



Slow Food Whidbey Island

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

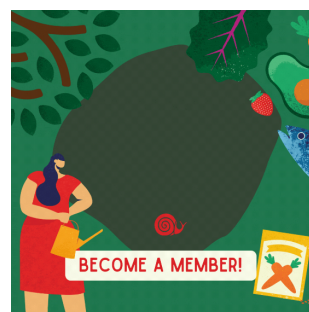
CONVIVIUM

December 2023

WHAT'S HAPPENING

GIVE WHAT YOU CAN DAY DECEMBER 10

We are coming up to the last Give What You Can Day of the year. This is your final opportunity to sign up for membership in both Slow Food USA AND Slow Food Whidbey Island, for any amount of your choosing in 2023. Your membership will be good until December of 2024. You will receive an email with the link as the date comes closer.



A MESSAGE FROM OUR OUTGOING PRESIDENT, MERVYN FLOYD

Maintaining my long standing tradition of not disrupting a perfectly good party by making long speeches, I am once again saying my piece in the form of a letter which you can all read at your leisure and dispose of by any environmentally responsible means that suits you.

I hope that by this time you have all voted and ratified the slate of officers presented to you for 2024 since that will mean that this year finally marks the point at which I can retire as President, safe in the knowledge that we have found an excellent, ideally qualified, and motivated person to take over as President, together with the support of her family and an excellent team of Directors and Event Committee members.

The past 10 years or so have been an interesting mix of ups and downs, but together we have managed to become the largest single chapter in the Slow Food USA organization in terms of membership numbers.

Whilst there have been many changes in individuals, this success has been largely due to the dedication of our members and the core team sticking to the core beliefs of equity and sustainability in a community which is becoming acutely aware that living on an island adds another level of importance to these beliefs.

We are also fortunate that our community has a significant number of “like minded” organizations dealing with numerous aspects of “Good, Clean and Fair” food production and

education. Many of our members are also members or supporters of one or more of these groups, which leads to an almost perfect storm of foodies on Whidbey!

So, first and foremost, a big thanks to all of you for your continued support as members. You make it all worthwhile by supporting our events and those of our fellow organizations. This is a team effort.

Second, thanks to all our past and present Directors and Events Committee members for their sustained efforts. It's easy to steer a well-made boat with a competent crew!!

A special mention to Leslie Stevens who added a new level of dynamics to the already competent Events team which had to deal with the direct effects of Covid on top of everything else.

Likewise to Kathy Floyd who, for 10 years, has fought endless dragons in keeping tabs on the ever changing membership status, questions, mailing list addresses, and media and who, together with Lynn Wenzel, has put together the immensely popular and informative monthly newsletter which has a readership which extends far beyond our membership.

Essential continuity will be provided by long term Board members Bob Boehm and Penny Harger who keep us all in order legally and financially. Continuity will also be provided by Arjai Allred, Rachel Joseph, and Bob Finke.

Last, but not in any way least, thanks in advance to the new Board and Committee members for taking on these very gratifying tasks. I know you have a number of new and exciting ideas which, together with the team at SFUSA, will hopefully lead us onward and upward.

It's been (mostly) a blast, but both Kathy and I look forward to re-training the dogs so that a knock on the door does not always mean a mass gathering of potential food sources which will succumb to a warm chin resting on a knee and a pair of soulful eyes.

Best wishes to you all and your families for the holiday season.

Merv Floyd
President SFWI

FROM THE EDITORS OF THE CONVIVIYUM NEWSLETTER

Kathy Floyd and Lynn Wenzel have kept the monthly newsletter arriving at our inboxes the first of every month for many years now; Kathy for over six years and Lynn for nearly five years. Both women agree that it is time to pass the baton. We would like to thank all of you for your patronage over the years and your support during the Covid-19 epidemic. We have loved doing this for you.

Karen Meyer and others will be taking over the newsletter as of January 1, 2024 with a new professional and streamlined look. Be sure to watch for it. All newsletters will now be coming from the email address info.sfw@gmail.com so be sure to add that to your address book.

MEMBERSHIP APPRECIATION DINNER

December 3 at 5:00 pm

Freeland Hall - 1515 East Shoreview Drive in Freeland

All members should have received their invitation to the Membership Appreciation Dinner by



now. If you have not, please contact Kaitlin Meyer for information at info.sfwi@gmail.com. For those of you who have RSVP'd, see you there!

SAVE THE DATE

FEBRUARY 3, 2024

Richard Karno will be returning to teach us more about coffee and to talk to us about his new coffee business, *Unplugged*. He and his wife Tessa will demonstrate how to use their revolutionary product and, of course, provide us with samples to taste. More information will follow in the January 2024 newsletter.

THE BOARD OF DIRECTORS ELECTION RESULTS ARE IN!

Congratulations to the new Slow Food Whidbey Island Board of Directors who have been voted in for 2024. Be sure to come meet them at the Member Appreciation dinner on December 3rd. The members of the new board consist of:

Karen Meyer	President
Richard Karno	Vice President
Bob Boehm	Treasurer
Penny Harger	Secretary
Kaitlin Meyer	Membership
Arjai Allred	
Rachel Joseph	
Robert Finke	
Carol Orazem	

CLASSES

December 2 at 5:30 pm

Pasta Workshops with Aurora Echo and Renée Blair

Wildly Beloved Foods will be offering a series of pasta classes in December and January. The classes will last between two and three hours. Price for the classes range from \$45.00 to \$95.00. Classes in December will be as follows:

December 2 at 5:30 pm:	Ravioli Pasta class with Renée Blair
December 7 at 5:30 pm:	Fresh Vegan Pasta class with Aurora Echo
December 16 at 5:30 pm:	Fresh Egg Pasta class with Aurora Echo
December 21 at 12:00 pm:	Winter Holiday Children's Pasta class with Aurora Echo
December 23 at 5:30 pm:	Fresh Vegan Pasta class with Aurora Echo
December 28 at 12:00 pm:	Winter Holiday Children's pasta class with Aurora Echo
December 30 at 5:30 pm:	Fresh Egg Pasta Class with Aurora Echo

The classes will be held at 6348 Frost Avenue in Clinton, WA. To sign up for the classes, go to: <https://wildlybelovedfoods.com/collections/december-pasta-workshops-with-aurora-echo-and-renee-blair>.

Educational "Farmer's Shadow" Food Growing Series 2023

December 5 at 6:30 pm

Anza Muenchow will talk about caring for the soil, selecting the best produce varieties in our climate, and the successes and failures of our 2023 crop production. If you are not yet on the distribution list and would like to receive the Zoom link, please contact Anza at education@southwhidbeytilth.org.

December 12 from 7:00 pm to 8:30 pm

The Cookbook Connection Online

Sno-Isle Libraries

Vegetables on the Winter Table

Join Langley Library staff as they explore some of Sno-Isle's cookbooks that put the spotlight on vegetables. There are great recipes for appetizers, main courses, soups, salads and sides that will brighten up your table, so don't let winter deter you from having delicious and healthy vegetables on your plate. They will try out some recipes and give you a "virtual" taste. To register, go to

<https://sno-isle.bibliocommons.com/events/64c31212fa7afd2900232c3d>.



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.

December 14 from 6:30 pm to 7:30 pm
Merry Berry Celebration: Cooking with Berries
Online Event
Sno-Isle Libraries

Vanessa Young of *The Thirsty Radish* will provide seasonally focused options for the home chef. She delivers a festive celebration of all things bright and merry and explores all that berries offer. Plus, pick up tips for relaxed and enjoyable entertaining along the way. Berries add flavor and festive color to holiday dishes, from appetizers and drinks to desserts. They are packed with healthy goodness. Learn how to make a delicious batch of cookies while



exploring the most flavorful ways to incorporate fresh, frozen, freeze-dried, and dried berries, plus berry jams and condiments throughout your holiday menu.

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 register, go to <https://sno-isle.bibliocommons.com/events/6505e25f68c826d59e47d6f4>

December 14 from 7:00 pm to 8:30 pm
Food for Thought Online Book Group
The Shadow King and Ethiopia
Sno-Isle Libraries

This month's read, [The Shadow King](#), will take you to the time of Italy's invasion of Ethiopia, and tells the story of the women soldiers in the war. Written by Maaza Mengiste, the novel was shortlisted for the 2020 Booker Prize. The paired cookbook is [Ethiopia](#).

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 register, go to <https://sno-isle.bibliocommons.com/events/64c54d97c9afc12f0092d652>



LOCALLY GROWN

Unplugged Coffee Company Tessa and Richard Karno, Owners By Lynn Wenzel

One cold and rainy Friday last month, I had great fun watching Tessa and Richard Karno, owners of the Unplugged Coffee Company, offer free introductory cups of their hot brew concentrated coffee to the folks who were stopping by the Whidbey Island Grown Food Hub (where I volunteer) to pick up their weekly orders.



Photo: David Welton

Sampling is just one tool they use to have customers learn about and experience their product. It was so fun watching people's faces light up after tasting Unplugged coffee and then seeing Tessa's and Richard's faces light up as well after hearing the rave reviews for their coffee. I knew immediately that I wanted to sit down with them and share the story of Unplugged Coffee Company with our members.

Since frost will kill a coffee tree, it is exclusively grown along the equatorial belt between the Tropic of Cancer and the Tropic of Capricorn, far south of Whidbey Island. Still, Unplugged Coffee Company is as local as can be. Tessa and Richard reside in the Clinton area and the imported beans are roasted, ground, brewed and bottled right here on the island. Richard sources the coffee beans usually from three main growing areas: Indonesia, South America, and Central America, as each region offers its own flavor and characteristics. He only chooses 100% certified organic coffee and whenever possible, they will be Fairly Traded as well.

To find out more about this local duo, what led them to the coffee business here on Whidbey Island, and the values they practice in managing their local budding coffee business, I ask you to read the well written and informative vendor biography of them at the Whidbey Island Grown Cooperative website at <https://www.whidbeyislandgrown.com/unplugged-coffee>. This will give you a good understanding of who Tessa and Richard are and what they are up to there at Unplugged Coffee Company. No sense reinventing the wheel, so to speak.

I wanted to know about the process of making Unplugged hot-brew coffee concentrate and Tessa and Richard kindly educated me. The process starts with ordering and tasting batches of organic beans from all the regions they are interested in. This is an ongoing process that occurs multiple times each year because coffee is an agricultural crop that changes every season.

Once the beans are in hand, the cupping process begins. To get a sense of this process, the following link from the Fellow website provides a “Step by Step Guide to Cupping Coffee”: <https://fellowproducts.com/blogs/learn/a-step-by-step-guide-to-cupping-coffee>.

Tessa and Richard begin the cupping process in search of desirable flavor compounds by brewing the beans in small batches using Richard’s grandmother’s fine china cups (because they are the perfect size). This is one of the many areas where Tessa shines. She is the company’s supertaster (and best kept secret of the company) because of her superior palate and nose. She is the one who determines what blend of beans are used to achieve that brightness in our mouths that make us go “Mmmmmmm” after that first sip. (Brightness is an industry term that refers to the acidity of the coffee. Unplugged Coffee does not have a high acidity; it has the same acidity as that of a carrot or 5.2 pH.). A second tasting process occurs using the Unplugged proprietary brewing process to ensure the winning blend still produces the desired flavor compounds in the finished product.

Very simply put, their brewing process is as follows: purified water at the correctly chosen temperature is pushed through the freshly roasted and ground coffee for a designated length of time. The difference between how they brew their coffee concentrate and how you and I brew our pot of coffee at home is that their ratio of coffee to water is a lot higher, meaning they use a lot more coffee to water than we do. They also use a highly calibrated combination of pressure, time, flow rate, and temperature to extract only the desired flavor compounds, leaving behind any bitterness or astringency. When they are done brewing their coffee it is seven times stronger than the pot that you and I just brewed. They are also brewing their coffee in an enclosed system to keep those important flavor and aroma gases in the brew rather than having them escape during the brewing process. Finally, they cool the coffee quickly so that it doesn’t continue to brew and change the flavor from their original intent. As you can see, while this is a highly controlled process, it does not involve hyper processing. It is a very simple traditional brew process that is done in a very careful and monitored way. Richard jokes that their product is “Fast coffee made slowly.” Tessa chimed in with “Even though it’s fast, we’ve done the slow for you.”

This process produces a hot-brewed coffee concentrate currently offered in three organic varieties: Original, which contains about the same amount of caffeine as your favorite coffeehouse brew per serving; Swiss water Decaf, which is 99.8% caffeine free; and Half-Caf, which is just as it sounds – a 50/50 mix of Original and Decaf.

Making a delicious hot cup of coffee is as simple as adding one ounce of Unplugged Coffee concentrate and seven ounces of hot (or cold) water to a cup. Then, depending upon how you drink your coffee, it’s ready to go, or if you prefer, just add milk or cream and/or sugar to taste. It really is that simple and solves so many problems like having to throw away an unfinished pot of coffee, or being the only one interested in having a cup of coffee following dinner, or having to clean out the grounds of a French press coffee pot that everyone else “forgot” to clean, or wishing you had more kitchen counter space, and the list goes on.

Unplugged Coffee concentrate is unbelievably versatile. I started out by making iced coffee last summer and then eventually adding a scoop of vanilla ice cream to make a Berliner. Delish! If

you are looking for a Café con Leche, use milk instead of water. In the mood for a Café Mocha, then add hot chocolate. Unplugged Coffee also says that espresso martinis, tiramisu, coffee ice cream, BBQ sauce, even espresso can all be made with Unplugged Coffee. Check out Tessa's recipe for an espresso martini below:

"This is our favorite activity with the neighbors, drinking espresso martinis watching the sunset on the water. This is the recipe we usually use along with a little history on the espresso martini"

'The now-classic drink was invented by British bartender Dick Bradsell at Fred's Club in London. Legend has it that a 'top model' asked for a drink that would 'wake me up and [mess] me up' at the same time. Bradsell complied, mixing vodka with espresso and coffee liqueur, and the Espresso Martini was born'

UNPLUGGED COFFEE CONCENTRATE Espresso Martini Recipe



2 ounces vodka
1/2 ounce coffee liqueur (usually Kahlúa)
1/2 ounce Unplugged Coffee Concentrate (we tend to use our decaf version for late night drinks)
1/2 ounce vanilla simple syrup
Shake with ice
Garnish: coffee beans and shaved chocolate (optional)

This perfect little digestif can also be used as a brunch drink option...Enjoy!

I asked Tessa and Richard what challenges they now face in their new business. They mentioned two challenges at the moment. First they are in the process of raising funding to secure a dedicated space, which they have already located in south Whidbey. They are all ready to go and just need to round up the funding. The second challenge they face is to educate the consumer about their product. The concept is new and people don't understand how delicious the coffee is and how simple it is to use.

If you are curious, you can find Unplugged Coffee concentrate at the following locations: Payless Foods, the Goose Community Grocer, the Star Store, the Clinton Food Mart, the Greenbank Pantry, Whidbey Island Grown Cooperative Food Hub, Bayview Farmers Market (in season) and Tonic Juice & Remedy in Langley. If your favorite store doesn't carry Unplugged Coffee, ask the manager about doing so. Sometimes an inquiry is all it takes to land a product in a store.

Now that we're approaching the holiday season, I have been pondering my gift list and have realized that Unplugged Coffee concentrate would make a great holiday gift either on its own or maybe packaged with a good looking coffee mug or a batch of homemade cookies. Two sizes are available in three choices of caffeine mentioned above: a 16 oz. bottle is \$20; a 32 oz. bottle is \$35.

It was quite the education sitting down with Tessa and Richard. I wish you could have been there with me. After 30 years in the coffee business, Richard is a wealth of information and I learned a lot. It turns out that you may have the same chance after all! I have heard a rumor that

the Slow Food Events Committee may be offering a class on coffee led by Richard sometime in 2024. If you are a coffee lover or interested in learning more about coffee, you may want to keep an eye out for that announcement.

We are so fortunate to have on the island this local coffee business that uses organic ingredients, respects sustainability, and is environmentally friendly. On top of that, their coffee is *really* good and *really* easy to use. I know they made some new customers following that day at the Food Hub because as a volunteer distributor of orders at that site, I saw an increase of Unplugged Coffee concentrate show up in customer orders. If you haven't seen or tasted Unplugged Coffee's concentrate, you may want to give it a try. If you are a coffee lover, I seriously doubt that you will be disappointed.

Unplugged Coffee Company
Clinton, WA, 98236
310-455-1690

Email: UnpluggedCoffeeCompany@gmail.com

Website: <https://www.theunpluggedcoffee.com/about-us>
https://www.instagram.com/unpluggedcoffee_whidbeyisland/



IN THE NEWS

Bayview Holiday Farm, Food , and Gift Market

December 2 and December 9 from 10:00 am to 3:00 pm

Bayview Hall in Langley

Shop Local! Food, gifts, wreaths, trees, photo booth, and holiday fun!

Country Christmas at the Fairgrounds

December 1, 2, and 3 from 9:00 am to 4:00 pm

Coffman Building, Island County Fairgrounds, 819 Camano Avenue in Langley

Whidbey Island foods and handmade gifts. The first 50 purchases will receive a choice of a Whidbey Island handmade gift valued at \$20 or more.

Holiday Market at Greenbank Farm

December 2 and December 3

December 9 and December 10,

December 16 and December 17th

10:00 am to 4:00 pm

Greenbank Farm Barn at 765 Wonn Road in Greenbank

Join the folks at Greenbank Farm for holiday cheer in December! Activities include Santa Claus, carolers, warm drinks – and more! Some of the vendors include Hive Jive and Whidbey Island Fudge.

Teddy Bear Breakfast

**Oak Harbor Elks Lodge, 155 NE Ernst Street in Oak Harbor
December 2 from 9:00 am to 11:30 am**

Enjoy a festive breakfast, entertainment, and a teddy bear parade. Attendees are asked to bring a new stuffed animal to be donated to a child in a crisis situation. These will be provided to the Oak Harbor emergency services and first responders. Tickets are \$15 for ages 13 and up and \$5.00 for children 12 and under. There will be a seating at 9:00 am and a second one at 10:30 am. To register for the event, go to <https://secure.qgiv.com/for/d7rcoy/event/teddybearbreakfast2023/>. For more information contact Preston Merritt at admin@bbbsislandcounty.org.



COUPEVILLE UNITED WOMEN IN FAITH
CORDIALLY INVITE YOU TO OUR

CHRISTMAS BAZAAR

December 2, 2023
9:30 AM – 2:00 PM

Fresh wreaths, handmade crafts, baked goods, and other
assorted Christmas Gifts.



Coupeville United Methodist Church
608 N. Main St.
Coupeville, WA 98239

*Parking is located behind the church.
Cash or Check Only. No Card Accepted.

Proceeds will go to local charities.

December 2 from 1:30 pm to 3:30 pm

Coupeville Farm to School (CF2S) Annual Chili Cookout

The CF2S will be holding their Annual Chili Cookout at the Coupeville Elementary School in the Multipurpose room. The school is located at 6 South Main Street in Coupeville. This event will give you the opportunity to fill up and warm your belly before the Coupeville Christmas parade! You will be given an opportunity to vote for your favorite chili. There is a \$5.00 suggested donation. For more information, contact Holly Bloom at coupevillefarm2school@gmail.com.

Gingerbread Challenge

December 17 at 1:00 pm

Sno-Isle Coupeville Library

Create a magical gingerbread and candy creation of your dreams and then submit it for judging. Bring your completed gingerbread creation to the Coupeville Library between December 1 and December 16 for display and judging. Winners will be announced December 17 at 1:00 pm at the Island County Historical Museum. All gingerbread creations must be picked up from the Coupeville Library by Saturday, December 30. The library will be accepting entries until December 16th. For more information, give them a call at (360) 678-4911.



Cosmic Veggies in Oak Harbor

A new restaurant has opened at 661 SE Fidalgo Avenue in Oak Harbor. Living an extraordinary life can begin with choosing food that fuels your body. Food that tastes good while providing the nutrients that give you the energy required to take better care of yourself and create the life you have been dreaming of having. They offer smoothies and smoothie bowls, raw juice, shots, salads, sandwiches, and a kid's menu. All their offerings are organic, gluten free with vegan options. Their phone is 360-246-4950. They are a franchise of Cosmic Veggies in Anacortes.

New Egg Farm starting in Clinton

Recent Organic Farm School (OFS) graduate Maria Converse has started raising 115 Novogen chickens for egg production on the OFS campus. Once they begin laying, she will be selling the eggs through the Organic Farm School farmstead as well as the Whidbey Island Grown Cooperative's Food Hub. She anticipates they will begin laying in mid-February and she expects about 50 dozen eggs a week. Watch for them to show up on the Food Hub in late winter.

Cranberry Lake at Deception Pass has been stocked with rainbow trout

Good news for people who love to fish, and those who love to eat them. The Washington Department of Fish and Wildlife have stocked Cranberry Lake with 14,000 jumbo-sized rainbow trout. The lake has a small, undeveloped gravel boat launch on the northwest corner and a fishing pier on the east shore. Combustion motors on boats are not allowed. The lake also contains largemouth bass and yellow perch. To take advantage of this opportunity to catch your own dinner, anyone over the age of 15 must have a current Washington freshwater fishing license. They can be purchased online at <https://fishhunt.dfw.wa.gov/login>, or at any licensed vendor, such as Ace Hardware.



Siren House in Oak Harbor



A new tea cafe, owned by Adrienne Lang, has opened in Oak Harbor at 640 East Whidbey Avenue. Tea is brought to the table in beautiful tea pots. You can order delicacies such as strawberry vinaigrette salad, scones with jam, cream and a pumpkin spread, tea sandwiches with pimento, egg salad, cucumber salad and chicken salad. And don't forget dessert! Some of the delicious selections include a pumpkin muffin with amazing frosting and a magnificent chocolate mousse. The china and water glasses are beautiful....the atmosphere splendid. One reviewer said, "The Siren House is beautiful... the presentation, tea and food remarkable, and the service was perfect."

Keto Carb Crave Bakery Shop in Oak Harbor

Keto Carb Crave has moved! Their new address is 830 Southeast Pioneer Way #103. They offer keto, low carb, diabetic-friendly, and gluten-free options at their new location. All of their items include alternative sugars such as Monk fruit, Erythritol, Swerve, or Allulose, therefore keeping within the Keto/low carb standards. They currently use Almond and Coconut flour. You can contact them at 360-682-8806 or use their email at our247contact@gmail.com. Their hours are as follows:

Closed on Monday and Thursday

Tuesday, Wednesday and Friday 12:00 pm to 4:00 pm

Saturday 11:00 am to 3:00 pm

Sunday 11:00 am to 2:00 pm

NOURISHMENT NUTRITION CORNER

By Rachel Joseph, RDN, Nourishment Nutrition LLC

racheljosephnutrition@gmail.com

Phone: 805-827-7505

Rachel is taking off the month to spend time with her family, but will return in the January issue.



RECIPES

This month's recipe comes from *Mother Earth Magazine*. It's the perfect recipe for December. It is an immune boosting soup with health properties to fight cold and flu symptoms. Soup is one of the healthiest foods to eat when you have a fever or cough.

This one-pot wonder is an absolute powerhouse when it comes to dealing with colds and flu. Don't be put off by the goji berries — these sweet treats were once hard to find, and cost the earth, but thankfully they can now be found cheaply in any health food store. Better yet, you can find all of these ingredients at Payless in Freeland. Look for the goji berries in the bulk food section or in the dried fruit isle.



Immune Boosting Soup

<https://www.motherearthnews.com/real-food/food-is-medicine-ze0z1401zcalt/>

1 red onion, minced
1 green chile, minced
4 garlic cloves, minced
2-inch piece fresh ginger root, minced
2 tablespoons olive oil
2 medium sweet potatoes, diced, skins left on
4 ounces shiitake mushrooms, sliced
2 handfuls goji berries
vegetable stock, to cover
salt and black pepper

Put the onion, chile, garlic, and ginger in a large pan with the olive oil. Cook over medium-high heat for about 5 minutes, until the onion softens.

Add the sweet potatoes and mushrooms to the pan along with the goji berries. Stir well, then add enough vegetable stock to cover all the ingredients. Simmer well for 10 to 15 minutes, until the potato is soft. Season with salt and pepper.

Carefully add the soup to a blender in batches, and blend into a smooth, vivid orange, spicy soup.

COMMENTS FROM OUR READERS

Congratulations to everyone! Thank you Merv, Kathy and Leslie for your guidance and good wishes as we look to 2024! And thank you to the new board. I'm looking forward to working with you and can't wait to see what the new year brings!

Karen Meyer

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