



Slow Food Whidbey Island

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

CONVIVIYUM

September 2023

WHAT'S HAPPENING

AN URGENT MESSAGE FROM OUR VICE PRESIDENT

Hi everyone. I'm Karen Meyer, Slow Food Whidbey Island Board of Directors Vice President. As you may already know, we are facing some changes with the terming out of some of our board members at the end of this year. These departures leave us with very large shoes to fill and we are asking for your help. In addition to the requests below, we are also still in need of board members to fill key positions. If you're interested, please email me at karenm.sfwi@gmail.com.



Last month we reached out with a note to members to sign on and volunteer to help with our event planning. We heard from many of you, and we are very grateful for your interest and support. There are still additional opportunities to volunteer, so please let us know if you are interested!

This month we are asking for help with the continued production of our monthly newsletter. We know you enjoy the articles and the abundance of information, resources, and delicious recipes! To continue to produce the same quality newsletter with relevance to our community, we are asking for anyone with interviewing and writing skills, research experience, and general organizational abilities to contact us. A background in designing and producing newsletters would also be helpful. For those interested in volunteering, please email me at karenm.sfwi@gmail.com. I look forward to hearing from you!

Also, please remember we have **TWO** Give What You Can days this month—September 14th and 28th. If you need to renew your membership anytime soon, please do so on these days and we do ask that you give what you can to support our chapter and the Slow Food mission! Ask your friends to sign up too!

Again, we appreciate your continued support.
Karen Meyer

PRESERVE THE HARVEST

September 23 at 1:00 pm

Limited space - sign up early

Slow Food Whidbey Island is joining with Whidbey Island Grown during “Eat Local Month” in September. Arjai Allred will be leading a class demonstrating how to preserve the autumn harvest.

They’ll be demonstrating techniques like freezing, drying, dehydrating, storage in the refrigerator and pantry, infused oils and vinegars, and much more but will not be demonstrating canning. They will also be discussing how to use your preserved foods. If you’ve not wanted to purchase a dehydrator, fear not. Arjai will demonstrate how to dry herbs using your microwave.



You are not going to want to miss this class, packed with valuable information about how to save the harvest and feed yourself all winter long. The class will take place at the Greenbank Progressive Club, located at 3090 South Firehouse Road in Greenbank, WA. Cost for the event is \$15.00 for members and \$20.00 for non-members. Contact Kathy Floyd at

kathy46@whidbey.com for more information or to sign up.



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 will be for members only plus an adult guest and is by invitation only.

Look for your invitation in October to this special “Holiday Tradition Dinner” to thank all our members for their loyalty during the pandemic. You will be eligible to attend at no charge if you are a member, or sign up as a member before the event. You may also bring one guest. The cost for non-members 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.sfwi@gmail.com to let her know you are coming

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, so pull out those recipes for your favorite holiday treats. We are asking those whose last name begins with A-L to bring an appetizer to share, and those with last names ending in M-Z to bring a dessert to share. This will be a BYOW (bring your own wine) event.

GIVE WHAT YOU CAN DAY

September 14 and September 28, 2023

It's that time of year again! September is Membership month at Slow Food USA and on September 14 OR September 28 you can become a member for any amount from \$1.00 to \$100.00 or more! I will send out the website access address on September 13 so you'll be ready to sign up on September 14th and again on September 27 for the September 28 date. Don't forget, you can't do family memberships on that day, so each of you will have to sign-up or renew separately.



We have an exciting new year coming up with new leadership in our local chapter who have many new and wonderful ideas for the group. When you sign up, you become not only a member of Slow Food USA, but also Slow Food Whidbey Island. Be sure to show WA-Whidbey Island as your chapter when you sign up. Watch for the email with the link coming up later this month.

NEW BOOK AVAILABLE FROM SLOW FOOD USA

The *Ark of Taste* is a living catalog of our food heritage and a movement to preserve gastronomic treasures passed down for generations—some rare, some endangered, all delicious. Created by Slow Food, the Ark illuminates the history, identity and taste of these unique food products, many of which were revived or saved from extinction by their Slow Food champions.



The Ark of Taste book features the stories of how some of our American products almost didn't reach our table, with recipes from Slow Food chefs and profiles of growers from around the country. Explore the heritage foods that distinguish the culinary landscape of the United States in this visual encyclopedia for curious eaters and gardeners.

The book is available from [amazon.com](https://www.amazon.com), [barnesandnoble.com](https://www.barnesandnoble.com), and [bookshop.org](https://www.bookshop.org).

JOIN THE DREAM TEAM

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 and provides an opportunity to sample the dinner entrees from some of our best cooks.

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...anything that you feel is appropriate.



Contact Amy Tuthill at 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 have something to share with us.

CLASSES

Educational “Farmer’s Shadow” Food Growing Series 2023

September 4 at 6:00 pm

The “Farmer’s Shadow” is back! Anza Muenchow will talk about seed sourcing and how to grow Alliums. If you are not yet on the distribution list and would like to receive the Zoom link, please contact Anza at education@southwhidbeytilth.org.

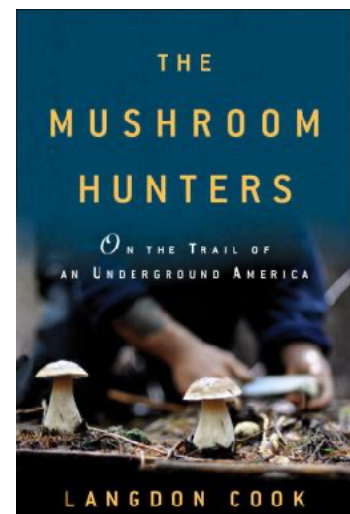
Nature’s Secret Pantry: Wild Edible Fungi from Patch to Plate

September 9 from 11:00 am to 12:30 pm

Community Resource Center of Stanwood-Camano

This class takes place in Stanwood, but so many people on the island love mushrooms, it seemed appropriate to include this one. The address of the Resource Center is 612 271st Street Northwest, Stanwood, WA 98292. You can call 360-629-5257 for directions.

Explore our forests with award-winning author and culinary adventurer Langdon Cook, on a quest to find the region’s most sought after wild mushrooms for the table. Slides of fungi in their habitat and in finished dishes will have you reaching for your boots, baskets, and sauté pans. Questions will be answered following the program and book signing to follow.



Langdon Cook is a writer, instructor, and lecturer on wild foods and the outdoors. His books include [*Upstream: Searching for Wild Salmon, from River to Table*](#) (Ballantine, May 2017), a finalist for the Washington State Book Award, [*The Mushroom Hunters: On the Trail of an Underground America*](#), winner of the 2014 Pacific Northwest Book Award, and [*Fat of the Land: Adventures of a 21st Century Forager*](#), which *The Seattle Times* called “lyrical, practical and quixotic.” A graduate of Middlebury College in Vermont (BA) and the University of Washington (MFA), Cook lives in Seattle with his wife, poet Martha Silano.

Registration required. To register, go to

<https://sno-isle.bibliocommons.com/events/64769cac3dfba9dfe9a5d98e>.

The Wise Gardener Book Group - Preserving the Harvest

September 28 from 6:00 pm to 7:30 pm

Clinton Community Hall

PNW Gardeners! The Wise Gardener Book Group is a group of gardening nerds and those inspired by gardens and nature. All are welcome! Each month encompasses a gardening 'theme' with several books to choose from in various genres. For September, the theme is *Preserving the Harvest*. The event takes place at the Clinton Community Hall. Come learn from each other and the books and resources we share. Registration is required. Go to

<https://sno-isle.bibliocommons.com/events/64aded393fca494100621f5e> to register.

Keeping Local With Whidbey

September 21 from 4:00 pm to 5:00 pm

Sno-Isle Oak Harbor Library

Learn how eating and buying locally benefits farmers, the local community, and your own health from the Executive Director of Whidbey Island Grown Cooperative, Shannon Bly. Shannon will introduce you to Whidbey Island Grown, talk about their programs, and highlight where local food and products are available and how to participate in Eat Local Month events around the island. The Oak Harbor library is located at 1000 SE Regatta Drive. No registration is required.

For more information, go to

<https://sno-isle.bibliocommons.com/events/642c7577d4d8312f002c9bd0>.



IN THE NEWS

Eat Local Month is here!

To see what's up this month, go to:

<https://www.whidbeyislandgrown.com/eat-local-month>. Events will be updated daily, so be sure to check back frequently.

Greenbank Farm Harvest Faire

September 10 from 1:00 pm to 4:00 pm

This festival is part of the Whidbey Island Grown "Eat Local Month" and will feature fun for the whole family. It is being sponsored by the Port of Coupeville and Ballydidean Farm Sanctuary. There will be a tour of Greenbank Farm, a local artisans market, a hayride through the fields at the farm, children's crafts in the barn, family games on the lawn, live music, and food trucks. It will take place at Greenbank Farm. Be sure to put this one on your calendar!

Whidbey Farm Stand Tour

All Month Long

What better way to eat local than to get it directly from the source? Any time in September, [explore this list](#) to find farm stands open for a self-guided tour across Whidbey Island! All month long, all island long!

Message from the Organic Farm School (OFS)

Meet OFS at the South Whidbey Tilt Market every Sunday from 11:00 am to 3:00 pm and on-site at the OFS every Wednesday from 1:00 pm to 4:00 pm. Also keep in mind that you can find an assortment of OFS produce at Payless Foods, the Star Store, and through Whidbey Island Grown (<https://whidbeyislandgrown.localfoodmarketplace.com/>)

The farm is located at 6390 Maxwellton Road in Clinton. Their phone number is 360-579-4989 or contact Judy Feldman at judy@organicfarmschool.org.

Cornfest at Whidbey Farm and Market

September 16 and 17 from 11:00 am to 6:00 pm

The second annual Cornfest will take place at Whidbey Farm and Market. There will be a corn maze, a corn hole tournament, ice cream, and more. The Whidbey Farm and Market is located at 1422 Monroe Landing Road in Oak Harbor, across from the Blue Fox Drive-In. To find out more, visit their website at <https://www.whidbeyfarmandmarket.com/>.



Mutiny Bay Blues and Sleepy Bee Farm Tour

September 3 at noon

Come and pick two pounds of blueberries, learn all about Sleepy Bee's delicious vegetable garden, and check out their new state-of-the-art chicken coop. Finish the tour at the Mutiny Bay Blues commercial kitchen and feast on blueberry ice cream. There will be vegetables, granola, preserves, and more available for purchase. Tickets are \$35.00. To buy your tickets, go to <https://mutinybayblues.com/products/farm-tour-ticket?variant=40753650794690>.

Military Appreciation Picnic

September 16 from 12:00 pm to 4:00 pm

The Oak Harbor Navy League has partnered with the Oak Harbor Chamber to co-sponsor the Annual Military Appreciation Picnic. This is a day that really highlights how much the community of Oak Harbor supports those who serve and have served. Businesses and organizations come together to donate and provide the community with scrumptious food, drinks, live music and family fun to celebrate their loved ones. No need to bring your pocketbook; this is a free event. Come show appreciation for our military to remember the sacrifice and service of members past and present. The Military Appreciation Community Picnic will be hosted at Windjammer Park west side, located at 1600 SW Beeksma Drive in Oak Harbor. For more information, go to <https://www.oakharborchamber.com/military-appreciation-picnic/> or call 360-675-3755.

Sugarpill Apothecary in Langley

SugarPill is herbalist and homeopath Karyn Schwartz's modern apothecary. Her passion for natural medicine is evidenced by her large selection of medicinal house blends and herbs, which she dispenses with warmth and expertise. SugarPill also carries artisanal foods, rare chocolates, and an impressive collection of gourmet salts. Originally a beloved community hub in Seattle's Capitol Hill neighborhood, SugarPill relocated in 2023 to 214 First Street in Langley. They are open Thursday through Monday from 11:00 am to 5:00 pm. Their phone number is 206-322-7455;

email: well@sugarpillseattle.com, website: sugarpillseattle.com



Walden Lane Gourmet in Langley

Another new shop has opened in Langley. Walden Lane Gourmet has been selling their product here on Whidbey for a long time and have finally opened their own shop. Their gourmet products are made right here on Whidbey Island. They will be selling locally sourced goods, international brands, and their own expansive line of balsamic, oils, spices, and salt blends. Their shop will inspire your next dinner party, picnic soirée, charcuterie spread, and more! They also have a unique selection of gifts for your foodie friend or family member. Their products are all-natural, non-GMO, and minimally processed foods, with ingredients you can pronounce. It is a 100% celiac friendly shopping experience.

The new shop is located at 115 Second St., #1616, in Langley. Hours: Monday through Friday from 8:00 am to 5 pm. Phone: 360-588-3233;

email: customerservice@waldenlanegourmet.com, website: <https://www.waldenlanegourmet.com/>

Cosmic Veggies in Oak Harbor

Jackielynn Larsen has opened a new restaurant in Oak Harbor as a haven for celiacs, vegans, those who are soy or lactose intolerant, and anyone who craves healthy and organic food. Cosmic Veggies is a franchise of the original restaurant in Anacortes. The restaurant is located in downtown Oak Harbor, next to Frazier's Hideaway, at 661 Southeast Fidalgo Avenue. The menu includes smoothies, salads, sandwiches, burgers, wraps, soups, snacks and juices. They are open Monday through Saturday from 8:00 am to 6:00 pm and Sunday from 10:00 am to 5:00 pm. Their phone number is 360-246-4940.

Website: cosmicveggies.com

email: hello@cosmicveggies.com

Whidbey Island Cider Festival

September 30 from 10:00 am to 5:00 pm

This event will take place at the Pacific Rim Institute located at 180 Parker Road in Coupeville. Celebrate the harvest season at Pacific Rim Institute at the Cider Festival, back for the first time since 2020! Enjoy cider tastings, live music, food, children's activities, prairie tours, and more at one of the last existing native prairies in the Pacific Northwest. For more information go to <https://pacificriminstitute.org/welcome.html>.

Wiener Wagon at Braeburn at the Barnyard

Lisa Carvey has opened a third business to go along with her Braeburn Restaurant in Langley and her Braeburn at the Barnyard food truck located at Penne Cove Brewing Company in Freeland. The Wiener Wagon offers a wide variety of hot dogs for both kids and gourmets. Toppings are homemade for the beef franks and bratwurst. Lisa also offers vegan plant-based hot dogs. She is the sole operator of the Wiener Wagon, which is open mid-afternoon on Fridays and Saturdays. Check the Braeburn Wiener Wagon Facebook page for the varying hours at <https://www.facebook.com/profile.php?id=100090946620592>.

New Issue of Whidbey Life Magazine

The new issue of *Whidbey Life Magazine* is now available at many local shops, including Payless. Among the many marvelous articles is "Mushroom Marvels" and "Handmade Pasta". Be sure to read the article about the caring community. There is a wonderful description of Good Cheer on Page 28. The pasta article is all about Aurora Echo who led a Slow Food Whidbey Island class on pasta-making a few weeks ago. Aurora's Wildly Beloved Pasta company is all the rage on Whidbey Island so the timing is perfect. Be sure to pick up a copy of the magazine and keep up on some of the businesses on Whidbey.



Editor Dianna McLeod says,

The latest issue contains articles on hand-crafted pasta, home-grown mushrooms, and the life cycle of wooden barrels used to age wine and distill spirits. Pick up Issue No. 18 at any of 30 retail venues on the island. (To subscribe, send a check for \$25 to: Whidbey Life Magazine, PO Box 284, Langley WA 98236.)

LOCALLY GROWN

By Lynn Wenzel

Lynn is on vacation for the next few months. Her articles will start again in October.

NOURISHMENT NUTRITION CORNER

By Rachel Joseph, RDN

Nourishment Nutrition LLC

racheljosephnutrition@gmail.com

Phone: 805-827-7505



Blackberry Nutrition & Recipe Ideas

By the time mid-August rolls around, the entire island starts smelling like a blackberry pie. These berries have an excellent nutritional profile – just a handful and you'll have added fiber, Vitamin C, Vitamin K, Manganese and antioxidants to your daily food routine. Blackberries contain both soluble and insoluble fiber, which can reduce cholesterol, improve constipation and help to regulate blood sugar levels. The Vitamin C helps ward off infections and sickness, the Vitamin K improves blood clotting and bone health and Manganese is involved in energy production in the body and protects cells from damage. Blackberries are full of anthocyanin, a polyphenol (antioxidant) found in red, purple and blue fruits and vegetables. This antioxidant helps the body fight stress, reduces overall inflammation, improves brain function and is protective against various forms of cancer.

The following are some fun ways you can use blackberries:

- add fresh ones to oatmeal, yogurt, ice cream, pancakes, baked goods (cobblers, crisps, scones, muffins, cakes, cheesecake), fruit salads or sparkling water/cocktails
- freeze them to later add to smoothies, milkshakes or baked goods
- make jam, syrup or a glaze with them
- simply enjoy them right off the bush

I hope you all enjoyed this abundant blackberry season as much as I did!

RECIPES

This month's recipe comes to us from Carol Orazem, one of our newest board of directors members. Carol brought this Guinness Chocolate Cake to our Events Committee meeting and people couldn't get enough of it! Carol told us that she got the original recipe from the *New York Times*, but then added her own touches to make it even better. She calls her version NYT Chocolate Guinness Cake meets panforte. Carol likes it without frosting, but admits it is good with it as well!

If you would like to see the original NYT recipe, go to <https://cooking.nytimes.com/recipes/1875-chocolate-guinness-cake>.



Chocolate Guinness Cake

Yield: One 9-inch cake or 12 servings

FOR THE CAKE

Butter, for the pan
1 cup Guinness stout
10 tablespoons (1 stick plus 2 tablespoons)
unsalted butter (see Tip)
 $\frac{3}{4}$ cup unsweetened cocoa
2 cups superfine sugar
 $\frac{3}{4}$ cup sour cream
2 large eggs
 $\frac{1}{2}$ cup applesauce
1 tablespoon vanilla extract
2 cups all-purpose flour
2- $\frac{1}{2}$ teaspoons baking soda
2 tablespoons cinnamon
2 teaspoons diced ginger
1- $\frac{1}{2}$ teaspoons black pepper
 $\frac{1}{2}$ teaspoon red pepper
Pinch of nutmeg



FOR THE TOPPING

1- $\frac{1}{4}$ cups confectioners' sugar
8 ounces cream cheese at room temperature
 $\frac{1}{2}$ cup heavy cream

PREPARATION

For the cake: Heat oven to 350 degrees. Butter a 10-inch round pan or two bread loaf pans and line with parchment paper. In a large saucepan, combine Guinness and butter. Place over medium-low heat until butter melts, then remove from heat. Add cocoa and superfine sugar, and whisk to blend.

In a small bowl, combine sour cream, eggs, applesauce, and vanilla; mix well. Add to Guinness mixture. Add flour, baking soda, cinnamon, ginger, black pepper, red pepper, and nutmeg, and whisk again until smooth. Pour into buttered pan, and bake until risen and firm, 45 minutes to one hour. Place pan on a wire rack and cool completely in pan. Remove cake from pan and place on a platter or cake stand. Ice top of cake only, so that it resembles a frothy pint of Guinness.

For the topping: Using a food processor or by hand, mix confectioners' sugar to break up lumps. Add cream cheese and blend until smooth. Add heavy cream, and mix until smooth and spreadable.

TIP: The original recipe for this cake in Nigella Lawson's cookbook "Feast: Food to Celebrate Life" (Hyperion, 2004) calls for 18 tablespoons (2 sticks plus 2 tablespoons) unsalted butter.

COMMENTS FROM OUR READERS

As always, what a great newsletter! Thanks for putting it together. I'm interested in the Preserve the Harvest class. I need to focus on myself instead of work all the time! That being said, as a member, will I receive an invitation to the members party? Again, time to get out and meet new people. Have a great week.

Geri Thomas

Note from Editor: All members will receive an invite to the Member Appreciation dinner in October. Can't wait to see you all there!

Karen Achabal is hiking northern Spain. She'll be back in November, so Cookbook Connection will be gone through that time. I do not know whether she intends to restart in November, or later. Jim Hicken

The pasta class was an excellent event. I especially enjoyed connecting with the attendees. I was surprised by how far some of them traveled to attend the class. Testament to effective outreach and growing awareness of Slow Food!

Karen Meyer

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