



Slow Food Whidbey Island

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

CONVIVIYUM

February 2023

WHAT'S HAPPENING

PET SNACK COOKING CLASS - February 11, 2023

Last Chance to Sign-up!

Arjai Allred will lead this special class where we will learn how to make wholesome, nutritious, healthy treats for our dogs and cats (and even chickens!). These are so much better for our pets than the store-bought kind. This would also be an opportunity to learn how to make them as gifts for your pet-loving friends! Watch for an article about the event in an upcoming edition of the South Whidbey Record.

We encourage you to bring your children and grandchildren. We will have a special corner where Heide Horeth and Amy Tuthill will demonstrate how to make treat jars for your pet's snacks. Each child will get to decorate and take home their jar, filled with dog treats.

I know many of us have handsome pets or grand pets, **BUT... LEAVE YOUR PETS AT HOME**. Pets are not allowed at the Greenbank Progressive Club. However, please bring a photo of your pet. We will have a board where you can pin up your pictures.

We plan to have a door-prize drawing for both dog treat and cat treat baskets.

The event will take place at the Greenbank Progressive Club, located at 3090 South Firehouse Road in Greenbank and will go from 2:00 pm to 4:00 pm. There are only a limited number of spaces. Your spot will not be guaranteed until we receive your payment. Cost is \$15.00 for members and \$20.00 for non-members. You can bring along the kids or grandkids. Children under 18 years of age are \$10.00 each. Children 6 and under are free. Contact Kathy Floyd at kathy46@whidbey.com if you would like to attend.



A Shout-Out to all of you who donated items for the Slow Food Whidbey Island Silent Auction in December

The Slow Food Whidbey Island Board of Directors and Events Committee members would like to thank everyone who so kindly donated items for the silent auction during the Member Appreciation event in December of 2022. Thanks to you, we were able to raise almost \$2000.

Arjai Allred
Edit in Langley
The Blue Peony in Langley
Joyce Christian
Leslie Stevens
Spoiled Dog Winery in Clinton
Bayleaf in Coupeville
Island Auction
Bob Boehm - Wooden bowl/bread board
Jordan Jones - Pottery
Jenanne Murphy
Heide Horeth
Don Wodjenski - wooden bowl
Merv and Kathy Floyd
Amy Tuthill

Potential Slow Food Whidbey Island classes for 2023

Looking ahead into the new year, the Slow Food events committee has put together a potential list of classes as follows. At the moment, these are just ideas, but hopefully we will be able to make these happen. We'd love to hear from you to know which ones you would be interested in attending.

Pet Snack Cooking Class led by Arjai Allred on February 11th
Mason bees and pollination
Foraging
Class on making steamed buns
Preserving the harvest
Cooking class on empanadas
Mystery dinner at Holmes Harbor Winery
Membership Appreciation Dinner

Second Chance for Fermentation Class

Leslie Stevens and Arjai Allred will be presenting their "Fermentation with a Side of Pickle" class at the Whidbey Gardening Workshop on March 4th, 2023. If you missed this Slow Food Whidbey Island class the first time, here is your opportunity to join in. The Whidbey Gardening Workshop will take place on March 3rd and 4th both in-person at the Oak Harbor High School plus it will be live-streamed. To sign up, go to WhidbeyGardening.org.

CLASSES

February 5 from 1:00 to 2:30 pm

Growing Fruiting Trees and Shrubs

Venture Out Nursery

Imagine feasting on fruits fresh from your garden, baking pies, simmering jams and sauces, maybe even drying some of the bounty for a winter treat. Having success with a home orchard or fruit garden takes a little planning and know how. In this class Tobey Nelson will lead you through planning, growing and maintaining fruit (and nut) gardens to help ensure your abundant harvest. This is not a pruning class, but they will touch on it briefly. Cost is \$15 per student. You will receive a 20% off coupon for plants and tools at the class. To register, call 360-321-9931 or Sign Up Online: <https://ventureoutnursery.regfox.com/growing-fruit-trees-and-shrubs>

February 7 at 6:00 pm

Educational “Farmer’s Shadow” Food Growing Series 2023

This month, they will cover how to start your seeds indoors, especially the tomatoes, peppers and eggplants. Anza will also talk about germination requirements and transplanting. Anza will answer all your gardening questions! If you are not yet on the distribution list and would like to receive the Zoom link, please contact Anza at education@southwhidbeytilth.org.

February 9 from 5:30 pm to 7:00 pm

What to Think About Livestock on our Farms and Meat on our Plates

Organic Farm School in Clinton

Everyone decides how they want to eat...vegetarian, paleo, gluten free, carnivore, pescatarian, etc. What’s challenging are some of the narratives out there make the choices seem absolute rather than personal, especially as we wrestle with climate change and examine what it means to grow food and community in a regenerative way. It seems important to consider the role of livestock and animal foods in our food system. It also seems timely to think critically about the currently pervasive mainstream judgment that: animals = bad, and, plants = good, when managing our land and filling our plates.

Join local farmer Kevin Dunham in the Organic Farm School “Living Room” at the Feed and Seed building located at 6390 Maxwellton Road in Clinton. There will be a robust facilitated conversation about the questions we need to be asking and the context we need to be mindful of.

The event is free, but donations are encouraged. RSVPs are required so they can manage the space in the Living Room. (RSVP [HERE](#)).

To prepare, take a look at a couple of Kevin’s previous blog posts:

<https://organicfarmschool.org/field-notes/2022/1/25/method-of-production-vs-ingredients>

<https://organicfarmschool.org/field-notes/2022/3/7/livestocklong-shadow-by-kevin-dunham-friend-of-the-farm>

February 14 from 7:00 pm to 8:30 pm
The Cookbook Connection - Chocolate
Sno-Isle Libraries

Chocolate! Cakes, cookies, tarts and pies, confections and sauces, even savory dishes....everything is made more luscious and sweeter with chocolate! Join Karen Achabal for an in-depth look at chocolate in all its guises, and a search for the very best chocolate recipes.

To register, go to:

[https://sno-isle.bibliocommons.com/events/](https://sno-isle.bibliocommons.com/events/63c04de9c4c0ffe644bcd30)

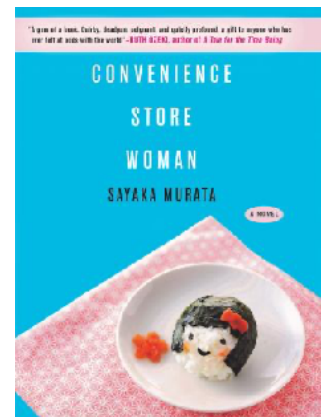
[63c04de9c4c0ffe644bcd30](https://sno-isle.bibliocommons.com/events/63c04de9c4c0ffe644bcd30). Registration is required to receive a reminder email with the Zoom link 24 hours before the event begins. If you register less than 24 hours before the event, your confirmation email will have the Zoom link.



February 16 from 7:00 pm to 9:00 pm
Food for Thought - "Convenience Store Woman" and "Your Home Izakaya"
Sno-Isle Libraries

Join Karen Achabal for an interesting discussion about [Convenience Store Woman](#), a novel by Sayaka Murata that questions what are normal and acceptable expectations of ourselves as adults in modern society.

Karen will pair it with a fun cookbook on Japanese bar food, [Your Home Izakaya](#). To register, go to <https://sno-isle.bibliocommons.com/v2/record/S121C1718453>. 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.



February 16 from 4:00 pm to 5:00 pm
Keep Local with Whidbey: The Buzz about Bees
Oak Harbor Library

Lisa Phillips, a beekeeper for over fourteen years, discusses how to identify honey bees vs wasps/hornets vs bumblebees as well as the types of nests you might observe. She will talk about beginning beekeeping and plants that extend the bee feeding season. If you have an interest in bees, then this is the program for you! This class takes place at the Oak Harbor Library. No registration required...just turn up. Email questions to askus@sno-isle.org.

February 27 from 1:30 pm to 3:00 pm
How Sweet is Too Sweet
Coupeville Library

Line Goulet R.N. from Whidbey Health will be focusing on the effects of sugar, high fructose syrup, and foods that decrease inflammation. Line will also educate us on reading labels correctly, the effects of being overweight and inactive, and tips to make changes. This class takes place at the Coupeville Library. Registration is not required. Email questions to askus@sno-isle.libanswers.com.

IN THE NEWS

FARMER OF THE MONTH GREENBANK CIDERY

Jeff Stoner, Founder and Co-owner, Kim Taylor, Co-owner
By Lynn Wenzel

On his way off the island, the For Sale sign on a five-acre farm with nearly 3,000 dwarf and semi-dwarf heirloom apple seedlings caught Jeff Stoner's attention. Before he could get to the ferry, his dreams of farming and becoming a first-class cider maker had burst alive. Jeff was not sure what took over at that point, but he was very clear that he was buying this farm.

And so, he did, in March of 2020...right before the pandemic shut everything down. But Jeff persevered and learned all that he could about growing his apples using organic methods (even though the farm is not a certified organic farm) in order to create delicious and healthy lightly carbonated dry ciders made from newly harvested apples. To quote Jeff, "We are intimately involved in every step of the cider making process, from the soil our trees grow in to the inspired tastes that you pour into your glass." This man loves his farm and his cider, and it shows.



Jeff walking in his orchard in the Spring of 2022



Jeff, Kim and Kyle

Jeff and Kim Taylor are co-owners of the business. Kim, a single mom of three boys, lives off island and handles marketing and social media, participates in recipe development, and is involved with other aspects of the business. According to Jeff, Kim is very skilled at digital marketing and social media and has been instrumental in creating an online presence for the company. Jeff, a single dad of two boys and one girl, handles the farm, the cidery, and certain other business responsibilities. Both Kim and Jeff hold full time jobs in addition to running the business, the farm and the cidery. Kyle Magneson joined ranks one year ago as the head cidemaker, and runs the production for the cidery. He enjoys fermenting yeasts, is also involved in creating recipes, along with Jeff and Kim, and carefully tends to and tests each barrel and ICB Tote (large 250-gallon containers) on a regular basis to ensure that a quality product meets with consumer satisfaction. Jeff commented on how lucky he feels to have such a talented and hard-working guy on their team.

Now, can we talk a bit about what cider is? I don't know about you, but for some reason, I used to lump all ciders and beers together. For those of you who gasped aloud at my naivety, hear me out. Most ciders that I was familiar with were usually highly carbonated, sold in cans, and usually offered where our finest beers are sold. Therefore, it fit nicely into the beer category. As I

interviewed Jeff for this article, I realized how far off base and silly my thinking was. There are no grains and no malts in cider, and fruit is *not* the main ingredient in beer.

Jeff suggested that I start thinking of his dry ciders more as an apple wine or champagne (as with their Orchard Blend, which is bottle conditioned and sparkling like champagne). In fact, cider products are regulated by TTB (U.S. Department of the Treasury Alcohol and Tobacco Tax and Trade Bureau) as wine. When I started thinking about cider this way, things really fell into place and I started to realize all the fun I would have pairing Greenbank Cidery's lightly carbonated ciders with food!

Greenbank Cidery uses over 14 varieties of carefully selected heirloom apples. At no time are additional sugars or sulfites added to their blends. All Greenbank Cidery ciders are lightly carbonated, except for Orchard Blend, which is sparkling. There are many flavors available and I am excited to try them all. For example, Rhuby Tuesday was inspired by Kim's grandmother's strawberry rhubarb pie. This cider is made with a blend of heirloom apples from the farm, organic strawberries, and orchard grown rhubarb. It's finished off "with a kiss of almond extract and lemon zest". Doesn't that sound fantastic! I cannot wait to get my first bottle of Rhuby Tuesday, and I will tell you below how you can too.

Unfortunately, we missed the November apple harvest and crush this season. Jeff and Kyle harvested several tons of apples. When I asked about the specific process that these apples underwent, it soon became clear that the process of making cider is quite technical and involves a lot of chemistry. Following is my attempt to outline in layperson terms Greenbank Cidery's *general* process (forgive me Jeff):

The apples are washed and sorted, where only the highest quality apples are selected.

The apples are then sent through the Crop Chopper after which they rest, sitting in their own juices and macerating for several hours. This enhances the color of the juice and brings out the apple flavors. From there, the apples are put through the hydraulic Good Nature SX200 Squeeze Box, extracting every bit of juice possible. The juice is then pumped into ICB Totes to ferment for ten days to two weeks. Following the first fermentation period, the cidemaker then blends the various ciders, adds desired flavors (e.g., almond extract) and begins a secondary fermentation process, all the while testing for the best balance between acidity, tannins, and sweetness. At the end of the secondary fermentation process, the cider is then either bottled or kegged, and is now ready for consumption.

The remaining pulp leftover from the press, referred to as pomace cakes are used in one of two ways: 1), To feed the compost pile where eventually it will be used to mulch around the tree beds in the winter, or; 2) To make a slow fermenting cider piquette (like ciderkin in Europe), by



Kim welcoming guests in the tasting room

rehydrating and then re-pressing the pomace to extract the remaining juices and sugars. This is a sustainable way of reusing pomace that would otherwise go to waste, but is also a natural way of producing a dry, low-ABV (alcohol by volume), refreshing cider.

Currently, Greenbank Cidery produces ten great varieties of their dry to semi-sweet ciders, again with no extra sulfites or sugars added, and these cidermakers have more in store for us.

Here are some of the places around the island where you can find these lovely ciders: Payless, The Goose, Greenbank Deli, 3 Sisters, The Braeburn, The Cove, Gordons, Wicked Teuton Brewing Company, Tap Room, Toby's, and Flyers.

They also have a lovely historic waterfront tasting room in Coupeville that allows you to bliss out on the beauty of Penn Cove and memories of your grandma's strawberry rhubarb pie. Sigh. Tasting room hours are seasonal:

January - February

Thursday: 3- 7 pm

Friday and Saturday: 12am - 8 pm

Sunday: 2pm – 6pm

Closed: Mon – Tue - Wed

A visit to the tasting room is a perfect way to share Whidbey Island culture and entertain friends, family, and those out-of-towners. If you are bringing a large party (10 or more) or have any special requests, they ask that you contact them directly at (206) 627-0382.

Greenbank Cidery also hosts a Quarterly Cider Club which is very easy to join on their website (<https://www.greenbankcidery.com/our-club/>). Jeff handpicks a selection of six bottles of his farm fresh crafted cider every quarter, with each new season. You may have your selection shipped to you or pick it up at the tasting room in Coupeville. You may also skip a selection or cancel your membership at any time. Club members enjoy a 10% discount at the tasting room, receive first notifications of any events at the orchard/cidery and receive 10% off any additional online purchases. I am now a member of the club who is eagerly awaiting her first cider selection.

If you are a fine-crafted cider enthusiast, and want to contribute to and support this locally owned new business, you may become a VIP Founding Member who receives the following VIP benefits:

- Life-time Membership (only 50 available)
- Welcome box including an assortment of our favorite ciders and special Greenbank Cidery Merchandise
- Lifetime 15% discount on retail purchases including Cider Club.
- Cidery tours for you and up to three guests (limit one per calendar year)
- Birthday gift (free flight) each year on your birthday
- Your name on our Founding Member List, located at our tasting room in Coupeville, WA.
- VIP invitations (plus a guest) to Greenbank Cidery events (annual Club party, tastings, cider classes, release parties, etc.)

If you are interested in becoming a member of this elite group, visit the website for more information (<https://www.greenbankcidery.com/product/founders-club>).

Finally, look for Greenbank Cidery at this year's Mussel Fest in Coupeville on March 4th and 5th. They will have a cider tent, which I'm sure will offer all of their most popular ciders and bottles to go.

I really like what Greenbank Cidery is doing here on *our* island. We are so fortunate to have access to such high-quality crafted cider produced with such care and concern for our environment and our health. Please support them if you are able.



I'll leave you with this photograph of hot mulled cider with a donut topper. Doesn't this look delicious!? Excuse me. I have a tasting room in Coupeville to visit.

Greenbank Cidery Tasting Room
12 Front Street, D1
Coupeville, WA 98239
206-627-0382

Farm and Cidery
413 Carnica Way
Coupeville, WA
info@greenbankcidery.com
www.greenbankcidery.com
<https://www.facebook.com/profile.php?id=100028975225235>
<https://www.instagram.com/greenbankcidery/reels/>



Cedar and Salt Coffeehouse

Cedar and Salt Coffeehouse came to Coupeville about a year ago. They are located at 200 South Main Street, Unit B, Coupeville, WA 98239. They offer yummy goodies such as paninis, soup, gelato, fresh baked goods, and breakfast egg burritos, among other things. They have Dine-In and Take-out options. They are open from 7:00 am to 6:00 pm on Monday through Saturday and 8 am to 5 pm on Sunday. Phone: 360-682-5589, email: cedarandsaltespresso@gmail.com



Wildly Beloved Foods

Aurora Echo has started up a new business in Langley. She has created a noodle factory where she makes all kinds of pasta including one made of Italian semolina flour, fresh baby spinach, and whole eggs, all of which are organic. She prepares the pasta in the Commercial Kitchen at the Whidbey Island Fairgrounds and then sells it on the *Whidbey Island Grown Food Hub*. (<https://whidbeyislandgrown.localfoodmarketplace.com/Products>). Her pasta products are also available at *Grayhorse Mercantile* in Langley. One of Aurora's daughter's teachers likes the product so much that she prepares it as a snack for her students every Friday. For more information, go to wildlybelovedfoods.com.

Tilth Seed Library 2023

The South Whidbey Tilth Seed Library will open on February 18th. There will be free flower, herb, grain, and vegetable seeds available. The library will be restocked on a weekly basis. The library is located at the Tilth Campus on 2812 Thompson Road in Langley. Be sure to stop by their farm stand while you are there. If you have seeds you can spare, please identify them by name, your name, date collected, and original source of the seed. It is preferred that the seeds be from plants grown on Whidbey. Donated seed must be open pollinated with no use of herbicides. Commercially packaged seeds would be welcome. However, they must be either organic or open pollinated. Contact Pam Nodus (pamgar@whidbey.com) or Andrea Linton (andrea@whidbey.com) to arrange drop off of your donation. Thank you very much for sharing.

Community Crab Fest

The Lion's Club in Oak Harbor is sponsoring a crab fest on Saturday, February 28 from 5:00 pm to 8:00 pm. The public is invited to this crab-feed FUNdraiser and silent auction on Saturday, February 18, at the Oak Harbor Elks Lodge, 155 NE Ernst Street, Oak Harbor. No host bar. Crab or ham available. The price per ticket is \$35.00. Last day for ticket sales is February 2. No tickets available at the door. Questions, contact Bobbi 360-320-7066 or email blornson@comcast.net. To get tickets go to: <https://ohlions.square.site/product/community-crab-feed/110>.



Zanini's Italian Deli and Catering

Zanini's is located at 1191 Southeast Dock Street in Oak Harbor. Zanini's has in-house dining plus they do catering. The staff is extremely helpful and owner Auntie Jackie Catanio-Huerta is always available to answer your questions. Auntie Jackie has over 25 years of catering experience and brings all of her joy and passion for cooking to you. Zanini's offers authentic Italian food with generous portions using family recipes. They offer Lasagna (meat or veggie), Meatballs Don Michael, Spaghetti and Meat Sauce, fabulous sandwiches (the meatball sub, fuhgeddaboudit), and soups. Don't forget to finish up with their Olive Oil Lemon Cake and Cannoli's, just to name a few. Zanini's is open Wednesday through Saturday from 11:00 am to 6:00 pm. They are closed on Sunday, Monday, and Tuesday. Phone 360-682-6342 for reservations. Their website is zaninistogo.com and their email is zaniniscatering@gmail.com.

Coupeville Chocolate Walk

February 11 from 11:00 am to 3:00 pm. Imagine strolling around historic Coupeville in search of mouth-watering chocolate treats! The Coupeville Chocolate Walk is a fun, family friendly event that supports local businesses. Cost for tickets is \$20.00. For more information contact the Chamber at 360-678-5434.

RECIPES

This month's recipe comes to us from Laura Brown. Laura is a strong believer in using local, fresh, ingredients in her baking and is excited about sharing this recipe.

Each December, our family loves to design and build an unusual gingerbread creation. Last year, when our boys were into Star Wars, we made a gingerbread Millennium Falcon. This year, our youngest son came up with the idea to do a Japanese Temple Gingerbread inspired by his love for ninjas and karate. We chose Sally's Baking Addiction gingerbread recipe because we have used it in the past and it is strong for building. Truly a slow food, we split up this project over the course of 4 days so our kids stay interested and involved.

Day 1- Design and make the dough (best made ahead and refrigerated)

Day 2- Make a template for the pieces and a cardboard base

Day 3- Cut the dough shapes and bake

Day 4- Assemble and decorate with frosting glue.

It is fun to dream up what we may build next year.



Gingerbread House

<https://sallysbakingaddiction.com/gingerbread-house/#tasty-recipe-video-embed-66571>

Ingredients

- 3 cups (375g) all-purpose flour
- 1/4 teaspoon baking soda
- 2 teaspoons ground ginger
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground allspice
- 1/4 teaspoon salt
- 6 tablespoons (85g) unsalted butter, softened to room temperature



- 3/4 cup (150g) packed light or dark brown sugar
- 1 large egg, at room temperature
- 1/2 cup (120ml) unsulphured dark molasses
- 1 tablespoon (15ml) water
- **royal icing** (the “glue”)
- assorted candies (see post for suggestions)

Crusting Buttercream

- 1/2 cup (95g) shortening, at room temperature
- 1/2 cup (115g) unsalted butter, softened to room temperature
- 4 cups (480g) confectioners’ sugar
- 2 tablespoons (30ml) milk
- 1/4 teaspoon pure vanilla extract
- 1/8 teaspoon salt

Instructions

1. Print [Sally’s Baking Recipes Gingerbread House Template](#). Cut out the shapes. Set aside for step 6.
2. Make the cookie dough: Whisk the flour, baking soda, ginger, cinnamon, allspice, and salt together in a large bowl. Set aside.
3. In a large bowl using a hand-held mixer or stand mixer fitted with a paddle attachment, beat the butter and brown sugar together on medium speed until completely smooth and creamy, about 2 minutes. Beat in the egg, molasses, and water on high speed. Scrape down the sides and up the bottom of the bowl and beat again as needed to combine. On low speed, slowly mix the dry ingredients into the wet ingredients until combined. Cookie dough will be very thick.
4. Divide cookie dough in half, flatten into discs (about 4-5 inches in diameter), and wrap each tightly in plastic wrap. Chill in the refrigerator for 2 hours or up to 3 days.
5. Preheat oven to 350°F (177°C). Line 2-3 large baking sheets with parchment paper or silicone baking mats.
6. Cut into shapes: Remove each disc from the refrigerator and roll each out in between two pieces of parchment paper. Watch the video in the website to see how this is done. Gingerbread cookie dough will stick to your counter no matter how much you flour it. Parchment is best. Roll out to about 1/4 inch thick. You want thick pieces for your



gingerbread house. Lightly flour the underside of gingerbread house template shapes. (The dough is sticky and the paper may stick to it otherwise.) Using a pizza cutter or small knife, carefully cut the dough into the gingerbread house template shapes. You will need TWO of each shape. Re-roll dough scraps so you have enough dough for the whole house. Use any extra dough to create fun shapes using cookie cutters.

7. Carefully arrange gingerbread house shapes onto prepared baking sheets, about 3 inches apart. If they lost some of their shape transferring to the baking sheet, straighten out the edges.
8. Bake house pieces for about 18-20 minutes or until edges are lightly browned. Bake chimney pieces for about 12-13 minutes or until edges are lightly browned. Remove from the oven and allow shapes to cool completely on the baking sheets or on the counter. A flat surface is KEY for cooling– the gingerbread house edges will very slightly curl up otherwise.
9. Cooled gingerbread house pieces can be made up to 1 week in advance, cover tightly and store at room temperature or in the refrigerator. They can also be frozen for up to 3 months. Thaw at room temperature before using.
10. Go to the website for information on how to decorate your Gingerbread House: <https://sallysbakingaddiction.com/gingerbread-house/#tasty-recipe-video-embed-66571>.



COMMENTS FROM OUR READERS

My husband just read me an article from “The Guardian” about a doggy restaurant in San Francisco. Brunch is \$75. One of the featured dishes is antelope heart pâté. Perhaps those attending the Pet Snacks Cooking class should think about opening one here on the island?
Deon Matzen

I thought the following article might be of interest and application here on Whidbey.
<https://www.theguardian.com/environment/2023/jan/03/threes-a-crowd-how-farmers-are-cutting-out-the-supermarkets-aoe>.
Andrea Linton

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 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