

The application of industry to agriculture has had massive damages. I don't think there is any virtue in industrial agriculture. But in a "contadino" agriculture — which means small farm, artisan, you could say — what they're working for is there to be a relearning of this entity, this market.



**Stephen Bawden
Patricia Reilly
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Slow Food Slow Towns

Carlo Petrini in 1985, protested over the opening of a McDonald's Fast food restaurant on the Spanish Steps in Rome. Petrini underlines the importance of eating as a social event. But many people eat on the run, and many families don't sit down together at the dinner table anymore.

The philosophy behind, what has become a global movement, encompassing 811 towns worldwide is a seeking of connection: connection between, people, food, faces and life. It is a reawakening of the appreciation of local culture, in particular through the foods we eat, their production and preparation and the convivial sharing of a meal at leisure.

It is a revolution against the industrialisation of food production, the push for a homogenous culture that ignores the unique character of each town and community.

This is a creed of voluntary simplicity in all aspects of life, where people knew their neighbours, were in touch with their extended family and had a sense of genuine connectedness.

The movement refers to participating cities as 'cittaslow'

Any town with a population of under 50000 people who care about the quality of life for their community are eligible. The goals to be achieved include:

- Community decision making
- Support for local products and business
- Working for a sustainable future
- Encouraging our young people
- Valuing our elderly
- Community and council working together
- Local markets, unique products
- Controlled growth in urban planning
- Caring for the environment
- Time for leisure and pleasure
- Unique events
- Healthy lifestyle
- Community networks
- People friendly urban environment
- Preserving traditional food
- Awareness in education
- Preserving heritage
- Quality of life for all

The first Australian town to become a Cittislow was Goolwa in SA and Katroomba in 2007.

<http://www.saba.org.au/cittislow2.html>
Good Living Magazine, Sydney Morning Herald, August 11th 2009-08-25
www.slowmovement.com/

Interview

- **In your book, you underline the importance of eating as a social event. But many people eat on the run, and many families don't sit down together at the dinner table anymore.**
- **Eating together and drinking together at the end of the day is a kind of sign of friendship or communion, and when that doesn't exist, it's a sadder, less cohesive society.**