



KEYSTONE FOREST AND FARM PRESERVE

FROM OUR PRESIDENT

It's the season to focus on health and staying warm! With that in mind, Board Member Rachel Joseph's insightful article below will inspire you to focus on your relationship with food. Also check out our recipe for Potato Leek soup—warm and hearty!

In January, we launched our new Slow Food Whidbey Island website. Please take a look at slowfoodwhidbeyisland.org.

As always, thank you for supporting Slow Food Whidbey Island and the Slow Food mission!

Karen Meyer

Slow Food Whidbey Island Board President

*"You are
what you
eat."*

*~Brillat-
Savarin*

SLOW FOOD HAPPENINGS

**Coffee Presentation | Richard Karno | February 3rd, 2024
1:00 p.m. to 3:00 p.m. | Greenbank Progressive Club**

Richard will discuss basic dos and don'ts for coffee consumers, the present and future states of the coffee industry, and reasons why consumers need to educate themselves before choosing their favorite coffee. The presentation will include a Q and A session, followed by coffee samples and coffee infused baked goods. To learn more about Richard and his extensive career in the coffee industry, go to slowfoodwhidbeyisland.org and click on Upcoming Events. The cost for this event is \$15 for members, \$20 for non-members. If you would like to attend, please email us at info.sfw@gmail.com.



FOOD FOR THOUGHT By Rachel Joseph

The Satisfaction Factor

Lately, I've been thinking a lot about what drives our food choices and patterns, essentially why we choose to eat certain foods. Is it mainly cultural? Habitual? Influenced by our environment, friends, families or the place we live? Dictated by our lifestyles? The more I ask these questions, the more I realize it can be all or any of the above that determines what and how we eat. But I wonder... are our eating experiences uniquely enjoyable to us? Do they provide us with feelings of deep nourishment and satisfaction? Do they leave us feeling repleted and energized? If not, how can we make our eating experiences entirely satisfying and enjoyable?



Below, I will highlight some ways I have found helpful in creating the most satisfying eating experiences.

Creating a satisfying eating experience will require you to pause all distractions and really listen to your body. Try asking the following questions:

- What physical sensations am I experiencing right now?
- Am I truly hungry, or is it something else like boredom?
- What flavors or textures am I craving at this moment and how can I incorporate them into a balanced meal?
- What does my body need right now in terms of nutrients? Can I choose foods that align with those needs?
- How satisfied am I after finishing a meal? Did it fulfill both my physical and emotional hunger?

Oftentimes, we get swept away by the business of our lives and have to eat on the go to remedy our hunger. Despite these instances, if we are able to tune into ourselves and our unique nutritional needs, we are likely to make more aligned choices and feel our overall health and well-being improve. The more we listen to the voice inside and tune out external voices such as societal messages telling us what we should and shouldn't eat, the more nourished, satisfied and empowered we will feel. This good energy will permeate out too. It all starts with you!

FROM THE KITCHEN | Shared by Kaitlin Meyer

Potato Leek Soup



This hearty and flavorful one-pot soup can be prepared ahead of time and simmer until all have gathered around the table and are ready to dive in. Don't forget the warm bread for a satisfying cold weather meal! This recipe makes approximately 6 servings.

Recipe adapted from Bowl of Delicious and The New York Times
For this recipe and more, visit slowfoodwhidbeyisland.org/recipes

AROUND WHIDBEY



Educational “Farmer’s Shadow” Food Growing Series February 6, 6:30 to 8:00 p.m.

Join Anza Muenchow as she talks about growing alliums and pruning trees and shrubs. She will also answer questions related to gardening concerns. If you are not on the distribution list and would like to receive the Zoom link, please contact Anza at education@southwhidbeytilth.org.



Organic Farm School Core Program Application Available

The Organic Farm School (OFS) is a learning center for beginning farmers intending to manage community scaled farms according to principles of ecological, economic, and social regeneration. [Click here to learn more.](#)



Regenerative Ag Inspires Regenerative Communities February 21, 7:00 to 9:00 p.m.

Join the Organic Farm School for the public premiere of a Thriving Communities docuseries which shines light on the work of three unique regenerative farms. The Organic Farm School is proud to be featured alongside Rid-All Green Partnership and Spirit Farm, in this thoughtful reflection on the many forms regenerative social and environmental action can take, and the part land access in particular plays in cultivating said action. To learn more and purchase tickets, visit www.wicaonline.org.

AROUND WHIDBEY *continued...*



Wildly Beloved Foods Pasta Workshops

Wildly Beloved Foods offers a series of pasta workshops at their marketplace located at 6348 Frost Avenue, Clinton, WA 98236. For a list of workshop dates, times and other details, go to wildlybelovedfoods.com and click on Workshops.

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(indicate WA-Whidbey Island chapter)



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