



Slow Food Whidbey Island

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

CONVIVIYUM

August 2023

WHAT'S HAPPENING

SLOW FOOD PASTA MAKING CLASS

August 20 at 1:00 pm at the Greenbank Progressive Club

Anyone who has ever tasted pasta from Wildly Beloved Foods knows that the flavor can't be beat! Aurora Echo, owner and chef of Wildly Beloved Foods, has agreed to demonstrate how to make her delicious homemade pasta from scratch - using two methods: one if by hand and two if with a KitchenAid mixer. If you have ever dreamed about making your very own homemade pasta, this is the place to learn how to do it. Aurora is a pro at the art of pasta making.

The class will take place at the Greenbank Progressive Club from 1:00 pm to 3:00 pm on August 20th. Cost for the event is \$15.00 for members, and \$20.00 for non-members. If you would like to join us, email Kathy Floyd at kathy46@whidbey.com to reserve a spot.



SAVE THE DATE!

SLOW FOOD PRESERVE THE HARVEST CLASS

September 23 at 1:00 pm at the Greenbank Progressive Club

Slow Food Whidbey Island is joining with Whidbey Island Grown during "Eat Local Month" in September. Arjai Allred will be leading a class on preserving the autumn harvest. She'll be demonstrating techniques like freezing, drying, dehydrating, storage in the refrigerator and pantry, infused vinegars, and much more. She will not be demonstrating canning. You are not going to want to miss this class, packed with valuable information about how to save the harvest to feed you all winter long. Contact Kathy Floyd at kathy46@whidbey.com for more information.

BEEN DREAMING ABOUT THE PERFECT VOLUNTEER OPPORTUNITY?

You're in luck! Our Slow Food Whidbey Island events committee is looking for new members to help plan future events and have a blast while doing it! Our members have so much fun at the meetings; they can't believe how much they get accomplished while enjoying each other's company. Please contact Leslie Stevens if you would like to visit one of our meetings and get to know the women who make things happen. Leslie's email is lesliestevens11@gmail.com.



REQUEST FOR AUCTION DONATIONS

Every year the Slow Food Whidbey Island chapter has a Member Appreciation Dinner which is free for all members and provides an opportunity to sample the dinner entrees from some of our best cooks.

Afterwards we always have a silent auction. We are looking for donations for this event. If you have something that you think we might like, or a service that you would be willing to donate, please let us know.

You can contact Leslie Stevens at lesliestevens11@gmail.com or Amy Tuthill at tamalpaisgal@yahoo.com.

Some examples would be kitchen utensils or appliance that you received as a gift but don't need, or a service like baking a meal, or a mystery dinner, or...anything that you feel is appropriate.



CLASSES

Educational "Farmer's Shadow" Food Growing Series 2023

August 1 at 7:00 pm

Anza Muenchow will talk about pest management and control. She will also cover some of the important steps for harvesting and food preparation. If you are not yet on the distribution list and would like to receive the Zoom link, please contact Anza at education@southwhidbeytilth.org.

The Cookbook Connection

Sno-Isle Libraries

Looks like they are taking a vacation this month

Food for Thought Sno-Isle Libraries

Looks like they are taking a vacation this month.

Fun with Fungi: Introduction to Mushrooms on Whidbey Island

August 31 from 4:00 pm to 5:30 pm

Sno-Isle Oak Harbor Library

No registration necessary

Join Eva Gordon, acting Education Chair of the North American Mycological Association and Master Naturalist, for a fungi-tastic introduction to mushrooms that highlights the importance of fungi in our ecosystem. She will spotlight the two most noticeable groups of the fungal world, Basidiomycota and Ascomycota, including the common mushrooms within each group.

The Pacific Northwest is ground zero for mushroom biodiversity, and Whidbey Island offers many diverse habitats to explore. In this program, Eva will spotlight Whidbey's local mushroom superstars and equip you with the knowledge that will help you spot mushrooms on your next walk or hike. For more information, contact: askus@sno-isle.libanswers.com or go to:

<https://sno-isle.bibliocommons.com/events/648b352273e31d2900bbcb28>.

LOCALLY GROWN

By Lynn Wenzel

Lynn is on vacation for the next few months. Her articles will start again in October.

IN THE NEWS

Book Recommendation: Slow Food Portland, Oregon

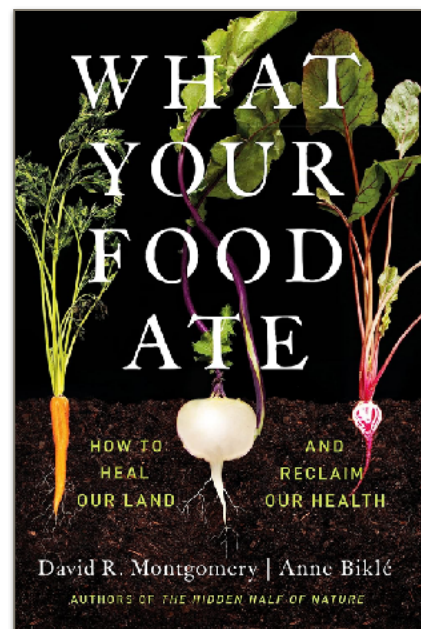
What Your Food Ate: How to Heal Our Land and Reclaim Our Health

by David R. Montgomery and Anne Biklé.

Description from [amazon.com](https://www.amazon.com):

David R. Montgomery and Anne Biklé take us far beyond the well-worn adage to deliver a new truth: the roots of good health start on farms. What Your Food Ate marshals evidence from recent and forgotten science to illustrate how the health of the soil ripples through to that of crops, livestock, and ultimately us.

The long-running partnerships through which crops and soil life nourish one another suffuse plant and animal foods in the human diet with an array of compounds and nutrients our bodies need to protect us from pathogens and chronic ailments. Unfortunately, conventional agricultural practices unravel these vital partnerships and thereby undercut our well-being. Can farmers and ranchers produce enough nutrient-dense food to feed us all? Can we have quality and quantity?



With their trademark thoroughness and knack for integrating information across numerous scientific fields, Montgomery and Biklé chart the way forward. Navigating discoveries and epiphanies about the world beneath our feet, they reveal why regenerative farming practices hold the key to healing sick soil and untapped potential for improving human health.

Humanity's hallmark endeavors of agriculture and medicine emerged from our understanding of the natural world—and still depend on it. Montgomery and Biklé eloquently update this fundamental reality and show us why what's good for the land is good for us, too. What Your Food Ate is a must-read for farmers, eaters, chefs, doctors, and anyone concerned with reversing the modern epidemic of chronic diseases and mitigating climate change.

This book is available from Sno-Isle Library at:

https://sno-isle.bibliocommons.com/v2/record/S121C2037251ate&searchType=smart&_ga=2.269182258.2101074825.1688734714-52275761.1677851944

and Amazon at:

https://www.amazon.com/s?k=What+Your+Food+Ate:+How+to+Heal+Our+Land+and+Reclaim+Our+Health&crid=3G1XZNDPOZNLU&spreffix=what+your+food+ate+how+to+heal+our+land+and+reclaim+our+health,aps,172&ref=nb_sb_noss_1

Organic Farm School

Progressive Happy Hour and Farm Tour

August 17 from 4:00 pm to 6:30 pm

Join the Organic Farm School field to hear about their current work, peek into their vision for the next few years at both the Maxwellton farm and the Keystone Farm and Forest Preserve, and meet some of the people behind it all! Learn more about the tools given the students to succeed, the seed crops they are growing, the research they are doing, the importance of including community in their efforts, and how you can support the training of new farmers who are ready to bring resilience to these rapidly changing times. Once again, Nancy Nordhoff and a pool of others are generously offering a “match” for new or increased gifts this summer, so they are hosting a “Progressive Happy Hour & Farm Tour” event to continue their progress toward that goal. The event will take place at 6390 Maxwellton in Clinton.



Refreshments include field tacos, some sweet treats, wine from Spoiled Dog Winery, and a selection of beers and non-alcoholic beverages. Guests will be split into three groups and rotated across three stopping places; this to keep group sizes small enough for conversation. Feel free to bring a friend or two along with your RSVP to help them plan. Send an email saying, “Darn, we can’t come.” or “Yay! Count us in,” and let them know how many are coming. Send the email to Judy Feldman at www.organicfarmschool.org.

Farm Fashion Show
Organic Farm School
August 4th at 7:00 pm



Farm Fashion Show

Hosted by
Local Superstar
Pat Moore
Feat DJ Victor Ramos

FRIDAY, AUG. 4TH @7P

**JOIN US AT THE ORGANIC FARM SCHOOL
FOR A NIGHT OF MUSIC, COMEDY & FARM FASHION.**

**POTLUCK STYLE SO BRING SANCKS FOR YOURSELF, OR TO SHARE.
SMALL BITES & BEVERAGES AVAILABLE BY DONATION.
DOORS OPEN AT 5:30 & THE SHOW STARTS AT 7P
COME EARLY FOR A MUSIC OPEN MIC, TOUR THE FARM AND MINGLE.**

PLEASE RSVP judy@organicfarmschool.org

**THE ORGANIC FARM SCHOOL
6390 MAXWELLTON RD. CLINTON WA 98236**

Eat Local Month is coming in September

To get a sneak peek at what's coming up in September, go to

<https://www.whidbeyislandgrown.com/eat-local-month>

They will be updating this daily, so be sure to check back frequently to see what's coming up in the food arena in September.



Eat Local Month

September 2023



WHIDBEYTM
ISLAND GROWN

**Celebrate local food on
Whidbey Island with
festivals, events, farm tours
& workshops all month long!**

**Find events at
www.whidbeyislandgrown.com**

Art by Katy Leigh

Freeland Sno-Isle Library is having a party!

August 12 from 11:00 am to 1:00 am

Ice cream, a fire truck, and a dance party, oh my! They're celebrating summer with an outdoor festival featuring music spun by local DJ Portals of Creation, ice cream courtesy of Sprinklz, a fire truck courtesy of South Whidbey Fire/EMS, face painting, crafts, outdoor activities, and more. Be sure to bring the family and come down to join in the fun! The Freeland Library is located at 5495 Harbor Ave. in Freeland.



Scenic Isle Farm in Coupeville

At long last... the farm stand is open Friday, Saturday, and Sunday from 10:00 am to 6:00 pm. In July they had carrots, new potatoes, chard, cilantro, herbs, salad mix, and lettuce heads. They will be stocking fresh ingredients every weekend and August will have many new items. They still grow the famous Slow Food Ark of Taste sugar Hubbard squash. Produce grown on the prairie is utterly sensational. It is 100 percent natural with no chemicals/sprays/pesticides. The farm is located at the same location as the previous Sherman's Pioneer Farm in Coupeville at 46 South Ebey Road.

Instagram: [#scenicislefarm](#) [#ebeyslandingnationalhistoricalreserve](#)

Website: <https://www.scenicislefarm.com/>

Email: admin@scenicislefarm.com

Phone: (360) 632-1619

Harvest Festival

September 10 from 1:00 pm to 4:00 pm

This festival is part of the Whidbey Island Grown "Eat Local Month" and will feature local producers and food classes. It will take place at Greenbank Farm. Be sure to put this on your calendar! There will be farmers and vendors galore with classes to help you learn how to use all that lovely produce.

An update from John Burks at Kettle Edge Farm

For the second season in a row I scaled back my own farming production and arranged with Samantha Leingang to farm our larger areas available for cultivation.

She has a diversity of crops that she is now beginning to harvest and offer through the Whidbey Island Grown Cooperative Food Hub

<https://whidbeyislandgrown.localfoodmarketplace.com/Products>. She will be sending out a fresh sheet beginning no later than mid-August. If you are not currently on her e-mail list and would like to receive her fresh sheet, please contact her at fullafarm@gmail.com <<mailto:fullafarm@gmail.com>>.

I have focused my own farming efforts on garlic, shallots, and storage onions this year. I hope to begin offering these through the Whidbey Island Grown Cooperative Food Hub beginning in early September. In addition to these crops, I have focused on growing flowers this year.

You may know Valerie Reuther and Rosehip Farm in Coupeville. Over the last few years, Valerie has expanded growing flowers at Rosehip. She has been growing and selling flowers and often visits my farm on Friday mornings to see what flowers I can add to her offerings. I am happy to let you know that she is adding to her weekly flower share program, and I hope you will consider joining in for weekly flowers. The program runs for 10 weeks. The bouquets are big, fresh, and colorful. The cost is \$180. Please contact Valerie directly if you are interested or if you have questions. vreuther@whidbey.net

NOURISHMENT NUTRITION CORNER

By Rachel Joseph, RDN

Nourishment Nutrition LLC

racheljosephnutrition@gmail.com

Phone: 805-827-7505



Amino acids are the building blocks of proteins and they are categorized into two groups: essential and nonessential. Essential amino acids (leucine, isoleucine, and valine) must be obtained through the diet while nonessential amino acids can be produced by the body in sufficient quantities. Essential amino acids are involved in protein synthesis, or the production of proteins which is a process in which the body builds and repairs muscles, organs, and cells.

The key amino acid in protein synthesis is **Leucine** – without it, muscle growth would be impaired. Leucine, in combination with high biological value proteins such as meat, poultry, fish, eggs, milk, cheese and yogurt has been studied for its positive effects on the health of skeletal muscle. According to a Frontiers article on Muscle and Resilience in Chronic Diseases, it is recommended to consume approximately 3 grams of leucine at three main meals together with 25-30 grams protein to counteract loss of lean mass in the elderly population. The following foods listed are high in the essential amino acid Leucine – consider incorporating them into some of your meals to maintain adequate muscle mass. The specific amounts of Leucine listed were taken from the USDA FoodData Central, which is an online system that provides nutrient profile data.

Amount of **leucine** per 100 grams:

1. Soybeans: 3.3 grams
2. Pumpkin seeds: 2.4 grams
3. Chicken: 2.3 grams
4. Hemp seeds: 2.2 grams
5. Tuna: 1.9 grams
6. Lentils: 1.8 grams
7. Beans: 1.7 grams
8. Peanuts: 1.7 grams

9. Salmon: 1.6 grams
10. Almonds: 1.5 grams
11. Chickpeas: 1.5 grams
12. Beef: 1.3 grams
13. Cottage Cheese: 1.1 grams
14. Eggs: 1.1 grams
15. Oats: 1.0 grams

Sample meal plan to meet daily **leucine** and **protein** needs:

Breakfast: Oatmeal w/ milk, banana and nut butter

Lunch: Lentil soup with a green side salad

Snack: Hard boiled eggs and a handful of almonds

Dinner: Baked salmon with stir fry vegetable and brown rice

Editor's Note: Here's a recipe for a simple and delicious granola that we received from Karen Meyer, Vice President of the Board of Directors, on another way to cook with and consume oats, which are high in Leucine.

***Simple and Delicious Granola:** This granola satisfies on many levels. It's easy to make and has few ingredients. It can be eaten straight from the pan, paired with yogurt, fruit, or ice cream and can be used in your favorite cookie recipe. Be sure you use local Whidbey Island honey!*

¾ cup olive oil

¾ cup honey

½ teaspoon salt

8 cups rolled oats

- *Preheat oven to 350 degrees.*
- *In a large bowl, whisk olive oil, honey and salt until emulsified. Add oats and mix very well with a large spoon until the oats are coated.*
- *Place parchment paper or silicone pads on two jelly roll pans. Put half of the mixture in each pan and spread to flatten.*
- *Bake the mixture for 9 minutes and then take out of the oven and stir and flatten again. Bake for another 9 to 11 minutes until the oats are somewhat brown, but not too dark. Leave to cool on the counter, use hands to crumble the mixture, and then place in a sealed container.*
- *Sweetness can be adjusted to your taste by adding or reducing the honey.*
- *If using silicone pads, you may need to increase baking time.*



RECIPES

This month's recipe comes to us from Marie Monte Fiore. Marie has played a great part in Washington State's Slow Food history. She served as President of the Seattle chapter of Slow Food while living part time in Seattle and part time on Whidbey Island.

Marie and her husband David own Fainting Goat Farm in Langley and sell eggs, seasonal produce, and honey from their farm stand. You can also find their honey in island shops and restaurants or on the Whidbey Island Grown Food Hub at <https://whidbeyislandgrown.localfoodmarketplace.com/Index>.

Having retired as the Seattle Slow Food President, and living on the island full time now, she and David now have more time to work on improving and expanding their farm while she still works full time. She also has a bit more leisure time to do the things that she loves, such as crabbing and cooking up delicious recipes.

This month she is sharing her recipe for Whidbey Island Crab Rolls. It's even more fun when you catch your own!

Spoiler Alert! She also includes her method for making her own hot dog (crab) rolls!



WHIDBEY ISLAND CRAB ROLLS

BUTTER ROLL INGREDIENTS

(makes 10 rolls)

17.6 ounces of all-purpose flour
1 cup warm milk, plus an extra 1/4-cup of warm milk, if needed
2 teaspoons dry active yeast
1-1/2 teaspoons salt
2 teaspoons Whidbey Island Honey
1 egg
4 tablespoons softened butter
(or 3 tablespoons oil)
Extra oil to lightly oil the bowl
Egg for the egg wash (plus a splash of milk)



1. In the mixing bowl of your stand mixer - combine the flour, yeast, and salt.
2. With the dough attachment in your stand mixer - mix the dry and wet ingredients until combined, kneading the dough (on low) to bring it together. Add more milk or water if the dough is too dry. The dough should come off the sides, but stick slightly to the bottom of the bowl. Knead for about 5 minutes, until you have a smooth ball of dough.
3. Add the oil (or butter), a little at a time, and knead for 5-10 minutes more (I knead it for about 8 minutes), until the dough is shiny, smooth and tacky to the touch.
4. Lightly oil a big bowl and place the dough in it. Make sure the dough is lightly oiled on the surface of the dough, too.
5. For best results, cover the bowl with plastic wrap and store in the fridge overnight (8 hours) or for up to 24 hours. If you want to bake on the same day, you can cover the dough with plastic wrap and let it rise for 1 hour in a warm place, until it has doubled in size.
6. On the day you bake the bread rolls - turn the chilled dough out on to a lightly floured surface and lightly dust the surface of the dough with flour as well. If the dough wasn't chilled (and was only proofed for 1 hour at room temperature), you may need to press the dough to remove some of the air and you may need extra flour on your hands and on your work surface to prevent the dough from sticking as well.



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7. For the egg wash - break an egg into a small bowl and whisk gently with a splash of milk. Brush the rolls with the egg wash and bake them in the preheated oven until they are golden brown on top and sound hollow when tapped. This should take about 15-20 mins.

PREPARING THE ROLLS FOR CRAB SANDWICHES

1. Spread softened butter on the two soft sides of the bun. Heat a pan over medium heat. When the pan is hot, toast each buttered side of the bun until golden brown.
2. Carefully cut long the top of the bun to create a split top bun. The buns are now ready to be filled with crab salad!

CRAB SALAD (makes 4 rolls)

1 pound Dungeness crab meat (picked clean of all shell)
1/4 cup Mayonnaise
1 stalk celery, chopped
1/4 teaspoon Old Bay
2 tablespoons/squeeze of half a lemon (or bottled lemon juice)
chopped green onion or chives to taste/garnish

Combine all ingredients gently in a bowl and spoon into split butter rolls. Garnish with green onion or chives.

COMMENTS FROM OUR READERS

Kathy: I have a new book out that talks, in some chapters, about growing produce, raising chickens, pigs, cows etc on small farms. I have included a link so folks can read a few pages on Amazon. Would it be possible for a blurb in next month's newsletter?

Thanks

Deon Matzen, Designer

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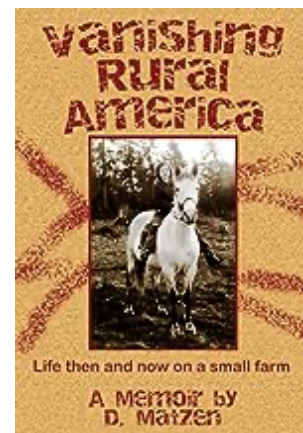
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[k=vanishing+rural+america&i=stripbooks&crd=LE1VHJBREDR1&srefix=vanishing+rural+%2Cstripbooks%2C168&ref=nb_sb_ss_fb_1_16](https://www.amazon.com/s?k=vanishing+rural+america&i=stripbooks&crd=LE1VHJBREDR1&srefix=vanishing+rural+%2Cstripbooks%2C168&ref=nb_sb_ss_fb_1_16)

I attended a really nice event at the Dancing Fish on Monday. There was good music, and wine (of course) but also some great food! Chef Graham Gori is back in town, and he was making small plates, which included roasted Brussels sprouts with fish sauce vinaigrette, asparagus with miso dressing, sticky balsamic ribs and Thai style noodles with peanut cucumber sauce and



shrimp. They were all really good. The dessert, a peach crumble, had sold out by the time I got there. I heard that Graham is starting up a food truck soon!

Jenanne Murphy

Editor's Note: Chef's Graham's food truck is called Caravan, and will be opening sometime in August. Location to be determined.

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" in the subject line.

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

