



Slow Food Whidbey Island

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

CONVIVIYUM

May 2023

WHAT'S HAPPENING

URGENT MESSAGE from Bob Boehm

SLOW FOOD WHIDBEY ISLAND IS SEEKING NEW BOARD MEMBERS

I suspect that you, like myself, have enjoyed the many events that our wonderful Events Committee, along with other Board members, have put on over the past several years. Many of the Board members have been on the Board for ten years, and will be retiring this year. Without replacing these dedicated individuals, we will not have a viable Board of Directors in 2024, and under the provisions of Slow Food USA and the State of Washington regulations, we could find ourselves with a dissolved organization. I am sure that some of you, like myself, would be very unhappy to see this happen.



Merv Floyd, who has been president for the past ten years, Kathy Floyd, who has been Membership Chair for ten years (and who, along with Lynn Wenzel, writes these wonderful monthly newsletters), and Leslie Stevens, our Events Chair, will be stepping down. Our Secretary, Treasurer and a few other Board members have committed to remain on the Board into 2024. We are optimistic, given this dire situation, that we will have some members step up and join the few remaining Board members.

If you would like to learn more, or have any questions please reach out to Bob Boehm (rboehm.wi05@gmail.com) or 360-320-2214) or Merv Floyd (mervyn.floyd@whidbey.com)

EMPANADA CLASS on Sunday, June 4 from 1:00 pm to 3:00 pm

Come join Slow Food Whidbey Island and Karen Achabal as she demonstrates the proper way to make Salteñas: a Bolivian empanada. There is an amazing variety of empanada recipes from all over South and Central America. Bolivian Salteñas are especially unique because they are so juicy that they have been likened to a cross between a soup dumpling and an empanada. Join us to learn how to make empanadas!

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 community.



We are so fortunate to have Karen come demonstrate how to make empanadas. After the class, we will have an opportunity to sample her wares and discuss the many cultures that have their own unique recipes for empanadas.

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.

MASON BEE CLASS

What a humdinger of a class! This was our most successful class yet. Apparently there is an enormous interest in mason bees on the island. We learned so many interesting facts! For example, an estimated 99% of flowers landed on by mason bees got pollinated - 2000 per day versus about 15 per day for honey bees.



We had a full house with a waiting list and the place was buzzing about Elizabeth Agin's great presentation. After Elizabeth showed us several examples of mason bee homes and the tubes to go in them, she offered bee cocoons for sale for anyone interested. Amy Tuthill talked about other pollinators and Gavin Wissler gave a demonstration on how to make the tubes for mason bee houses from paper bags and glue.

Prescott won the mason bee raffle basket, much to her surprise. Amy and Heide led the children's table where they accomplished several projects, including making apricot breakfast bliss balls.

At the end of the program there was time and materials for folks to put together mason bee houses to take home, all made with materials found in and around the house or garden.



CLASSES

May 2 at 7:00 pm

Educational “Farmer’s Shadow” Food Growing Series 2023

Online Program

Join Anza Muenchow for a discussion of warm season crops and their special needs. Anza will discuss season extension techniques and irrigation issues. We all have to be considering irrigation even now because maintaining watering is how we have healthy, delicious crops all summer. If you are not yet on the distribution list and would like to receive the zoom link, please contact Anza at education@southwhidbeytilth.org.

May 6 from 10:30 am to 12:00 pm

Growing Warm Season Crops with Anza Muenchow

Farm Stand near South Whidbey Tilth entry

Growing food on Whidbey Island is a fun activity and gives us delicious dinners. Meet other gardeners at South Whidbey Tilth and hear all the best tips on making your food garden more successful this year. You'll save money by not having to buy so much fresh produce. The class will cover soil preparation, timing, pest management and all the varieties that do well in our climate. Some favorite crops include tomatoes, basil, peppers, all squashes, cucumbers, beans, corn, eggplant, ground cherries and more. The cost is \$15.00 for non-members, and \$5.00 for members. South Whidbey Tilth is located at 2812 Thompson Road in Langley. To sign up, send an email to education@southwhidbeytilth.org.

May 9 from 7:00 pm to 8:30 pm

Cookbook Connection - Edible Flowers

Sno-Isle Libraries - Online Program

Flowers, as beautiful on your plate as they are in the garden, sweet smelling and delicious. Do you want to know more about edible flowers? Join Karen Achabal for an exploration on this tasty topic which will cover recipes both sweet and savory, traditional and innovative, and some that are just plain lovely.

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/640a83c9801792f542b54640>.

May 13 from 9:00 am to 11:00 am

Pancake Breakfast

Senior Services in Langley

There will be a yummy pancake breakfast on Saturday, May 13th, to raise funds for the Meals on Wheels program at Senior Services. This event will include pancakes, sausage links, scrambled eggs, fresh fruit, coffee, and door prizes. Senior Services is located at 14594 SR 525 in Langley. Donations will be gladly accepted. No reservation required.

May 13 from 10:00 am to 4:00 pm

Feral Foods of Whidbey Island

Cultus Bay Gardens

Herbalist and teacher Erin VanHee will lead a group to explore the delightful flavors of wild plants right outside your door. With a life time of instruction, Erin is a natural to bring the many surprising flavors to light. You will be preparing a wild salad to go with the lunch you bring. Cultus Bay Gardens is located at 7568 Cultus Bay Road in Clinton. Cost for the class is \$95.00. For more information, go to:

<https://cultusbaygardens.com/product/feral-foods-of-whidbey-island-may-13-2023/>

May 16 from 6:00 pm to 7:30 pm

The Greenest Spring: A Seasonal Cooking Class

Clinton Community Hall - in person

It's that time of year when we want to add all things fresh and green to our plates. There are so many tasty plants beginning to emerge, both in the garden and in the wild. Join Karen Achabal as she explores all the delicious things we can cook up with fresh wild greens, salad greens and tender herbs. To register for this event, go to

<https://sno-isle.bibliocommons.com/events/640bb2f018e5953e00d6aedd>.

May 27 from 10:00 am to 11:30 am or 1:00 pm to 2:30 pm

Meerkerk Gardens

Cooking plants from the forest

Join Dr. Stacy Wallace at Meerkerk Gardens to learn how common plants in your garden and in the forest can be prepared in tasty ways. Meerkerk Gardens is located at 3531 Meerkerk Lane in Greenbank. To sign up for the class, email classes@meerkerkgardens.org with your name and which class you'd like to attend. Attendance is limited to the first 20 people to sign up and the cost is \$10.00 per person. The class is being held during peak bloom season so it should be a real treat!

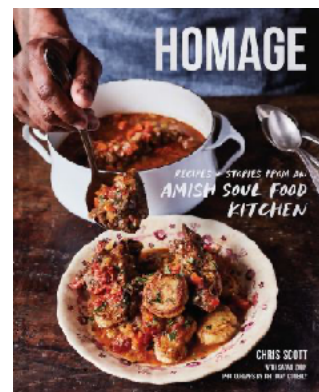


May 18 from 7:00 pm to 8:30 pm

Food for Thought - "The Dutch House" and "Homage"

Sno-Isle Libraries - Online Program

Join Karen Achabal for a discussion about Ann Patchett's book, [The Dutch House](#), a book about family ties, family loss, and the places that shape our lives. The cookbook this month is also about the influence of place; [Homage](#) celebrates the confluence of Amish cooking and Soul Food. To register, go to <https://sno-isle.bibliocommons.com/events/643750c5925ac63a54009f90>.



A link to join the event via Zoom will be sent to registered participants the day of the event.

FARMERS OF THE MONTH

Sweetwater Farm

Aja and Jake Stewart, Owners

By Lynn Wenzel

I have come across an article in the April 2023 Snohomish Conservation District newsletter, *Farm & Forest*, that features Sweetwater Farm, one of our local farms. We featured Aja and Jake Stewart, owners of Sweetwater Farm, in our May, 2022 issue of *conviviYum*. I am so proud of them and what they are up to. I wanted to share this article with you so that you are up to date and may also share in my pride. Our farmers and farming community are the best! As featured in the April 2023 Whidbey Island Conservation District Newsletter, *Farm & Forest*:

Agroforestry on Whidbey



"If I were to highlight one thing in agroforestry it would be fungi," says Jake Stewart of Sweetwater Farm, "People usually think about trees or biomass when it comes to carbon sequestration. Really the story starts in the soil." We're so excited to be partnering with local farmers and Snohomish Conservation District to experiment with agroforestry in wet areas.

Read the whole article here: <https://mailchi.mp/snohomishcd/agroforestry-spring2023?e=2aad3c8c9c/>

IN THE NEWS

TONIC Juice & Remedy

A new shop in Langley has just opened called TONIC Juice & Remedy. The shop offers healthy snacks, an energy-boosting concoction, and one-of-a-kind jewelry. It is part apothecary, part juice bar and part gift shop. It has a grocery section with 50 bulk herbs and a cooler full of flax oil, probiotics, and sauerkraut. The owner, Cheryl Zimmermann, is also half owner of the restaurant Ultra House next door. She was the previous owner of Living Green. More food items will be coming in the future, such as rice, smoothies and acai bowls. The shop is located at 221 Second Street #10, in Langley. They are open from 10:00 am to 5:00 pm Tuesday through Sunday. Phone: 360-221-8242; email: cherub@toniclangley.com.

Ciao Food and Wine in Coupeville has reopened!

Ciao Food and Wine has re-opened their doors to the public. They are located at 701 North Main Street in Coupeville and are open from 11:30 am to 7:30 pm on Tuesday through Saturday. Their phone number for take-out orders is 360-678-0800 and their website is www.ciao.store. Be sure to join their “club ciao” to receive updates on exclusive events, secret menus, special offers/ discounts, loyalty rewards, and more. I can’t wait to get in there to order one of their Ciao Bella pizzas!

Whidbey Island Grown Cooperative (WIGC)

WIGC has moved their headquarters to the Whidbey Island Fairgrounds Malone Building. The building will be used to aggregate and store the Food Hub’s local products, and then pack and distribute customer orders. The Food Hub connects the community with local farms and supports local, small-scale food producers with services like cold storage and shared supply orders.

Unplugged Coffee Company

Tessa and Richard Karno are selling their organic, fair trade, liquid coffee concentrate! They feel this is the sustainable answer to the waste of k-cups. “Fast” can be environmentally friendly and delicious! They will be selling their bottles directly to you at the Bayview Farmers Market starting April 29th. They have both regular and decaf available and are taking pre-orders now. You can pre-order for pick-up at the Bayview Farmers Market on any weekend during the season. Just let them know or you can opt for a Sunday or Tuesday delivery to your home or office with a minimum order of 2 bottles, South Whidbey only.

One 16 fl oz bottle Unplugged Hot Brew Concentrate = \$20

One 32 fl oz bottle Unplugged Hot Brew Concentrate = \$35

To Order: Send payment via PayPal to @UnpluggedCoffeeCo or email them at unpluggedcoffeeco@gmail.com and they will send you an invoice.



Cake It Easy

Cake It Easy is an exciting new online company. Owner and baker, Janis, aka “Cobby”, creates beautiful cakes, cookies, and baked sweetness out of her Oak Harbor home. She has an online presence plus attends the Coupeville Farmers Market on Saturdays. Check out some of her beautiful creations on Instagram at @cakeiteasywhidbey. Cake It Easy, LLC is WA State Cottage Food certified. Find out more by going to her website at <https://cakeiteasywhidbey.square.site/>.



Beach View Farm in Oak Harbor

Cory Fakkema has just announced his meat sale schedule for 2023. Looks like he has added goats to his array of farm animals and will have goat meat available for sale.

Here's what Cory has to say:

"Spring has brought us piglets, lambs, calves, broiler chicks, goat kids, and an abundance of eggs. We love showing people the farm, so if you haven't been out to see everything first hand, please do! Even if you have already been out and would like to see it again, or if you know anyone that would like to come out, please set up a tour with Cory at 360-672-4645 or BeachViewFarm360@gmail.com to come see the critters and the farm.

Available now from the farm:

- Ground wagyu beef for \$11/lb
- Wagyu organ meats for \$8/lb
- Pastured eggs for \$7/dozen
- 100% Grass-fed Wagyu beef tallow (ready for kitchen use) for \$10/8oz jar. Grass-fed tallow is rich in nutrients and vitamins A, D, E, K, and B1. It helps you absorb more nutrients from your food and reduces inflammation via compounds like conjugated linoleic acid.
- Pastured pork lard perfect for pie crust for \$8/8oz jar.

Here's what else is coming up this year:

- We have goat meat for sale by the half for \$12/lb hanging weight, estimated half is 40-50 pounds. We expect these two halves to be reserved quickly, so please let us know asap.
- Fresh broilers (meat chickens) May 12-13. Pick these unpackaged birds up from the farm between 12-2pm. The price will be around \$6-\$6.30/pound. We have 4 broiler harvests on July 21-22, September 29-30, and November 3-4.
- Wagyu Beef by the quarter or half. We have a May 17 harvest with a couple of quarters left for \$6.20/lb hanging weight plus butcher costs (the average quarter should be 180-220 pounds hanging weight). Our next harvests are in September.
- Rotationally-pastured, organically-fed pork by the half. These piggies are looking great, they are half Mangalitsa and half Berkshire and the harvest is on June 7. The price is \$6.25/lb hanging weight and you pay the butcher for their services. The next pork batch after that is December 6."

Beach View Farm

1570 Wioldraayer Rd #C

Oak Harbor, WA 98277,

Cell: 360-672-4645

Email: beachviewfarm360@gmail.com

Senior Farmers Market Produce Debit Cards are Coming!

The Senior Farmers Market Nutrition Program (SFMNP) is a “Win-Win” program, which benefits both low-income seniors and our local farmers! Local farmers sell more produce and seniors who otherwise could not afford it are able to purchase organic, fresh fruits and vegetables as an excellent supplement to a healthy diet. Eligible low-income seniors will receive a debit card worth \$80 to purchase fresh fruits and vegetables at authorized farmers markets.

Who Is eligible? (Must meet all three criteria):

1. Island County resident
2. Age: 60+ for non-Native Americans, 55+ for Native Americans
3. Income: up to \$2,248/ month for one person, up to \$3,040/month for two people, for larger households, add \$792 per person.

Applications will be accepted as of May 8. You can either go to their website <https://senior-resources.org/nutrition-overview/> to apply online, or download and mail the application to them, or call (360) 321-1600 ext. “0” to get more details about how to pick up an application. Debit cards and funds are limited so please call soon.

They will mail out your debit card once they have all the necessary information. Debit cards are good through October, depending on the Farmers Market seasonal time frame. A list of participating authorized farmers markets and farm stores will be posted on their website when available and a list will be included with the mailed debit card.

NOURISHMENT NUTRITION CORNER

By Rachel Joseph, RDN

Nourishment Nutrition LLC

racheljosephnutrition@gmail.com

Phone: 805-827-7505

The Slow Food Whidbey Island newsletter has added a new monthly article, written by Rachel Joseph, RDN. Rachel is a dietitian who has recently started a nutrition consulting business called Nourishment Nutrition. She originally came to us through Americorps and added her nutrition expertise to Good Cheer. She loved it here so much, she decided to stay and is excited to work with local community members around the topics of health and nutrition. Rachel is passionate about gut health. One of her specialty areas in the nutrition practice is healing the gut. We are lucky to have Rachel on our Slow Food Whidbey Island Board of Directors. Each month she will be providing us with an article pertaining to health and nutrition.



Spring Time – Greens Time

By Rachel Joseph, RDN

One of my favorite things about this time of year, which I feel we can all agree upon, is looking outside and seeing an abundance of green. Whether it’s the little weeds popping up in our gardens or the emergence of lush, delicate plants that cover the forest floor, new life surrounds us, lifting our spirits and refreshing our cocooned energy.

I take this shifting of the seasons as a sign that it's time to start incorporating a variety of greens into my meals and daily food routine. We are so fortunate to live in this wild place where both nature and island residents are working hard to provide nutritionally sound sustenance that is both energizing and rejuvenating for our body, mind, and soul.

Greens pack a nutritional punch – they are filled with vitamins and minerals that aid our body in functioning at its best. When we eat spring greens, it feels as if we are ingesting the vibrancy of the plants, which in turn, makes us shine from the inside out.

LEAFY GREENS



Body benefits:

Greens are loaded with **Vitamin K**, which improves the health of our blood vessels, promotes healthy circulation, and plays an important role in building healthy bones. They contain **Vitamin C**, which contributes to immune defense, the absorption of iron, and plays a role in wound healing. They are filled with **Vitamin A** which is imperative in maintaining healthy skin, improves eyesight and aids in immune system functioning. Both wild greens, such as nettle or miner's lettuce, and farm fresh greens, such as kale or spinach contain antioxidants and anti-inflammatory compounds that defend our cells from damage and prevent oxidative stress.

To sum it up, greens have a myriad of benefits: they help us maintain healthy blood, bones, skin, hair, nails, eyesight, improve blood sugar, boost gut health, aid metabolism, protect against cancer, lower cholesterol and **much** more.

I hope reading this inspires you to eat more greens this season!

How can you eat more greens?

Support your local farmers and order island grown greens from the Food Hub! Right now, it looks like it's a great time to eat raab, kale and spinach. Or – you can step outside your door and scan the landscape for some nourishing nettle. You can make tea with the nettle, steam it, and eat it alongside eggs, make pesto with it, add it to soups, and more!

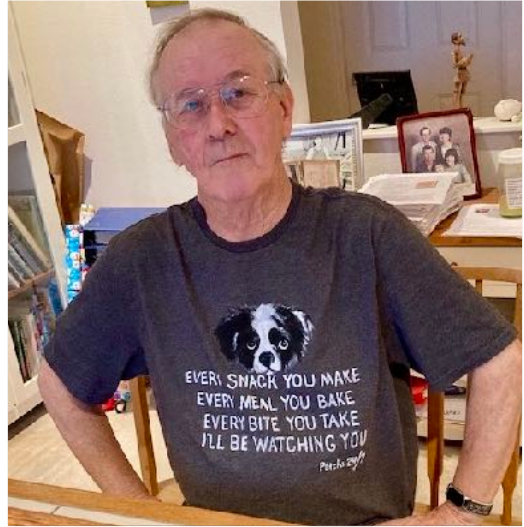
RECIPES

May is the month when new chickens first become available for sale on Whidbey Island. Several of the local farmers have them available. You can go to our website at <http://www.slowfoodwhidbeyisland.org/slow-meat> to find a list of some of those farmers.

In the meantime, there are many, many ways to serve up chicken. Mervyn Floyd's favorite way is to spatchcock them. There is a recipe and video showing how to spatchcock a chicken at <https://natashaskitchen.com/spatchcock-chicken-recipe-video/>

We then have one meal of yummy, juicy chicken, with enough left over for a second meal of Olive Garden's copycat Garden Chicken Gnocchi Soup. We always serve it with rolls and a salad, to make a complete meal.

We love using cauliflower gnocchi in this recipe. I get it from Amazon at https://www.amazon.com/dp/B097TY8MK3?psc=1&ref=ppx_yo2ov_dt_b_product_details
Note that you get two packages for the price listed.



Copycat Olive Garden Chicken Gnocchi Soup

<https://www.punchfork.com/recipe/Copycat-Olive-Garden-Chicken-Gnocchi-Soup-Delish>

- 2 cups cooked chicken, shredded
- 1 medium onion, chopped
- 2 celery stalks, chopped
- 1 medium carrot, julienned or shredded
- 3 cloves garlic, minced
- 3 sprigs thyme
- 2 cups baby spinach
- 6 cups low-sodium chicken broth
- 1 (16-oz) package fresh gnocchi
- 2 tbsp butter
- 2 cups half-and-half
- Kosher salt
- Freshly ground black pepper



Melt butter in a large pot over medium-low heat. Add onion, celery, and carrot, and cook until softened, about five minutes. Add garlic and cook just until fragrant, about thirty seconds to one minute.

Pour in chicken stock and deglaze, making sure to scrape the bottom of the pan to release any caramelized bits. Add thyme springs and bring to a boil.

Reduce heat to a simmer, and cook for twenty minutes, allowing the flavors to develop. Stir in half and half, and bring the mixture to a boil again. Remove thyme sprigs. Season to taste with salt and pepper.

Add chicken and gnocchi, reduce the heat to medium-low, and cook gnocchi according to the time on the package, or until just tender/firm. Add spinach and cook until just wilted. Ladle into bowls and serve.

COMMENTS FROM OUR READERS

I always read and enjoy the newsletter. Lots of news for one month and it makes me miss Whidbey and food. Isabel Neddow - Wenatchee, WA

I would love to attend the Mason Bee Class in Greenbank on April 16 if there's still room. What a timely and important offering. Thank you so much for all the work you do to put together the ConviviYum. It's such a wonderful and informative service you make available. And it shows what a vibrant and caring community we have! I look forward to hearing from you regarding the class. Dorit Zingarelli

Thanks to everyone for such a wonderful [Mason Bee] event. I'm rolling bee tubes now and my additional supplies are on order. Cheers, Kristi Lovelady

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