



Slow Food Whidbey Island

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

CONVIVIYUM

January 2023



WHAT'S HAPPENING

PET SNACK COOKING CLASS

Saturday, February 11, 2023 at 1:00 pm

This class will be held at Greenbank Progressive Club, located at 3090 Fourth Firehouse Road in Greenbank. Arjai Allred will lead this special event, where we will learn how to make wholesome, nutritious, healthy treats for our pets. They are so much healthier for our pets than the store-bought kind.

You don't even need to have a pet in order to attend. We all have friends who own pets and who would love to receive the gift of healthy, homemade snacks.

We encourage you to bring your children and grandchildren. We will have a special corner where Heide Horeth will demonstrate how to make treat jars for the pet snacks made by Arjai. 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 in the Greenbank Progressive Club. However, please bring a photo of your pet. We will have special categories on a board where you can pin up your pictures. Cost is \$15.00 for members, \$20.00 for non-members, \$10.00 for children seven and older, and children six and under are free. Please contact Kathy Floyd at kathy46@whidbey.com if you would like to attend.

SLOW FOOD BOARD OF DIRECTORS FOR 2023

The votes are in! The following Board of Directors was elected for 2023. Congratulations to all of the elected board members:

Mervyn Floyd, President
Don Harper, Vice President
Bob Boehm, Treasurer
Penny Harger, Secretary
Kathy Floyd, Membership
Leslie Stevens, Co-Chair of Events Committee
Arjai Allred, Co-Chair of Events Committee
Rachel Joseph, Member at Large
Bob Finke, Member at Large

SLOW FOOD WHIDBEY ISLAND'S MEMBER APPRECIATION DINNER **Monday, December 5 from 6:00 pm to 9:00 pm**

The 2022 Member Appreciation Dinner was a great success! It was great to see so many of our members and their guests after a long hiatus due to Covid-19.

We had a grand Italian Feast and the members brought memorable desserts for all to share.

Amy Tuthill did a magnificent job of putting together our auction items for the program. She spent weeks collecting all the items and putting them together into a beautiful display. Her clear and thoughtful description of each item made them impossible to resist! Thank you, Amy, for all your efforts to make this possible. We were able to raise almost \$2000 which will go towards our 2023 contributions to worthy organizations.

Special thanks to Leslie Stevens, and Arjai Allred who co-chair the Events Committee. Their ceaseless efforts made this all possible, with the help of the whole committee.

And let's not forget about the wonderful food that the Board of Directors and Events Committee members put together. There was everything from superb appetizers made by Joyce Christian, and the ones shown below made by Rachel Joseph with the help of the mushroom guy Travis Furlanic, to the delicious main courses and Amy Tuthill's beautiful vegetable salad.



Thanks to Tina Ellenbogen and Heide Horeth for their pictures from the event.



We were pleased to welcome the President of the Seattle Slow Food chapter, Marie Monte Fiore, along with her husband Dave Tsuijimoto to the event. Not only did they attend, but they also donated two cases of wine for our members enjoyment. They own Fainting Goat Farm in Langley. We are hoping to have an event there at some time in the future.

All the hand-raisers below won the right to be first to the buffet table. They had the most correct answers on the Italian cuisine quiz.





CLASSES

January 3 at 6:00 pm

Educational “Farmer’s Shadow” Food Growing Series 2023

The “Farmer’s Shadow” is back! Anza Muenchow will talk about seed sourcing and how to grow Alliums. If you are not yet on the distribution list and would like to receive the Zoom link, please contact Anza at education@southwhidbeytilth.org.

January 10 from 7:00 pm to 8:30 pm

The Cookbook Connection Online Book Group

Pastry Skills

Sno-Isle Libraries

Walk through the steps to making great pastry, from French Pâte Brisée to American pie crusts. You will learn about working with store-bought puff pastry and phyllo doughs. The library has great books to help you get over your "Fear of Dough" and learn the most delicious recipes. To register for this class, go to <https://sno-isle.bibliocommons.com/events/6394c4a7a111382f008e8f14>. 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.

January 19 from 4:00 pm to 5:00 pm

Keep Local With Whidbey: Not Your Mama’s Pie Making

Oak Harbor Library - In Person

Have you ever bitten into a slice of a *Whidbey Pies* Granny Smith apple pie and wondered, "How do they make this taste so good?" Joe Gunn will share the history of the business and the interesting, insider secrets of what it takes to produce 2,000+ pies per week. No registration required. For more information, send an email to askus@sno-isle.libanswers.com.

January 19 from 7:00 pm to 9:00 pm

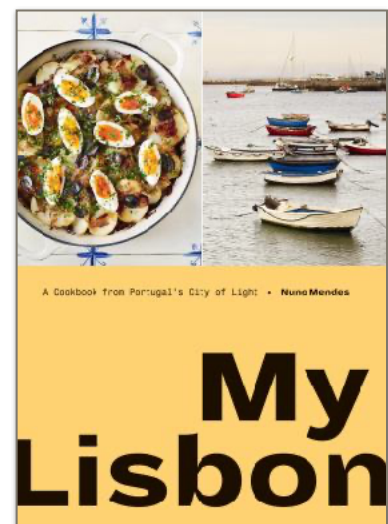
Food for Thought Online Book Group

“The High Mountains of Portugal” and “My Lisbon”

Sno-Isle Libraries

Join Karen Achabal for a discussion of Yann Martel's intriguing novel [The High Mountains of Portugal](#), three interwoven stories about grief and loss, and its meaning in our lives. Then look at the intriguing cuisine of Portugal, and Lisbon in particular, in [My Lisbon](#) by Nuno Mendes. To register go to <https://sno-isle.bibliocommons.com/events/63951a4e25d0283000440f49>.

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.



January 24 from 4:30 pm to 6:00 pm
Making Winter Sweet: A Seasonal Cooking Class
Clinton Community Hall

The Pacific Northwest is a major producer of apples and pears, and many people have a fruit tree or two in their own yards. These delicious fruits, plus the many dried fruits and nuts that are available to us all year-round really shine in winter dishes, both sweet and savory. Join Karen Achabal in the kitchen at the Clinton Community Hall to learn how to add these delectable treasures to your meals for both satisfying and nourishing winter recipes. Karen Achabal grew up in a household where cooking was the family pastime, and food was the main topic of conversation. In her teens she baked bread for the family restaurant, and after college, she worked in Seattle restaurants, both cooking and serving. In her own restaurant, she created new menus every month featuring house-made sausages from many different cuisines. Her current obsessions are foraging wild foods, artisanal cocktails, and bringing food programs to the Library. To register for this class, go to

<https://sno-isle.bibliocommons.com/events/63922f5a3bc3f336008e27d2>

January 31 from 6:00 pm to 7:30 pm
Growing Groceries: Principles of Vegetable Gardening in the Pacific Northwest
Sno-Isle Libraries

This will be an online event. Join Master Gardener Jim Olson and learn to grow your own food. This class is ideal for the beginner to intermediate home gardener. The class will talk about gardening practices based on current science and is appropriate for our Pacific Northwest environment. Topics include making the most of our short summers and mild winters, organizing your garden for seasonal planting, irrigation, fertilization, crop rotation for garden health and fertility, integrated pest management, plant selection, succession planting, planting dates, and more. This event will be recorded for later viewing on the [Sno-Isle Libraries YouTube channel](#), and will be available indefinitely. To register, go to <https://sno-isle.bibliocommons.com/events/63923094bdd26c41009a0c8d>. 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.

IN THE NEWS

FARMER OF THE MONTH

By Lynn Wenzel

Now that all that crazy making (but lovely and fun) holiday stuff is behind us, I find myself feeling like I desperately need a rest. That got me to thinking about our local farmers, and how they must be feeling. Are we operating under the illusion that winter might be a slower time for them? They have also “survived” the holidays. Some are continuing to grow crops for us through the winter, and there is always something that needs to be



repaired, replaced, or repurposed, not to mention all the research, study and planning that has to take place during the off season, as well.

Since I'm taking a rest, I regret to inform you that there is no farmer interview this month. The interviews will resume next month, for sure, but not until I have properly rested. In the meantime, let me share the following article by Lesley Rae Kelly, who is a farmer and co-founder of the Do More Agriculture Foundation in Canada. If you are a farmer, this article is meant for you. If you are not a farmer, I think you will *still* find this information useful. I certainly did. See you next month.

The 7 Types of Rest Every Farmer Needs

January 4, 2022

By Lesley Rae Kelly



Have you ever tried to fix an ongoing lack of energy by getting more sleep — only to do so and still feel exhausted?

If that's you, here's the secret: Sleep and rest are not the same thing, although many of us incorrectly confuse the two.

We go through life thinking we'll feel rested by getting a full night's sleep but in reality we are missing out on the other types of rest we desperately need, especially during those peak busy periods like harvest and calving or stressful times, like increased restrictions, cases and divisiveness around Covid-19. The result of only focusing on a few hours of sleep to feel fully rested is a culture of high-achieving, high-producing, chronically tired and chronically burned-out individuals. We're suffering from a rest deficit because we don't understand the true power and potential of rest.

Rest deficit or exhaustion can look like the following symptoms:

- You get easily irritated or have low patience
- You have a strong desire to be alone, socially withdraw
- You struggle to follow conversation
- You have difficulty sleeping
- Your every action feels like a sacrifice
- You have low energy and feel drained
- You have stopped caring about your stressors; "checked out" mentally and emotionally from things
- You have a hard time concentrating or remembering things
- You have physical symptoms like stomach pains and/or headaches
- You find yourself focusing on the negative
- You feel overwhelmed and frazzled

Let's learn to give ourselves permission to rest. Think of your rest or emotional capacity as a bucket. Your bucket may look different from someone else's as we all have different buckets depending on our genetics, life events, age, health and more. Flowing into the bucket are all areas of your life that can cause stress and exhaustion – farm pressures, family pressures, finances, weather, disagreements with neighbours, not eating well, lack of sleep and rest and more. All of these add water to our bucket and eventually, the water will overflow. We've now hit our emotional capacity peak and our mental and physical health is impacted. We'll start to feel burnout, exhaustion, and an increase of symptoms of depression or other mental illnesses and unable to cope with life the way we once did. To stop our bucket from overflowing, we need to add holes to let the water flow out in a healthy way. Self care rituals and routines and different types of rest is a healthy way to add those holes, let the water out and restore your bucket again.

Rest should equal restoration in seven key areas of your life.

Physical rest – Ensuring your body can recharge by allowing it to slow down and repair. Examples: Naps, earlier bedtime, restful lunch breaks.

Mental rest – We need to recharge when it's hard to concentrate or our observations are hyper critical/judgmental. Examples: Turn off devices, affirmations, music

Emotional rest – Offloading emotional baggage and sharing vulnerability with a trustworthy listener. Examples: Talking to a friend, therapist, and/or support group

Social rest – Restoring ourselves through connecting with others. Examples: Time with friends that affirm us, coaches, mentors, playing a team sport, connecting with self

Creative rest – Breaks for creativity to re-energize resources and gain inspiration. Examples: Read a good book, walk in nature, cooking, looking at art, woodworking

Sensory rest – Retreating from sensory overload by reconnecting with yourself. Examples: Turning off devices, journaling, fresh air, breathing exercises

Spiritual rest – We need to feel anchored and realigned with our sense of purpose and harmony. Examples: Reading scriptures or philosophy, volunteering, meditation

Don't use rest as a reward for being productive. If you need a break, you need a break. It's not something that you should make yourself earn at the cost of your mental health or your bucket overflowing. Sleep alone can't restore us to the point where we feel rested. So it's time for us to begin focusing on getting the right type of rest we need and deserve.

Fainting Goat Farm

Fainting Goat Farm at 5515 Coles Road in Langley is offering a new product. Their honey comes from the hives located on their farm. There is a farm stand at the entrance to their driveway which offers both honey and eggs for sale.

Editor's Note: A funny story: Merv and I visited the farm in early December and were taken out to visit with the goats. We were told that they don't faint much anymore, but will do so if frightened, angry, happy, etc. When we got to their fenced in area, the youngest goat made a break for the open gate and Marie Monte Fiore had to grab her and pull her back in. Apparently, this frightened her, and she fainted right in front of me. So...it's true! They really do faint!

Mutiny Bay Distillery at 5490 Cameron Road in Freeland is closed

In their own words: *After nearly 6 years in business (and many prior years of dreaming and building) we are announcing the closing of our distillery and tasting room at the end of December 2022. Our announcement is bittersweet. These years have been a wild ride of highs and lows, successes and setbacks, and it has been the time of our lives! It has truly been a pleasure sharing our passion with all of you, and we thank you all for your support over the years. The Stallman Family*

Cedar and Salt Cafe in Coupeville

The Cedar and Salt Cafe in Coupeville is located at 200 S. Main Street, Unit B in Coupeville. Owner Angie Lambert-Jackson offers made-from-scratch soups and baked goods, sourcing as much as possible from local produce. Her mother, Debbie O'Phelan, is her primary baker who loves to incorporate seasonal flavors into all her baked goods, including the cafe's gluten free, vegan and keto options. Debbie sold pies at the Bayview Farmers Market for 13 years and then was head baker at the Langley Village Bakery. Cedar and Salt Cafe is open Monday through Saturday from 7:00 am to 6:00 pm and on Sunday from 8:00 am to 5:00 pm.

Best of Whidbey Readers Choice Awards

In case you missed it, the following are some of the first-place winners of the *Best of Whidbey Readers Choice Awards* from *Whidbey News-Times/South Whidbey Record*

Best Asian: *Mai Thai* in Oak Harbor

Best Baked Goods, Bagels, Donuts: *Chris' Bakery* in Oak Harbor

Best BBQ: *Orlando's* in Oak Harbor

Best Brewery: *Penn Cove Brewery* in Freeland

Best Burger: *Flyers* in Oak Harbor

Best Chowder + Best Seafood + Best Fish & Chips: *Seabolts* in Oak Harbor

Best Coffee: *Whidbey Coffee* in Freeland

Best Deli Sandwich: *Pickles Deli* in Clinton

Best Family Restaurant + Best Breakfast: *Noe Jose Cafe* in Oak Harbor

Best Fine Dining: *Frasers Gourmet Hideaway* in Oak Harbor

Best Mexican: *El Cazador* in Oak Harbor

Best Pizza: *Papa Murphys* in Oak Harbor

Best Winery/Wine: *The Topsy Jellyfish* in Oak Harbor

RECIPES

We had a very successful Holiday Cookie Baking event in November, led by Arjai Allred. She made one cookie dough and then created five different recipes from it. This is such a great idea because you can split up the dough and freeze it, to use when needed. I thought all of you might be interested in the recipe, so I am including it this month for all to share. I also included some of the variations you can make with the dough.

Endless Possibility Cookie Dough

Basic Vanilla Dough

Yield: roughly 40-45 15 g cookies

Ingredients

227 grams /8 ounce /1 cup /2 sticks butter
150 grams sugar
1/2 teaspoon Kosher salt
1 teaspoon vanilla
2 large egg yolks (or 3 small)
295 grams All-Purpose Flour (Amount may vary depending on which cookies you're making.)

Directions

Cream butter and sugar until light and fluffy.
Beat in salt, vanilla, and egg yolks. Mix well.

Prior to adding flour or cocoa powder, weigh the butter/sugar/salt/egg mixture and divide that in half, thirds, fourths- whatever division of dough you're wanting, for whatever cookies you're making. After mixing desired dough(s), shape into a log, wrap in plastic wrap and chill in the fridge for at least 30 mins, depending on which cookie type you're making, or freeze until ready to shape. Frozen dough is much easier to slice cleanly than refrigerated dough, and will help ensure the cookie doesn't flatten into an oval, or blow out the bottom, while slicing. After they're thoroughly chilled, unwrap dough, form into desired shapes and bake at 350 degrees for 13 to 15 minutes, until set and lightly golden. Alternatively, freeze doughs, wrapped in plastic, for up to 4 months. You can scale this recipe up or down, doubling or halving as necessary.

Vanilla dough: add the full amount of flour, 295 grams, to Basic Vanilla Dough. Wrap, chill, shape and bake as desired.

Chocolate dough: add 40 grams cocoa powder to butter mixture, and 255 grams All-Purpose Flour. Wrap, chill, shape, and bake as desired.



Chocolate Chip cookie dough: mix 20 grams Molasses into butter mixture. Then mix in 1/2 teaspoon baking soda, 295 grams All-Purpose Flour, and 40 grams mini chocolate chips. Wrap, chill, shape and bake as desired. You can also substitute other mix-ins with the chocolate chips, such as dried cranberries, almonds, macadamia nuts, etc.

Ginger Molasses Dough: add 60 grams molasses into butter mixture, then mix in 1/2 teaspoon baking soda, 2 1/2 tablespoons (40 grams) ground ginger and 295 grams All-Purpose Flour. Wrap, chill, shape and bake as desired.

The Cookies:

Slice and Bake Cookies: Unwrap log of preferred dough and if desired, roll log into decoration of choice: non-pareils, sprinkles, colored sugar, etc. Slice into 1/4 inch rounds, about 15 grams each. Place on Silpat or Parchment lined cookie sheet one inch apart and bake at 350 for 10-15 minutes until set and lightly golden. Alternatively, instead of rolling in decorations, slice each cookie, place on cookie sheet, brush with egg white wash and sprinkle with desired decorations, or leave plain. You could also roll out this dough into a thin, flat rectangle, wrap in plastic and chill, then using cookie cutters, cut out desired shapes, bake as directed.

Stained Glass cookies: Unwrap log of preferred dough and slice into 1/4 inch rounds, about 15 grams each. With a small round cutter, remove the center of each cookie and fill with crushed hard candies, like Lifesavers or candy canes. Place on a Silpat or Parchment lined cookie sheet one inch apart, and bake at 350 for 13-15 minutes, until set and lightly golden and the candies are melted. Let cool on cookie sheet until hardened. The candy is like lava when it is melted, so be careful! These cookies are best eaten within a day or two because humidity can soften the candy center and be tricky to chew.

Vanilla/Chocolate Pinwheel cookies: Roll out vanilla dough between two sheets of parchment paper, into a roughly 6-by-7 inch rectangle. Repeat with chocolate dough. Peel off the top sheet of parchment paper from each dough and place the vanilla dough over the chocolate dough. Run a rolling pin lightly over the dough to ensure they stick together. Form it into a rectangle and trim excess dough. Peel off the top sheet of parchment paper, then roll the dough into a log. Wrap in plastic wrap and freeze. If the bottom has flattened, roll on the counter a few times to round it out. Slice into 1/4 inch rounds, about 15 grams each, place on Silpat or Parchment-lined cookie sheet one inch apart and bake at 350 for 10-15 minutes until set and lightly golden.

Thumbprint Cookies: Unwrap log of preferred dough and slice into 1/4 inch rounds, about 15 grams each. If frozen hard, you may need to let them thaw a bit. With lightly floured hands, roll each slice into a ball and place on Silpat or Parchment lined cookie sheet one inch apart. Make a depression into each ball and fill with jam of choice. Chill for at least 30 mins, then bake at 350 for 10-15 minutes until set and lightly golden.

Snickerdoodle cookies: Unwrap log of Vanilla dough and slice into 1/4 inch rounds, about 15 grams each. With lightly floured hands, roll each slice into a ball, place into a small bowl filled with cinnamon & sugar, coating each ball with the mixture. Then place on Silpat or Parchment-lined cookie sheet one inch apart. Chill for at least 30 mins, then bake at 350 for 10-15 minutes until set and lightly golden.

COMMENTS FROM OUR READERS

My daughters set up a GOFUNDME to help with Rick's medical expenses and potentially the need to hire workers to do some of the farm/home repairs Rick normally would do but now he is unable to do anything but rest and let time heal these injuries. My girls did a sweet write up on the GOFUNDME page. I have amazing daughters (one is a Portland Firefighter finishing her masters in Public Health, the other is a nurse with a two year old and a 5 mo old (also living in Portland). Here is the link to the page: <https://gofund.me/b18a9fc9>. Thank you for all of your wonderful support! I saw you included us in the Slow Food Newsletter...thank you! Our Whidbey Island Grown orders for this week are over \$600 and we have had many visitors to the farm since Saturday due to you spreading the word on your Facebook page. A goat farm in Olympia (Lost Peacock Creamery) shared your post and we received over \$1,100 in online orders for our seeds and dahlia and chocolate cosmos tubers and jam from all over the country on Saturday alone from their sharing of your post on their Facebook page. Farmers and gardeners are the best people. Marie Lincoln, Chocolate Flower Farm



Thank you, Merv, Lynn, Arjai, Amy, and all of the Slow Food Whidbey Island Board and volunteers for last night's delightful member holiday event! It was nice to see everyone in person again. It was well attended and people seemed to be enjoying themselves. I know that I did. Happy Holidays! -Kathleen Petrich (George echos all of this too :))

I cannot find the November Newsletter, which had the Pumpkin Apple Streusel Muffins recipe that Joyce Christian made. I sure enjoyed giving them as gifts and also eating some ourselves. I have searched my email and can't find it anywhere. The information said "These muffins were mentioned in the November 2022 Slow Food Newsletter. I figured you could help me out and possibly resend the newsletter so I could see if the recipe is included. The membership dinner was so appreciated. From the activities, the food and raffle and the little details of specialty salt and deviled egg plates, it was such a nice evening. Thanks to all who made it happen! Vivian Stembridge

Editor's Note: All the newsletters can be found on our website at www.slowfoodwhidbeyisland.org.

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

