Slowing down with Slow Food Austin

Description

For a time during my Colorado years, I lived in Manitou Springs, a few blocks away from one of my choice restaurants, Adamâ??s Mountain Cafe. Adamâ??s waiting line was a place for lively conversation, often in-depth with lengthy waits being the norm. From appetizers to desserts, food arrived slowly, and nobody seemed to be in a hurry. Along with serving worthy mountain meals, this cafe built its reputation on trying to show us all how to slow down. ***Good food is worth the wait***. Adamâ??s has since expanded and moved to a larger Manitou location, but the establishment still boasts slow food. During my most recent visit to Adamâ??s for lunch, I took my time deciding what to order. My lunch mates showed no worries. But suddenly, one among us, who may have overlooked the colorful table tents that reminded customers that Adamâ??s is a slow food establishment, raced from the serverâ??s greeting to asking for a rush on the meal in order to make a tight turn for a meeting. This rush request offered up a learning moment: weâ??re not yet remotely close to slow. Whatâ??s been done to hurry food along from preparation to ingestion, will take time to resolve. Gradually, the big picture appears to be coming into focus. Feel like slowing down? Slow down with Slow Food Austin as they champion the cause with Slow Food USA to bring real food into schools. No hurryâ??youâ??ve got plenty of time to prepare a meal for their Labor Day Potluck at Austinâ??s Rain Lily Farm.

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