



KEYSTONE FOREST AND FARM PRESERVE

## FROM OUR PRESIDENT

Welcome to March and the onset of spring!

Thank you to our Slow Food Whidbey Island community for the positive feedback about our new website and newsletter. We're working hard to provide you with relevant and timely news.

We are excited to announce our Meet the Meadmaker event at Hierophant Meadery on April 13th. Please see below for details. And don't miss the WIGA Great Whidbey Seed Swap on March 24th (details below).

As always, thank you for your support!

**Karen Meyer**

Slow Food Whidbey Island Board President

*"At home,  
many times  
the best thing  
to do with a  
great  
ingredient is  
the simplest  
thing: not  
much."*

*~Alice Waters*

## SLOW FOOD HAPPENINGS

**Meet the Meadmaker | Hierophant Meadery | April 13, 2024 6:00 p.m. to 8:00 p.m.**

Slow Food Whidbey Island is excited to announce a "Meet the Meadmaker" event at Hierophant Meadery on Saturday, April 13th from 6:00-8:00 p.m. Located at Hierophant's production site and tasting room at 5586 Double Bluff Road, Freeland, WA 98249, the cost of attendance is \$15.00 for Slow Food members and \$20.00 for non-members. Attendees must be 21 years of age or older to attend. At the event, attendees will hear from Hierophant's mead maker Jeremy Kyncl, who will provide a tour of the production facility and will discuss how their mead is made and sourced. Using local honey, Hierophant Meadery produces a wide array of products, including its award-winning botanical meads. By relying on local ingredients, Hierophant supports the societal, economic, and environmental value of our Whidbey Island community. Directly following the tour, attendees will be invited to a tasting room experience, where mead tasting flights will be available for \$5.00 (half off the usual price) and where they can purchase a glass or bottle of mead and enjoy snacks prepared by Slow Food Whidbey Island. Hierophant's charming gift shop with



locally-sourced items will also be open, and attendees can purchase bottles of mead at 10% off the usual price.

Please join us for an evening to remember! Space is limited. Email Slow Food Whidbey Island at [info.sfw@gmail.com](mailto:info.sfw@gmail.com) to reserve a spot.

**Save the Date | Whole and Healthy Food Talk | Nutritional Therapy Practitioner (NTP) and Slow Food Volunteer, Bethany Rodriguez | May 5, 2024**

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## **FORWARD THINKING** A Message from Slow Food Whidbey Island

Slow Food Whidbey Island is a team in transition. With many new faces on our board of directors and eager members coming forward to volunteer, 2024 will be full of creative ways we can continue to support our community.

As an organization, our mission is to promote clean, fair, and healthy food for all. With this in mind, we are setting goals for this year that will further our mission and our impact on Whidbey Island. We've identified the following priorities for 2024:

- **Small Farm Support:** Whidbey Island is an agricultural community, where food is a generational calling. Many producers can trace their roots back decades—feeding the island they call home. There is a commitment here to sustainably supporting island inhabitants, ensuring that food nourishes and connects. To support these efforts, Slow Food Whidbey Island is working to create a micro-grants program to identify the needs of small farms, enabling them to continue to provide seasonal, local, fresh, and wholesome food.
- **Farm-to-School Program:** Fostering a connection and ensuring access to nutritious food are essential for our island youth. Working with our local farm-to-school program administrators, we will help identify schools' needs and provide funding to create gardens, harvest, and sell produce that puts fresh and local food on tables.
- **Volunteer Network:** We can't accomplish all of this without the support of our volunteer network. As we work to grow our priorities, we will support volunteer opportunities that connect people with areas of need on this island, primarily focused on food insecurity. Whether it's organizing a volunteer service event at a food donation center or assisting with weeding on a local farm, volunteer events will work to connect our network with areas of need within our Whidbey Island community.

Slow Food Whidbey Island relies on your contributions and volunteer assistance for all we do. With your help, we hope to deliver on these efforts through a targeted and results-oriented approach to our priorities. We'd love to hear from you as we embark on these areas of focus. Please email us at [info.sfw@gmail.com](mailto:info.sfw@gmail.com).

As always, we hope that you'll join us as we work within our community—either as a volunteer at the events we promote and support, or on our team. Become a member this year and show your support for the Slow Food mission. To become a member, visit [slowfoodusa.org](http://slowfoodusa.org) and indicate WA-Whidbey as the chapter you wish to join.

Thank you for supporting Slow Food Whidbey Island!

## FROM THE KITCHEN | Shared by SFWI Member Laurie Holmes

### *Ginger Coconut Turkey Soup*



A healthy and delicious addition to your collection of recipes. You'll love this easy-to-make soup!

Recipe from Nourishing Meals

For this recipe and more, visit [slowfoodwhidbeyisland.org/recipes](https://slowfoodwhidbeyisland.org/recipes)

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## AROUND WHIDBEY



### Volunteer Opportunity at Keystone Farm and Forest Preserve! 9 a.m. to 11 a.m. on Fridays

Join Judy from 9 a.m. to 11 a.m. on Fridays and become a part of a community care team which focuses on stewardship of the agricultural infrastructure and acreage at this stunning site. To RSVP, email [judy@organicfarmschool.org](mailto:judy@organicfarmschool.org).



### Educational "Farmer's Shadow" Food Growing Series March 5, 7:30 to 8:30 p.m.

Join Anza Muenchow in a discussion about soil preparation for the spring garden, which crops to start early and which ones can wait until it warms up. We will include some discussion of how to extend the season considering the temperature and the day length. If you are not on the distribution list and would like to receive the Zoom link, please contact Anza at [education@southwhidbeytilth.org](mailto:education@southwhidbeytilth.org).



### Organic Farm School Accepting Applications for Summer Blocks!

Take the next step on your journey to becoming a successful farmer! Apply today at [organicfarmschool.org/apply](https://organicfarmschool.org/apply).

## AROUND WHIDBEY *continued...*



### The Great Whidbey Seed Swap

**March 24, 11 a.m. to 3 p.m. | Greenbank Farm**

Share seeds, learn, and repair your gear! Featuring educational booths to help with your garden questions and family friendly activities from: Heavy Nettle Collective seed bomb and games station, Black Girl Country Living breathwork and meditation sessions, Black Seed Farm, Good Cheer, WIC Farmers Market Nutrition Program, WSU Extension, Whidbey Island School Gardens, WICD, and more! To learn more and to RSVP, visit [www.whidbeycd.org/events.html](http://www.whidbeycd.org/events.html).

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## CONNECT WITH US



### Become a Member

Visit [slowfoodusa.org](http://slowfoodusa.org)  
(indicate WA-Whidbey Island chapter)



### Become a Volunteer

Email [info.sfw@gmail.com](mailto:info.sfw@gmail.com)



### Donate

Mail check to:  
Slow Food Whidbey Island  
P.O. Box 1545, Freeland, WA 98249

### Visit Slow Food Whidbey Island



[slowfoodwhidbeyisland.org](http://slowfoodwhidbeyisland.org)



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