



Slow Food Corvallis

Ocean to Plate: Food from the Sea

Wednesday, March 8, 7:30 p.m.

Corvallis-Benton County Public Library Meeting Room

When making choices about seafood to purchase and consume today, consumers are faced with bewildering and often conflicting information. Seafood is healthy, containing Omega 3s; seafood contains dangerous levels of mercury. Fish stocks are overfished; stocks are being “rebuilt.” The US food supply is among the safest and most reliable in the world; adulteration or substitution of lower for higher priced species is an all too frequent occurrence.

Join Slow Food Corvallis for a panel discussion of these questions and more, as we attempt to sort fact from fiction. In this free public event, fisherman Aaron Longton of Port Orford Sustainable Seafood (POSS) and Professor Selina Heppell, Head of Oregon State University’s Fisheries and Wildlife Department, will give us their take on how we can ensure that we’re consuming seafood that is “good, clean, and fair,” in accordance with Slow Food’s motto.

Aaron will describe seafood value chains, and how POSS’s horizontal market approach differs from the vertical markets we see in grocery stores. He will discuss how a “Community-Supported Fishery” (CSF) helps to ensure a healthy triple bottom line for fishing communities, providing social, environmental, and financial sustainability.

Selina and Aaron will help us to understand how we manage our fishery resources, what tools consumers have to help them make seafood choices, and what seafood labels really mean. Audience members are encouraged to bring their questions for the two experts to answer.

Small samples of seafood will be available for tasting. Participation is free of charge. The event will begin at 7:30 pm, Wednesday, March 8th, in the Corvallis-Benton County Public Library meeting room. For more information, write slowfoodcorvallis@gmail.com.