



Slow Food Whidbey Island

P.O. Box 1545, Freeland, WA 98249

www.slowfoodwhidbeyisland.org

CONVIVIYUM

October 2023

WHAT'S HAPPENING

PASTA CLASS ON AUGUST 20TH

We had a full house for the pasta event led by Aurora Echo of *Wildly Beloved Pasta*. She and Renée Blair did an excellent job of demonstrating the various ways of preparing pasta. Afterwards, we also got to sample two of her preparations. Yummy! People came from as far away as Castle Rock and Mount Vernon to attend this class. Bret Robinson was the happy recipient of the door prize!





VOLUNTEERS NEEDED FOR THE SLOW FOOD EVENTS COMMITTEE

Our Slow Food Whidbey Island events committee is looking for new members to help plan future events and have a blast while doing it! Our members have so much fun at the meetings; they can't believe how much they get accomplished while enjoying each other's company. Please contact Leslie Stevens if you would like to visit one of our meetings and get to know the people who make things happen. Leslie's email is lesliestevens11@gmail.com.



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

Educational “Farmer’s Shadow” Food Growing Series 2023

October 3rd from 7:00 pm to 8:30 pm

This month Anza Muenchow and the group will discuss prepping your gardens for winter by cleaning out diseased plants and adding slow compost. Yes, slow compost for slow food! There will also be some discussion of garlic planting this fall. As always, there will be time for lots of questions and sharing food growing experiences. If you are not yet on the distribution list and would like to receive the Zoom link, please contact Anza at education@southwhidbeytilth.org.

Tilth Farmers Market

Make Your Own Sauerkraut

October 8 from 11:00 am to 1:00 pm

Join Tilth farmer Jennifer Carlson and others to learn how to make a small batch of sauerkraut that you can take home and ferment on your countertop. Bring a small wide-mouth jar or crock, and one green cabbage. We will have a limited number of jars and cabbages for sale. This event is free.

The Cookbook Connection and Food for Thought Sno-Isle Libraries

Neither are scheduled for the month of October

LOCALLY GROWN

By Lynn Wenzel

SAVORY RESTAURANT

Stefen Bosworth and Ron Rois, Co-Owners

I remember exactly how I felt when I first walked into Savory Restaurant back in the spring of 2021, shortly after they had first opened. It felt like I had just stepped into someone’s home, and I was delighted when we were seated at a table that had large, plush, overstuffed chairs. After being seated, it honestly felt like my “date” and I were in our own cozy, comfortable little world. And the food! This new restaurant turned out to be everything we had hoped it would be. So you can imagine my delight when Stefen set aside time from his ridiculously busy schedule to talk with me about the history and philosophy of Savory Restaurant and its owners and why they support our local food community. Regrettably, Ron was not available to join us.



(Ron Rois and Stefen Bosworth)



Savory is owned by Stefen Bosworth and Ron Rois, partners in both life and in this restaurant. Ron grew up in a military family who frequently moved around the country and the world. Stefen grew up in the Seattle area. Both currently have firmly rooted family here. They met 32 years ago and bought and lived in a house in the Seattle Magnolia area. They eventually made the decision to move to Chicago for what was supposed to be for three to five years, and then somehow managed to turn into 25 years.

Ron's background is in the corporate financial world, and Stefen has been in the food industry for 40 years managing the front of restaurants ranging from small to over 2,000 dinners a night. He is currently still partnering in a few restaurants in Chicago. Their experience during the COVID pandemic got them to thinking that maybe now was the time to slow life down a bit and pursue something that could be less stressful and provide a bit of happiness for them both.

After a bit of a searching, and almost buying a restaurant in Poulsbo, they came upon the for sale listing for Portico and, well, you know what happened next. Stefen and Ron were looking to start a bistro with a relaxed environment that served delicious, heartwarming comfort food, embodying the casual environment and hearty food they both love and enjoy. Since they had been visiting Langley for over 30 years, they saw that there was a niche here for them. They also believed that they had something to contribute to the community and that they could create a lifestyle for themselves that would bring them happiness, thereby creating happiness for us as customers.

On March 11, 2021 Savory opened its doors for the first time. Stefen stepped in as chef, for the first time, and Ron took on the responsibility of managing the front of the house, for the first time. Their goal: to create an informal, relaxed, and memorable dining experience that they themselves enjoy. I'd say they achieved this goal.

Stefen's parents were both raised on homestead farms with the understanding that "if you didn't grow it, you didn't eat it." Having fresh food was important to Stefen's family and this was how he was raised. Stefen and Ron have carried over this value into Savory's menus. Savory supports local, fresh ingredients whenever they can. They currently feature seafood from Whidbey Island Seafood, bread from the Seabiscuit Bakery, meat from Three Sisters and Bells Farm, and produce from various farmers from the Whidbey Island Grown Cooperative Food Hub. Their neighbor across the street, Flying Bear Farm and Design, provides edible flowers for their



(Edible flowers and carrot cake!)

lovely dishes and gorgeous bouquets for special occasions. Keeping it local is one of the ways they elevate the quality of their food and support our local community.

Another special quality they bring to their restaurant are the dishes they serve. Stefen is particularly fond of the fall season and the produce that is available during that time. He terms it a “savory” time of year where he can prepare the things he loves making most: cassoulets, roulades, soups, and stews. He is anxiously awaiting the arrival of delicata squash, his favorite. I, personally, can’t wait for the arrival of their robust and deeply flavored cassoulet. By the time this piece “hits the press,” carrots will be in great abundance, and Stefen has hinted that their carrot cake will soon be back on the menu, too.



Stefen and Ron love to incorporate what they call their foundation dishes, often inspired by their moms and grandmothers. Their tomato meat sauce falls into this category and goes back four generations to Stefen’s great grandmother’s recipe, with a few tweaks here and there as things change over the years.

(One of Stefen's favorite photos (at left) is of his Nana and Great-Grandma Mineconzo making pasta at the kitchen table circa 1972)

I asked if there were any plans to grow Savory. Stefen said they are exactly right where they want to be. When all their seats are filled, they can serve up to 100 people in an evening. They have intentionally designed the style and size of their restaurant to allow them to maintain flexibility and survival if they had to close unexpectedly for a day or so due to a staffing shortage or need to tend to an ailing parent, and still maintain a high quality experience for their customers while keeping their life balance and happiness intact.

I admire their outlook. We can only benefit from this restaurant which provides its owners with the quality of life and happiness they are seeking, all while they are taking care of us. I would urge you to support them and our community by eating at their restaurant. Isn’t it time to take care of yourself, and what better way than treating yourself to a relaxed, hearty, and extraordinarily delicious meal at Savory.

Savory Restaurant
220 1st Street, Langley, WA
360.221.7106
<http://www.savoryrestaurantwhidbey.com/>
https://www.instagram.com/savory_a_restaurant/
info@savoryrestaurantwhidbey.com



IN THE NEWS

We made it into *National Geographic*!

Slow Food Whidbey Island was mentioned in the travel section of *National Geographic*'s September 2023 issue. Wow! We are really something special! Even the opening picture of the article is the winery at *Spoiled Dog* in Clinton, although you must read down a little further to find the Slow Food Whidbey Island bit. Thanks to Amy Tuthill for bringing this to our attention. To see the article, go to: <https://www.nationalgeographic.com/travel/article/best-places-travel-us-september-23>

Grateful Acres Farm has a new farm stand

Grateful Acres Farm has been working hard to get their new farm stand up and running and can officially say they are now ready! They are offering organic and pesticide free veggies, eggs, homemade soap and candles, and wood work from a local artist. Stop by if you're in the area! Grateful Acres, 3283 Brooks Hill Road, Langley, WA



Water Tank Bakery

Although this bakery is not located on Whidbey Island, I wanted to mention it because it has received the Slow Food *Snail of Approval* award. The Slow Food Snail of Approval award is a recognition given to food and beverage establishments that are pursuing and practicing Slow Food values in their business. This is more than just about making good food — it's about making commitments to the environment, local communities, employees, and purveyors.

Slow Food Seattle and Slow Food Olympia supported this business and got them approved for the award. The address is 11777 Water Tank Road, Unit C, in Burlington, WA. It is near the King Arthur building and the Bread Lab and is close to the Skagit Airport on State Route 20. You could make multiple stops at all these businesses when you go to visit them. They are open on Tuesday, Wednesday, and Friday from 12:00 pm to 6:00 pm, plus Saturday and Sunday from 10:00 am to 6:00 pm. Their phone number is 360-757-2253, email is rachelandbread@gmail.com and their website is www.watertankbakery.com.

Sushi Moto in Oak Harbor

A new restaurant has opened in Oak Harbor at the corner of Midway and State Route 20. Sushi Moto is a Japanese restaurant serving sushi. The restaurant opened for business on September 15th. Their complete menu is online along with online ordering. The address is 32955 State Route 20 and the phone number is 360-729-8322. Hours of operation are Monday through Friday, 11:00 am to 2:30 pm and 4:30 pm to 9:00 pm, and Saturday, noon to 8:00 pm. They are closed on Sunday. Their web address is www.sushimotoisland.com

Harvest Moon Market

October 14 from 5:00 pm to 10:00 pm

The Harvest Moon Market will take place at Whidbey Farm and Market located at 1422 Monroe Landing Road in Oak Harbor. Whidbey Farm and Market and Whidbey Ren Faire come together to bring you the Harvest Moon Market. Join them for a night of fall festivities in support of the upcoming Whidbey Ren Faire, a Medieval Fantasy Festival, tentatively scheduled for May of 2024.



NOURISHMENT NUTRITION CORNER

By Rachel Joseph, RDN

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On Becoming a Mindful Eater

This month's nutrition article will offer some tips to assist you in becoming a more mindful eater. It is helpful to remember that this is a gradual process and will take practice, patience, and persistence. Cultivating a mindful eating practice can lead to a more positive and satisfying relationship with food, enhanced body awareness, improved digestion, healthier food choices, reduced stress, enhanced taste perception and improved mental well-being.

Mindful eating involves paying full attention to your eating experience. Try **eating without distractions** and allow yourself to focus on your meal.

- **Savor each bite.** Focus on the physical sensations of eating. Notice the flavors, textures, aromas, and temperature of the food.
- **Ask yourself any of the following questions:** “What makes this dish delicious to me?” “What memories or emotions does this food evoke?” “How does this food make me feel?” “Am I chewing thoroughly?”
- **Chew your food well.** Chewing food thoroughly aids digestion. It also gives your brain more time to register that you are eating and allows you to fully appreciate the taste of your food.
- **Pay attention to your body's hunger and fullness cues.** It is helpful to check in with yourself often regarding your hunger level. One way to do this is to rate your hunger on a scale from 1 to 10 with 1 being extremely hungry and 10 being uncomfortably full. Doing this before a meal or snack will help you gauge how to go about feeding yourself properly. By intentionally listening to your body and honoring its natural cues, you can prevent situations like emergency hunger or eating past a comfortable fullness.

- **Practice gratitude.** Take a moment before eating to express gratitude for those who have grown, harvested and prepared the food that sits before you. Recognize the gift and enjoy it with appreciation.
- **Practice mindful cooking.** Engage all of your senses in the cooking process. Feel the textures of the ingredients, notice the sounds, smell the aromas. Concentrate on each step with care. Allow yourself to adjust recipes to your taste preferences and experiment with different flavors that appeal to you personally.
- **Forgive yourself.** If you have moments where you clearly are not eating mindfully, don't be hard on yourself! Remind yourself that mindful eating is a journey and it is ok to have moments where you slip.

As you embark on your journey to becoming a mindful eater, remember that each bite is an opportunity for connection – with your body, the food you eat and the present moment. Embrace this path with self-compassion and curiosity and know that it is leading you in the direction of greater nourishment and towards a harmonious relationship with food.

RECIPES

This recipe was provided by Karen Meyer, Slow Food Whidbey Island Board of Directors Vice President. Karen often makes these yummy pumpkin muffins for her daughters as a quick and nutritious breakfast or on-the-go snack. With common pantry ingredients and only a few baking steps, these moist and delicious muffins are easy to make and freeze well. This is the perfect time of year for this recipe as pumpkins are available everywhere you look!



Pumpkin Muffins

Ingredients

- 1 ³/₄ cups all-purpose flour
- 1 teaspoon baking soda
- 2 teaspoons cinnamon
- ¹/₂ teaspoon salt
- ¹/₂ cup melted butter
- 1 cup granulated sugar
- 1 ¹/₂ cups pumpkin puree, either canned or fresh
- 2 beaten eggs
- ¹/₄ cup plain whole fat Greek yogurt
- 1 teaspoon vanilla



Instructions

- Preheat oven to 425 degrees and line a 12-cup muffin pan with paper liners.
- In a large bowl, stir together the flour, baking soda, cinnamon, and salt, and set aside.
- In a medium bowl, stir the butter and sugar together.
- Add the pumpkin puree, eggs, yogurt and vanilla to the butter and sugar and whisk until smooth.
- Add the wet mixture to the dry ingredients and stir until just combined.
- Divide the batter into the 12 muffin cups.
- Bake for 5 minutes at 425 degrees, then reduce the temperature to 350 degrees and bake for another 15-20 minutes, or until a toothpick inserted into the center comes out clean.

COMMENTS FROM OUR READERS

Congratulations to Slow Food! I really like the new focus of regenerative tourism. Makes more sense for our Island. Hopefully you get more members from this exposure- ones that enjoy food. Cheers, Karen and Jack Krug

Editor's Note: The Krugs are referring to the mention of Slow Food Whidbey Island in the September issue of *National Geographic*.

*Just a note to say I am really sorry that I am unable to attend Arjai's class. Going to be traveling for 3 weeks. Preserving is one of my favorite things and Arjai is such a wonderful teacher, that I know it will be a great class. Give her my best and thanks again for helping with my membership renewal. Looking forward to seeing everyone at the next function.
Pam Carroll*

***HUGE congratulations for being featured in this story on National Geographic!** I love that they focus on your chapter and the unique food scene in Whidbey Island. This is incredible exposure for your work.
Brian Solem, Slow Food USA*

During early August, representatives of the Slow Food Youth Network (SFYN) in Skagit county, in collaboration with [The Skagit Table](#), brought together a collection of local farmers, an educational showcase, and two dishes to share with the public that included the agricultural efforts of the represented farms. SFYN involvement was tied to the 50th anniversary celebration of the Skagit Valley Food Co-op. The participating farms were [Boldly Grown Farm](#), [The Crows Farm](#), and [First Cut Farm](#). Boldly Grown and The Crows both have an affiliation with [Viva Farms incubation farming program](#) in Skagit County. The Skagit Table, a restaurant that recently opened in downtown Mount Vernon, promotes many of the principles of Slow Food. SFYN youth and other assistants prepared a roasted vegetable medley and a roasted radicchio

*offering. Display boards that explained the tenets of Slow Food, an overview of SFYN programming in the Greater Seattle region, highlights of the three farms and the restaurant, specifics about the prepared dishes, and the history and virtues of radicchio were presented. In the fall of 2023, anticipated is the creation of a sustainability club at Skagit Valley College that will be linked to SFYN. The club primarily will include culinary, baking, and nutrition students. For more info, reach out to Peter Contrastano at info@sfyn-seattle.org.
Peter Contrastano*

SOCIAL MEDIA

And as always, don't forget to follow us on Facebook and Instagram, plus check out our website at <http://www.slowfoodwhidbevisland.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**