



Slow Food Whidbey Island

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

CONVIVIYUM

July 2023

WHAT'S HAPPENING

Slow Food Whidbey Island Pasta Class

August 20 from 1:00 pm to 3:00 pm

We are soooooo lucky! Aurora Echo of Wildly Beloved Foods has agreed to teach a class on how to make some of her wonderful pasta! All of her pastas are hand-crafted from organic ingredients and Italian flour on beautiful Whidbey Island, Washington. She extrudes her pasta through bronze dies and slowly air-dries it for exceptional taste and reduced cooking time. Her pasta is ready in half the time! Aurora has made a name for herself with her spectacular spinach pasta, but has many other flavors available as well. She will show us how to make pasta two ways: first, with a KitchenAid mixer, and second, by hand. We will get to sample what she makes, plus she will have some of her pastas available for sale. You're not going to want to miss this event! If you'd like to learn more about Wildly Beloved Foods, you can visit the website at wildlybelovedfoods.com.



The class will take place at the Greenbank Progressive Club from 1:00 pm to 3:00 pm on August 20th. Cost for the event is \$15.00 for members, and \$20.00 for non-members. If you would like to join us, email Kathy Floyd at kathy46@whidbey.com to reserve a spot.

Our Empanada class with Karen Achabal was a great success

Once again, we had a very exciting, interactive food class with Karen Achabal and her sister Tina Westerkamp, showing us how to make Bolivian Salteñas...and boy, were they delicious! It was exciting to hear several people talking about having empanada-making parties after the event.



CLASSES

Educational “Farmer’s Shadow” Food Growing Series 2023

July 11 at 7:00 pm

Anza Muenchow will cover crop harvesting and favorite preparations for our favorite fruits and veggies. She will also discuss starting your fall and winter gardens, including seed varieties and season extension concerns. Also, all questions will be answered about any problems attendees are encountering this season. If you are not yet on the distribution list and would like to receive the Zoom link, please contact Anza at education@southwhidbeytilth.org.

July 11 from 7:00 pm to 8:30 pm

The Cookbook Connection Online Book Club

Introduction to Korean Cooking

Sno-Isle Libraries

This class is a "virtual" taste of delicious Korean cuisine, whether you long to recreate the flavors from your favorite Korean restaurant, or to experience what home cooking is like. Learn about ingredients, cooking methods and menu planning as they share some recipes from the many Korean cookbooks in the Sno-Isle Library catalog.

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/640b7c6ae6ec434100f0fdc8>

July 18 from 6:00 pm to 7:00 pm

The Curious History of Ice Cream

Sno-Isle Libraries online event

Join Suzanne Woods Fisher, author of *The Secret To Happiness* for a virtual presentation about the fascinating history of ice cream, and learn more about America’s favorite frozen dessert. Afterwards, Suzanne will answer questions about ice cream or about *The Secret to Happiness*, the second book in her *Cape Cod Creamery* series. A bowl of ice cream is not essential but is highly recommended to add to the deliciousness of the event. This event will be recorded for later viewing on the Sno-Isle Libraries YouTube channel.

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/64555f1220d4c646544a9e68>



LOCALLY GROWN

By Lynn Wenzel

“Farmer of the Month” has had a happy and long run since February 2020. During that time, we were able to introduce our members to, as well as promote roughly 40+ farmers and their farms. It has been a fun time, and believe me when I say that we are not done talking to our farmers on the island.

Kathy and I would like to now expand our scope such that, in addition to featuring farmers who are aligned with Slow Food values, we will also feature local producers and restaurants who support our farmers by using locally grown food.

This change comes with a new name; welcome everyone to “Locally Grown”.

This month, we are pleased to feature:

Old Spots Bistro at Greenbank Farm Maggie and Mike Tu, Farmers, Chefs and Restaurant Owners

A restaurant in COVID mode and being in the right place at the right time led Maggie and Mike Tu to opening Old Spots Bistro.

Maggie was out walking at Greenbank Farm where she ended up talking to Joe Gunn, owner of the Whidbey Pie Café. Later, she and Mike pursued conversations with Joe and soon it seemed like a good opportunity to integrate their farm with their own restaurant, Old Spots Bistro, where Whidbey Pie Café had once been. After all, both Maggie and Mike were chefs trained in fine dining at the Seattle Culinary Academy, where they had met years earlier. Starting the restaurant during COVID, when most dining establishments were in a minimum mode of operation made sense to them, so they seized the opportunity.

This wonderful opportunity was not without its challenges. Dealing with the COVID economy was a struggle and it was hard finding restaurant workers on the island, just like it was everywhere else. When they first opened, they offered Whidbey Pies and coffee only. Now, they are delighted to be offering a full menu five days a week.



Hours

LUNCH: Wednesday- Sunday 11 am - 5 pm

BREAKFAST: Sat & Sun 9-11



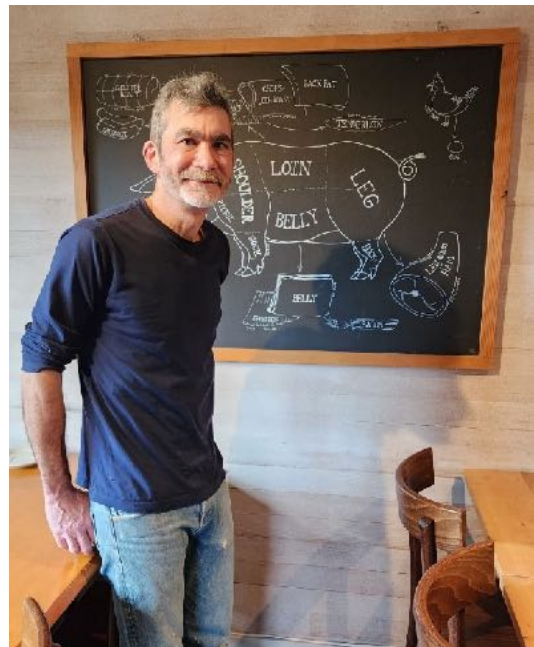
Mike and Maggie have had their farm going on ten years now, where they had been raising Heritage breed hogs (Gloucestershire *Old Spots* -- see the connection?), which are large white pigs with black spots and big, floppy ears. These guys are an old British breed of pigs and are quite docile. Mike noted that it's ironic that now that they have the restaurant, they haven't had the time to farm, so the farm has been on hold for the past four years.

Although they still have hens who produce eggs for them and the restaurant, Mike is now basically the caretaker of this group of old breeding stock that are no longer productive. The idea is to still integrate the farm with the restaurant, and he looks forward to the day when more of that can happen than does now.

Maggie now holds down the fort at home with their four year old and with another on the way due very soon. Mike is working hard keeping the bistro open and putting out delicious food. In this kitchen, they make everything they can from scratch, including their own chicken and vegetable stocks; chicken pot pies from whole chickens and whole raw produce; making their own bacon, sausage, and ham; and grinding the beef themselves for their burgers. He buys as much produce as he can from local producers through the Whidbey Island Grown Cooperative Food Hub and he supplements the bread and sourdough rolls they bake themselves on site by getting bread and brioche buns for their burgers from The Little Red Hen bakery in Coupeville. A side note here: Mike was the first baker Tyler at The Little Red Hen hired once he was able to get his concept up and running, so you know the bread at Old Spots is going to be top notch.

When asked what their underlying philosophy was for Old Spots Bistro, Mike smiled when he said, "We do fresh, simple food well." I would have to agree with him, because the BLT I had there last summer was off the charts. Mike uses fresh ingredients and essentially follows the seasons with his menu. He says he walks a fine line with his BLT; because of his philosophy, there is only a short window of time when he can offer it. The tomatoes come along in August and September, but the lettuce begins trailing off around that time, so you can understand his (and our) dilemma. He doesn't even offer it in the winter because he can't get the fresh ingredients he demands.

I asked Mike if there was anything specifically he would like our members to know about Old Spots Bistro. He hesitated, and when I encouraged him to say more about what he was thinking, he then indicated how he struggles with pricing and suspects he undersells their food considering the labor that it takes to produce it. When he said this, it honestly hurt my heart. And you know that we have heard our farmers say the same thing. I



have seen first-hand how hard Mike and his staff work to serve us high-quality, fresh, delicious food. They are not opening plastic bags of food and heating them up in the microwave before serving to us. Mike served a Reuben for a while and the only thing they didn't make on this Reuben was the Swiss cheese. They also didn't make the bread; the bread came from The Little Red Hen. You just can't ignore this kind of quality. And if you enjoy eating this kind of quality, then you have to be willing to pay the price to support the people who are willing to go to the lengths necessary to provide us with the high-quality food we so enjoy.

In closing, Mike wants you to know that they are back to a full service menu, which Mike plans to post on the Old Spots Bistro website soon. He has been so focused on getting back to full service that there hasn't been time to handle the social media. Although the Bistro is a new business and not a continuation of the old Whidbey Pies Café, Mike and Maggie have done their best to offer their own version of the dishes that people still love and expect to order, like the grilled cheese and tomato soup. Mike also wants to keep the Thanksgiving pie tradition alive. The Thanksgiving pie, which has been offered for years, is a huge five pound pie stuffed with turkey, gravy, stuffing, mashed potato, and mashed sweet potato as the filling. This sounds absolutely delicious to me. Mike said that people start coming into the restaurant in September to place their orders for this pie. I want this pie this season and I have already made a note in my calendar to place my order this September, too. Care to join me?

We are so fortunate to have a restaurant on the island owned by professionally trained chefs who support our local food producers and take great pride in serving fresh, high-quality food for our enjoyment. They deserve our attention and our support. Stop by and have breakfast or lunch when you can. You will not be disappointed.

Old Spots Bistro/previously Whidbey Pies Café
765 Wonn Road
Greenbank, WA 98253

www.oldsportsbistro.com

Hours:

LUNCH: Wednesday- Sunday 11 am - 5 pm

BREAKFAST: Sat & Sun 9-11

mike@oldsportsbistro.com

maggie@oldsportsbistro.com

360-678-1288



SAVE THE DATE

COOK FOR A CAUSE

An amateur cooking competition
raising funds to benefit

Coupeville Farm to School

SATURDAY

JULY 29

5PM

Greenbank Farm
765 Wonn Rd
Greenbank, WA



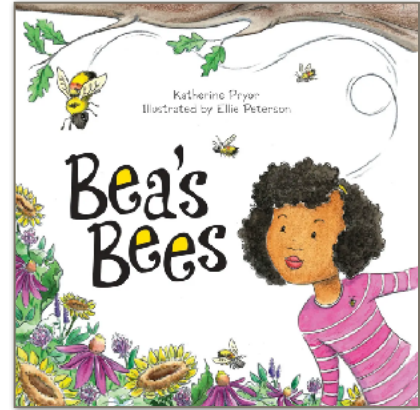
To get your tickets, go to

<https://cbo.io/bidapp/index.php?slug=cookforacause>

IN THE NEWS

New children's book called *Bea's Bees*

Last month we learned about Katherine Pryor and her children's books, published by Schiffer Kids. You don't want to miss out on her *Bea's Bees* with beautiful illustrations by Ellie Peterson. The story tells us about Beatrix who discovers a wild bumblebee nest on her way home from school and finds herself drawn to their busy world. When her bees mysteriously disappear, Bea hatches a plan to bring them back. The story tells us how Bea inspires her school and community *Bees* encourages kids to help protect bees and other pollinators. This tale seems especially timely since bees have been a main focus on Whidbey Island this year. Even the Whidbey Island Fair is using bees as their campaign slogan. You can learn more about all the books Katherine has written by going to <https://katherinepryor.com/picture-books/>.



save the bees. Katherine Pryor has created a hopeful tale of persistence and resilience to inspire future conservationists. A perfect companion to home or school pollinator gardens, *Bea's*

Calling all cooks...Register today!

The Coupeville Farm to School (CF2S) Program is still looking for people to make main dishes for the Cook for a Cause program coming up on July 29. Since so many of our Slow Food people are excellent cooks, we are reaching out to you for help. CF2S is looking for volunteer cooks to prepare a dish of your choice in one of four categories: Main Dish, Side Dish, Dessert and Mocktail. Entries for the Main Dish category are low and they could use contributions that include meat (meatballs, ribs, BBQ, chicken etc.). Want to contribute a dish but don't want to compete? No problem! They welcome anything you are able to bring to the table. Just email them directly with recipe information to coupevillefarm2school@gmail.com.

Cooking Details:

- 6 to 8 cooks in each category.
- Cooks can choose their own category.
- Each cook should provide enough for at least 25-30 small portions.
- All entries should highlight local ingredients from our local food system.
- Dishes must be prepared and ready to serve prior to the event.
- Prizes will be awarded in each category.
- Bring your own electric hot plates, crockpots, or warmers.

REGISTER TO COOK [here](#)

Funding will be available for Chefs in need of assistance with ingredient costs. Feel free to pass this message along to friends in your network who would also like to share their amazing cooking skills.

Contact Holly Bloom, CF2S Program Manager

Cell 716-866-6483, Email: coupevillefarm2school@gmail.com

Good Cheer Garden (GCG) is looking for volunteers!

Drop in volunteer days and hours are:

- Tuesdays 9 am to 4 pm harvesting and weeding
- Wednesdays 9 am to 12:30 pm working in the GCG
- Thursdays 9:00 am to 4 pm working at the BIG ACRE
- Saturdays once per month. Next is July 15, 9:00 am to 2:00 pm; August TBD

They are especially looking for volunteers Wednesday mornings. Volunteer benefits include a 25% discount at Good Cheer Thrift Stores, garden snacks, and invitations to garden and volunteer appreciation parties. Email garden@goodcheer.org or call 360-221-0130 to schedule a volunteer orientation. After the orientation, you're welcome to stop in for as much or as little time as fits your schedule. Volunteer opportunities are available across Good Cheer as well.



Grand opening of Whidbey Pie Shop in Langley

The grand opening took place on Friday, June 16 2023. They are offering a wide selection of artisan, handmade pies. Fresh baked pies are available whole or by the slice. They also have frozen bake-at-home pies. The retail section is stocked with pie-pairing products to take-away, like Lopez Ice Cream, pie shells, (quiche anyone?), and more. Follow them on social media as they share more about their new shop! They are located at 111 Anthes Avenue in Langley.

Their hours are:

Tuesday through Thursday	11:00 am to 4:00 pm
Friday and Saturday	11:00 am to 5:00 pm
Sunday	11:00 am to 4:00 pm
Monday	Closed

Contact information:

Phone: 360-678-3479

Email: pies@whidbepies.com

Website: whidbepies.com

Blooms Winery & 5511 Bistro

There's a new chef at Blooms Winery 5511 Bistro. Chef Kyle O'Neill has joined the staff and is working up culinary delights for the summer menu, one of which is *house smoked mushroom ravioli in pesto*. The Bistro is located at 5511 Freeland Avenue in Freeland. You can find their take-home menu link at <http://bloomswinery.com/>. Call 360-321-0515 for reservations and other information.



Crab Cakes and Cocktails

July 28 from 4:00 pm to 9:00 pm

Meet at Flintstone Park on Southeast Dock Street in Oak Harbor for music, cocktails, cruisers, and seafood, sponsored by the Oak Harbor Chamber of Commerce. The tickets include a crab entree, salad, dessert, and two drinks. Purchase the tickets in advance at the Oak Harbor Chamber, located at 32630 SR 20 in Oak Harbor. Their phone number is 360-675-3755.

Cost is \$50.00 per ticket.

**Dorcas Young has started a Go-Fund-Me campaign**

Lesedi Farms is a small farm-to-table food and agricultural business that has been operating in Island county and the local Seattle Farmer's markets for the past twenty years. They are a woman-owned small business of farmers, spanning several generations of hard work and dedication to land cultivation and sustainable growing practices. Their passion for sustainable agriculture has been passed down through the roots of their family, and now they are looking to take the farm to the next level.



As they strive to grow their business, they need your help. They are currently in the process of seeking funding to purchase land that will allow them to have independence from leasing land and transitioning to land ownership. They want to be able to work and provide from the land with more security. Owning land would help them expand their operations, increase crop yields, and create new jobs for members of our community.

By supporting their fundraising campaign, you will be investing in the future of sustainable agriculture. Your contributions will enable them to continue their work of providing fresh, healthy, locally-grown produce, and food products to the members of our community.

For more information, go to Instagram (@lesedifarm20) and their website at <https://www.lesedifarm.com>.

Their Go Fund Me site can be found at https://www.gofundme.com/f/womenowned-lesedi-farms-crowdfunds-for-farmland?utm_campaign=p_cp+share-sheet&utm_medium=social&utm_source=next-door

NOURISHMENT NUTRITION CORNER

By Rachel Joseph, RDN

Nourishment Nutrition LLC

racheljosephnutrition@gmail.com

Phone: 805-827-7505

Health Benefits of Mid-Summer Produce

For this month's segment of *Nourishment Nutrition Corner*, read about the numerous health benefits of crops currently in season and available from our local island farms.

Snap Peas are a good source of fiber, vitamin C, vitamin A, vitamin K, iron and manganese. They aid in collagen production (which is a structural component of skin), support the immune system and skeletal system and feed good digestive bacteria, maintaining a healthy gut.

Radish are rich in fiber, isothiocyanates, vitamin C, vitamin K, vitamin B6, folate, beta carotene, potassium, magnesium, iron, phosphorus, zinc and selenium. They are superb for gut health and contain a number of anti-cancer/antifungal properties.

Beets are high in fiber, antioxidants, nitrates and potassium, among other nutrients. They enhance blood flow, improve arterial health, and reduce LDL cholesterol and blood pressure.

Carrots contain fiber, vitamin A, vitamin C, potassium, lutein, zeaxanthin and vitamin E. They support the body's ability to fight infections and prevent diseases, maintaining overall good health.

Fennel contains fiber, vitamin C, potassium, manganese, magnesium, iron and calcium. It is especially good for heart health and contains anti-inflammatory, antimicrobial, antiviral and anti-cancer properties.

Garlic Scapes protect against heart disease, promote digestive health, aid vision, help to flush the liver and kidneys (detoxifying the body), improve circulation and improve bone health.

I personally like to add all of the above veggies and alliums to salads or grain bowls! All of the produce mentioned can be eaten raw, although some folks find garlic scapes easier to digest when cooked and I know a handful of individuals have mentioned to me that radishes are hard on their stomach. Best to find what works for you personally and enjoy!

Sources:

<https://food.unl.edu/article/snap-peas>

<https://www.livestrong.com/article/13726897-noom-vs-weight-watchers/>

<https://health.clevelandclinic.org/the-health-benefits-of-beets/>

RECIPES

Now that figs are fresh at Payless, it's time to look up some fig recipes. One of my favorites is Figs-in-a-Blanket with Goat Cheese. Spicy, honey-glazed figs are balanced by creamy goat cheese and buttery puff pastry in this fun vegetarian play on pigs-in-a-blanket. If goat cheese isn't your thing, try these bites with Brie, Camembert, Manchego, or Parmesan.



Figs-in-a-Blanket with Goat Cheese

Epicurious: <https://www.epicurious.com/recipes/food/views/figs-in-a-blanket-with-goat-cheese>

Makes 48

1/4 cup plus two tablespoons red wine vinegar
3 tablespoons honey
3/4 teaspoon crushed red pepper flakes
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
24 dried black Mission figs (medium or large), stems trimmed, halved
1 large egg
1 (14- or 17-ounce) box of puff pastry, thawed according to package directions
All-purpose flour (for surface)
6-1/2 ounces plain goat cheese

1. Arrange racks in upper and lower thirds of oven; preheat to 400°F. Line 2 rimmed baking sheets with parchment paper.
2. Stir vinegar, honey, red pepper flakes, salt, pepper, and 1 cup water in a medium pot. Add figs and bring to a boil. Reduce heat, bring to a simmer, and cook, stirring occasionally, until figs are softened and liquid has almost evaporated and is a syrupy consistency, 7 to 10 minutes. Transfer figs to a plate; let cool.
3. Beat egg with 1 Tbsp. water in a small bowl. If using a 14-ounce package of puff pastry with 1 sheet of pastry, roll pastry to an 18x12" rectangle on a lightly floured surface. If using a 17-ounce package with 2 sheets of pastry, roll each sheet to a 12x9" rectangle. Cut pastry along the 12" side into 12 (1-inch-wide) strips. Cut each strip crosswise into pieces about 4 1/2" long. You should have 48 (4 1/2x1") strips pastry.
4. Scoop a heaping 1/2 tsp. cheese and press into cut side of one fig half. Place fig half in the center of one pastry strip. Brush one end of pastry with egg wash and roll to enclose. Transfer seam side down to prepared sheet. Repeat with remaining cheese, figs, and pastry. Brush top of each pastry with egg wash. Bake pastries, rotating and switching sheets top to bottom halfway through, until golden brown and puffed, 15 to 18 minutes.

Do Ahead: Figs can be cooked 2 days ahead; cover and chill.

COMMENTS FROM OUR READERS

Many thanks to the amazing editors of this rag who sleuth out such a wonderful array of facts and fun about food on Whidbey Island. I now know more about the summer solstice than ever and I have a food "to do" list to get started on: Get bagel at Kens Korner again (yay) and follow up with pie in Langley (double yay!) 😊. Tracy Heffelfinger

I see that one of your new board members, Carol Orazem lives on central Whidbey and is a beekeeper. I don't keep bees myself, but have a bait hive here and hope a swarm will move in, however, I am noticing a decided lack of honeybees here in the garden. I still have leafcutters, bumbles, etc., but no European honeybees, and I am wondering if you might pass on my question to her, or give her my e-mail or some such...and now the question, "is she seeing fewer honeybees, or can she tell if the bees she sees are hers or from some other hive?"
Claire Acord

I did see in this month's newsletter that successors have been identified for your Board - congrats! Perhaps you'll stay involved a bit longer as a newsletter contributor/producer. And well done with securing the #1 membership recruitment slot during the last campaign. Let's hope that these new members find ways to contribute that are satisfying for them and helpful to support the cause. Peter Contrastano

We loved the (empanada) class and the taste testing, and are so excited about making these! Regards, Jennifer Abermanis

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."

Co-Editors Kathy Floyd and Lynn Wenzel