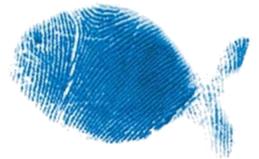




HOSTING A SLOW FISH WORKSHOP

Participate now!



Do you know how to fillet a fish?

Did you know fish are seasonal just like fruits and vegetables?

Can you name 3 species of fish that your local fishermen are catching right now?

Even many mindful eaters struggle with these questions, which represents a disconnect between food communities and fishing communities across major ports in the greater Gulf of Maine and Nova Scotia.

Just think about it!

We've built impressive year-round farmers markets to serve as platforms for local producers. Farmers have become local celebrities! (and for very good reason). But for fishermen, similar infrastructure fails to exist. Community-owned processing facilities and open-air fish markets have been widely abandoned for global trade. Our local resources are being shipped elsewhere. As a result, fishermen have become invisible and fish have widely lost their identity.

But you can help, by hosting a Slow Fish Workshop!



ARE YOU READY? A Slow Fish Workshop connects food and fishing communities in the spirit of exercising our right to eat local seafood

Starting with a whole animal, you will learn how to fillet and cook with various **UNDERLOVED SPECIES** of fish.

Under-loved
Locally-abundant species of fish that are still widely absent from our dinner plates.

You'll practice **MAXIMIZING MEALS** and minimizing food waste by using leftover fish heads and bones to make **SOULFUL STOCKS**.



By procuring fish directly from **COMMUNITY-BASED FISHERMEN**, you'll be able to discern your role as an active eater and **CO-PRODUCER**.



Biodiversity is an essential ingredient for **EATING WITH THE ECOSYSTEM**, which requires a balanced selection of seafood from all trophic levels. The Northwest Atlantic Ocean offers a spectrum of fish & flavors just waiting to be rediscovered!

7 STEPS FOR HOSTING A SUCCESSFUL SLOW FISH WORKSHOP:

STEP 1: Gather a group of friends & pick a date!



A Slow Fish Workshop is an event **SHARED BY ALL YOUTH FOOD COMMUNITIES**; anyone can participate! Each workshop is unique and adapted to the fishing community it serves to embrace.

Dare to explore! Slow and sustainable seafood may be uncharted territory for your group. In many ways, you will be teaching and learning at the same time.

Pick a date for your event! (weekends might work best for busy fishermen)

STEP 2: Secure a kitchen and dining area

Make sure you have:

- Ample knives and cutting boards for filleting
- Coolers with ice for fish

Before any other outreach occurs, secure a venue for your workshop.

Aim to have a kitchen and dining area reserved for your group **one month before** the event. This will give you sufficient time to reach out to chefs, fishermen and other students for their participation.

Keep in mind, you may need to work on out-sourcing some additional equipment (see left)



STEP 2: Procure some whole fish: locally-caught & underloved

THIS MAY BE HARDER THAN YOU THINK!

Fractured market systems and loss of consumer knowledge (i.e. how to fillet) have severed our access to local whole fish! It's time to take back our fish!

Figuring out how to procure and fabricate a whole fish is a wonderful expression of food sovereignty and a service to your community

Inspiring new **LAYERS OF ACCESS** to local seafood starts with you!

Contact a **CSF** near you

Luckily, community supported fisheries (CSFs) have already begun bridging the gap between us and fishing communities.

Localcatch.org is a great resource for locating CSFs in the US and Canada



"Eating underloved" alleviates fishing pressure from other species and provides opportunity for discovering new flavors.

Just ask your community fishermen which fish are locally abundant and underutilized

STEP 4: Invite a chef to guide fillet demonstrations



Today's industrial food system threatens traditional food ways and knowledge, such as our ability to fillet & cook with a whole fish. By partnering with chefs, we can help preserve this important consumer knowledge!

Working with fish "in the round" requires proper knife skills and an anatomical understanding of various species of fish.

Since chefs are busy, leave plenty of time for outreach. Most chefs will gladly donate their time for a good cause.



HINT: Partnering with a chef from your dining hall could help inspire future conversations about sustainable seafood purchasing and [Slow Fish Principles](#) at your school!

STEP 5: Nominate a "kitchen coordinator" from your group



The Kitchen Coordinator is one of the most important roles for hosting a successful workshop. The kitchen can get hectic and your guest chef should only be responsible for guiding fillet demonstrations. This means that the Kitchen Coordinator is essential for planning recipes, procuring ingredients and overseeing stations



When planning recipes

Underloved species can easily be subbed into traditional recipes of similar-flesh fish

Try to showcase a variety of cooking methods

Outline a master ingredients list

Tight budget? Reach out to local farms for gleaning opportunities

Set up and oversee stations

Provide each station with a printed recipe and necessary ingredients

Check in on progress to make sure all dishes will finish together

Maintain separate spaces for fish filleting and vegetable chopping



STEP 6: Most importantly: invite local fishermen to share a meal with you



After the cooking is finished, you will have a lot of food to share!

Invite some fishermen to sit down at the table with you. You will be surprised how much you can learn in one hour of casual conversation. Connecting with fishermen directly is the quickest way to identify the challenges they face and what you can do to help!

Keep in mind that fishermen are very, very busy. Plan to contact fishermen *at least* 3 or 4 weeks beforehand, and consider scheduling your event on a weekend.



STEP 7: Social Media: capture and share!

Grab a camera! Take pictures! Ask someone from your group to be the official videographer. Do whatever you can to “capture” the experience so you can share it with the world!

Use social media to leverage social change! Your pictures and stories can help **PAINT THE NEW DOMINANT NARRATIVE** of the food system you want to see!

Go one step further and write a press release for your event, explaining the importance of your efforts. Reach out to local newspapers, radio stations, and television shows 2-3 weeks before your event! [Check out Slow Fish UNH's TV segment!](#)



#SlowFish



CAMPAGNING FROM THE OCEAN'S PERSPECTIVE MAKES SENSE! Throughout October and November 2014, the Slow Fish *Northwest Atlantic* campaign aims to connect youth food communities with fishing communities across major ports in the greater Gulf of Maine and Nova Scotia, through a series of Slow Fish Workshops. The transnational nature of the campaign highlights the importance of cooperative management between countries in sustaining the world's fisheries.

IN PARTNERSHIP WITH:



[Slow Food Youth Network](#)



[Real Food Challenge](#)



[NAMA](#)



[Slow Fish Canada](#)



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