



Slow Food Whidbey Island

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

CONVIVIYUM

June 2023

WHAT'S HAPPENING

Slow Food Whidbey Island Chapter is #1

Once again, our chapter was number one in the “Give What You Can” campaign in April. Our Regional Director, Kim Marshall, has sent us a “congratulations” email for having the most new and renewing members - a whopping 47! Our membership now totals 180 people. Our goal is to reach 200 by the end of the year. Let's tell all our friends and neighbors about our great organization!



Empanada Class

June 4 from 1:00 pm to 3:00 pm



You are not going to want to miss this cooking demonstration, led by Karen Achabal. Space is limited, so sign up now to assure that you'll get a seat. Karen will be teaching us how to make Bolivian empanadas from her own personal recipe. When she is done, we will all get to sample them and then go home with a recipe to make them ourselves. As always, there will be a raffle basket, full of items to help you on your way, including such things as a Slow Food Whidbey Island apron, a cookbook dedicated to making different kinds of empanadas, an empanadas press, and more!

The class will take place at the Greenbank Progressive Club at 3090 South Firehouse Road in Greenbank. If you would like to attend, contact Kathy Floyd at kathy46@whidbey.com. Prices for the event will be \$15.00 for members, \$20.00 for non-members.

New Board Members for Slow Food Whidbey Island

Thank you everyone who responded to our urgent request for new board members. We wish we could have taken all of you on, but we just needed to replace the three members stepping down at the end of the year.

The Slow Food Board of Directors would like to welcome our three newest members. We have added a photo and short biography for each of them so you can get a look at the new board members. For more information about each member, check out our website at <http://www.slowfoodwhidbeyisland.org/board>.

Karen Meyer has been brought on as our new Vice President, who will take over as President when Mervyn Floyd steps down.

Food and community have always been part of Karen's life. Her passion for providing healthy and sustainable food for her family continues and she has been actively visiting and supporting local farms. Upon arriving here, Karen became immediately entrenched in the community, volunteering where needed and enjoying the opportunity to meet community members and discover how interconnected this island really is.



Having been an organic farmer on a small scale for many years, Karen enjoys tending to her raised garden boxes and preparing healthy meals for her family and friends. Family dinner has, and continues to be, a way of life for her. Karen also enjoys traveling, hiking, painting, writing, and generally exploring her new home. Joining Slow Food Whidbey Island fulfills many of Karen's ambitions and allows her to become even more connected with the community, and help build awareness for the bounty we have on this island!

Kaitlin Meyer is an At Large member and will take over membership when Kathy Floyd steps down.

Growing up in a household that emphasized organic food, family meals, and culinary creativity, Kaitlin loves cooking. She has incorporated into her life the lessons she learned from her childhood about the importance of creating a shared space around food, bringing her close-knit family together at least once a week to her house to share a meal. Joining Slow Food Whidbey Island provides Kaitlin with another avenue to explore service around her passion for food, cooking, and engaging with the local community.



Carol Orazem is an At Large member and will also join the Events Committee. She will be replacing Leslie Stevens, who currently is on the board. Leslie is also the Co-Chair for the events committee.

Carol has been a long term resident of Central Whidbey, raising chickens, vegetables, flowers, and bees, and two great kids that are out in the world. She is an avid mushroom forager, accordion player, and cold water swimmer. She is very excited to be joining the Whidbey Slow Food community!



She was co-owner of a cafe in Anacortes that introduced "real bean" coffee, imported cheeses and European pastries to the small town in the early 80s. Later she served as prep cook for a Seattle chef that brought fine dining to Whidbey with her restaurant in Coupeville. During that time, she tried to make up for her lack of formal culinary training by taking as many cooking classes as she could. She had her own catering business for several years before returning to work at an island community clinic as an RN. By then she had become very passionate about the role of food in mental and physical health. Her mission became to make sure her patient interactions resulted in information and inspiration to eat healthier.

CLASSES

June 6 at 7:00 pm

Educational “Farmer’s Shadow” Food Growing Series 2023

The June Farmer's Shadow will focus on pest management and managing irrigation in the home garden. There will be lots of time to answer questions too. If you are not yet on the distribution list and would like to receive the Zoom link, please contact Anza at education@southwhidbeytilth.org.

June 13 from 7:00 pm to 8:30 pm

The Cookbook Connection: Hand Pies, Sweet and Savory

Sno-Isle Libraries - Online event

Almost every cuisine from around the world has some type of self-contained, dough-wrapped treat in its repertoire. They are the essence of portable food, great for picnics and packed lunches. Potpie, empanada, piroshky, salteña, eggroll, pasty ... the list goes on and on. Join them for a look at these delicious specialties and plan your own movable feast! To register, go to <https://sno-isle.bibliocommons.com/events/640b7badba167a2f001db8da>.

A link to join the event via Zoom will be sent to registered participants the day of the event. If you don't see the email by an hour before the event, check your spam folder. You can access Zoom in your computer's browser, or download the app for free on an Apple or Android device. You do not need to have your own Zoom account in order to participate.

June 15 from 4:00 pm to 5:00 pm
Keep Local With Whidbey: Tea Talk
Sno-Isle Libraries - Oak Harbor

Tea has been providing comfort and health benefits to people for centuries. Join Maria McGee, owner of the Lotus Tea Bar & Studio in Oak Harbor, for a presentation that includes the history of tea, information about Camelia Sinesis (or “Tea Plant”), how tea leaves are processed to create different kinds of caffeinated teas, and how to create tea blends. During her presentation, Maria will share information about the differences among tea types and the benefits of drinking tea. Maria will provide samples of The Lotus Tea Bar’s house blend, Whidbey Breeze, for attendees to sample. No registration necessary. For more information, go to <https://sno-isle.bibliocommons.com/events/640b7be9f693333600012be0>.

June 15 from 7:00 pm to 9:00 pm
Food for Thought: “Rosewater” and “Bottom of the Pot”
Sno-Isle Libraries - Online Event

Rosewater is a memoir by Maziar Bahari about his ordeal in an Iranian prison in 2009. It is a book that will enlighten and educate, and surely generate an interesting discussion. The cookbook this month, *Bottom of the Pot*, will also enlighten and educate everyone on complex and delicious Persian cuisine. To register, go to <https://sno-isle.bibliocommons.com/events/64383505a64ead745738ce4c>.

A link to join the event via Zoom will be sent to registered participants the day of the event. If you don’t see the email by an hour before the event, check your spam folder. You can access Zoom in your computer’s browser, or download the app for free on an Apple or Android device. You do not need to have your own Zoom account in order to participate.

FARMER OF THE MONTH

FARMER OF THE MONTH **By Lynn Wenzel**

Things are getting busy at our local farms. I assume so busy, in fact, that I was unable to secure an interview with a farmer for this edition of *convivium*. If you are a farmer providing food for our Whidbey Island community and you have not yet been featured in our “Farmer of the Month” segment and would like to be, please contact me at lynn.wenzel@hotmail.com. We would love to talk with you. Our goal here is to support our local farmers and educate our membership about our farmer community.

I’ve been wondering what farmers have been thinking about lately, when they have time, and that’s when I had the thought that you could probably ask any farmer what the first day of summer was and they could tell you, probably right down to the hour of day. I’ll save you the trouble: this year, the first day of summer is **Wednesday, June 21, 2023, at 10:58 A.M. EDT**.

I went searching for an article about the summer solstice and found the following titled “Everything You Should Know About the Longest Day of the Year” written by Catherine Boeckmann and published by the Almanac.com (the Farmers’ Almanac) on May 8th of this year. You may visit the article directly at:

<https://www.almanac.com/content/first-day-summer-summer-solstice>

Following are some fun “Frequently Asked Questions” about the summer solstice that I have included from the article:

Summer Solstice 2023: The First Day of Summer

Frequently Asked Questions

Q: Is the Summer Solstice the First Day of Summer?

A: Yes and no... Technically, it depends on whether we’re speaking about the meteorological or astronomical start of the season. Most meteorologists divide the year into four seasons based on the months and the temperature cycle, which allows them to compare and organize climate data more easily. In this system, summer begins on June 1 and ends on August 31. Therefore, the summer solstice is not considered to be the first day of summer, meteorologically speaking.



Astronomically, however, the first day of summer is said to be when the Sun reaches its highest point in the sky, which occurs on the summer solstice (June 20–22). Therefore, the summer solstice is considered to be the first day of summer, astronomically speaking.

As an almanac, which is defined as a “calendar of the heavens,” we prefer to follow the astronomical interpretation of the seasons and do consider the first day of summer to coincide with the summer solstice. That being said, you may choose to follow whichever system you like best!

There is also a common debate regarding how the exact timing of the solstice affects the first day of the season. For example, if the solstice occurs at 11:30 P.M. on a Saturday, should we consider that Saturday to be the first day of summer, or should we instead consider the following day (Sunday) to be the first day? It tends to differ by whichever source you follow.

Q: Is the Summer Solstice the Longest Day of the Year?

A: Yes! As spring ends and summer begins, the daily periods of sunlight lengthen to their longest on the solstice, then begin to shorten again.

On the solstice, the Sun is at its highest point in the sky, and it takes longer for it to rise and to set. (Note: When the Sun appears highest in the sky near the summer solstice, the full Moon opposite the Sun generally appears lowest in the sky!)

On the [winter solstice](#), just the opposite occurs: The Sun is at its lowest in the sky. At this time, its rays hit part of Earth at an oblique angle, creating the feeble winter sunlight.

Use our handy [sunrise and sunset calculator](#) to figure out how many hours of sunlight you'll get in your location on the solstice!



Q: Why Doesn't the Summer Solstice Fall on the Same Date Each Year?

A: The summer solstice in the Northern Hemisphere ranges in date from June 20 to 22. This occurs in part because of the difference between the Gregorian calendar system, which normally has 365 days, and the tropical year (how long it takes Earth to orbit the Sun once), which has about 365.242199 days. To compensate for the missing fraction of days, the Gregorian calendar adds a leap day about every 4 years, which makes the date for summer jump

backward. However, the date also changes because of other influences, such as the gravitational pull from the Moon and planets, as well as the slight wobble in Earth's rotation.

Q: Why isn't the Summer Solstice—the longest day of the year—also the hottest day of the year?

A: Earth's atmosphere, land, and oceans absorb part of the incoming energy from the Sun and store it, releasing it back as heat at various rates. Water is slower to heat (or cool) than air or land. At the summer solstice, the Northern Hemisphere receives the most energy (highest intensity) from the Sun due to the angle of sunlight and day length. However, the land and oceans are still relatively cool, due to spring's temperatures, so the maximum heating effect on air temperature is not felt just yet. Eventually, the land and, especially, oceans will release stored heat from the summer solstice back into the atmosphere. This usually results in the year's hottest temperatures appearing in late July, August, or later, depending on latitude and other factors. This effect is called seasonal temperature lag.

All I know is that summer will soon be here and I'm ready! Our farmers have kicked into high gear, and soon we will find ourselves deluged in plump, juicy, delicious, and nutritious fruits and vegetables. I love this time of year. Happy Summer, everyone!

IN THE NEWS

Cook For a Cause

The Coupeville Farm to School committee is looking for volunteers and people to cook for their ninth annual Cook for a Cause dinner. This year it is being held at the Greenbank Farm on Saturday July 29. If you are willing to help, please contact them at coupevillefarm2school@gmail.com. And be sure to mark this date on your calendar. It always is a great meal for a great cause.

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



Oystercatcher in Coupeville

Great News! The Oystercatcher is having their grand opening on June 10 under new owners Sophia Kitay and Chef Ben Jones. They will be open and serving the public June 4th, 5th, 8th and 9th as a soft opening trial run with lower cost tasting-menus.

Ben and Sophia have worked at Local 360 and then the CDC and Mirame in Beverly Hills where Ben was the executive chef. Ben gets inspiration from cultures all over the world. He was trained by classical French chefs and much of his technical skills come from French technique. He comes from the Muscogee Creek Nation and believes in seasonality and creatively using the foods that are available. He is adamant about sourcing from folks that understand the importance of a regenerative relationship with the land and his menu will reflect that. He staunchly stands against extractive models of farming

- both at the land (and sea) and human level. He is passionate about human rights and taking care of one another, which includes our non-human communities, and does everything he can to reflect that in his craft. He loves new and fun techniques in the kitchen. Ben is a highly seasonal chef driven by Pacific Northwest cuisine.



Beginning June 10th, they will be open Thursdays through Mondays. The happy hour will be from 2:30pm to 4:30 pm and dinner service will begin at 5:00 pm. The last seating will be at 9:00 pm. The restaurant will close at 10:00 pm.

Phone: (360) 678-0683

Website: www.oystercatcherwhidbey.com

Email: oystercatcher.reservations@gmail.com

Jupiter Coffee

Jupiter Coffee has moved from 18205 SR 525 in Freeland to its new location at 5490 Cameron Road in Freeland, in the old Mutiny Bay Distillery location where it reopened on May 6th. The cafe is open daily at 9:00 am except for Monday and Tuesday. Laura offers gluten-free scones, if you place your order at least a day in advance. There is always something new to try, so be sure to check out the Facebook page before stopping in. Texting is preferred for orders. Send your text to 206-354-1982. The email address is jupitercoffeebean@gmail.com. Find out more by going to Laura Will's Facebook page at <https://www.facebook.com/profile.php?id=100063620586313>

One of the reviews for this cafe is as follows: "Owner Laura Will's baked goods are so good; seriously the best scones I've ever had. She is so personable and welcoming you'll feel at home in her space immediately. She uses Cafe Vita beans and her lattes are delicious."

New children’s book from Whidbey Island writer: *Spring is for Strawberries*

A children’s book author, Katherine Pryor recently moved to Whidbey Island and has written a wonderful new book about produce seasonality called *Spring is for Strawberries*, published by Schiffer Kids. The beautiful illustrations were drawn by Polina Gortman. The story follows two friends, one who lives on a farm and one who lives in the city, as they explore the tastes of each season. The story reminds us to seek pleasure in the changing harvests around us, and that all things—even friendships—have seasons worth waiting for. You can learn more about all the books she has written by going to <https://katherinepryor.com/picture-books/>. Katherine will be doing a reading of *Spring is for Strawberries* at the Bayview Farmers Market on June 3rd at 10:30 am and 11:30 am. Be sure to time your visit to take advantage of this reading.



The book, *Spring is for Strawberries*, has been endorsed by Slow Food USA. Anna Mule, Executive Director of Slow Food USA, says, “This beautifully illustrated book introduces kids to the delight of anticipation, the beauty of seasonal eating, and the friendships and flavors that come along with this kind of Slow Food.”

Keto Carb Crave in Oak Harbor

Keto diet lovers, REJOICE. Sarah Smallwood and her daughter Morgan Magnia have opened a new bake shop in Oak Harbor, specifically for people on low-carb and diabetic friendly diets. Their treats are baked with alternative sugars and coconut or almond flours, making them gluten free. Along with the homemade pastries, they offer bread, pasta, and ice cream. All the items have detailed labels showing their contents. The shop is located above the North End Fitness Gym at 2800 North Goldie Road, Suite 101, Oak Harbor. They are upstairs in Room 5. Their hours are 11:00 am to 6:00 pm every day except Mondays and Thursdays. You can order online to have them shipped to you or pick up curbside.



Phone: 360-682-8806

Website: ketocarbcrave.com

Email: our247contact@gmail.com

Sasquatch Walk in Oak Harbor

June 24 from 1:00 pm to 5:00 pm. RSVP required.

Walk, eat, drink, have fun!

A bite of downtown Oak Harbor at SE Pioneer Way.

Get more info as the date gets closer - check out the website at <https://www.oakharbormainstreet.org/2023/06/24/134453/sasquatch-walk/>.

New hours for Ikaika Bistro

Ikaika Bistro is now open for breakfast which will be served until 10:30 am. Their new hours are 7:00 am to 7:00 pm daily except for Sunday and Monday. They are the only Polynesian restaurant on the island. Ikaika Bistro is located at the American Legion Hall, 14096 WA SR 525 in Langley, just south of the Goose.

Website: <http://ikaika-bistro.ueniweb.com/>

Phone: 360-768-6837

Email: ikaikasbistro22@gmail.com

Facebook: <https://www.facebook.com/ikaikabistro>

South Whidbey High School farm stand is open!

They've got beautiful heads of speckled romaine and red leaf lettuce, juicy bok choy, tender baby kale, crisp sprouting broccoli, rhubarb for your baking, and tart French sorrel. At the moment they are cash only. All the vegetables are as fresh as they can be! Look forward to more coming soon including radishes, salad turnips, and more. The stand is just in front of the high school campus on Maxwellton Road. To sign up for their newsletter, go to <https://whidbyschoolgardens.wordpress.com/2023/04/28/high-school-farmstand-is-open/>.

Molka Xete has reopened in Coupeville

Three years after closing in Greenbank, Molka Xete has reopened at 4 Front Street in Coupeville. Owners Mario and Veronica Saenz take great pride in the restaurant's menu. Everything is made to order from scratch, with all fresh ingredients. The chips are fried in house daily, and eggplant can be substituted for meat for a vegetarian option. The Saenz couple also own The Beary Scoop in Freeland. Molka Xete is open from 7 am to 3 pm every day Monday through Wednesday, closed on Thursday, and open from 5 pm to 8 pm on Friday, Saturday and Sunday. You can also order online from their website at www.molkaxete.com or call them at 360-682-5750. Their email address is molkaxete@gmail.com.

Whidbey Island Bagel Factory

The location in Oak Harbor has closed. They will be reopening at a new location at 390 NE Midway Boulevard. This new area has indoor & outdoor seating and lots of parking, plus you'll be able to see how bagels are made. Also, the location at Ken's Korner in Clinton has reopened for business. Be sure to stop by and try one of their pumpernickel bagels!

Coming Soon: Langley Pie Shop

The new pie shop will be located at 111 Anthes Avenue. They will be offering a wide selection of their artisan, handmade pies at the new retail location. Fresh pie will be available by the piece and whole, as well as a selection of their frozen bake-at-home

pies, and a variety of other pie pairing products to take-away. You can get a slice of pie along with a drink from their next-door neighbor, Salty Sea Coffee, and enjoy both on the patio. To find out more, subscribe to their newsletter at whidbepies.com. The grand opening announcement will be coming soon.



2023 Farm Stand Brochure now available

Every year, the Goosefoot organization puts out a farm stand publication. Whidbey Island's Farm Stands brochure has been updated for 2023. Grab your copy in the Cash Store or visit whidbeyfarmstands.com.

NOURISHMENT NUTRITION CORNER

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Gut Health/ Microbes

According to the American Museum of Natural History, approximately 70-90% of cells in your body are bacterial and fungal – nonhuman cells. In addition, 99% of the unique genes in your body are bacterial.

Since our diet influences our microbes, the statement “you are what you eat” really is true.

The food we eat directly influences the microbial composition of our gut, which has a direct effect on our body's ability to digest and absorb nutrients. In addition, it influences our mood, metabolism, and risk of developing various inflammatory diseases such as diabetes or heart disease.

A simple way to think about gut health: the food we eat can either cause harmful bacteria or beneficial bacteria to populate our gut. Eating ultra processed foods that are high in fat and sugar will cause the harmful bacteria to replicate while whole, unprocessed plant-based foods will cause beneficial bacteria to accumulate. The more beneficial bacteria we have, the lower our risk will be for developing a chronic disease and the better we will feel overall.

Some simple ways to improve your gut health by increasing beneficial gut bacteria include:

- ★ Eat foods rich in probiotics such as kimchi, sauerkraut, or yogurt.
- ★ Eat foods rich in prebiotic fiber such as spinach, beans, garlic, onions, oats, or bananas. Prebiotic-rich foods feed the good bacteria so that they can repopulate.
- ★ Eat more whole/local foods versus packaged and processed foods.
- ★ Exercise, good sleep, and stress management can also promote good gut health.

Sources:

PCRM – Physician's Committee for Responsible Medicine – <https://www.pcrm.org/health-topics/gut-bacteria>

American Museum of Natural History – <https://www.amnh.org/explore/science-topics/microbiome-health/meet-your-microbiome>

RECIPES

This month's recipe comes to us from the Slow Food Skagit River Salish Sea chapter. Although this Slow Food chapter is not currently active, they still publish a newsletter with updated recipes. If you'd like to look at some of their other recipes, you can find their website at <http://www.slowfoodskagit.org/>.

SPRING ASPARAGUS BACON HASH

Adapted from Smitten Kitchen

1/4 pound slab bacon, cut into 1/4-inch dice
1 pound Yukon gold potatoes, peeled and cut into a 1/2-inch dice
1 small yellow onion, chopped small
1 pound asparagus, cut into 1-inch segments
Salt and pepper to taste
4 organic eggs
1/4 pound Gothberg chevre
Scallions

Heat a 12-inch cast iron frying pan over medium heat. Fry the bacon, turning it frequently so that it browns and crisps on all sides. This takes about 10 minutes. Remove it with a slotted spoon and drain it on paper towels. Leave the heat on and the renderings in the pan. With a well-seasoned cast iron, this should be all the fat you need to cook the remainder of the hash. If you're not using a cast iron, you might need to add a tablespoon or so of oil.

Add the potatoes. Don't move them for a couple of minutes. Use this time to season them well with salt and pepper. Once they've gotten a little brown underneath, begin flipping and turning them, then letting them cook again for a few minutes. The idea is not to fight them off the frying pan, once they've gotten a little color. It's easier to flip them and you've gotten closer to your goal of getting them evenly browned.

When the potatoes are about three-fourths as crisped and brown as you'd like them — this takes about 15 minutes — add the onion. (Add this now, not earlier, because they often burn before the potatoes are done.) Cook for an additional 5 minutes. Add the asparagus, cover the pan and cook for 5 to 8 minutes, or until crisply cooked. (Skinny asparagus will take just 5 minutes; thicker asparagus will take longer.) Remove the lid, return the bacon to the pan for another minute, to reheat. Taste for seasoning and adjust if needed.

Top each serving with a fried egg, a dab of goat cheese, and slivered scallions.



COMMENTS FROM OUR READERS

I just read that you and Merv are stepping down from the Whidbey Island board! Thanks for all your service these many years. I hope you are considering reaching out to your membership list, as you have such a vibrant group of members. Your chapter was the leading user of the April 21 Give What You Can Day promotion! Let us know if we can be helpful in any way.
Brian Solem, Slow Food USA

I'm one of the many people who moved to Whidbey two years ago & have been loving your newsletter! It's been a wonderful introduction to my new community. I haven't made it to an event yet, but I'm hoping to change that soon.
Katherine Pryor

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" in the subject line.



Co-Editors
Kathy Floyd and Lynn Wenzel