

# cittaslow life

THE PERTH & KINROSS CITTASLOW NEWSLETTER

## Perthshire on a Plate

July sees a scrumptious new food event served up as Perthshire Chamber of Commerce launches its first ever Perthshire On A Plate. Celebrity Chef and King of the Jungle Gino D'Acampo will lead a celebration of Perthshire culinary talent and produce when he guests on **Saturday 3 July**, at the tasty extravaganza in Perth Concert Hall.

The event is aimed at turning the food focus firmly on Perthshire with its wealth of top restaurants, producers and suppliers and the

Chamber of Commerce is confident it will provide a worthwhile new showcase for many businesses involved in the food, drink and hospitality industry.



## Crieff Berry Festival - August 2010

With Perthshire being the 'berry capital' of the country, Crieff and Strathearn love their soft fruit as much as anyone, so much so, that this August they are holding a special celebration in honour of our favourite local fruit. On **Saturday 14 August**, Crieff Country Market in James Square will be festooned with locally grown soft fruit. The whole market will be berry-themed, so visitors

should be able to find lots of berry souvenirs to take away with them as well. In the few days before the market, many shops and restaurants in the town will be putting on 'berry-themed' displays, or making the most of locally grown fruit on their menus.

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## Royal Visit

His Royal Highness Prince Charles, Duke of Rothesay, visited Perth on Tuesday 1 June 2010. Accompanied by the Provost and Lady Provost, the Duke took in a special Perth Farmers' Market. Cittaslow Perth had a stall at the market and displayed information about the Cittaslow UK network.



## Love to Eat 2010

A series of food-related events and activities will feature in and around Blairgowrie this summer with the launch of 'Love to Eat 2010'. Focusing on introducing local residents, businesses and visitors to the top quality produce which comes from the area, 'Love to Eat 2010' is a pilot which the organisers hope will develop into an annual event. Cittaslow and Slow Food will be represented at the Blairgowrie Community Market on **Saturday 29 August**.

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**LOVE**  
**TO EAT 2010**  
A Celebration of Food  
Blairgowrie & East Perthshire

# Know Your Area

One of the aims of Cittaslow is to encourage people to get out and explore the beautiful countryside on their doorstep. This regular feature aims to highlight some of the wonderful places you can visit in Perth and Kinross.

## *Birks of Aberfeldy*

Written in 1787, the famous Burns poem 'The Birks of Aberfeldy' resonates with the majesty of this beautiful place. The lines by Burns express in words the feelings of the countless visitors to this wooded glen in Aberfeldy over hundreds of years as they have come to admire the varied woodland: the subtly coloured canopy of birch (birk) and beech trees, the background soundtrack of water cascading over the waterfalls as the Moness Burn journeys to the Tay.

The Birks of Aberfeldy, managed by the Perth & Kinross Council Countryside Ranger Service, is one of a number of sites that form Perthshire Big Tree Country. A recently upgraded 4km path helps visitors follow their way through the two halves of the site - the

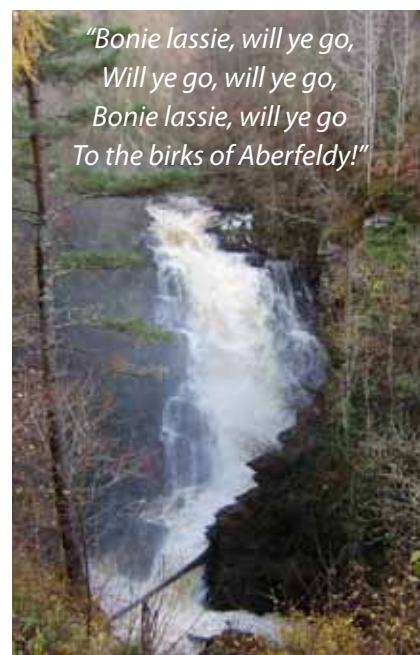
Wee Birks or Lower Birks, then rising to 250m up through the Upper Birks. At the pinnacle of the walk, you will stand upon a bridge over the burn, looking directly down onto the Falls of Moness, with the vista of the wooded gorge in front of you.

The Birks of Aberfeldy is a magnificent site to visit in any season, but takes on a particularly special quality as summer draws to a close and the trees take on their varied and dappled colours of autumn. Make a date to get to know your area and get ready to fall in love with the Birks!

Find out more at:

[www.pkc.gov.uk/countryside](http://www.pkc.gov.uk/countryside)

[www.perthshirebigtreecountry.co.uk](http://www.perthshirebigtreecountry.co.uk)



## *Community Waste and Fly-Tipping Grant Scheme*

The Community Waste and Fly-Tipping Grant Scheme is a new initiative to help build greater community involvement in the drive to reduce the amount of waste that we send to landfill and to assist in the management of fly-tipped waste. Through the scheme, support and funding can be provided for community led initiatives, such as:

- *waste reduction projects, eg promotion of reusable bags, reusable nappies, swap shops etc;*
- *reuse and recycling projects;*
- *community composting;*
- *collection of bulky household items (eg beds, fridges) for reuse or recycling;*
- *clean-up of flytipped waste on private land;*
- *measures to prevent fly-tipping, such as signage.*

Projects must be developed by community or voluntary organisations, which can be national, but the project must take place within Perth and Kinross. Grants would normally be awarded for:

- *revenue and capital costs;*
- *equipment costs;*
- *staff costs;*
- *reasonable professional fees.*

The scheme can provide up to £15,000 for a community waste project (diverting waste from landfill), or £3,000 for a fly-tipping related project. Funding may be provided for more than one consecutive financial year.

An electronic application form can be accessed on [www.pkgrantsdirect.com](http://www.pkgrantsdirect.com). More information, advice, and a paper application can be obtained by contacting a Council Waste Minimisation Officer on 01738 476476.

## *Perth and Kinross Network of Charity Shops and Reuse Projects*

The Network of Charity Shops and Reuse Projects meet quarterly to take forward initiatives to promote their work and make the public more aware of the range and quality of donations received for reuse. Charity Shops and Reuse Projects can play an important environmental role as well as a social role - they help to extend the life of products and therefore help to avoid sending reusable or recyclable goods to landfill.

A popular initiative, taken forward by the Network, is the Charity Shop Map which lists all of the Charity Shops and Reuse Projects across Perth and Kinross as well as specifying the items that each is willing to accept. It is a common misconception that charity shops will accept everything but, in fact, charities have to spend a considerable amount of time and money disposing of unsuitable items that have been donated with the best of intentions.

The Network held an Outdoor Reuse Lounge on Perth High Street as part of Pass It On Day on 5 June. Later this year, there are also hopes to work with local businesses throughout Perth and Kinross to divert more reusable items from landfill.

For more information on the Network or any of their initiatives, please visit [www.pkc.gov.uk/recycle](http://www.pkc.gov.uk/recycle) or contact Perth & Kinross Council on 01738 476476 or email [recycle@pkc.gov.uk](mailto:recycle@pkc.gov.uk).

# What is Cittaslow?

Perth is proud to be Scotland's first Cittaslow city and Perth and Kinross is the first region in the UK to be recognised as an official Cittaslow Supporter.

Cittaslow towns aim to be great places to live, work and visit and they must demonstrate their commitment to over 50 different activities that can be broken down into half a dozen key areas:

- *Protecting the Natural Environment*
- *Developing People-Friendly Infrastructure*
- *Enhancing the Quality of Urban Fabric*
- *Supporting Local Produce, Products & Traditions*
- *Providing Hospitality to Visitors*
- *Encouraging Active Participation in Community Life*

Find out more on [www.perthcittaslow.org.uk](http://www.perthcittaslow.org.uk)

## Cittaslow UK Conference 2010

The second national Cittaslow Conference takes place in Perth over the weekend of 26-28 November 2010. The main part of the Conference will be on Friday 26 November in the Soutar Theatre at the A K Bell Library in Perth. Confirmed speakers include Richard Lochhead MSP, Cabinet Secretary for Rural Affairs & The Environment, Carol Craig from the Centre for Confidence & Wellbeing and Professor Helen Jarvis, member of the Cittaslow Scientific Committee. Gian Luca Marconi, President of Cittaslow International will also address the audience. On Saturday 27 November Mr Marconi will chair a meeting of the Cittaslow International Committee which meets in the Perth & Kinross Council Chambers, while other conference delegates take a tour of Perthshire. Also planned are a gala dinner and a ceilidh, to showcase local talent.

Further information is on [www.perthcittaslow.org.uk](http://www.perthcittaslow.org.uk)

## Cittaslow Convention Korea

Delegates from Cittaslow towns all over the world converge on Seoul in South Korea at the end of June for this year's Convention. South Korea is a new addition to the Cittaslow family and 5 towns have now received accreditation. Councillor Jack Coburn, Chair of the Cittaslow Perth Steering Group and National Co-ordinator for Cittaslow UK, will be accompanied by Steering Group member Douglas Ritchie. The Convention takes place in the Seoul Museum of History and Jack and Douglas will have the opportunity to do a short presentation about Perth. Other highlights include a photographic exhibition of worldwide Cittaslows, an evening dinner with traditional Korean performances and a trip on a low carbon train to visit the 5 Cittaslow towns.

## On The Trail

Youngsters aged between 14 and 15 years of age from two Perth schools took part in the Springboard Scotland Discovery Trail in Perth at the beginning of June. From a base in the Salutation Hotel in Perth, and assisted by members of staff from the hotel and Careers Scotland, the participants took part in a range of hospitality-themed and team-building activities, such as folding napkins and completing a table setting, making 'mocktails' and turning towels into works of art. The second part of the day was to embark on a journey around Perth completing a workbook which aimed to give a better understanding of the history, attractions, activities and facilities in the town.

Perthshire adventure company 'Nae Limits' ran a team-building exercise challenging the teams to extract an object from the bottom of a tube, using lots of water. Cittaslow Perth, in conjunction with Nae Limits, provided one of the prizes for the event - a sphering experience. Other prizes included a day at Gleneagles Hotel and cinema tickets donated by Skills Development Scotland.

*"The purpose of the day was to encourage local young people to appreciate the rich heritage and culture of Perth while also sampling some of the career opportunities available within the tourism and hospitality industries,"* states Springboard's Project Manager, Carolyn Baird. *"As a charitable trust established to provide access to these industries Springboard is delighted to join forces Cittaslow Perth. Without the support of Cittaslow and other local organisations we would not be able to deliver such an ambitious and worthwhile activity."*

The winning teams were presented with their prizes at a reception hosted by the Provost and attended by the Chair of Cittaslow Perth, Councillor Jack Coburn.



*A trio from Perth Academy design their own mocktail*

# Slow Food Perth

Cittaslow originally grew out of the Slow Food movement in Italy and maintains close links with Slow Food across the world. Slow Food is a not-for-profit organisation that believes food should be good, clean and fair. In other words, it should taste good, shouldn't harm the environment, animal welfare or human health and producers should be given a fair price for their work.

Slow Food Perth was set up as part of Perth's bid to become the first Cittaslow town in Scotland and is one of around 10 convivia or groups in Scotland.

Slow Food Dinners take place on the first Tuesday of each month throughout the winter months and we also hold themed evenings and visits to producers. This summer we have had a

visit to Grierson's Organic Farm and further events - a Slow Food Feast under the leafy canopy of The Hermitage at Dunkeld with Hettie's Catering and a visit and tasting of venison at Fletchers' of Auchtermuchty.

Events are open to both members and non-members so if you are interested in food, where it comes from, how it is produced and how good it tastes, why not come along?

If you would like more information on Slow Food, please log on to [www.slowfood.org.uk](http://www.slowfood.org.uk) or email [slowfoodperth@live.co.uk](mailto:slowfoodperth@live.co.uk)



## Slow Food\* Perth

## Taste of Perthshire

The new Taste of Perthshire leaflet will be hitting leaflet racks across Perthshire and beyond in June. Featuring a range of Perthshire producers and retailers, the leaflet gives information on where local produce can be sourced. A useful map gives the location of all the entries and a key indicates the type of outlet. A new feature in the key this year indicates where businesses have become Cittaslow Business Supporters.

To become a Cittaslow Business Supporter, businesses need to satisfy a few criteria:

- Encouraging diversity rather than standardisation.
- Supporting and encouraging local culture and traditions.
- Working for a more sustainable environment.
- Supporting and encouraging use of local produce and local products.
- Encouraging healthy living especially through children and young people.
- Working with the local community to promote these principles.

The Roost Restaurant in Bridge of Earn gained Cittaslow Business Supporter status in February 2010. Owners Tim and Anna Dover took over The Roost in 2008 and have been working hard to turn the restaurant into one of the best in the area.



Tim & Anna receive their certificate from Councillor Jack Coburn, Chair of Cittaslow, Perth

Tim has provided one of his favourite recipes which he came across when working for Chef Daniel Boloud in New York. He says "Being a keen fly-fisherman I use the trout that I catch to make escabèche in the restaurant, but sardines, red mullet and salmon work just as well. For this rendition the trout is filleted and pin-boned, packed into an earthenware casserole dish and then submerged in a highly seasoned pickling blend with lots of aromatic spices and vegetables. Chilled for a few hours the escabèche is delicious served on the day it is made and is so many times better the next day, making this a fine party dish which can be served with nothing more than a green salad although in the restaurant I serve it with tapenade toasts and watercress dressing."

### Trout Escabèche

**Ingredients: (makes 8 portions)**

- 1-1.5lb brown trout, filleted & pin-boned and cut into even portions (aim to get 4 portions for each side of the fish)

- 2 medium sized carrots, 4 sticks celery, 1 bulb fennel (small), 1 medium sized onion and 1 tomato (peeled, sliced and diced)
- 4 leaves basil, 4 sprigs thyme, 4 sprigs coriander, 1 pinch of dried red chilli seeds
- **For The Cooking Liquor** - 250ml good quality olive oil, 15g salt, 8g castor sugar, 82ml sherry vinegar, 3 cloves garlic, 2 fresh bay leaves
- ¼ teaspoon fennel seeds, ¼ teaspoon coriander seeds, ¼ teaspoon black peppercorns - **put together into a herb sachet**

Arrange portioned trout fillets attractively in an oval earthenware dish that holds the fish snugly. Scatter the thyme, basil, coriander leaves and diced tomato over the fish and then set aside. Place a pot on the hob at a medium heat, add the cooking liquor, the remaining diced vegetables, the fennel, coriander seeds, peppercorns and chilli flakes and bring to the boil. Reduce heat and simmer until the vegetables are cooked but remain crunchy (this usually takes around 5 minutes). Pour the hot liquid and vegetables over the fish, cover in plastic wrap and allow the mixture to cool to room temperature. Chill the escabèche for at least 6 hours or overnight, before serving.

**To serve:** Serve the escabèche with lemon wedges on the side. If you like you can drain off some of the marinade liquid, emulsify it in a jug blender and use it as a dressing for an accompanying green salad.

This newsletter is also available in pdf format and is emailed directly to those who prefer to receive it in this format. If you would like to receive this newsletter by email, please contact [perthcittaslow@pkc.gov.uk](mailto:perthcittaslow@pkc.gov.uk) or call 01738 477940.

Cittaslow Life is produced by Perth & Kinross Cittaslow with help and support from Perth & Kinross Council. Perth & Kinross Cittaslow is managed by a Steering Group of over a dozen representatives of local organisations, agencies and businesses. More information can be found on the Perth & Kinross Cittaslow website at [www.perthcittaslow.org.uk](http://www.perthcittaslow.org.uk)