



Terra Madre Salone del Gusto, Turin, 22nd – 26th September 2022
Report by Riikka Gonzalez, Sustainable Food Cities Co-Ordinator, Glasgow

I was very pleased to be invited to attend this [major international conference](#), which has been organised bi-annually in Turin since 2004. The [Terra Madre network](#) was launched by [Slow Food](#) to give a voice and visibility to those around the world whose approach to food production protects the environment and communities. The first world meeting of Terra Madre food communities, brought together 5,000 producers from 130 countries. This year's meeting was also a success welcoming more than 3,000 delegates from 130 countries; a very impressive number considering the effects of the pandemic.



The theme of this year's event was regeneration shaped around the three pillars – **Biodiversity, Education and Advocacy**. The event was a lively mix of food talks, conferences, forums, taste workshops, dinner dates, activism and education activities as well as a big international food market showcasing some of the most sustainable food producers from around the world. Adjacent to the Slow Food Market was also the biggest food market I have ever seen divided into different Italian regions, where you were able to taste and purchase the local specialities. Anything from cheese, coffee, ice cream, olive oil, different spreads, cured meats and specialty vegetables.



But the main reason I was there was to hear from many expert speakers on an impressive range of food and sustainability related topics. I had seen the [event programme](#) in advance, but nothing could have prepared me for the arrival to Parco Dora (a large covered urban park). The sheer volume of people after adjusting to life after lockdown was overwhelming, and then I had the job at deciding which sessions to attend from the list of over 300 events. Luckily, as a partly sponsored delegate (thanks to Slow Food Glasgow for putting my name forward), I could access the delegate canteen for my meals, so at least the choice of what to eat was a bit easier. Eating in the canteen was also a fantastic way to meet people from various countries and backgrounds.

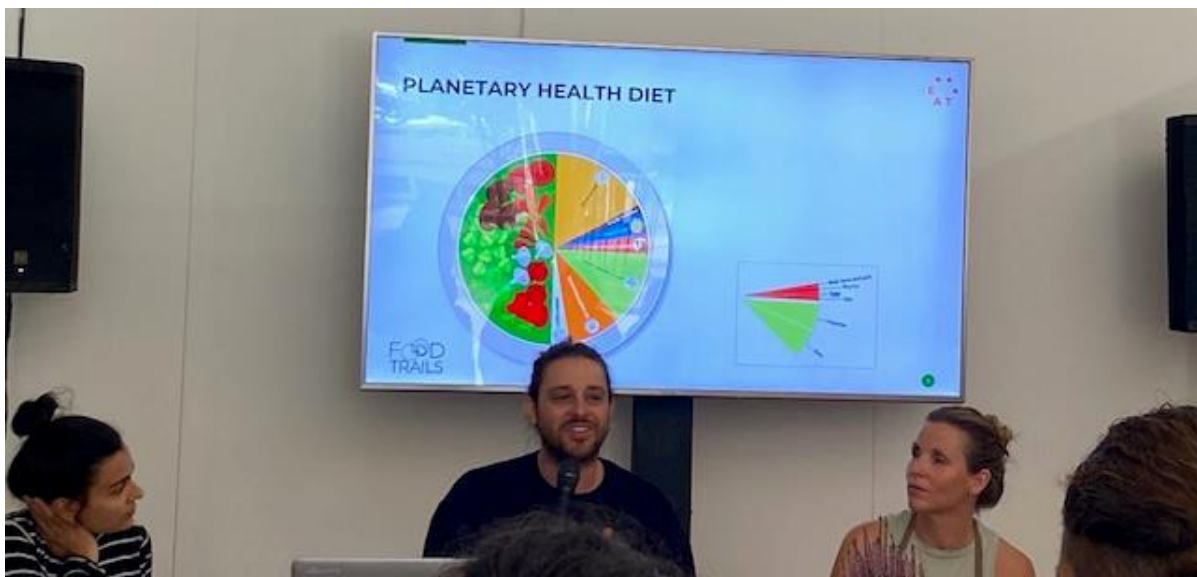


The very first talk I attended was part of the series of food policy talks in the **'Feeding the City'** tent. The speakers included Professor Corinna Hawkes, the Director of Centre for Food Policy at City University of London and Andrea Magarini, the Director of the Milan Food Policy & Agriculture Department and the Chair of the Eurocities Working Group discussing 'The Commitment of Cities and Slow Food to Urban Food Policies'. This was very fitting to the work of the [Glasgow Food Policy Partnership](#), especially the [Glasgow City Food Plan](#), which was developed after the [Glasgow Food Summit in 2019](#) where both speakers presented their work. In the following days I attended other 'cities themed' talks to find out what other places are doing to make their policies more sustainable. These included a session from Birmingham discussing 'How to get urban planners/architects involved in food?' including their recently published [Food Systems Strategy](#) and a proposal to create an urban farm at a city centre car park.



One of the 'Feeding the City' highlights for me was hearing from the team behind the [Copenhagen's renowned school food purchasing policy](#) as 90% of all local authority food in the city is local & organic. In the city food education starts in nurseries, all staff have been trained in flavour and menu planning since the early 2000s, and there is funding for local, organic farming. There is also a group of consultants working all over the city helping kitchens use local, sustainable ingredients.

I was also excited to attend the **Planetary Diet session hosted by EAT** where 2 chefs from different cities talked about their approaches to using more plant-based ingredients in menus. I learned that fermenting is the way forward, and that the sought-after umami taste which meat eaters often look for can be achieved by fermenting/smoking plant-based ingredients eg. beans. And as I have heard from other experts before, the best way to get people to eat plant-based dishes is not to call them vegan/healthy/sustainable, but to just call them food. It also helps that ingredients used in new dishes are available locally for people to cook with to normalise the conversation about planet friendly food.



As my background is in nutrition and food education, I also attended some sessions in the 'Food & Health' tent. The discussion on [Protein Transition](#) informed people of legumes and how they can be useful for soil health. [Slow Beans Network](#) and a UK based bean-grower [Hodmedod's](#) were also featured. There were also various other health related discussions from healthy diets for babies to improving public health, biodiversity, malnutrition and stories from indigenous people from around the world. The Slow Food movement believes that [food that is good for the planet](#) is also good for us.





Apart from learning a lot and eating some delicious food, I also got to meet many interesting people, some of whom I plan to connect with again, especially the other UK delegates, who I met at a **UK delegation meeting**, including the team behind London's Borough Market [food policy](#) and the owner of the [Moshi Moshi](#) sustainable sushi restaurant, who I have already connected with after the event. I also met with the other Scottish Delegates, John from [Wildhearthbakery](#) and Jacob from [Uradale Farm](#) in Shetland.



I also met many like-minded Americans who were staying in the same accommodation with us. It was fascinating to hear about the work happening across the pond including agricultural high schools in Chicago and Kentucky, a hospital in Philadelphia purchasing food directly from a local farm and the bill in California which requires all schools to have a garden and food needs to be included in every subject in the curriculum. I also have contacts for people from other European countries who would be happy to do study exchanges with us in Glasgow.

All in all, the event was an absolutely fascinating, if also slightly overwhelming experience. I was humbled to hear about all the amazing work happening at a community and city level around the globe. The days were long, but luckily I managed to enjoy some [Slow Wine](#) with Federico (and his partner) from [Slow Food Glasgow](#) before heading back to Glasgow.



You can watch a short video about the Slow Food Movement [here](#)

Recordings of the 5 main conferences can be seen [here](#)

Watch some video footage of the Terra Madre Market [here](#)

With special Thanks to Slow Food Scotland and Glasgow Community Food Network

