



## Slow Food Whidbey Island

P.O. Box 1545, Freeland, WA 98249  
[www.slowfoodwhidbeyisland.org](http://www.slowfoodwhidbeyisland.org)

# CONVIVIYUM

March 2023

## WHAT'S HAPPENING

### Mason Bees, Pollination, and Mason Bee Hive Building

**April 16 from 1:00 pm to 3:00 pm**

Join Elizabeth of Māyā Farm on April 16th for an afternoon of learning how to maximize your vegetable and flower garden this year using mason bees. Topics will include mason bees and their requirements/costs, native pollinators, habitats and requirements for their success. An open discussion on why mason bees and native pollinators are a better choice over honeybees for small gardeners will follow.

Be sure to bring the kids, or grandkids. There will be a children's table, where they will learn how to build small mason bee homes using materials found around your home. All materials will be provided.

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](mailto:kathy46@whidbey.com). Prices for the event will be \$15.00 for members, \$20.00 for non-members, \$10.00 for children seven and older, and children under seven are free.



### Second Chance for Fermentation Class - March 4, 2023

Leslie Stevens and Arjai Allred will be presenting their "Fermentation with a Side of Pickle" class at the Whidbey Gardening Workshop on March 4th, 2023. If you missed this Slow Food Whidbey Island class the first time, here is your opportunity to join in. The Whidbey Gardening Workshop will take place on March 3rd and 4th, both in-person at the Oak Harbor High School, plus it will be live-streamed. To sign up, go to [WhidbeyGardening.org](http://WhidbeyGardening.org).

The Whidbey Gardening Workshop is one of the fundraising events of the Island County Master Gardener Foundation, which exists to support the Master Gardener program of Whidbey and Camano Islands. Funds raised make it possible for Master Gardeners to carry out their educational mission to provide the community with education in science-based gardening and environmental stewardship. Master Gardeners receive researched-based training and share

gardening knowledge through plant clinics and gardening seminars, maintain an educational garden, and staff the Master Gardener Hotline. WSU Extension provides training and related certification requirements for Master Gardeners. Washington's Master Gardener Program, the first established in the United States, is celebrating its 50th Anniversary this year.

## Pet Snack Cooking Class - February 11, 2023

The Pet Snack Cooking Class was a smashing success. We all learned how to make pet treats with a bonus of instructions to make "Pill Pockets". Arjai Allred led the class with her usual professionalism and fun, and handed out pet treats to take home to our loyal companions. As Arjai said, these treats were good for both cats, and dogs, and even chickens.



A reporter from the *South Whidbey Record*, Karina Andrew, interviewed Arjai prior to the event and had her demo making treats for the class. The dogs, Bella and Patch, got to benefit from the procedure, and we had people sign up after they saw the article.



It was well attended, plus four children accompanied their parent or grandparent. The children spent an hour with Heide Horeth and Amy Tuthill learning how to make treats themselves, and took home the dough to cook later. Heide and Amy had also decorated "treat jars", which the kids helped to finish up and fill with dehydrated sweet potatoes, a pet favorite!

April and Dale Wilson were the lucky winners of the Cat Door Prize basket and Tanya Boyd won the Dog Door Prize basket. Everyone got to go home with both pet treats AND people treats and everyone got a jar of dehydrated sweet potato slices for their pets.





JARS OF DEHYDRATED SWEET POTATOES



FOLKS BROUGHT THEIR PET PHOTOS



TANYA BOYD WON THE DOG DOOR PRIZE

## **CLASSES**

**March 7 at 7:00 pm**

### **Educational “Farmer’s Shadow” Food Growing Series 2023**

Anza Muenchow will talk about focusing on cool season / early spring vegetables: When to plant indoors and when to directly sow into the garden. The big news is that they are moving the class to 7:00 pm on the first Tuesdays each month. If you are not yet on the distribution list and would like to receive the Zoom link, please contact Anza at [education@southwhidbeytilth.org](mailto:education@southwhidbeytilth.org).

**March 7 from 6:00 pm to 7:00 pm**

### **The Sweet and Savory Sides of Chocolate**

#### **Sno-Isle Libraries**

Chocolate lends an irresistible quality to sweet and savory dishes. In this class you will explore both sides of this cherished ingredient as you explore techniques, flavor combinations, and recipes for dinner, dessert, and more. Discover the fundamentals of baking and cooking with chocolate at home and learn how to select the best variety for your own creations.

Vanessa Young is a cooking instructor, writer, and educator known for her artful approach to food and wellness topics and her focus on seasonal meals. With her artistic sensibility and kitchen wisdom, she helps home chefs become more versatile in their approach to food, reigniting their passion for cooking through private and community classes. As the founder of [Thirsty Radish](#), she shares recipes and inspires a creative approach to life in and out of the kitchen. Vanessa has taught for over ten years, and her writing has been featured in *At Home New Jersey*, *Chronogram*, *Juked*, *Prick of the Spindle*, *The Monarch Review*, *Ginosko Literary Review*, *Black Heart Magazine*, and many additional publications.

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/63dd6d7515f5545baf69a4b0>

**March 14 from 7:00 pm to 8:30 pm**

### **The Cookbook Connection - Amazing Beans and Grains**

#### **Sno-Isle Libraries**

Beans and whole grains, so versatile and nourishing, form the core of many cuisines around the world. They are very wholesome, high in fiber, vitamins, minerals and protein, especially when eaten together. Whether you are vegan, vegetarian, pescatarian or omnivore, you will enjoy this deep dive into the many ways to prepare delicious beans and grains.

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/63e5401f506f6b0dc63bf9a2>

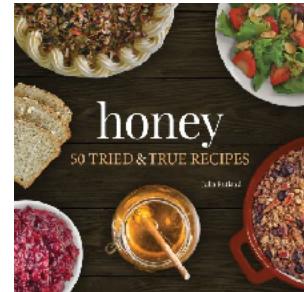
**March 16 from 7:00 pm to 9:00 pm**

**Food for Thought - “The Music of Bees” and “Honey”**

**Sno-Isle Libraries**

This would be the perfect zoom class to attend, prior to the upcoming Slow Food Whidbey Island class on April 16 about Mason Bees, featuring Elizabeth Agin of Maya Farm. See the description of the Slow Food class on page one of this newsletter. Just as an aside, I have read the book, *The Music of Bees* and it is excellent!

Join the library group for a discussion of this year's Whidbey Reads title, [The Music of Bees](#) by Eileen Garvin. This heartwarming debut novel follows three lonely strangers in a rural Oregon town, each working through grief and life's curveballs, who are brought together by happenstance on a local honeybee farm where they find surprising friendship, healing--and maybe even a second chance--just when they least expect it. And for a taste of honey, the cookbook pairing will be [Honey](#). This event is part of Whidbey Reads. The 2023 selection is *The Music of Bees* by Eileen Garvin.



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/63dc12732728c53700e39b4d>

**March 18, from 3:00 pm to 4:30 pm**

**Cooking with Honey**

**Sno-Isle Clinton Library - Live at Clinton Community Hall**

Honey recipes are as old as written history. This unique ingredient is deeply imbedded in several cuisines that can teach us a great deal about how to incorporate honey into our everyday foods. Traditional dishes use honey in ways that highlight the unique flavors of each variety of honey; chestnut, linden, corbezzolo, and heather honeys to name a few. Join Karen Achabal in the kitchen at the Clinton Community Hall to learn how to use this delicious and healthy ingredient in everything from appetizers to beverages.

Karen Achabal grew up in a household where cooking was the family pastime, and food was a top 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 the event, go to

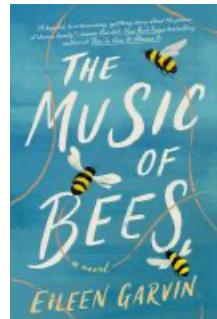
<https://sno-isle.bibliocommons.com/events/63d99e6a40ced4ba51fe4d60>

**March 21st at 3:00 pm to 4:30 pm**

**Bees, Honey and our Shared Cultural Experience**

**Sno-Isle Coupeville Library - Live**

Jeremy Kyncl of Hierophant Meadery shares the many ways bees are ingrained in our shared cultural experiences, particularly via mead. This event is part of [Whidbey Reads](#). The 2023 selection is *The Music of Bees* by Eileen Garvin. No registration required. For more information, go to <https://sno-isle.bibliocommons.com/events/63d9a26a25d028300049ecda>.



**March 28 from 6:30 pm to 8:30 pm**

**The Joy of Mushrooms: An Introduction to the Fungi of South Whidbey**

**Langley Library - Live**

Ever wonder what that interesting looking mushroom is while out on your daily walk or in your own backyard? Join the group at the Langley Library, as Heidi Hoelting talks about the fascinating local fungi of South Whidbey. Amidst beautiful photographs learn about ways to identify the mushrooms that you never knew were right outside your door.

Heidi Hoelting of *Beginner's Mind Studios* began photographing and studying mushrooms in 2009, and since then has documented hundreds of species within a 2 mile radius of her South Whidbey home as her enthusiasm for learning explores the hidden beauty of mushrooms. No registration is required for the class. Just hop on down to the Langley Library on March 28.

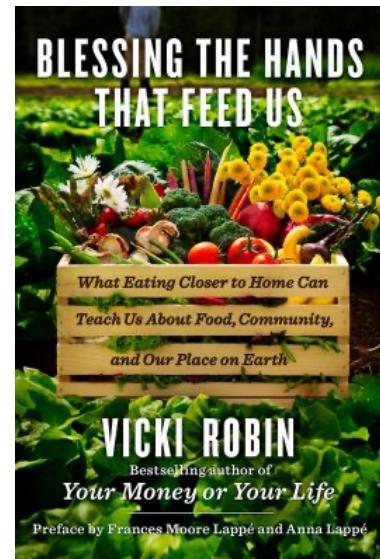
**March 30 from 6:30 pm to 8:00 pm**

**Taking Back Our Food: Building an Abundant Local Food System in the PNW**

**Sno-Isle Libraries**

How can we-the-eaters reclaim control of our food? Vicki Robin, activist and author of [Blessing the Hands That Feed Us](#), will discuss the many ways eaters can be change-makers through small, practical steps: by buying direct from the producer, eating a delicious regional sustainable diet, growing their own, joining local groups, and stepping up to a September 10-Day Local Food Challenge. Local food matters - for the climate, for our local ecology, for health and for sovereignty.

This event will be recorded for later viewing on the [Sno-Isle Libraries YouTube channel](#), and will be available indefinitely. 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/63d02c52a111382f0093acd1>



## **IN THE NEWS**

### **FARMERS OF THE MONTH**

#### **Hierophant Meadery and**

#### **Herb Farm**

#### **Michelle Scandalis and Jeremy**

#### **Kyncl, Owners**

**By Lynn Wenzel**

We are so fortunate that the magic of Whidbey Island snagged these two in 2019, and convinced them to move their family, open a second tasting room, relocate their mead production, and start an herb farm here at the corner of Highway 525 and Double Bluff Road.

Michelle and Jeremy met as students while studying for their Bachelor of Science degrees in Herbal Sciences at Bastyr University in Kenwood, WA. This was where their desire to start a meadery began. In 2012, they started their mead making business in the Spokane area (Mead, WA – no kidding). They now employ 12 to 15 employees in their Green Bluff and Whidbey Island locations and bottle approximately 8,500 cases of mead a year (FYI, that's 51,000 bottles). Michelle manages the business and Jeremy handles production as the mead maker and is the CFO (Chief Fermentation Officer).

I am sure you have passed their meadery and farm hundreds, maybe even thousands of times. You have probably seen the word "MEAD" at their site whether heading north or south on Highway 525. The county limits the size of commercial signage to three feet by three feet, which is great from the perspective of an island resident who does not want to be visually assaulted by billboards everywhere. However, if your business name is just too many letters to fit on a 3' x 3' sign that can be seen from the road, well, then you do the best you can to let folks know that you are there.

When asked about the meaning of their meadery name, it was obvious that it had been carefully chosen after much heartfelt thought. An excerpt from their tasting menu captures the essence of what they told us:

*...The Hierophant is generally described as 'one who reveals/shows what is sacred or holy.' We believe the honey bee should be revered as such, as the declining population of honey bees and wild pollinators most certainly reveal to us that change is needed in the way things are done in our food system.*



*We therefore depicted the honey bee as the Hierophant by adding a kabbalistic tree of life in our logo representation. We answer this call with our sourcing practices, which the WSDA acknowledges as a positive influence on sustainable agriculture development in Washington...*

Michelle and Jeremy work hard to be an important part of a sustainable agriculture system. Since bees are pollinators and honey is a byproduct of that, they fit themselves into this system as follows:

- Hierophant Meadery's growth in business over time has enabled the sourcing beekeepers to grow their businesses and increase the number of pollinators over time. In 2022, they purchased approximately 80,000 pounds of honey from beekeepers in Washington.
- In 2022, they started growing their own herbs (lavender, peppermint, and chamomile) with plans to expand their herb production. They also harvest Douglas Fir tips, Red Cedar tips downed by wind storms, and Pine resin from the forest on their farm.
- They have created a pollinator sanctuary by planting more native crops for the bees to pollinate and want to expand this over time.
- They source most of their ingredients locally, whenever possible.

On the way to our appointment with Michelle and Jeremy, my husband and I shared our ideas of what we thought mead was, and it soon became clear that neither one of us had a good understanding and I suspect we are not the only ones.

Basically, mead is a honey based alcoholic fermentation. I now think of it as a wine, whose base is honey rather than grapes. Similar to the way that terroir influences a wine, the aromas and flavors of mead are influenced by what flowers the bees pollinate.



The process of making mead is fairly simple. Honey is diluted with water; yeast is added and then the fermentation process begins. This is when the yeast dines on the sugar from the honey, sometimes devouring it all. After a month of fermentation, the batch is filtered and then infused with additional botanicals (such as rose petals, lavender, holy basil, Douglas Fir tips, and cardamon to name just a few) in the true historic style called "Metheglin". This is the hard part of making mead – coming up with the recipes and knowing exactly what and how much to infuse. Here is where Hierophant Meadery shines. They produce beautifully balanced, dry meads to create a delicate product similar to, but much smoother than white wine. Also, their meads do not have that acidic after bite that you have with certain white wines.

I know this because I have tasted several of their meads while working on this article, and I am excited about this lovely beverage. I cannot believe I am about to say this: I am almost to the point of preferring a dry mead over a dry white wine. I paired their Ginger Pear Mead with a roast pork tenderloin, crispy fried chicken, and a Tuscan white bean soup. It was lovely and delicious paired with all three dishes!

This Ginger Pear Mead won the Double Gold Medal at the 2022 Seattle International Cider and Perry Awards. It was made with “Northwest Wildflower honey blended with a ginger decoction, and sweetened back with an in-house made Pear Ginger Cardamom reduction.” It’s worth noting that 13 of their 25 meads currently available have been awarded Double Gold, Gold, or Silver medals at the Seattle Wine Awards and/or the Seattle International Cider & Perry Awards. These are impressive wines/meads and we are so fortunate to have Hierophant Meadery on our island. No worries if you live off island. I will address later how you can have bottles of mead shipped to you.

I asked Michelle and Jeremy what issues they were facing at their farm and meadery. They mentioned the supply chain problems that were created by COVID. This impacted the way they bought and continue to buy the bottles that hold their mead. They must now buy large quantities of bottles and store those bottles on site, which take up quite a large space.

When asked what bottom line message they wanted our members to know, their response was almost in unison: “*Give mead a try.*” Jeremy added, “*It is probably not what you think it is. It is rare to taste through the meads we have here and not find something that you will like.*” I believe this to be true because this has been my first-hand, personal experience as I have tasted some of their meads. I realize I have not sampled all their meads; however, the ones that I have tasted have ALL been lovely and delicious.

The next time you have out of town visitors, or you are looking for a fun thing to do, come to their darling tasting room and check out their meads. I promise, you will not be disappointed. They have outdoor picnic tables and inside table seating, so feel free to bring a picnic, dogs, and kids. Michelle and Jeremy have created a wonderful place to play and enjoy yourself.

Whidbey Tasting Room hours are:

Thursday:	12pm-5pm
Friday-Sunday:	12pm-6pm

See their [Tasting Calendar](#) for most accurate hours, including any weather related closures. Go to <https://www.instagram.com/p/CberU8J1WS/> for an Instagram video of Hierophant Meadery tasting room.

Hierophant Meadery also offers a Mead Club, which is free to join with no membership fee. Other benefits include:

- Enjoy receiving 3, 6, or 12 bottles of wonderful mead in quarterly offerings.
- Customize your release, or receive the mead maker's choice.
- Receive 10% off discount on additional purchases.
- Tasting is always free for you and one guest when you visit the Meadery.
- 18% off Case Club (12 bottles), 15% off 1/2 Case Club (6 bottles), and 10% off 3 Bottle Club shipments.



You may choose a Shipper Club to have your order shipped to you. Hierophant Meadery ships to 39 states. Or, you may choose a Pickup Club if you live close to one of their two locations. To learn more about becoming a Mead Club member or to sign up online, visit the following website: [www.hierophantmeadery.com/meadclub](http://www.hierophantmeadery.com/meadclub)

On the island, you can find meads made by Hierophant Meadery at the Three Sisters Market in Coupeville, the Greenbank Farm Wineshop, the Village Wineshop in Langley, and Kens Corner Red Apple Market, to name a few places. To find every store or tap room that offers meads by Hierophant Meadery, visit the interactive map on their website at <https://www.hierophantmeadery.com/findmead>. Of course, you can always stop by the tasting room during the above hours, join the Mead Club to receive a regular offering every quarter, or visit the [Tasting Calendar](#) for the latest farmers market schedules.

Finally, if you are interested in learning more about bees and mead, Jeremy will be presenting on “Bees, Honey & Our Shared Cultural Experience” at the following libraries:

- Tuesday, March 21<sup>st</sup> from 3:00 pm to 4:30 pm at the Coupeville Library
- Tuesday, April 6<sup>th</sup> from 4:00 pm to 5:30 pm at the Oak Harbor Library.

I have so enjoyed meeting Michelle and Jeremy and learning about mead. Their meads are so much more than a sweet “honey wine.” If you have little to no experience with mead, as did I, I strongly encourage you to explore this honey based alcoholic fermentation further. Not only will you be supporting the honey bee population, and the Hierophant Meadery, I’m pretty sure you will not be disappointed.

### **Hierophant Whidbey Island**

Production Facility & Tasting Room  
5586 Double Bluff Road  
Freeland, WA 98249

[contact@hierophantmeadery.com](mailto:contact@hierophantmeadery.com)  
<https://www.hierophantmeadery.com/>  
<https://www.instagram.com/hierophantmeadery/>  
<https://www.facebook.com/hierophantmeaderywhidbey>  
509.294.0134

### **Green Bluff Tasting Room**

16602 N Day Mt Spokane Road  
Mead, WA 99021  
[contact@hierophantmeadery.com](mailto:contact@hierophantmeadery.com)  
<https://www.facebook.com/HierophantMeaderyGreenBluff>  
509.251.4761



## **Misfit Island Cider Company**

There's a new cider company in Langley called Misfit Island Cider Company. They are located at 2990 Quigley Road. You can find directions on their website at

[www.misfitislandcidercompany.com](http://www.misfitislandcidercompany.com). The Cidery is owned by Christopher Powell. He has started an orchard with a variety of English and French cider apples, but they are still young, so he is purchasing apples from local sources and Washington farms. He and his wife Anna have opened a tasting room where you are welcome on Friday and Saturday from 1:00 pm to 6:00 pm. They also will have a presence at the Bayview Farmers Market, beginning April 24th. Their email is [misfit.island.cider.company@gmail.com](mailto:misfit.island.cider.company@gmail.com).



## **Aunt Sues Fudge**

Blake and Tari Brown have opened a new business on the island via a soft Facebook opening. Their hand-crafted fudge is created in small batches so initial quantities will be limited. Currently they are only accepting online orders as they navigate through opening up the business. Please visit their website, [auntsuesfudge.com](http://auntsuesfudge.com), to place your online order. You can pick it up in person, or they will deliver for a small fee. Check their website for more details.

## **Musselfest in Coupeville**

The annual Penn Cove Musselfest will be on March 4 and 5 this year, not to mention the Mussel Mingle on Friday night, March 3. Tickets start at \$15.00. You can buy them online at [www.penncovemusselfestival.com](http://www.penncovemusselfestival.com) plus get more information about events during the weekend.

## **Whidbey Wonka's Chocolate Company**

Although Oak Harbor's newest small business is primarily a chocolate shop, it is also an electric mix of antiques, and a guitar studio. Owner Ryan Prichard previously owned two restaurants in New York. With his new business venture, he wants to host local musicians to play live in his shop weekly. The shop is located at 810 SE Pioneer Way, Suite 101, in Oak Harbor. They are open Tuesday through Saturday from 11:00 am to 7:00 pm, and Sunday from noon to 5:00 pm.

## **"With Magsy" Launches Supper Club on Whidbey Island**

Oak Harbor Communication and Event Strategist Margaret Croom has launched a private, invitation-only, supper and brunch club in Oak Harbor. Margaret and her husband Mike want to share a love for fresh, local food and the fellowship and storytelling that naturally spring from a dinner party setting. When you attend one of their foodie events, you'll enjoy an hours-long, multi-course meal with wine/champagne (occasionally beer, and/or cocktail) pairings, made with the freshest local and artisan ingredients, as well as the stories behind them.

Brunch is not only hosted by Margaret, but the food served is also from her favorite recipes. The brunch will include generous pairings of coffee, teas, craft cocktails/mocktails and /or champagne/Prosecco/wines with grazing charcuterie boards and delicious small plates.

All potential guests need to subscribe on the website [WithMagsy.com](http://WithMagsy.com). If your email is randomly chosen from the email lottery, you will also be able to bring a plus one. Sunday Supper With Magsy includes a welcome drink, hors d'oeuvre, a multi-course meal by an area chef, and generous wine and/or cocktail pairings.

You will find the evening to be more like a casual dinner party with new friends. Sunday Suppers With Magsy is an early evening-long celebration of food, drink, and life. Brunch and Sunday Supper will be held on a Sunday, once a month. Dates for Sunday Supper and Brunch are on the website [WithMagsy.com](http://WithMagsy.com). The dates for March are: Brunch on March 5 at 11:00 am, and Supper on March 19 at 4:30 pm. Guests are limited to 20 and are chosen by an email lottery.

Magsy has been a supporter of nonprofits that help girls and women and this program will give 10% of proceeds from each event to a local nonprofit on Whidbey Island that helps females.



### **Wines, Bites, and Brews**

**March 25 from 2:00 pm to 5:00 pm**

A wine and food tasting event with delicious hors d'oeuvres, dessert and drinks from Whidbey Island's favorite wineries, breweries, distillery, meadery, restaurants and bakehouse. This event will take place at the Oak Harbor Yacht Club located at 1301 SE Catalina Drive at the Oak Harbor marina.

Tickets will be required to attend. Price is \$85.00 per ticket and includes ten drink / tasting tickets for hors d'oeuvres, dessert, accompaniments, and more!

Designated driver tickets are \$35.00. You must be 21+ to attend this event. State-issued ID is required for entry. The price supports the Oak Harbor Main Street Association's Serendipity Lane Walkway Project. For more information and to purchase tickets, go to <https://www.oakharbormainstreet.org/2023/03/25/90618/wine-bites-brew>.



## Excerpt from FoodPrint: Saying No to Big Box Stores

*Organic produce; fresh ground peanut butter with no added sugars or preservatives; bulk goods offered without plastic packaging; local dairy; whole grain bread. For many years, natural food stores and food co-ops were the only place to find a lot of these products. But according to C.E. Pugh, a guest on the latest episode of our podcast, “**What You’re Eating,**” things started to change in 2013. Mainstream and big box grocery stores started to see organic and natural foods as having real market potential and all the big stores expanded their offerings significantly.*

*But shopping the organic product aisle at Walmart is decidedly not the same as shopping at your local food co-op. The **largest difference** of all is that when you shop at a food co-op, your money stays in the community, with any profits shared with the members of the co-op. For large corporate chains, the money leaves, going to headquarters and shareholders. But the differences don’t stop there.*

*In this episode, called “**Keeping it Local,**” we talk to experts about what those differences are and how co-op grocers are working to make those differences clear to shoppers — as well as change up their status quo to make their stores more inviting and accessible to a wider range of people. We also look at another cooperative model that relies on a less extractive financial model: community supported agriculture, or CSA, and explore some of the ways that CSAs are trying to be more accessible as well.*

To listen to the Podcast, go to:

[https://foodprint.org/what-youre-eating/episode-14-keeping-it-local-avoiding-big-box-stores/?utm\\_source=mailchimp&utm\\_medium=email&utm\\_campaign=co-op\\_grocers](https://foodprint.org/what-youre-eating/episode-14-keeping-it-local-avoiding-big-box-stores/?utm_source=mailchimp&utm_medium=email&utm_campaign=co-op_grocers)

## RECIPES

The Slow Food Whidbey Island class in February was all about treats for our pets. The recipes that Arjai demonstrated could be used for both dogs and cats. The following are the recipes that she passed out at the Pet Treat event.

Arjai's comments about the treats are as follows:

- Always check with your vet if you have any questions about what they consume.
- The shelf life for these treats will last a few days in a treat pouch, but these really aren't shelf-stable treats. Store in closed containers, or baggies, in the fridge for a week or two. They can also be frozen and then small amounts moved to the fridge for easy grab and go needs.



### **Anti-inflammatory Tiny Training Treats**

The curcumin in Turmeric has anti-inflammatory properties, which promotes joint health, provides pain relief, and supports the health of immune and digestive systems. However, be cautious with animals undergoing chemo, taking diabetic medications, or those who have rare clotting diseases like Avon Willebrand or thrombocytopenia. Always check with your vet before adding this to your pet's regimen.

As with humans, the curcumin in turmeric needs to be made more bioavailable, so it should be mixed with a little black pepper and a healthy fat, to increase its bioavailability. Black pepper contains piperine, which works in conjunction with the curcumin to help the body absorb it better.

1 (3.5 ounce) can tuna, salmon, chicken, or other canned meat of choice

1 large egg

3/4 cup flour of choice

1 teaspoon ground turmeric

1/4 teaspoon black pepper

Buzz everything in a food processor until well mixed and spreadable. Add water, if necessary, to thin into a spreadable consistency. Spread into desired silicone molds. For soft treats, bake at 350 for 20 to 25 minutes. Remove from the oven, let cool in the pan, and then pop from molds into containers. For crunchy treats, turn off the oven after 15 minutes and prop the oven door open to let them continue to slowly dehydrate.

### **Peanut Butter and Banana Treats**

1 cup flour of choice

1/2 cup "natural" peanut butter

1 banana

Mash banana. Mix in peanut butter and then add the flour. Stir until it is smooth, and forms a thick dough, adding water if it is too dry to roll. Roll out the dough between parchment paper if it is sticky. Then cut into desired shapes. Bake at 350 for 20 to 25 minutes, turn off the oven, prop oven door open and leave the treats inside to cool.

### **Pill Pocket Treats**

1 tablespoon water

1 tablespoon natural creamy peanut butter

2 tablespoons flour of choice

Mix water into peanut butter until loosened, and then stir in flour until a dough ball forms. Add flour or water to adjust to desired texture. Roll into small logs and divide into whatever size balls you need to cover your pet's pills. Store in the refrigerator, and when needed, shove the pill into a treat, and give it to your pet.

## **COMMENTS FROM OUR READERS**

*Hello - if you haven't already seen this article - it's a great story and of local interest! <https://www.heraldnet.com/business/growing-green-mushrooms-in-downtown-everett>, Also - the class that interests me is the one on steamed buns (although, gotta say, Trader Joe's pork/vegetable dumplings are pretty darn good!)*

*Kim Drury*

*OH! I would love a class on steamed buns!! Especially if it addresses how a home cook can make steamed buns without any fancy pots/pans. Too old to buy any new cookware. I just want to know how to do it in regular household items like a veggie steamer or ???? Also, the dough is a mystery to me sooooo....I vote for this class!*

*Tracy Heffelfinger*

*I loved the Pet Treat class (I will be purchasing silicon baking molds for pills) and was delighted with the possibilities!!! I hope to join Slow Food and participate in more activities. Thank you.*  
*Ali Erickson*

*This was a fun Pet Treat class. Thanks! And thanks for the take-home treats for dogs and people*



*Pat Youngman Smith*

*I just had to write to let you know how much fun I had at the Pet Treats class yesterday, not to mention how much I learned from the experience. I always, always, always learn really valuable tidbits from you, Arjai, even when I think I'm pretty up to speed on the subject. The recipe for pill pockets is ingenious and I only wish I had known this after years of struggling to get multiple pills down Lucy twice a day. Also, please let Heide know that my dog, Hildie, LOVES the dried sweet potato treats and also takes them away to her special spot to enjoy. I'm so thrilled about this because I haven't been able to get her to eat any raw fruits or vegetables at all. I came away from this event feeling empowered to provide really healthy, safe, delicious, and inexpensive treats for my dog, and I am thrilled about that!!!*

*I was so tickled by the bag of "People Treats; For human consumption only" and appreciated that you all thought of us, as well. My bag of treats are all gone today -- thank you Kathy for the time, energy and love it took to bake all those cookies. I love the way all your minds work there on the committee. You are clearly about creating an educational, fun time for everyone. Thank you for all the work that you do to make that happen.*

*Lynn Wenzel*

## **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](mailto: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](mailto:kathy46@whidbey.com) with the words "Please remove me from the Slow Food email list."

**Co-Editors**  
**Kathy Floyd and Lynn Wenzel**