



Slow Food Whidbey Island

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

CONVIVIYUM

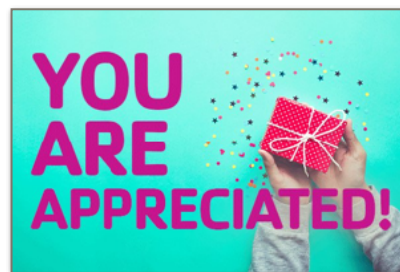
November 2023

WHAT'S HAPPENING

MEMBER APPRECIATION DINNER

December 3 at 5:00 pm

Once again, Slow Food Whidbey Island will be holding their Member Appreciation dinner in December. This year, we will have the event at Freeland Hall, located at 1515 East Shoreview Drive in Freeland. This is for members only and is by invitation only. It's not too late to attend if you are not a member. Just sign up to become a member at: <https://slowfoodusa.org/become-a-member/>.



If you are already a member, you should have received your invitation to this special "Holiday Traditional Dinner". You are eligible to attend at no charge. You may also bring one guest. The cost for a non-member guest is \$20.00. We have to limit the number of attendees, so be sure to let us know early if you plan to attend. Contact Kaitlin Meyer at info.sfw@gmail.com to let her know you are coming. All attendees must be 21 or older.

Our chapter will provide a feast for the eyes as well as the stomach for your enjoyment. We are asking our members to bring a potluck dish that will feed 10-12 people, so pull out those recipes for your favorite holiday treats. For those whose last name begins with A-L, please bring an appetizer to share, and for those with last names ending in M-Z, please bring a dessert to share. This will be a "bring your own beverage" event. Also, to keep this event as "green" as possible, please bring your own plates, silverware, glasses, etc. I remember one couple who used to bring their own tablecloth, cloth napkins, Fiesta stoneware, and flowers for their table. Their spot was like a tropical island in the middle of a huge ocean!

We will be saying farewell to our board members President Merv Floyd, Membership Director Kathy Floyd and Director and Events Committee Co-Leader Leslie Stevens, and hello to our new slate of board members who will be elected this month. Be sure to come and help celebrate the changing of the guard. To add to the enjoyment, there will be a silent auction to help raise funds for the upcoming year. You will be able to pay for items with cash, check or credit card. This auction is Slow Food Whidbey Island's big fund raiser for the year so be sure to check out the exciting and delicious items available. You could even finish up your Christmas shopping at the same time.

REQUEST FOR SILENT AUCTION DONATIONS

Every year the Slow Food Whidbey Island chapter has a Member Appreciation Dinner which is free for all members. The dinner provides an opportunity to sample the entrees from some of our best cooks and to mingle with folks who love to talk about cooking from the bounty of food available from farmers on Whidbey Island.

Afterwards we always have a silent auction. We are looking for donations for this event. If you have something that you think we might like, or a service that you would be willing to donate, please let us know. Some examples would be kitchen utensils or appliances that you received as a gift but don't need, or a service like cooking a meal, or a mystery dinner, or a vacation B&B for a week, or...anything that you feel is appropriate.

Contact Amy Tuthill: tamalpaisgal@yahoo.com or text her at (415) 302-9995. She will come pick up anything you would like to donate. We need to know by November 19th if you'd like to donate.



CLASSES

November 7 at 6:00 pm

Educational “Farmer’s Shadow” Food Growing Series 2023

Anza Muenchow will cover soil management over the winter months, review of the best crop varieties in 2023, and she will talk about garlic plantings this 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.

November 7 from 6:00 pm to 7:00 pm

Japanese Quick Pickling

Sno-Isle Libraries - Online event

Nancy Singleton Hachisu has lived in the Japanese countryside for over three decades, practicing traditional cultivation and food preparation, and is author of [5 Japanese cookbooks](#) (most recently [Japan: The Vegetarian Cookbook](#)). In this presentation, Nancy will walk you through four quick pickling techniques for winter root vegetables. Recipes will be provided: Daikon Peel with Ume, Sweet Vinegar-Pickled Mountain Yam, "Always on Hand" Pickled Carrots, and Miso-Pickled Broccoli Stems. To register, go to <https://sno-isle.bibliocommons.com/events/64fb6e942d0219cf8b5afbe3>.



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.

November 7 at 5:30**Pasta Workshops with Aurora Echo and Renée Blair**

Wildly Beloved Foods will be offering the long awaited series of pasta classes during the next few months. The first class will be held on November 7 and will feature fresh pasta making with Renée Blair. Additional classes during the month will be as follows:

- November 9 at 5:30 pm: Fresh Spinach Pasta class with Aurora Echo
- November 14 at 5:30 pm: Southern Italian Pasta Dishes class with Renée Blair
- November 16 at 5:30 pm: Fresh Egg Pasta class with Aurora Echo
- November 28 at 5:30 pm: Spinach Pasta class with Renée Blair
- November 30 at 5:30 pm: Ravioli Pasta class with Aurora Echo

The classes will last between two and three hours. Prices range from \$65 to \$95 per class. They will be held at 6348 Frost Avenue in Clinton, WA. To sign up for the classes, go to:

<https://wildlybelovedfoods.com/collections/renee-pasta-making-class>.

November 14 from 7:00 pm to 8:30 pm**The Cookbook Connection Online Book Group****A Cook's Tour of Sicily****Sno-Isle Libraries**

Take a look at some beautiful books that highlight the amazing Sicilian cuisine. From the famous street foods of Palermo, to the beautiful produce, seafood, and wines of Sicily, the largest island in the Mediterranean with world-class cuisine. The presenter will prepare some recipes and give you a "virtual" taste! To register, go to:

<https://sno-isle.bibliocommons.com/events/64c311975a7c61300089770d/>.

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.

November 16 from 4:00 pm to 5:00 pm**Keep Local With Whidbey:****Farming Shellfish in Penn cove****Sno-Isle Oak Harbor Library**

Penn Cove is home to the oldest commercial mussel farm in North America and produces such tasty mussels they are famous across the country. In this program, Zane Malloy, Farms Manager for Penn Cove Shellfish, will talk about the life-cycle of the mussel at the farm, from the initial seeding process through planting, thinning and maturation, to harvesting and distribution. You will also learn why the waters around Penn Cove provide such a great environment for shellfish, and how mussel farming enhances and adds to the overall health of the marine environment. No pre-registration required. For more information go to:

<https://sno-isle.bibliocommons.com/events/650f8666c9295c4a006bc6d5>.



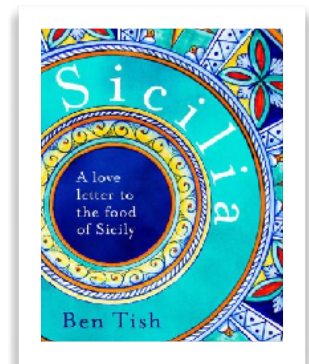
November 16 from 7:00 pm to 8:30 pm

Food for Thought Online Book Group

“Loyalty” and “Sicilia”

Join online for a deep dive into the beginnings of the Sicilian Mafia with Lisa Scottoline's [*Loyalty*](#). This work of historical fiction takes place in the 19th century, against the backdrop of beautiful Sicily. Paired with the Ben Tish's cookbook, [*Sicilia*](#), this will be a real taste of Sicily.

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/64c311e7cdc003420069adea>



IN THE NEWS

Feral Slice Pizza

A new business is opening up in Clinton. It's a wholesale, half baked, pizza business! Their pizzas feature fresh ingredients and inspired flavors, handcrafted with a defiant optimism for life. They are WSDA approved and hope to be in local markets soon. You will be able to order and pay online and they will have a pick-up day. They will be creating their pizzas at 6305 Storkson, #107 in Clinton. Their phone number is 206-818-3253. You can email Lila and Micky Sarkis at lilasarkis@gmail.com. Their website is a work in progress, located at feralslicepizza.com and you can find them on Facebook at <https://www.facebook.com/profile.php?id=100091700221252>.



Fennel and Fig

Fennel & Fig provides weekly prepared foods on Whidbey Island, featuring locally sourced seasonal ingredients that are as organic as possible. Their mission is to support the community by partnering with island farmers and producers to create nourishing dishes. Dishes will be ready to eat or can be warmed up at home. Menus are designed so dishes can be mixed and matched to make complete meals or stretched by adding your own protein or extra vegetables. The idea behind Fennel & Fig is to make eating local, organic, and thoughtfully prepared dishes more affordable and to save you time in the kitchen each week. They strive to provide gluten and dairy free options but customers should be aware that all items are prepared in a kitchen that uses gluten and dairy, and other common food allergens including eggs and nuts. They work with local farms to make dishes that are focused on seasonal produce. All produce is harvested fresh each week to provide the most flavorful and nutritious dishes. Menus are subject to minor changes due to ingredient availability. To find out more, go to <https://www.fennelandfig.com/>.



Bloom's 5511Bistro has added Wednesday night dining

Have you tried Blooms Bistro in Freeland at 5511 Freeland Avenue? They're new fall hours now include dinner on Wednesdays. They are currently open Wednesday and Thursday from 4:00 pm to 6:30 pm, Friday and Saturday from noon to 7:00 pm, and Sunday noon to 6:30 pm. You can also order from their online take-out menu at <https://www.blooms5511bistro.com/>. Call 360-321-0515 for reservations.

Chef Kyle O'Neill has created a new fall menu, using many of their own herbs, vegetables, and fruits, plus they support many local farmers including 3 Sisters Family Farm, Mukilteo Coffee Roasters, Penn Cove Shellfish, Bell's Farm, Organic Farm School, and others. Some of the items on the menu now include scallops with roasted corn-potato-squash medley and beet creme, mixed seafood fettuccine with brown butter parmesan, Caribbean jerk chicken with cilantro lime rice and grilled pineapple salsa, 12 ounce ribeye steak with garlic mashed potatoes, blackened snapper with jambalaya style rice, or lamb shank on garlic mashed potatoes with a lamb reduction.



Scenic Isle Farm has Sugar Hubbard Squash available

This year's crop of Sugar Hubbard Squash is now available at the Scenic Isle Farm stand in Coupeville. Farmer Alix Roos tells us the cubed squash will be available at Payless this month. This beautiful squash is on the Slow Food USA Ark of Taste. To find out more, go to <https://www.fondazione Slow Food.com/en/ark-of-taste-slow-food/sugar-hubbard-squash/>. You can buy a whole squash at Scenic Isle Farm, which is the former Sherman's Pioneer Farm site, located at 36 South Ebey Road in Coupeville. Their phone number is 360-632-1619 or email them at admin@scenicislefarm.com.

This big beautiful squash looks daunting, but is actually fairly easy to cut in half for roasting. After they've been in the oven for an hour and a half at 400 degrees, the skin just peels right off and you can puree the flesh in your food processor. You can easily freeze the finished product until ready to use in muffins, cakes, lasagna, or as a side dish for your dinner. The Sugar Hubbard Squash Lasagna recipe won first place in the entree category at the Cook for a Cause dinner this past July.

Good Cheer Empty Soup Bowl event

The Good Cheer Empty Soup Bowl event will look a little different this year. To help meet the community's increasing needs, they are combining this event with a food drive. Bring food each week to donate to Good Cheer during November and you'll receive a new soup recipe each time. Cozy up at home and enjoy a warm bowl of soup, knowing you helped provide food for our community. Food should be delivered to the Good Cheer facility located at 2812 Grimm Road in Langley. To get all the soup recipes from the 2022 Empty Soup event, click on this link:

<https://goodcheer.org/wp-content/uploads/2020/11/2020-Good-Cheer-Soups-Stews-Recipes-lo-res-1.pdf>.



Dolce in Greenbank has closed

Alex and Emily Pulichino are currently the owners of the Greenbank Pantry, the Greenbank Store, and Dolce. The cafe is closing because the Pulichinos want to focus on opening the old Greenbank Store. Foundation work is finally scheduled to start, and since opening the Greenbank Store is their ultimate goal, they need to dedicate their time to seeing that through. You will still find their cookies, tiramisu, drip coffee and morning pastries at the Greenbank Pantry starting at 8am. They have had fun creating a cafe space for Greenbank, baking cakes, making espresso drinks, staging pop-ups, and seeing friends gather over coffee. To find out more, go to <https://www.facebook.com/greenbankstore/>.

Beaver Tales Coffee in Oak Harbor

Students at Skagit Valley College's Whidbey Island campus have opened a coffee shop at the college campus at 1900 Pioneer Way in Oak Harbor. The cafe is owned by Michelle Calvin who is an indigenous woman, and Tony Cladnosby of the Swinomish Tribe, who has a coffee roaster and coffee shop in La Conner. They roast their coffee on tribal land. Beaver Tales offers breakfast sandwiches, pretzel melts and gourmet cookies plus beverages with 50 syrup flavors to choose from. They are open from 7 am to 5 pm on weekdays. Visit their website at beavertalescoffee.com.

Māyā Farm is closing

Māyā Farm, located at 2520 Busby Road in Oak Harbor, will be closing its doors to the public, effective immediately. They will no longer be selling honey or any other goods for the foreseeable future. They have hit a deep pool of burnout that they have not recovered from. They would like to express their heartfelt gratitude for the public's continuous support, and will keep everyone updated on any developments regarding the farm in the future. They are also temporarily suspending all of their social media and email exchanges.



Winter Wonderland Market at [Bayview Farmers Market](#)

Indoors & Outdoors! All your favorite vendors will be either inside Bayview Community Hall or outside in the field (their usual spot). There will be holiday-themed fun, food, gifts, wreaths, trees, and a photo booth! Shop local this holiday season and support your island community.



The winter holiday market will happen from 10AM-3PM on Saturday, November 25th, Saturday, December 2nd, and Saturday, December 9th. On the corner of Bayview Rd & Highway 525 inside & outside Bayview Community Hall on beautiful Whidbey Island, WA.

New role for Pickles Deli in Clinton

Pickles has implemented an 'Island Menu' for people who can't afford to buy a sandwich. They can get one for free by simply requesting the "Island Menu". Owner Kim Baily says the program is supported by donations from the community. Kim says she would love to work with South Whidbey non-profits that address food insecurity such as Whidbey Island Nourishes and the Whidbey Homeless Coalition. There is a cash box by the register if you would like to donate. They are located in Ken's Corner at 11042 WA-525, Suite 122 in Clinton. Their phone number is 360-341-3940. Their website is <http://www.picklesdeliwhidbey.com/>.

Ikaika Bistro has moved

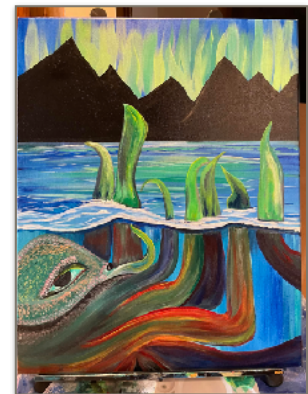
This Polynesian restaurant has moved from the American Legion Post 141's location to a food truck behind the new Double Bluff Brewing building (see above). Owners Stephanie and Chris Balora will lease the kitchen at Double Bluff Brewing to prepare the food for their food truck. The two enterprises will keep the same hours. They will be open from 11:30 am to 8:00 pm every day except Wednesday. You can reach them at 360-768-6837 or email them at ikaikabistro22@gmail.com.

Double Bluff Brewing has moved

Double Bluff Brewing is no longer on Anthes Avenue in Langley. They have moved into the old Useless Bay Coffee Company building at 121 Second Street in Langley. Des Rock has offered the space to Daniel and Marissa Thomis. They in turn are now offering a series of "Useless Beers" in honor of the former coffee shop. The first to be offered is Useless Stout. Now that they have a larger space, they will be offering beer, wine, cider, and non-alcoholic beer for sale. They are currently open every day except Wednesday from 11:30 am to 8:00 pm. Their phone number is 360-333-9113 and their website is www.dblfbrewing.com.

Kraken's Cove in Oak Harbor

There's a new restaurant in Oak Harbor called Kraken Cove. They offer all sorts of yummy meals including Dungeness crab, shrimp, and fish and chips. Entertainment includes live music and karaoke. They are located at 940 SE Pioneer Way. Their hours are Thursday through Saturday 11:00 am to 11:00 pm and Sundays from 10:00 am to 7:00 pm. Check out their whole menu on their website at krakenscoverocks.com. Their phone number is 360-682-5830.



Tilth Holiday Markets

November 12, 19, and 26 from 11:00 am to 2:00 pm

Don't miss this opportunity to pick-up some fresh local autumn fruits and vegetables, along with some fabulous holiday gifts made by local artisans. There will be new vendors and a bonfire for your enjoyment. Linda's Mini Donuts will be on hand to satisfy those sweet cravings. The Tilth market is located at 2812 Thompson Road in Langley.



Gordon's on Blueberry Hill has closed

Chef Gordon has announced the permanent closure of his restaurant in Freeland. He will continue to provide a pleasant dining experience at his Coupeville location, Gordon's Fusion Cuisine. The entire staff from Blueberry Hill will be joining him at Gordon's Fusion Cuisine. Any and all gift certificates will be honored at his new location in Coupeville. You can find the Coupeville Restaurant at 103 Northwest Coveland Street. The website is <https://gordonsfusion.com>.

NOURISHMENT NUTRITION CORNER

By Rachel Joseph, RDN

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Quince's Healing History

For centuries, quince has been cherished for its various medicinal properties, serving as a versatile natural remedy in cultures around the world. Quince is believed to have originated in the region encompassing the eastern Mediterranean, including parts of modern-day Turkey and Iran. Ancient civilizations such as the Babylonians, Egyptians and Greeks not only cultivated this fruit for its culinary use and healing properties, but for its symbolic importance in religious rituals and ceremonies. In Greek mythology, quince is associated with love and fertility and was often given as a gift in marriage ceremonies. In addition, the Greeks valued this fruit for its astringent properties and used it to aid in wound healing and as a remedy for sore throats. In European apothecaries, quince was believed to support digestion and soothe gastrointestinal discomfort. Quince can be eaten both raw and cooked. Raw quince has a tart, bitter and sour flavor but once cooked, it becomes sweeter, tangy and floral. It is high in fiber, Vitamin C and a number of essential minerals such as iron, copper, potassium and magnesium. Consumption of quince can support the immune system, improve digestive health and aid in essential body functions such as nerve transmission and muscle contraction. In conclusion, quince's rich history and versatile medicinal and culinary uses serves as a reminder of how food has been intertwined with notions of healing throughout time.



LOCALLY GROWN

Balancing farming on Whidbey Island and teaching farming in Seattle with Eli Wheat of SkyRoot Farm and The University of Washington

Eli Wheat is both a farmer and a teacher, splitting his time between SkyRoot Farm on Whidbey Island, WA, and teaching at the University of Washington. On the podcast below, we get to hear how he balances both, taking the ferry back and forth between the island and the city, and how different the University of Washington urban farm is from his farm! In the interview podcast, Eli and host Katie Kulla talk about how working with new people has shrunk the farm's footprint to roughly half of what it was without reducing revenue, how going no-till has changed the farm, innovative ways to market your produce, what an amazing place Whidbey Island is to farm, and more! To listen to the podcast, click on the link below. <https://growingformarket.com/articles/balancing-farming-whidbey-island-and-teaching-farming>.



RECIPES

This month's recipe comes to us from Lynn Wenzel. This is the stuffing she will be making for the Slow Food Whidbey Island Membership Appreciation Dinner on December 3rd, to go with the turkeys, ham, and other wonderful goodies for our holiday feast! She wanted to share it with you this month so you could try it with your Thanksgiving dinner, if so inclined. The recipe is from the November 2012 issue of *Bon Appétit*. You can find it online at <https://www.bonappetit.com/searchgesimple+is+-best+stuffing>



I'm one of those people whose ears perk up at the mention of a stuffing sandwich. Add some mayo and cranberry sauce and I'm swooning. So it should be no surprise that as a child at my family Thanksgiving dinner, I was the kid who passed by the turkey, mashed potatoes, and sweet potato casserole (if mom would let me get away with it) to load up my plate with the star of the show – stuffing!

Even though this dish below is referred to as stuffing, it is really dressing, because it is baked outside of the bird in a casserole dish, which is important if you want to achieve both a golden brown crust and a buttery, custardy center, which I do!

When I found this stuffing recipe by Victoria Granoff reintroduced by Carla Music, former Bon Appétit Test Kitchen Director, in the Bon Appétit newsletter of October 2022, I had to try it. ([Catch Carla making it here.](#)) And I'm so happy I did! I plan to prepare this dish for the Slow Food Whidbey Island Member Appreciation Dinner on December 3rd. If you have a chance to taste it, let me know what you think.

Simple is Best Dressing

Ingredients:

- ¾ cup (1½ sticks) unsalted butter plus more for baking dish
- One pound good-quality day-old white bread, torn into 1-inch pieces - about 10 cups. (For that crispy top, skip the bread cubes and tear into a good loaf of dried-out crusty white bread—meaning an Italian or French bread, like a pane Pugliese, boule, miche, or a sourdough bread such as pain de campagne, not packaged sandwich bread.)
- 2½ cups chopped yellow onions
- 1½ cups ¼-inch slices celery
- ½ cup chopped *fresh* flat-leaf parsley (don't even think of using dried)
- 2 tablespoons chopped *fresh* sage (*don't even think of using dried*)
- 1 tablespoon chopped *fresh* rosemary (*don't even think of using dried*)
- 1 tablespoon chopped *fresh* thyme (*don't even think of using dried*)
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2½ cups low-sodium chicken broth, divided (store bought is fine if you are short on time)
- 2 large eggs



Preparation:

Step 1

Preheat oven to 250°. Butter a 13x9x2-inch baking dish and set aside. Scatter bread in a single layer on a rimmed baking sheet. Bake, stirring occasionally, until dried out, about 1 hour. Let cool; transfer to a very large bowl.

Step 2

Meanwhile, melt ¾ cup butter in a large skillet over medium-high heat; add onions and celery. Stir often until just beginning to brown, about 10 minutes. Add to bowl with bread; stir in herbs, salt, and pepper. Drizzle in 1¼ cups broth and toss gently. Let cool.

Step 3

Preheat oven to 350°. Whisk 1¼ cups broth and eggs in a small bowl. Add to bread mixture; fold gently until thoroughly combined. Transfer to prepared dish, cover with foil, and bake until an instant-read thermometer inserted into the center of dressing registers 160°, about 40 minutes.

Step 4

Continue to bake dressing, uncovered, until set and top is browned and crisp, 40–45 minutes longer.

Do ahead: Dressing can be baked (before browning) 1 day ahead. Uncover and let cool, then cover and chill. Uncover and bake until top is browned and crisp, 50–60 minutes.

COMMENTS FROM OUR READERS

I am delighted that Whidbey has a Slow Food Chapter. I was introduced to Slow Food when I was a young chef in Seattle and traveling to Italy in the 90's. Currently, I am a retired Chef out of Alaska and am now working with Slow Fish and another nonprofit supporting seafood sustainability called, Don't Cage Our Oceans. I would love to talk sometime and join as a member. My family moved to Whidbey 5 years ago. I am excited about the members' dinner in December. I just wanted to reach out and introduce myself. Thanks for all you do for this community.

Colette Nelson

Another wonderful newsletter! So glad to read the story behind Savory!
Jenanne Murphy

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.

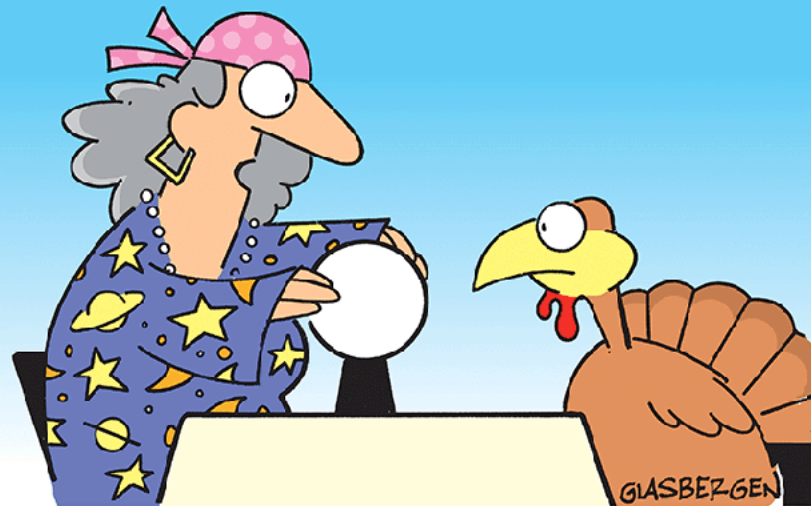
Contact Kathy Floyd at kathy46@whidbey.com if you would like to be added to the newsletter email list.

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

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**"The good news is, you'll be spending Thanksgiving
with a large group of happy people."**