



KEYSTONE FOREST AND FARM PRESERVE

## FROM OUR PRESIDENT

We are mourning the loss of a good friend and long-time Slow Food Whidbey Island board member, Bob Boehm. Bob passed away in March, leaving behind a legacy of support and caring throughout the island. Please see below for a heartfelt tribute to Bob, written by former board president, Merv Floyd.

As we navigate our way here at SFWI, we will always strive to attain the level of compassionate service Bob exhibited throughout his life.

Smooth sailing, Bob. We miss you.

**Karen Meyer**

Slow Food Whidbey Island Board President

*“We make a living by what we get.”*

*We make a life by what we give.”*

*~ Winston Churchill*

## REMEMBERING BOB BOEHM

**Merv Floyd, former SFWI Board President**

We are sad to relate that SFWI has lost a long serving member, Bob Boehm, who passed in March.

Bob played a key role on the Board of Directors of SFWI, primarily as Treasurer, but in his typical manner he always went “above and beyond” in many ways by such things as offering his experience in recruiting key personnel, organizing appropriate insurance coverage and actively participating in event organization.

He was particularly noted for his generosity in creating handmade wooden articles for prizes or auction events, always raising the bar at least one step farther than anyone expected.



## REMEMBERING BOB BOEHM **continued . . .**

Using his past professional experience together with his extensive knowledge from involvement with non-profit organizations, he was always there to provide a calm word or steadying hand in dealing with difficult situations.

The board will also miss his greatly appreciated piscatorial contributions to the communal potlucks accompanying each meeting.

In all things he was aided and abetted by Penny Harger, to whom we offer our sincere condolences and our grateful thanks for agreeing to remain a part of the Slow Food family as board Secretary.

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## SLOW FOOD HAPPENINGS

**Nutritional Therapy: Establishing a Resilient Microbiome Through Food Diversity and More | Bethany Rodriguez, Nutritional Therapy Practitioner (NTP) | May 5, 2024  
2:00 p.m. to 3:30 p.m. | Bayview Cash Store**

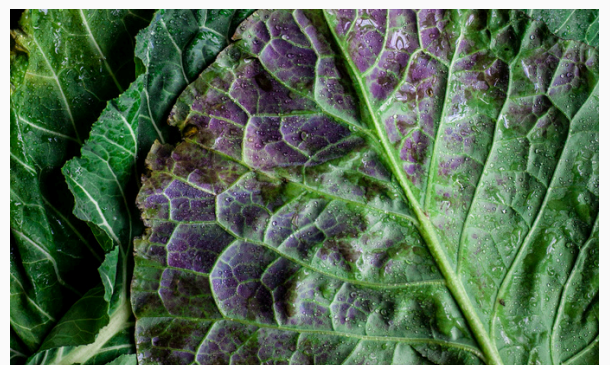
Nutritional Therapy is like regenerative farming for the body. Please join Bethany Rodriguez, Nutritional Therapy Practitioner (NTP), for a discussion about some of the core foundations of nutritional therapy and how to view our bodies as a system like any other that can regenerate and thrive using the right tools and greater awareness. Bethany will emphasize understanding and improving the gut microbiome and how food diversity and soil health play a key role in improving this system.

There is no fee to attend this event, however, a donation to Slow Food Whidbey Island will help us continue our mission to promote good, clean and fair food for all! Space will be limited. Please email us at [info.sfwi@gmail.com](mailto:info.sfwi@gmail.com) to reserve a spot.



**Gardening Through the Winter: Growing Food and Caring for Your Garden During the Cold Months | Organic Farm School Graduate and Field Assistant, Kevin Holton  
June 8, 2024 | 2:00 p.m. to 4:00 p.m. | Organic Farm School**

Please join us for a talk with Kevin Holton to learn how to grow fresh produce through the winter with minimal infrastructure. Kevin will discuss what plants are suitable to grow and how to plan ahead so you're able to have abundance in the winter, keeping in mind that winter gardening starts in the summer. This talk will also cover proper techniques for putting your garden to sleep for the winter with cover crops and more.



## SLOW FOOD HAPPENINGS **continued . . .**

If you have ever wondered how to extend your growing season or keep your garden soil happy through the winter months, this event is for you!

The cost for this event is \$15 for members, \$20 for non-members. If you would like to attend, please email us at [info.sfw@gmail.com](mailto:info.sfw@gmail.com).

**Save the Date | An Event for the Kids! | Soil to Belly: Harvesting and Eating Straight From the Field | Organic Farm School Graduate and Field Assistant, Kevin Holton  
August 17, 2024**

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### LOCALLY GROWN **By Allyson Meyer**

#### *A conversation with Maria Converse, Lunar Crest Farm*

After a 25-year aviation career, which included work at Boeing and as a hospital helicopter pilot, Maria Converse has found a new calling—chickens. Among the pastoral acreage of the Organic Farm School, Maria has devoted a new chapter in her life journey to the more than 100 practically flightless hens and one strikingly beautiful rooster that call the Maxwellton Valley location home. It's a reverence for the birds that drew Maria to this career path as the founder and operator of Lunar Crest Farm, an organically raised pastured chicken egg business.



A 2020 graduate of the Organic Farm School, Maria found her way back to Whidbey Island in 2023 and launched her business on the Organic Farm School property. She sells eggs through the school's farm stand as well as through the Whidbey Island Grown Cooperative.

Her interest in chickens began at an early age and has only grown with her business endeavors. "When they're babies, the cute factor is off the scale," she says. "But all of the cutesy stuff aside, here's this livestock that could not be more useful and more economical. When you look at the food, space, and protein ratio of this animal, you can't beat it."

In October 2023, the chickens arrived at only a few days old—the little balls of feathers taking up residence in heated structures until it was safe for them to be out in the open. Today they roam within electrified gated farm fields, eating weeds, grubs, and adding much needed soil nutrients through manure. A watchful rooster Maria saved from the soup pot keeps an eye on the flock, alerting them to predators and ensuring the hens make it into the coop in the evening.

## LOCALLY GROWN **continued . . .**

For Maria, watching these “domesticated dinosaurs” at work is awe-inspiring, and she loves knowing her work is feeding her community—an essential service when considering the rural nature of life on Whidbey Island.

“The pandemic was a really good eye opener to people who walked into grocery stores and saw empty meat aisles, empty food aisles,” she says. “It’s amazing. I had no idea how deeply satisfying it would be [to feed the community], to know that gives you a real sense of purpose.”

It is a sense of purpose that has been made possible through the support of the farm school, which has given her the resources to learn and the space to figure out what would be a satisfying career path for her. It’s a win-win for both, says Maria, who sees the value her chickens can provide the school and the value that comes from a collaboration with this regenerative learning center.

As Maria looks ahead, her focus is on her flock and the ways her chickens can benefit the food ecosystem on the island. Never one for a desk job, she is ready for this new path as a chicken egg farmer.

“You have to suit up. It doesn’t matter if it’s winter or summer,” she says. “And I have this wonderful and inspiring environment to make this happen.”

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## GIVING THANKS **Meet the Meadmaker**

### *An evening to remember at Hierophant Meadery*

It was a sunny and warm evening in April and we had a spectacular Slow Food Whidbey Island party! Hosted by Hierophant’s extremely generous owners, we enjoyed a tour of the mead production area and surrounding grounds, and then settled in for mead tasting, with paired cheeses provided by Biercuterie. For many, trying mead was a first-time experience, and it was a joy to watch the scientific and exacting approach to determining a favorite. As expected, they were all favorites!



Slow Food Whidbey Island thanks Hierophant’s Jeremy and Michelle, Sarah at Biercuterie, and most of all, our SFWI community for supporting this event. Your contributions enable us to support local farms, farm-to-school programs, and those in need.

## FROM THE KITCHEN **Shared by Karen Meyer**

### *Crustless Quiche*



A healthy, filling and protein-packed addition to your meal planning.

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

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## AROUND WHIDBEY



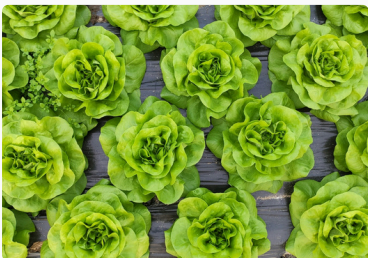
### **Volunteer Opportunity at Keystone Farm and Forest Preserve! 9:00 a.m. to 11:00 a.m. on Fridays**

Join Judy from 9:00 a.m. to 11:00 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).



### **Wild Harvest: A Spring Greens Foraging Adventure May 7, 12:00 p.m. to 2:00 p.m. | Whidbey Institute**

Join Langley Library staff member Karen Achabal for a short trail hike at the Whidbey Institute to ID and learn about edible plants, followed by a gathering to taste a salad composed of wild greens while enjoying a refreshing drink crafted from foraged flora. To learn more, visit <https://sno-isle.bibliocommons.com/events/65c6b277db82ef1325eb1472>.



### **Educational “Farmer’s Shadow” Food Growing Series May 7, 7:30 p.m.**

Join Anza Muenchow in a discussion about transplanting out all of the favorite summer veggies, like tomatoes, peppers, eggplant, summer and winter squashes. We will discuss favorite varieties and the special care for the plants to get the best harvests. As always, time will be available for questions and other discussions. 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).



### **All About Legumes: Good for You and Good for the Soil May 10, 3:00 p.m. | Tilth Farm Stand**

Join Anza Muenchow to discuss the best growing, harvesting and food preparation for all the peas and beans that are so easy to grow in our climate.

# AROUND WHIDBEY *continued . . .*



## Food for Thought Online Book Group May 16, 7:00 p.m. to 9:00 p.m. | Online Event

Join us for a discussion of Viet Thanh Nguyen's collection of short stories, The Refugees. We will also discuss and have a virtual tasting of recipes from The Red Boat Fish Sauce Cookbook, by Cuong Pham. To learn more, visit <https://sno-isle.bibliocommons.com/events/65f63c93bc24f236000a5852>.



## Wildly Beloved Foods Pasta Workshops

Wildly Beloved Foods offers a series of pasta workshops at their marketplace located at 6348 Frost Avenue, Clinton, WA 98236. For a list of workshop dates, times and other details, go to [wildlybelovedfoods.com](http://wildlybelovedfoods.com) and click on Workshops.

### A REGENERATIVE LEARNING CENTER GROWING FARMERS, FOOD, AND COMMUNITY



# SUMMER BLOCKS

Summer Blocks are one month in length and run from May through September (5 months to choose from). They are designed to be helpful to those who are in the early stages of considering farming as a profession, those who have done significant online or classroom learning and find they want additional field experience, or those who simply seek to better understand how vegetables go from seed to table.

## JUMP INTO FARMING

### Program Details...

Participants will learn the overall workflow of a community-scaled annual vegetable production farm. Learning how to propagate, transplant, weed, irrigate, and harvest crops, as well as manage livestock. Summer Block cost is \$750/month. Participants can apply for a single month, or a series of months.

### Next Steps...

The Core Program is an 8 1/2 month residential intensive farmer training program. Program includes equipment training, basic crop science, crop planning, pasture raised poultry management, soil development, incorporation of research into farm planning, seed production and processing, community development, marketing training, business planning and MORE!



**APPLY TODAY!** To learn more about our programming visit us at [organicfarmschool.org](http://organicfarmschool.org) or scan the QR code to be linked directly to our website.

Email inquiries to [judy@organicfarmschool.org](mailto:judy@organicfarmschool.org)



# CONNECT WITH US



## Become a Member

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



## Become a Volunteer

Email [info.sfwi@gmail.com](mailto:info.sfwi@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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