

ALICE WATERS

Five decades ago, restaurateur and food activist Alice Waters was at the forefront of the now flourishing locally grown, organic food movement. Her Berkeley-based restaurant, **Chez Panisse**, has become one of the most famous dining spots in America, known for changing its menu daily to reflect what's in season and for sourcing ingredients from local farmers.





Watch video:
[The mother of
slow food](#)



Alice Waters opened Chez Panisse in a house in **Berkeley**, California, in **1971** when she was 27 years old.

In the earliest days of the restaurant (a sort of **French Bistro**), Waters wore a variety of hats: chef, menu planner, CEO and waitress.

Courtesy Alice Waters

Notes for the video The mother of slow food

Alice Waters has been preaching the virtues of cultivating fresh food for decades. She hopes a slower approach to the food we eat will keep us healthier and greener.

Her ideas have gone mainstream, but what is she?

a dreamer?

a visionary?

a revolutionary?

a self-righteous person?

a leadist?

an elitist?

an innovator?

a pioneer?

an idealist?

a person who lives in a different world?

She doesn't have a microwave at home.

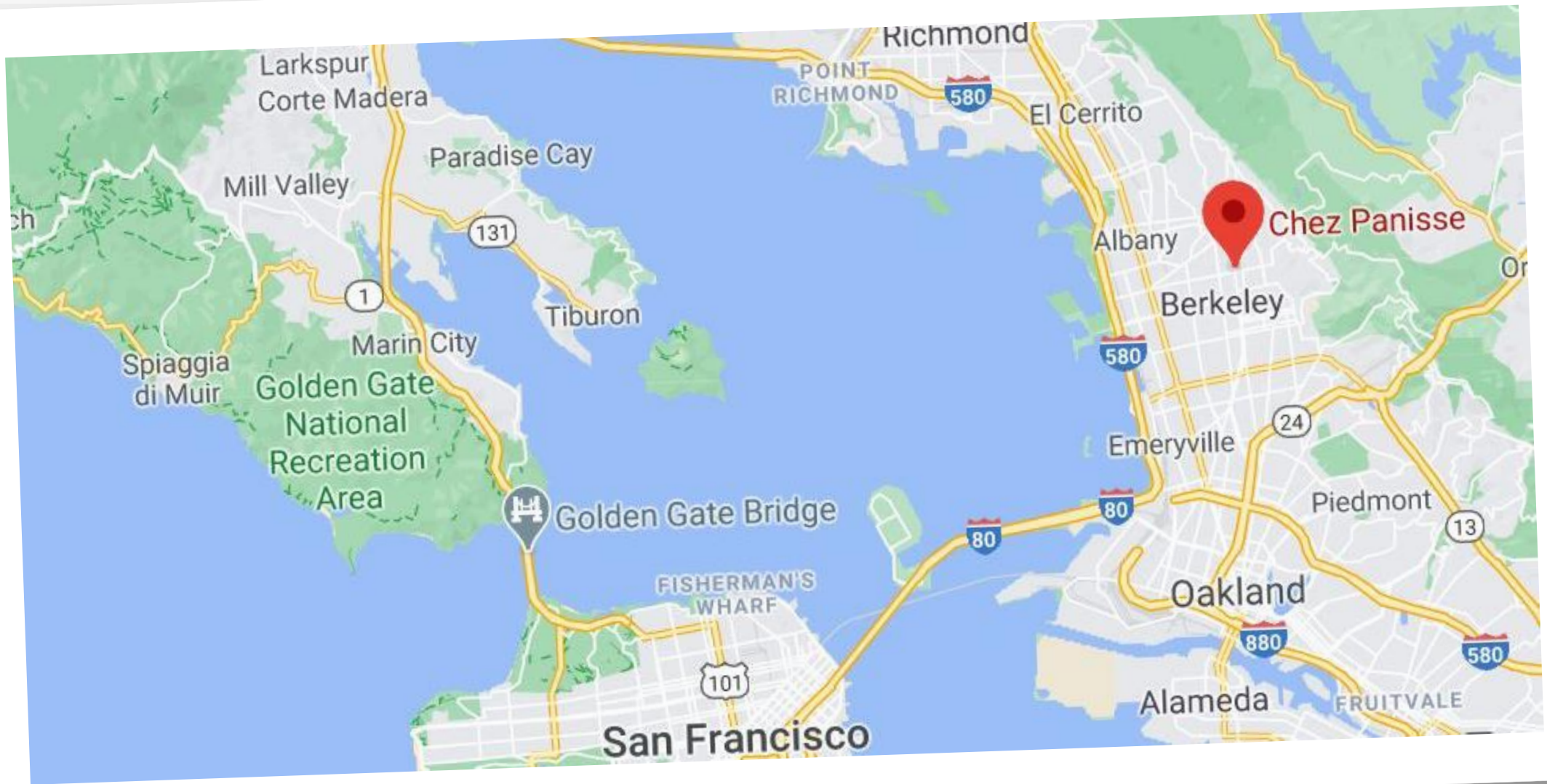
**“DEEP DOWN SHE LOVES WHEN PEOPLE
EAT AND YOU CANNOT RESIST HER”**

San Francisco's Mayor Gavin Newsom was a fan of her and he supported her project: “THE LOUSY FOOD WE CONSUME IS KILLING US”, he said, and the Slow Food Movement can help American people change the way they eat.

“Good food is a right not a privilege”

Alice Waters encouraged people to

1. START EATING GOOD FOOD = FOOD THAT HAS A FLAVOUR
2. USE HEALTHY INGREDIENTS (antibiotic and hormone free) – FRESH, LOCALLY GROWN, SEASONAL, ORGANIC
3. GROW THEIR OWN VEGETABLES USING ORGANIC AND SUSTAINABLE METHODS and
4. starting and supporting the **EDIBLE SCHOOLYARD PROJECT** she took action TO EDUCATE AND INFLUENCE THE NEW GENERATIONS (“it’s important to bring kids into a new relationship with food”)



Looking back, Waters would say it all began for her with a bowl of cafe au lait. As a student on a sojourn to Paris during the 1960s, Waters had never sipped anything so good. Soon, trips to the French countryside introduced her to the power and pleasure of local foods: mussels just off the boat, freshly pressed virgin olive oil.

Waters came back to Berkeley transformed. She hatched a plan to convert a run-down old house into an elegant bistro.

Read more:

<https://www.npr.org/templates/story/story.php?storyId=9848900>



Chez Panisse was meant to be a place where friends and neighbors could gather together around the table, eat good food, and exchange ideas about politics, art, and culture. In the beginning, the restaurant served one set menu that changed daily, highlighting local ingredients that were ripe and in season.

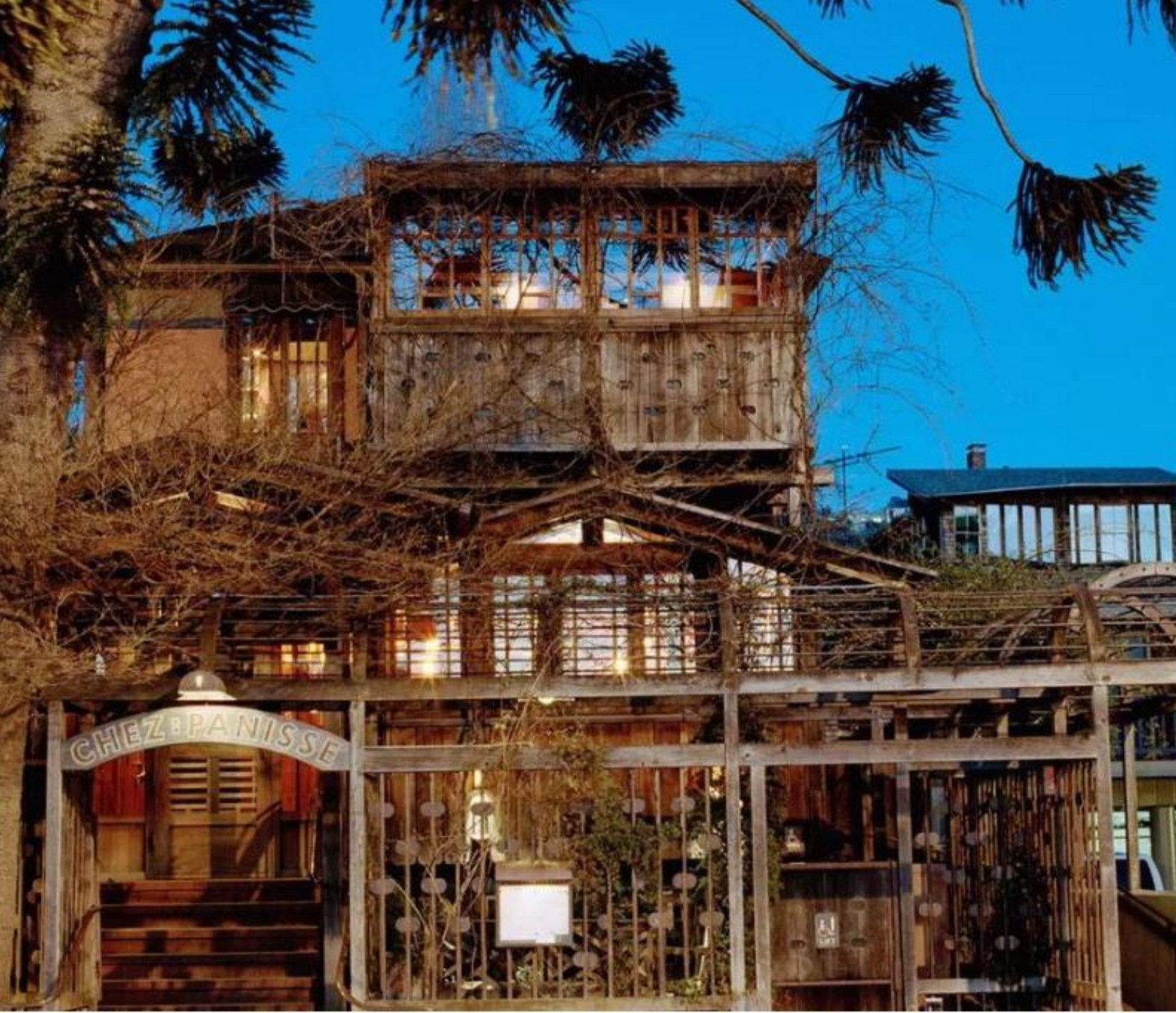




A Farm-to-Table Journey

Over time, the restaurant has built up a diverse network of ethical local suppliers—ranchers, fishers, orchardists, foragers, farmers, and backyard gardeners—who practice regenerative agriculture and take care of the land.

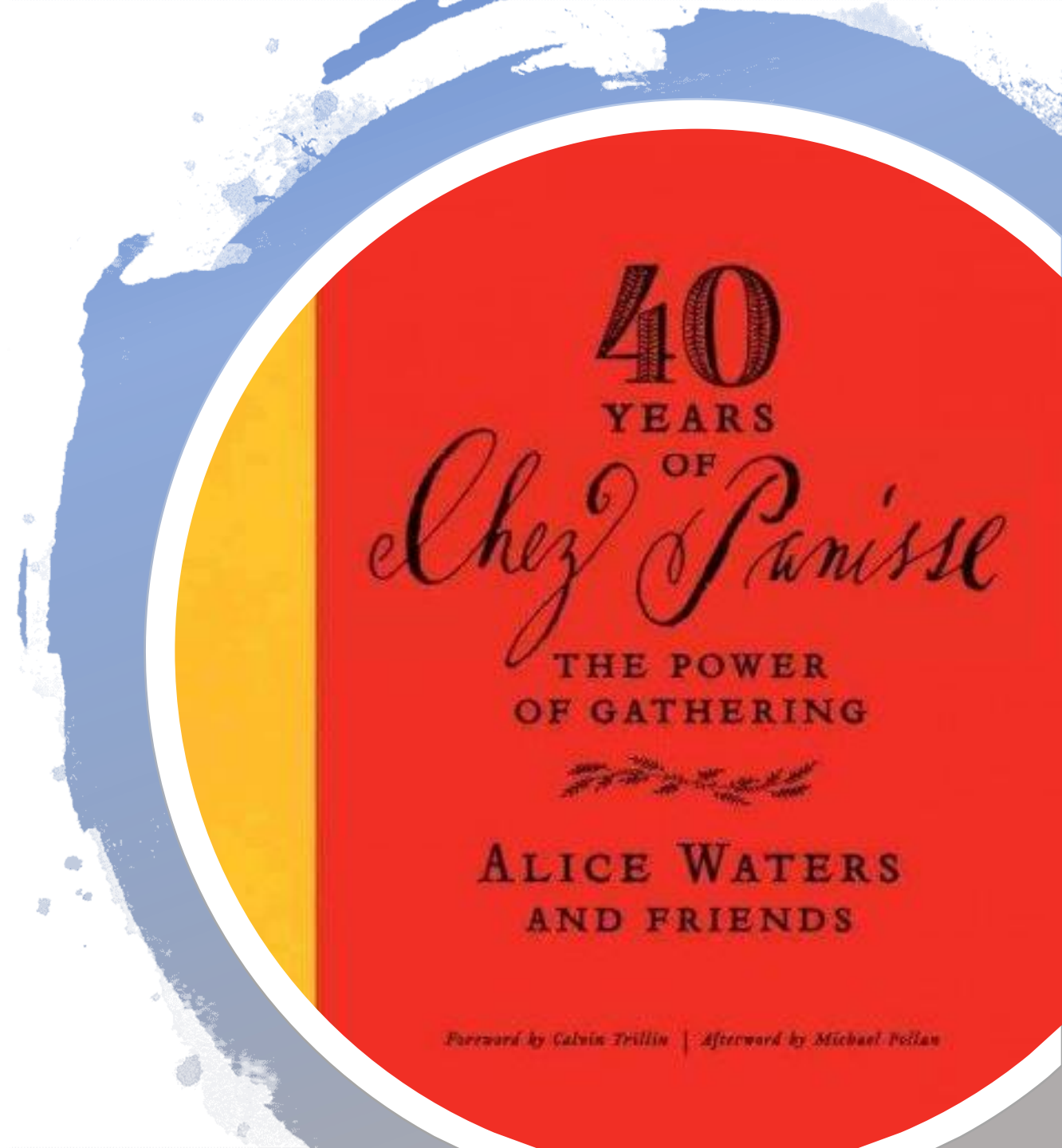
<https://edition.cnn.com/travel/article/alice-waters-culinary-journey/index.html>





Throughout all the years Alice Waters has shown up at the restaurant almost every day to oversee the cooking with her infallible tastebuds.

- Chez Panisse opened in **1971** in a house in Berkeley. Over the past 50 years, the restaurant has received honors from *Gourmet* magazine and Michelin and inspired hundreds of prominent chefs across the world to use locally sourced ingredients. The restaurant and Waters are both the subject of a coffee table book, *40 Years at Chez Panisse: The Power of Gathering*.



WHAT IS GOING ON AT CHEZ PANISSE THESE DAYS?

<https://www.chezpanisse.com/1/>

LUNCH & DINNER WALK UP ORDERS

<https://chezpanisselunch.square.site/>

<https://chezpanissedinner.square.site/>



Chez Panisse

MENU LUNCH DINNER SUNDAY MARKET GIFT SHOP SUBSCRIBE GIFT CARDS ABOUT



- In **March 2020**, in response to the COVID-19 global pandemic, Chez Panisse temporarily closed all dining at the restaurant. In its place they have created an open-air marketplace, offering weekly farm boxes and prepared food items to nourish the Bay Area community and support staff and network of producers through the crisis.
- Chez Panisse now offers prepared meals, sides, pantry supplies, desserts, wine, and beer **to pick up from the outdoor front patio Wednesday through Saturday**.
- A Sunday marketplace, which also includes weekly seasonal organic produce boxes curated by the Chez Panisse chefs, operates in the outdoor space adjacent to the restaurant.



COVID changed Chez Panisse, but Alice Waters is still taking care of local farmers.

<https://www.berkeleyside.com/2020/11/09/how-pandemic-changed-chez-panisse-alice-waters>



[Read here](#)

OUR PLEDGE TO PUBLIC EDUCATION

Children Farmers



In 1996, Waters's commitment to education led to the creation of **The Edible Schoolyard** at Berkeley's Martin Luther King, Jr., Middle School: a one-acre garden, an adjacent kitchen-classroom, and an "eco-gastronomic" curriculum.

Alice established the **Chez Panisse Foundation** in 1996 to support the Schoolyard and encourage similar programs that use food traditions to teach, nurture, and empower young people.


<https://edibleschoolyard.org/>

The time is always right to do what is right. -Dr. King

HOPS

MANDARIN



A photograph of Michelle Obama, the former First Lady of the United States, kneeling in a lush vegetable garden. She is wearing a red and white floral patterned cardigan over a white top and a red skirt. She is surrounded by several young children, all wearing bright yellow t-shirts. Some of the t-shirts have the text "BANCROFT" and "Our School" visible. The children are engaged in various activities, such as holding plants and using tools. The garden is filled with various types of lettuce, including green and red varieties, and other leafy greens. The scene is set outdoors, and the overall atmosphere is one of community and education.

Alice Waters's influence in the fields of organic foods and nutrition is typified by Michelle Obama's **White House organic vegetable garden** established on the South Lawn of the White House on March 20, 2009.



While the garden still remains intact and functioning, Melania and the Trump administration seem to have a less direct role in maintaining and promoting it. Luckily, the garden is kept by the **National Park Service** and maintained by a private funding stream (notably, the Obama administration arranged for both of these endeavors as a means of ensuring the garden's longevity).

<https://www.bustle.com/p/what-happened-to-michelle-obamas-garden-shows-melania-trump-is-handling-it-very-differently-10928285>



On September 10th 2015 she was awarded the National Humanities Medal from President Obama.

WHY
I'M A 
MEMBER

*Alice Waters;
Vice President of Slow Food International*

“I am a Slow Food USA member because by understanding the connection between the food on our table and the field where it grows, our everyday meals can anchor us to nature and the place where we live.”

Since 2002, Waters has served as a Vice President of [Slow Food International](#), an organization dedicated to preserving local food traditions, protecting biodiversity, promoting small-scale quality products around the world.

Read the article:

https://bbianchienglishlessons.weebly.com/uploads/5/9/8/8/59886631/alice_waters.pdf

