journey along the Po

Monday May 7, 11.30am: UNISG meeting

Prof. Ettore Tibaldi, who teaches Zoology at UNISG, will talk about **Ci si può bagnare sempre nello stesso fiume: come i problemi di un grande fiume non vengono risolti** (*You can always cross the same river: how the problems of a great river are not resolved*)

Monday May 7, 6pm: presentation of Paolo Lingua's book **Il Piacere del Palato** (*The Pleasure of the Palate*)

For more information:

UNISG Communications Office: tel. +39 0172 458507 - 458505 – comunicazione@unisg.it



REGIONE LIGURIA

Slow Fish, the sustainable fish show, is back in Liguria after two years, from 4th May to 7th May 2007 at "*Fiera internazionale di Genova*".

Regione Liguria enthusiastically undertakes again the carrying out of the 2007 edition of the show - the third one - which strengthens its position year after year and that in 2009 will also be able to use the new Pavilion "B", designed by Jean Nouvel, which is opposite the sea overlooking the fishing boats in the docks below.

The commitment of Regione Liguria is built on the desire to stimulate awareness and information about the themes proposed by *Slow Fish* concerning the protection of the environment, protection of the water ecosystems, of the sustainable sea policies and of responsible fish consuming because a culture connected with the environment and a healthy diet is an heritage we must pass on to the future generations. The fact that *Slow Fish* is held in four days dedicated to such themes is very important for Liguria, which aims at becoming a centre of a debate and confrontation about the conditions of sea waters, of lakes and rivers, and about the conditions of those working in this field, as well as of the consumers, not always aware of being the final link of an emergency chain of problems to be faced and solved. The relationship between man and environment is complex, but *Regione Liguria* cannot possibly consider it as a mere matter of conservation.

The show attracts fishing communities from all over the world, associations, caterers, experts and it would like to involve debating, discussing and informing, but also offering the occasion of tasting and enjoying some products, according to the philosophy of "Good, Neat and Fair", three simple but important adjectives which define food properly.

After the success of *Salone del Gusto* of Turin (Food and Wine Show) and *Slow Fish* of Genoa, carried out on alternate years, the collaboration between Liguria and *Slow Food* goes on also with the possibility to move the centre of the Magisterial Degree course of the University of Gastronomic Science of Pollenzo to *Magazzini dell'Abbondanza*. Moreover, Regione Liguria is considering the possibility of setting out a permanent showroom of high quality food and wine products in the *Expo* area - near the Aquarium, *Magazzini del Cotone*, *Città dei Bambini* - which will represent an important and competitive opportunity for the region. This new edition of *Slow Fish* represents for Regione Liguria a good chance to link the "appeal" of our tourists, cultural and landscape attractions with wine and food quality products and the collaboration with *Slow Food* aims at encouraging quality products in fishing, respecting the sea, its traditions and particular characteristics.

Regione Liguria is deeply interested in the wine and food industry, which is peculiar to its area and more and more influences the choices of Italian and foreign visitors, who are discovering the beauty of our inland after having admired our coasts. For this reason, *Slow Fish* represents for Regione Liguria a great opportunity to let people know that Liguria can offer an excellent quality holiday, and that it can act as a driving force in the field of agricultural and food industry, in order to attract new Italian and foreign visitors to Genoa and Liguria.



ACQUE MINERALI S.r.l.

SLOW FISH AND LURISIA

The third edition of the "Slow Fish" – sustainable fish expo, will be held in Genoa from May 4th to May 7th. The international expo-fair dedicated to all aspects of the marine world and the problems it faces is held every two years and is now in its third edition. As for the previous edition, Lurisia has chosen to sponsor this important event organized by Slow Food and Liguria Region.

Lurisia is dedicated to preserving our natural resources, in particular in regards to water, and is proud to support initiatives that promote interest in environmental sustainability.

Lurisia's very essence gives credence to this interest as it is a PURE AND NATURAL MINERAL WATER, completely unaltered from its natural state.

Lurisia puts a lot of effort in protecting nature, and all of its industrial processes have been rethought and updated to avoid a negative impact on the environment, and in this way obtaining the environmental certification ISO 14001.

Nature is and always will be Lurisia's most important resource.

The Origins

The name Lurisia, according to the major experts, probably comes from the name "lose" given to the rock found in the countless quarries and caves in the zone, considered for centuries to be an excellent material for roofing houses and other buildings in the mountain region. The first to discover the curative powers of the local water were the stonecutters of Nivolano, who used it to treat injuries sustained in their dangerous work.

The stone quarries and the medicinal properties of the waters led first to the health resort of Lurisia and later to the sale of the spring water.

The SPA

The properties of Lurisia thermal water are particularly indicated for people with respiratory problems, allergies, articulation and skin problems. Guests can follow complete made-to-measure wellness programs in the marvellous, private thermal pavilion. The thermal water is effective through drinking, inhalations, mud baths, dermatological baths and evaporation in natural caves. The wellness itinerary is a precious moment of health and harmony that engages body, mind and soul.

Lurisia Natural Spring Water

The characteristics of extreme excellence of our natural spring water can be summarized as follows:

Extreme lightness: Fixed residue **35.4 mg/l**

Low sodium: Content of sodium **2.7 mg/l** - More compatibility with the organism: **pH 6.9** -

Rapid disposal of minerals: **Total hardness F < 1** - Digestibility: **Bicarbonates 40%** of the minerals



press information

Indesit Company

Scholtès is participating in the Slow Fish Trade Show in Genoa as sponsor

The brand of the Indesit Company, the main sponsor for the first time in the event in Genoa, will be taking part with an exhibition area where it will be displaying the electric household appliances of the Attitude range

Milan, February 2007 – This year the **Indesit Company** will be taking part for the first time in the “Slow Fish” Trade Show in Genoa with the **Scholtès** brand as the main sponsor of the event, with an exhibition stand where it will be displaying the built-in electric household appliances of the Attitude range designed by David Lewis. **Scholtès** is also the sponsor of the Masters of Food of Slow Food for the fourth year running.

Scholtès, a brand of the **Indesit Company**, a leader in the field of built-in electric household appliances, was established in France in 1922 and has always excelled for its history of successes and innovations: 1962 the first range of built-in electric household appliances; 1969 the first oven with a pyrolytic cleaning system; 1979 the first induction cooking range; in the last few years the C.O.P. patent (Programmed Optical Cooking) for automatic oven cooking and the Cookeye system for assisted cooking on the induction cooking ranges.

Scholtès is the brand addressed to those who have a true passion for the art of cooking, the same passion as those who intend to devote themselves to the most authentic and genuine pleasures, such as cooking and savouring the flavours of haute cuisine in company.

Scholtès is the choice for people who enjoy and appreciate the delicacies of life and delight in expressing their creativity also in the kitchen. It is the perfection of the results, from all points of view: from the elegance of its design, to the choice of materials, and to the constant technological innovation. For Scholtès, these are the essential ingredients for accomplishing everything that creativeness and imagination inspire in cooking.

Scholtès has always cultivated an authentic passion for the culinary art, and is the reference point for those who are able to appreciate the best tastes in life: with its intelligent design and technological tradition, it was created to offer the possibility of rediscovering the everyday pleasure of a first-class kitchen.

Indesit Company is the second largest manufacturer of electric household appliances in Europe and fifth throughout the world. In 2005 the turnover of the Group, established in 1975 by the present Chairman Vittorio Merloni, amounted to over 3 billion euro with an output of more than 14 million electric household appliances. Indesit and Ariston are the Company's two international brands. The others, Hotpoint, Scholtès and Stinol, are the most well-known respectively in Great Britain, France and Russia. The Indesit Company is represented throughout the world by 18 production plants and 22 business centres and employs over 17,000 people.

For further information: Patrizia Meucci, PR Scholtès – Indesit Company – Viale Certosa 247 – Milan (Italy) - 335/57.92.401 – 02/30008.3227 patrizia.meucci@indesitcompany.com - www.indesitcompany.com



Fidenza, 19 Febbraio 2007



Bormioli Rocco: thinking naturally and savouring the "Slow Fish" style

Bormioli Rocco and Slow Food – a combination that is synonymous with respect for the environment, the protection of biodiversity, and the valorisation of our dietary heritage.

Bormioli Rocco is not only Italy's largest producer of glassware (from goblets to its **Quattro Stagioni** jars and **Frigoverre** food storage containers) – reflecting the success of Italian-made products throughout the world – but also one of the most attentive partners and faithful supporters of the Slow Food Association.

Present at all of its principal events for years, Bormioli Rocco will be an official sponsor at the next "Slow Fish", which will take place at the Fiera di Genova from 4 to 7 May 2007.

By acting as an official sponsor and supplier of the tasting glasses that will be used during the event, Bormioli Rocco intends to offer its concrete support to Slow Food as it continues its unceasing campaign for environmental preservation and the most genuine food in full respect for the "slow" life.

Bormioli Rocco's glassware naturally respects the environment and is especially designed to preserve and enhance the aromas and flavours of different foods: "Good, appropriate and clean" – the same principles that characterise the Slow Food Association and its forthcoming celebration of Slow Fish.

Bormioli Rocco invites you to visit its stand and see its wide range of products in order to experience at first hand its commitment to safeguarding and promoting everything that is genuine and natural in what we eat and drink.

If you would like more information about our events and activities visit:

[www. bormiolirocco.com](http://www.bormiolirocco.com)

[www. bormioliroccocasa.com](http://www.bormioliroccocasa.com)

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Press release

Asti D.O.C.G. is partner of Slow Fish

The launching of collaboration with Slow Food with the aim of re-discovering the first Italian sparkling wine

Milan, 23rd February 2007 – The Consorzio per la tutela dell'Asti is a partner in the 3rd edition of Slow Fish, acting as main sponsor.

At this show, where the product may be tasted both at the Consortium stand and in the Bistrot, at **1 p.m.** on Monday **7 May**, Asti D.O.C.G. (where D.O.C.G. stands for Registered and Guaranteed Designation of Origin) can be tried at the Teatro del Gusto in an unusual combination with the fish dishes created by **Mauro Ricciardi**, the chef at the Locanda delle Tamerici, Ameglia, in the province of La Spezia, an expert interpreter of Liguria cuisine.

Taking part in Slow Fish is one of the projects in the wide-ranging partnership that the Consorzio per la Tutela dell'Asti has entered into with Slow Food; their collaboration includes other schemes during the year, among them participation in *Cheese*, an international event dedicated to cheese to be held in September.

The objective of the Consorzio per la tutela dell'Asti is to disseminate and promote the characteristics of a product with a great tradition - it is the first Italian sparkling wine in the world - which has the privilege of being created in a unique area, putting it forward in new and original tasting opportunities.

The characteristics of the muscat grapes from which Asti D.O.C.G. is made, the land it comes from, its producers' scrupulous care and experience and the particular way in which it is processed make it a product with an intense aroma that opens to a wide-ranging scent of flowers and fruit and ends in a clear honey scent. A sweet and aromatic *spumante* both by nature and owing to its moderate alcohol content, which marries perfectly with pastries and desserts in general, but is also suitable for unusual matches both with delicate flavours such as fish and with stronger savours such as dried and salted pork meats and cheeses.

Created in 1932 and officially recognised two years later, the Consorzio per la tutela dell'Asti now gathers together 44 commercial companies or firms, 22 wine-making firms, 16 wine-producers' cooperatives, 5 second-grade cooperatives, 75 grape farming and wine-making firms and 9 wine grape farms. The Consortium certifies the batches produced by its members and issues the national token, the band that attests conformity to standards.

The Consortium's protection rules and the Asti Spumante Registered and Guaranteed Designation of Origin regulations lay down the precise boundaries within which the definition is valid to all effects. Vineyards in 52 Municipalities are entitled to place the official wording with their names: 9 in the Province of Alessandria, 27 in the Province of Asti and 16 in the Province of Cuneo: nearly 25,000 acres divided into four areas: Santo Stefano Belbo, Canelli, Nizza Monferrato and Acqui Terme.

For further information:

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OFFICIAL SPONSOR OF SLOW FISH

Intesa Sanpaolo is backing the Slow Food initiatives to safeguard and promote quality food and wines, and is the official sponsor of Slow Fish, to be held in Genoa from 4 to 7 May 2007.

The event is part of a joint effort between Intesa Sanpaolo and Slow Food taking place throughout the country whose objectives are to actively promote and safeguard all specific aspects of the environment, spotlight typical local products, protect biodiversity, encourage responsible use of resources and engage in sustainable development.

These common objectives have given rise to a three-year **commercial partnership**, which sees the bank backing all the initiatives of the Slow Food movement nationwide.

In order to provide support to those whose daily work is to protect the land and sea, Intesa Sanpaolo has also prepared **special commercial terms reserved to the partners and companies associated with Slow Food**, supplementing the wide range of innovative credit products and targeted consulting services, dedicated to those operating in the food sector. As part of the Slow Food partnership, Intesa Sanpaolo confirms its role as reference bank for companies operating in the sector, providing a line of ad hoc current accounts and financial products to individuals and companies, designed to respond to the needs of those operating in a sector that is in constant evolution.

Coop is the largest retail chain in Italy, with a turnover of 11 billion Euros, and a 17.4% market share. The Coop system is based on 5 million consumer members. Its multi-format structure includes 63 hypermarkets and over 1200 supermarkets and superettes, with other 90 new openings planned before 2005 and an area of sale of 1320000 sqM. Furthermore, in 2002/2003, 3 hypermarkets were opened in Croatia.

Coop Italia is the Marketing and Buying centre of the Consumer Cooperatives. The 'Prodotto Coop'(Coop Private Label) is the tool to convey Coop's own values and mission to consumers, providing them with safety, good value and ethics. In 2003, Coop PL turnover was of 1800 Mln Euros, with over 2100 references. Coop Italia was the first Italian and European company to be granted SA8000 (Social Accountability) certification, which guarantees compliance with an ethical standard for the planning and realization of PL products. All PL suppliers have joined this ethical project; they were also asked to involve their sub-suppliers of raw materials in the initiative.

Coop Italia is the owner, together with the Scandinavian Coops and Coop Eroski, of Intercoop Far East, based in Hong Kong, which has had trade relationships with China for 25 years, importing non food products of any category. The import value in 2005 is equal to over 70Mln dollars.

In June 2004, Coop Italia, based on the ECR-Italy Corporate Social Responsibility project, brought to all its 3000 suppliers the chance to carry out concrete actions on three specific subjects: environmental protection, human rights defence and food safety. The idea is that excellent businesses can really contribute to re-establishing consumers' trust, deeply undermined by repeated financial, ecological and food-related disasters