



Slow Food Whidbey Island

P.O. Box 1545, Freeland, WA 98249
www.slowfoodwhidbeyisland.org

CONVIVIYUM

April 2023

WHAT'S HAPPENING

Mason Bees, Pollination, and Mason Bee Hive Building

April 16 from 1:00 pm to 3:00 pm

Mason bees are SUPER HEROES! They pollinate our fruit trees, vegetable plants, and berry bushes, and significantly increase produce production.

You can help prevent the declining bee population by setting up a mason bee house in your yard. Mason bees are the calmest of all the bees and rarely sting. They are not a social bee and do not have a hive or queen to protect. The only way to get one to sting is to squeeze it, and even then, it probably won't.



Elizabeth Agin, from Māyā Farm in Oak Harbor, will lead this class and teach us about mason bees and pollination. Elizabeth is an excellent communicator. We are lucky to have her as our presenter. Amy Tuthill will join her to talk about other pollinators. An open discussion on why mason bees and native pollinators are a better choice over honeybees for small gardeners will follow.

Be sure to bring the kids, or grandkids. There will be a children's table where they will learn how to build small mason bee homes using materials found around your home. All materials will be provided. If there is time, adults will get to build a hive as well.

There will also be seed bombs to take home to help create "bee gardens", which helps all our local pollinators.

The class will take place at the Greenbank Progressive Club at 3090 South Firehouse Road in Greenbank. If you would like to attend, contact Kathy Floyd at kathy46@whidbey.com. Prices for the event will be \$15.00 for members, \$20.00 for non-members, \$10.00 for children seven and older, and children under seven are free.

Save the dates! Future Events at Slow Food Whidbey Island

The following are some of the classes that Slow Food Whidbey Island will hold during 2023:

April - Give What You Can Day. An email will follow prior to the date.

April 16, 2023 - Mason Bees and Hive Building with Elizabeth Agin

June 3, 2023 - Empanadas with Karen Achabal

August - Steamed Buns with David Phillips

September 23, 2023 - Preserving the Harvest with Arjai Allred

December 3, 2023 - Member Appreciation Dinner

Slow Food USA 2023 Seed Kits

Lettuce introduce you to the seven great greens in the *Slow Food USA 2023 Plant a Seed* kits on sale now! This annual collection of rare, story-filled plants will be an incredible addition to your home garden (and kitchen) this year. Plus, for every kit purchased, Slow Food USA will send a free kit to a school or community garden.



The 2023 kit includes growing information, stories about the varieties, stickers and more. Join the Slow Food community and grow greens together. We'll see what they have to teach us about climate resilience, nutrition, and cultural and biological diversity!

Meet this year's greens:

♥ Feaster's Mustard (Ark of Taste)

🥬 Hanson Lettuce (Ark of Taste)

🥬 Matilde Escarole

🌿 New Mexico Amaranth

🌿 Sea Kale (Ark of Taste)

✅ Ultracross Mix (Ark of Taste)

🌱 Yu Choy Sum

You can purchase one of these kits for just \$35.00. To order, go to <https://slowfoodusa.org/product/2023-plant-a-seed-kit/>. Note, these kits will ship in early April.

Are you a school garden instructor or community garden leader and need the code for a free kit? Email Slow Food USA at plantaseed@slowfoodusa.org. Slow Food Whidbey Island has ordered a kit to be distributed to one of the school gardens on Whidbey Island.

CLASSES

April 4 at 7:00 pm

Educational “Farmer’s Shadow” Food Growing Series 2023

Anza Muenchow says, “Let’s get excited about the warm season crops.” Anza will share tips on the best varieties and the special cultural requirements of the Solanaceae family (tomato, pepper, eggplant, tomatillos, and ground cherries). She will answer all timely garden questions and encourage folks to have the best growing season ever! If you are not yet on the distribution list and would like to receive the Zoom link, please contact Anza at education@southwhidbeytilth.org.

April 4 from 6:30 pm to 8:00 pm

Taking Back our Food: Building an Abundant Food System in the PNW

Sno-Isle Libraries, Langley - Live

How can we-the-eaters reclaim control of our food? Vicki Robin, activist and author of [Blessing the Hands That Feed Us](#), will discuss the many ways eaters can be change-makers through small, practical steps: by buying direct from the producer, eating a delicious regional sustainable diet, growing their own food, joining local groups, and stepping up to a September 10-Day Local Food Challenge. Local food matters - for the climate, for our local ecology, for health and for sovereignty. No registration required. For more information, go to: <https://sno-isle.bibliocommons.com/events/63d9a21f2728c53700e35615>.

April 6 from 4:00 pm to 5:30 pm

Bees, Honey and our Shared Cultural Experience

Sno-Isle Libraries, Oak Harbor, Room HH137- Live

Jeremy Kyncl of Hierophant Meadery shares the many ways bees are ingrained in our shared cultural experiences, particularly via mead. This event is part of [Whidbey Reads](#). The 2023 selection is [The Music of Bees](#) by Eileen Garvin. No registration required. For more information, go to <https://sno-isle.bibliocommons.com/events/63d9a26a25d028300049ecda>.

April 10 from 6:30 pm to 8:00 pm

Bring Back the Pollinators

Sno-Isle Libraries online event

Xerces Society presenter Linda Zielinski discusses the work of native pollinators, the threats they face, and what we can do to help them survive and thrive. The [Xerces Society](#) is a science-based nonprofit organization that protects wildlife through the conservation of invertebrates and their habitats.



Registration is required to receive a reminder email with the Zoom link 24 hours before the event begins. If you register less than 24 hours before the event, your confirmation email will have the Zoom link. This event will be recorded for later viewing on the [Sno-Isle Libraries YouTube channel](#), and will be available indefinitely. For more information or to register, go to <https://sno-isle.bibliocommons.com/events/63ebc3d5bf76ba2900cb922d>.

April 11 at 2:00 pm

Affordable Fresh Foods at Farmers Markets

Island Senior Resources (Bayview)

This event will take place at the Senior Center located at 1459 SR525 in Langley. The program is for SNAP or WIC customers, as well as farmers who sell at Farmers Markets. This workshop will explain how the new Farmers Market Nutrition Program works at Farmers Markets. No more paper vouchers — customers get digital cards to redeem good food. This free program is hosted by South Whidbey Tilth and Island Senior Resources.

April 11 from 7:00 pm to 8:30 pm

The Cookbook Connection Online Book Group

The Foods of Ukraine

Sno-Isle Libraries online event

Ukraine is often called the "bread basket of Europe," and the country is blessed with rich dark soil.

Naturally, wonderful fresh produce and baked goods, noodles and dumplings are an important part of this delicious cuisine. There is also an amazing diversity of preserved foods; pickled and fermented, smoked and cured, jams and preserves that grace the table. Try something new and join this online class for a taste of the foods of Ukraine.



Registration is required to receive a reminder email with the Zoom link 24 hours before the event begins. If you register less than 24 hours before the event, your confirmation email will have the Zoom link. To get more information or to register, go to: <https://sno-isle.bibliocommons.com/events/6403d4cfbf76ba2900cddd35>.

April 13 from 7:00 pm to 9:00 pm

Food for Thought Online Book Group

“Sankofa” and “Zoe’s Ghana Kitchen”

Sno-Isle Libraries online event

This month's read is [Sankofa](#), by Chibundu Onuzo, a story about identity, racism, and family. It follows Anna, a biracial British woman, on a journey to a small African Country to meet and understand her father. The cookbook for this month is [Zoe's Ghana Kitchen](#), by Zoe Adjonyoh.

Registration is required to receive a reminder email with the Zoom link 24 hours before the event begins. If you register less than 24 hours before the event, your confirmation email will have the Zoom link. To get more information or to register, go to:

<https://sno-isle.bibliocommons.com/events/640a71290717af1608f5293d>.

April 19 from 6:30 pm to 7:30 pm

Gleaning: A Framework in our Food System

Sno-Isle Libraries online event

Our nation wastes 40 percent of the food that is produced. Join the group for a conversation about how gleaning could provide a simultaneous approach to fighting food waste and hunger in our communities. Morgan Curry is the Executive Director of Skagit Gleaners in Mount Vernon, WA and serves on the Association of Gleaning Organizations' national board. Morgan will provide a history of gleaning and demonstrate how programs, like Skagit Gleaners, are showing up as sustainable practices in our current food system.

This event will be recorded for later viewing on the [Sno-Isle Libraries YouTube channel](https://sno-isle.bibliocommons.com/events/64109b826ef7092800ac0f41), and will be available for six months. Registration is required to receive a reminder email with the Zoom link 24 hours before the event begins. If you register less than 24 hours before the event, your confirmation email will have the Zoom link. For more information or to register, go to: <https://sno-isle.bibliocommons.com/events/64109b826ef7092800ac0f41>.

IN THE NEWS

FARMERS OF THE MONTH ORCHARD KITCHEN AND FARM

**Vincent and Tyla Nattress, Owners
Savannah Reid, Farm Manager**

By Lynn Wenzel

Whenever there is talk of Orchard Kitchen, the conversation is inevitably about the fabulous farm to table, fine dining restaurant on Bayview Road in Langley.

However, over these past few years, I have noticed Orchard Kitchen Farm produce on the Whidbey Island Grown Cooperative Food Hub. This has made me wonder what the story was behind this farm and to what extent Chef Vincent was spending his time outside the kitchen and in the fields. Spoiler alert: I learned that while Vincent grew up in Coupeville when it was a vibrant farming community, and his mom's family raised cattle in Oregon, he has never been a farmer. I discovered that this is where his farmer, Savannah Reid, fits into the picture. More about Savannah later.



The Orchard Kitchen and Farm story begins in 2011, when Vincent and Tyla bought the five-acre property in pursuit of their dream, which they mapped out in 2007 when they lived in California. Vincent, who was working on a fantastic piece of property as an executive chef was unhappy working in this role for someone else rather than for himself. So, he and Tyla literally mapped out their dream with crayons on a poster board; their own property that has a barn, a farm house,

an orchard, a garden, some chickens and a goat, a pond, and a restaurant. Four and a half years later, they had literally drawn their current property, sans the pond (which is across the property line), on Bayview Road across from the Good Cheer Food Bank.

Shortly after moving onto the property, the harsh reality of having to mow the multi-acre property made itself known. With borrowed equipment, Vincent spent three days mowing, while upsetting all the wildlife happily ensconced in the long untouched fields. When Vincent realized he would have to do this at least several times a year, he welcomed an advance from Blake Menella, the then Farm Manager of Willowood Farm, to consider allowing a farm endeavor on the property. Why not farm one acre of the property and, in addition to sourcing the restaurant with gorgeous and delicious vegetables at their peak, also take advantage of their great location on Bayview Road for a farm stand to source the community with their bounty.

Outstanding soil samples, a good well, and an unblocked southern exposure sealed the deal for Vincent and Tyla. I am pretty sure that the idea of not having to spend days and days mowing acres of fields had nothing to do with their decision. Vincent and Tyla continued to focus on the restaurant and Blake continued to break new ground every year.



Five years ago, Savannah Reid, a 2017 graduate of the Organic Farm School, was hired as Farm Manager. Since then, Savannah has put in a high tower and two rolling caterpillar tunnel greenhouses. She is now organically farming three and a half acres year round. This year, a compost facility will be built on the property with funds received from a USDA grant. Savannah is also currently serving on the board of the Whidbey Island Grown Cooperative.

Regrettably, we were unable to meet Savannah, who was away and unable to participate in our interview.

(To learn more about Farmer Savannah, visit the following link: <https://www.whidbeyislandgrown.com/orchard-farm.>) Sitting in for Savannah was Pat Moote, also a graduate of the Organic Farm School, who was hired in 2021 as the Property Manager and works alongside Savannah on the grounds.

What crops are grown is determined by what they know they like and have successfully grown in the past, as well as Vincent's appetite. Specifically, in the spring, Vincent looks for the Hakurei turnips, because they are "fantastic and I've never tasted better turnips..." They have planted asparagus, which will never appear on the Food Hub (disappointing), but what is not used in the restaurant will appear in their food stand (Yay!). Vincent wanted ground cherries this year along with four varieties of basil and the specific variety of pepper that Blake grew, which is used to create a few pickled products they create. Vincent also wants to have fava beans and chicory in the fall. The crops grown are largely driven by Vincent's appetite, what crops have done well before, and what he wants to experiment or play with.

Produce from the Orchard Kitchen Farm is available to us through the restaurant, the farm stand, and the Whidbey Island Grown Cooperative Food Hub.

Food Hub: Be sure to check the Food Hub product list for Orchard Kitchen Farm produce (<https://whidbeyislandgrown.localfoodmarketplace.com/Products>). This past February, I was able to get the most delicious Brussels sprouts that I roasted with bits of bacon.

CONVIVIYUM

supporting that farmer and that farmer's family in your community. I guarantee you will feel very good about that.

Vincent is very clear that they have a farm because they have a restaurant. The restaurant is what allows the farm to exist. At this point, the conversation turned toward the interplay between the chef and the farmer and when is the right time to harvest. There is a very different relationship between the food, the farmer, and the chef. Harvesting crops for delivery to the Food Hub, a food stand, and a chef takes great skill and involves a certain amount of risk that the average consumer never has to think about.

The farmer needs to figure out how to harvest in a manner to accommodate the time lag between harvesting and getting the product to market in fine form so that nothing is wasted. The chef's perspective is how is this going to taste on my plate and wanting optimal ripeness precisely at harvest time. Do you see the inherent risk in the chef's approach to harvesting? The longer wait to harvest means that critters or a turn in the weather can destroy the crop. There is a cost to this risk, which is why Vincent and Tyla dare to charge what they do for a meal at their restaurant.

To carry this harvesting example even further, Vincent shared some greens that his cook had recently harvested (in March), piece by piece, from a clump of greens that had died back earlier in the season and that were now beginning to come back to life once again. These greens were incredible and I am not even sure I can do them justice in my description of them. They were spectacularly beautiful – tiny, individual leaves with not a brown mark or insect nibble anywhere to be seen. Their colors were brilliantly vivid greens and deep purples. Their flavor was intense, and sweet and peppery. They were honestly breath taking and the best greens I have ever tasted. Their cost? Taking the cooks time into consideration to hand pick each leaf individually enough times to accumulate approximately three pounds of these greens cost roughly \$100. They were beyond good and Vincent was delighted with them. He placed them on the menu as “Strangely Persistent Greens”. Now I understand, again, why Orchard Kitchen charges what they do for their meals. As Pat pointed out, “when the food is this close to the table, there is that luxury and the experience for the guests of having food when it is perfect.”

This farm, and the marriage of this farm and restaurant is a gift to our community. We are so fortunate to have this food available to us. Please support them if you are able.

Orchard Kitchen and Farm

5574 Bayview Road

Langley WA, US

Email: info@orchardkitchen.com

Web site: www.orchardkitchen.com

Instagram: https://www.instagram.com/orchard_farmstand/

Instagram: <https://www.instagram.com/orchardkitchen/>



Whidbey Island Farmers Markets opening schedule

Here is the schedule for 2023:

<u>Name</u>	<u>Once a week</u>	<u>Time</u>
Coupeville Farmers Market	April 22	10:00 am to 2:00 pm
Bayview Farmers Market	April 29	10:00 am to 2:00 pm
South Whidbey Tilth Market	April 30	11:00 am to 3:00 pm
Oak Harbor Farmers Market	CLOSED FOR THE YEAR	

Unni's Kitchen - Oak Harbor

The Unni's Kitchen restaurant had their grand opening on March 17. The restaurant is located at 32945 SR-20 in Oak Harbor. It is owned by Manu Unni who is both a chef and a Navy veteran. He is proud to provide his Indian cuisine to the Whidbey Island Community. The new Indian restaurant is open from 9:00 am to 5:00 pm on Monday through Friday. The phone number is 360-675-3755.

Mommafiah in Langley

A new sushi restaurant opened in Langley in February 2023. Mommafiah is located at 107A First Street. Their specialty is bespoke handrolls and rice bowls. This is what the owner has to say: *"Having graduated from Japanese Culinary School, my experience as a sushi chef plus my 22 years as a restaurateur is distilled into this simple expression of what I love to eat. Discover my take on classic Japanese temaki and fall in love."* You can find them on Instagram at https://www.instagram.com/mommafiah_whidbey/. They have soft hours on Sunday starting at 11:30 am until sold out. They are open Monday and Tuesday from 4:00 pm to 8:00 pm.

Chef in the Black Bandana

Chef Thomas Litrenta is the chef in the black bandana. He offers southern Italian traditional pasta making, cooking techniques, and recipes along with catering services. Chef Thomas was raised on Whidbey Island and honed his skill over 30 years in Seattle, including his own restaurant, Agrodolce. All his ingredients are fresh and local. He will launch his food at the Coupeville Farmers Market on April 22 and the Tilth Market on April 30. You can contact Chef Thomas via his website at chefintheblackbandana.com or his email cryagmc22@gmail.com.

Overboard Restaurant in Coupeville

A new restaurant has opened in Coupeville. Lees Datin and Rose Worley, formerly employees at Sara and Tyler Hansen's Oystercatcher restaurant in Coupeville, opened Overboard Restaurant in March of this year. Overboard is located at 4 Front Street in Coupeville. Both Lees and Rose grew up on Whidbey and are excited to have their own place, offering craft cocktails, big and small bites, beer, and wine. They strive to use all local ingredients from local farmers. Their phone number is 360-682-5172. Their web address is www.overboardwhidbey.com, where you can find their menus, and their email address is leesoverboard@gmail.com. Initially, they will be open on Friday, Saturday, and Sunday from 4:00 pm 10:00 pm. Be sure to stop by and try them out!

News from Nettle Forest Farm

The Nettle Forest Farm has a new flock of Red Star hens who are laying like champs. The Farm has started offering eggs and some produce on Saturdays at 11:00 am. They will reach out again when they have an official Farm Stand opening date for the 2023 season! Until then, come get some eggs on Saturdays and get ready for a great farm season to come! The farm is located at 6215 Wahl Road in Freeland. Their web address is www.nettleforestfarm.com. For more information, contact Ryan and Marthe at nettleforestfarm@gmail.com.

The Inn at Langley

The inn at Langley is making some changes to their restaurant style. April 29th will be their last regular set menu service. They will close the restaurant for a few weeks and then reopen on May 26th with an “order from a menu” ala carte restaurant with an emphasis on sea and plants. Plans include adding cocktails and outdoor seating around the garden and options along the water. They will be serving dinner from Thursday through Monday. To begin with, dining will be available to guests of the inn. They do plan to have a few set-menu dinner pop-ups, probably three to four times a year. To get more information, go to <https://innatlangley.com/dining/>. Scroll to the bottom of the website to sign up for their newsletter.



Goosefoot is sponsoring Earth and Ocean Month

In honor of Earth Day, Goosefoot is once again sponsoring Earth and Ocean Month on Whidbey Island for the entire month of April. Goosefoot will kick off the celebration on April 5th at 4:00 pm. Local groups, **including Slow Food Whidbey Island**, will have tables set up and hand out information, sign up volunteers, or run activities in and around the Bayview Cash Store, located at 5603 Bayview Road in Langley.



After you've had an opportunity to browse all the tables and learn more about all the opportunities available on the island, Dr. Jennifer Atkinson will talk about Climate Grief, Hope, and Action: Inner Strategies for our Age of Crisis. Dr. Atkinson's talk will start at 6:30 pm upstairs in the Cash Store.

There will be events going on all month in celebration of our earth, including **Slow Food Whidbey Island's class on mason bees, described on Page 1. (Please note that starting time is 1:00, NOT 12:00 as shown on their chart.)** Goosefoot has made a listing of many of the events. To find them, go to <https://whidbeyearthday.org/events-calendar/>.



Find events & activities throughout April and across Whidbey!
See more info and additional events at

whidbeyearthday.org

Earth & Ocean Month Kickoff

Bayview Cash Store, 5603 Bayview Road

Wednesday, April 5 | 4 pm

Nonprofit table displays, art show, activities, and volunteer opportunities

Keynote Speaker | 6:30 pm

Climate Grief, Hope, and Action: Inner Strategies for our Age of Crisis
with Dr. Jennifer Atkinson

- | | |
|---|--|
| <p>01 Birding Field Trip to West Beach
<i>Whidbey Audubon & Deception Pass State Park</i> West Beach, Oak Harbor 10 am & noon</p> <p>01 The Buzz About Bees
<i>Sno-Isle Libraries</i> Clinton Community Hall 2 pm</p> <p>01 Rhythms of Nature II - A Celebration of the Earth
<i>Whidbey's Saratoga Orchestra</i> Langley United Methodist Church 3 pm</p> <p>02 Rhythms of Nature II
<i>Whidbey's Saratoga Orchestra</i> Oak Harbor Methodist Church 3 pm</p> <p>05 Pacific Rim: A Living Laboratory
<i>Sno-Isle Libraries</i> Online 6:30 pm</p> <p>05 Taking Back Our Food
<i>Sno-Isle Libraries</i> Langley Library 6:30 pm</p> <p>06 Sew a Nature Bag with Green Art Labs
<i>Sno-Isle Libraries</i> Coupeville Library 10 am</p> <p>06 Walking Ebey's
<i>Whidbey Camano Land Trust</i> Ebey's Reserve, Coupeville 10 am</p> <p>06 Bees, Honey & Our Shared Cultural Experience
<i>Sno-Isle Libraries</i> Oak Harbor Library 4 pm</p> <p>07 Waterman Shoreline Weed Round Up
<i>Whidbey Camano Land Trust</i> Waterman Shoreline Preserve, Langley 9 am</p> <p>07 Ranger Hour: Bloom and Buds
<i>Sno-Isle Libraries</i> Oak Harbor Library 4 pm</p> <p>08 Nature Talk & Walk and Treasure Hunt
<i>Whidbey Watershed Stewards</i> Freeland Wetland Preserve 2 pm</p> <p>08 Bees, Honey & Our Shared Cultural Experience
<i>Sno-Isle Libraries</i> Hierophant Meadery, Freeland 4 pm</p> <p>10 Bring Back the Pollinators
<i>Sno-Isle Libraries</i> Online 6:30 pm</p> <p>11 Trillium Trail Tune Up Work Party
<i>Whidbey Camano Land Trust</i> Trillium Community Forest, Freeland 9 am</p> <p>11 Affordable Fresh Foods at Farmers Markets
<i>SW Tilth</i> Island Senior Resources 2 pm</p> <p>13 Earth Month Town Hall
<i>Commissioner Janet St. Clair</i> Online 4 pm</p> | <p>14 Ride with a Guide Bus Tour to Guemes Island
<i>Island Transit</i> <i>RSVP Required</i></p> <p>14 Sanctuary Animal Stories and Pen Pals
<i>Sno-Isle Libraries</i> Coupeville Library 10 am</p> <p>15 Birding Field Trip to Hoypus Point/Cornet Bay
<i>Whidbey Audubon & Deception Pass State Park</i> Cornet Bay, Oak Harbor 10 am & noon</p> <p>15/16 Welcome the Whales
<i>Orca Network</i> Langley 11 am</p> <p>15 Good Cheer Garden Work Party
<i>Good Cheer Garden</i> Big ACRE, Bayview 12 pm</p> <p>16 Mason Bees, Pollination, and Mason Bee Hive Building
<i>Slow Food Whidbey</i> Greenbank Progressive Club 12 pm</p> <p>19 Keystone Weed Round Up
<i>Whidbey Camano Land Trust</i> Coupeville 9 am</p> <p>19 Kicking Gas Info Session
<i>Kicking Gas</i> South Whidbey Community Center, Langley 6 pm</p> <p>21 Vocalize Our Future Youth-Led Protest
<i>United Student Leaders</i> Island County District Court, Oak Harbor 4 pm</p> <p>21 Earth Day Concert with Celia Farran
<i>Greening Congregations Collaborative</i> Unitarian Universalist Congregation, Freeland 7 pm</p> <p>22 The Reptile Lady
<i>Sno-Isle Libraries</i> Freeland Library 10 am</p> <p>22 Seaweed Walk
<i>Sound Water Stewards</i> Libby Beach Park, Coupeville 11 am</p> <p>22 Hugelkulture Workshop
<i>South Whidbey Tilth</i> SW Tilth Campus, Langley 12 pm</p> <p>25 Walking Strawberry Point Preserve
<i>Whidbey Camano Land Trust</i> Strawberry Point, Oak Harbor 10 am</p> <p>27 Beach View Farm Trail Park
<i>Whidbey Camano Land Trust</i> Beach View Farm, Oak Harbor 9 am</p> <p>29 Gray Whales: From Baja to the Salish Sea
<i>Sno-Isle Libraries</i> Clinton Community Hall 10 am</p> |
|---|--|

Thanks to our sponsors!



“What You’re Eating” Podcast from FoodPrint

Sometimes you need a break from a screen. Or something to listen to while you cook dinner or paint your bedroom or clean out your attic. The FoodPrint podcast, called “What You’re Eating,” pulls together experts and practitioners on a given subject or product. For example, the milks you’re putting in your coffee, the plastic that encases so much of our food, the famed salmon found on so many people’s plate, and gets to the bottom of the problems with how those products are usually made, and what a better version can and does look like.

Whether it’s a salad, a hamburger or your morning egg sandwich, the way your meal gets made has an impact. “What You’re Eating” is here to help you understand how your food gets to your plate, and see the full impact of the food you eat on animals, planet, and people. Join host Jerusha Klemperer, Director of FoodPrint, as she dives deeper to uncover the problems with the industrial food system, and offers examples of more sustainable practices, as well as practical advice for how you can help support a better system through the food that you buy and the system changes you push for.

Check out one or more of the 15 episodes they’ve produced so far. To find out more, go to https://foodprint.org/what-youre-eating/?utm_source=mailchimp&utm_medium=email&utm_campaign=podcast_march

RECIPES

This month’s recipe comes from Tanya Boyd and her daughter Ciara. Can’t wait to try this!

I created this recipe about 4 years ago when I was trying to find ways to become healthier personally, and also eat as locally as possible. It quickly became my breakfast of choice, and I’ve eaten some version of it almost every day since then, making adjustments based on availability of produce, taste buds of my family, and what is in the fridge that morning.



Boyd’s Beautiful, Beneficial Breakfast

The current version includes the following: (amounts are estimations; I never measure.)

- 3-4 small purple potatoes, sliced thinly
- ¼ small delicata squash, cut into ½ inch cubes
- ½ medium zucchini, cut into quarter rounds
- ½ medium yellow squash, deseeded, and cut into quarter rounds
- 1 leaf Swiss chard (or rainbow), chopped (separate stem from leaf pieces)
- ½ small onion, chopped
- 6-8 medium cremini or white mushrooms, sliced
- 2-3 eggs, beaten
- Broccoli sprouts for topping
- Feta cheese for topping (optional)

Directions:

- Pre-heat oven to 375 degrees.
- Toss potato slices in olive oil, sprinkle with salt and pepper, and cook on a baking sheet (with sides) for about 20 minutes (may be more or less depending on the thickness of your slices), until cooked through, lightly browned, and to desired level of crispness
- While potatoes are cooking:
 - Heat a pan with olive oil on the stove over medium high heat.
 - Cook the delicata squash until slightly softened or lightly browned. Season with salt/pepper as desired.
 - Add zucchini, yellow squash, onion, chard stems and cook until slightly softened. Season.
 - Add mushrooms and cook until slightly softened. Season to taste.
 - Add chard greens and cook until desired softness. Season to taste.
- Put cooked vegetables on a plate, and using same or different pan, melt a pat of butter and scramble the eggs. Layer on top of cooked vegetables.
- Take potatoes out of oven when done, and add on top of vegetables and eggs. Top with feta and sprouts, as desired.



Serves 1-2 depending on appetite!

COMMENTS FROM OUR READERS

Hello Slow Food Whidbey Island: We were the fortunate winners of Joyce Christian's award-winning lemon meringue pie at SFWI's December member holiday event in Greenbank (at the silent auction). We elected to redeem Joyce's pie for a small birthday gathering at the beginning of February— and it was a huge hit! If you like lemon meringue pie, then this pie is a true treat. Beautiful on the outside, mouthwatering on the inside. Thank you to Joyce for this exquisite dessert that brought us joy and to SFWI for hosting such a wonderful December event. (And if Joyce ever donates such a pie to any future SFWI event, do jump on it! We hear that she is even open to individual purchases...!).
George and Kathleen Petrich

Thanks for a fantastic newsletter, and thank you for what you are doing for the food and farming community!

Jenanne Murphy

SOCIAL MEDIA

And as always, don't forget to follow us on Facebook and Instagram, plus check out our website at <http://www.slowfoodwhidbeyisland.org/>.

If you would like to join Slow Food, go to <https://slowfoodusa.org/become-a-member/>. Be sure to click WA-Whidbey Island as your chapter. This will make you a member of both Slow Food USA and Slow Food Whidbey Island.

Contact Kathy Floyd at kathy46@whidbey.com if you would like to be added to the newsletter email list.

If you would like to make a donation, make out your check to Slow Food Whidbey Island and mail it to: Slow Food Whidbey Island, P.O. Box 1545, Freeland, WA 98249. Thank you for considering this.

If you would like to be removed from this mailing list, send an email to kathy46@whidbey.com with the words "Please remove me from the Slow Food email list."

**Co-Editors
Kathy Floyd and Lynn Wenzel**