



KEYSTONE FOREST AND FARM PRESERVE

FROM OUR PRESIDENT

Welcome to 2024 and a new look from Slow Food Whidbey Island! There are lots of exciting things to come, including our upcoming February event with Slow Food Whidbey Island Board Vice President Richard Karno. You don't want to miss out on Richard's talk about the coffee industry, which will be followed by coffee samples and delicious coffee-infused goodies. We can't wait to see you there! As always, we are so thankful for our community and for your support of the Slow Food mission of good, clean and fair food for all.

Karen Meyer

Slow Food Whidbey Island Board President

"Good food should be a right not a privilege."

~Alice Waters

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.



LOCALLY GROWN | By Allyson Meyer

A conversation with Judy Feldman, Organic Farm School

At the Keystone Farm and Forest Preserve, the Organic Farm School is hard at work laying the foundation for the future of agriculture. The property was acquired by the Whidbey Camano Land Trust in 2022, and offers visitors stunning views of Puget Sound while connecting them with farming efforts here on the island.



It is a land rich with Indigenous and agricultural history that Organic Farm School Executive Director Judy Feldman sees as opening up new opportunities for the school. Founded in 2009, the Organic Farm School teaches regenerative agriculture and organic farming practices on its 10-acre property in the Maxwellton Valley in Clinton. With the addition of 36 acres of Keystone agricultural land, which the Land Trust offered management of to the farm school, Feldman sees new ways to connect with the community. In addition to this, she sees growth potential for the school's business incubator program—which offers graduates farm ownership and management experience.

“It gives us land to do things on a larger scale than [what] we can do in the Maxwellton Valley. It gives us the opportunity to be much more visible for people on other parts of the island,” she says. “Moving into the future, it’s partnerships like [this] one with the Land Trust...and it’s partnerships with those who want to incubate a farm business, that give us a sense that we can grow hope for beginning farmers.”

It is a preparation for this future that begins with revitalizing Keystone's farmland.

“One of the first things we're doing as the Organic Farm School, is we're actually dealing with some of the noxious weed infestations that have come as a result of overgrazing or poor soil management,” says Feldman. “The other thing we're doing is we're actually opening up areas that had been highly compacted by cattle, which means tillage. Serious tillage. But without tillage, the soil is devoid of much life because it doesn't get oxygen and it doesn't get water—it becomes almost like concrete, with the water just running off it.”

She points out that weed management and tillage were necessary to help the land recover, and it is through a “judicious” approach with these efforts along with immediately planting cover crops that will ultimately help nutrify the soil.

“Those cover crops, as many know, will provide opportunities for a new soil biome to spring to life,” she says. “It's like a new diet for everything living there. When we planted cover crops, we were basically setting a table for everything in the soil. As those soil organisms become healthier and more well fed, they will be able to feed the crops we want our future students to be able to plant [and] we want future communities to be able to eat from.”

As the Organic Farm School prepares the land for a sustainable agricultural future, it is clear Feldman sees these efforts as part of the continuum of the land's history, adding to its richness and building food resiliency here on Whidbey Island.

FROM THE KITCHEN | Shared by Amy Tuthill

Masur Daal Soup



Just in time for winter – a nutritious and flavorful lentil soup to share with family and friends. The soup can be stored in the refrigerator, the flavors improve with time, and the soup becomes thicker. Enjoy with a salad and warm bread. It doesn't get any better!

Recipe adapted from *Good Cooking from India*, by Shahnaz Metha with Joan Korenblit, Rodale Press.

For this recipe and more, visit slowfoodwhidbeyisland.org

GIVING THANKS

Thank you to our Board of Directors, Events Team, and our members for a very successful 2023 Member Appreciation Dinner and Auction. A special thank you to the following individuals and businesses for their auction donations:

Individuals

Arjai Allred • Penny Kaela Bauer • Mary Burks • Joyce Christian • Kathy Floyd • Tom Hanify • Richard and Tessa Karno • Deon Matzen • Jenanne Murphy • Katherine Pryor
Michele Rambicur • Catherine Robinson • Leslie Stevens • Amy Tuthill

Businesses

Bayleaf in Coupeville • Bells Farm • Ciao Restaurant • Cook on Clay • Cookies Galore
Embrace Whidbey and Camano Islands • Hierophant Meadery • Jordan Jones Pottery
Sailing Vessel Suva • Unplugged Coffee • Whidbey Island Seafood Company

Also, a heartfelt thank you to our outgoing board members, Merv and Kathy Floyd and Leslie Stevens, and to our many volunteers. We appreciate your support of and dedication to the Slow Food Whidbey Island chapter. We look forward to seeing you at future events.

AROUND WHIDBEY



Educational “Farmer’s Shadow” Food Growing Series January 2nd, 6:30 to 7:30 p.m.

Join Anza Muenchow as she talks about the effects of a warmer climate on crops and pests. She will also discuss basic garden prep and more about seed selection. If you are not on the distribution list and would like to receive the Zoom link, please contact Anza at education@southwhidbeytilth.org.

AROUND WHIDBEY *continued...*



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.](#)



South Whidbey Hearts & Hammers Spaghetti Dinner February 9, 2024

It's time to start planning for the annual South Whidbey Hearts & Hammer's Spaghetti Dinner. Volunteers are needed who can help prepare the sauce ahead of time, prep and organize in the kitchen the day of the dinner, help serve, and help clean up. Like to bake? They'll need desserts. Like to socialize? They'll need servers out front. If you're interested in volunteering, please send an email to Dyanne@Whidbey.com with "Spaghetti Dinner Volunteer" in the subject line.

Spaghetti Dinner Fundraiser Event Details: February 9, 4:30-7 p.m., Langley United Methodist Church



Wildly Beloved Foods Pasta Workshops

Wildly Beloved Foods will be offering a series of pasta workshops in January 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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