



KEYSTONE FOREST AND FARM PRESERVE

FROM OUR PRESIDENT

In October, we look forward to the season of giving. This year, I encourage you to do what you can to help provide food for those in need on Whidbey Island. Now is the time to plan for Thanksgiving volunteering opportunities. Please see below to learn about the Mobile Turkey Unit and how you can help.

Also, please consider becoming a Slow Food Whidbey Island member or donating to support our Farm Funding and Farm-to-School programs. Help enable us to help our local farmers and schools!

As always, thank you Slow Food Whidbey Island community!

Karen Meyer

Slow Food Whidbey Island Board President

“This is the power of gathering: it inspires us, delightfully, to be more hopeful, more joyful, more thoughtful: in a word, more alive.”

~ Alice Waters

SLOW FOOD HAPPENINGS

Fall Festival and Cider Press | Saturday October 19 | 11:00 a.m. - 2:00 p.m. | South Whidbey Community Center Lower Field

Join us for the annual Fall Festival and Cider Press for a day of festive activities, music, and a celebration of the island’s agricultural roots. Bring the family, help with the apple chopping and pressing, and take home some freshly pressed cider!

Slow Food Whidbey Island board members and volunteers will be there - helping with the prep and pressing of the apples. Join us at our table for a chance to win a Slow Food *The Ark of Taste* book and Slow Food Whidbey Island apron! First 10 SFWI members will receive a mason jar for taking home some freshly pressed cider! This fun community event is our 2024 Annual Member Meeting, so plan to come by, say hey, and enter the drawing for the book and apron.

FORWARD THINKING

Mobile Turkey Unit

For more than two decades, the Mobile Turkey Unit has been providing free, home-delivered Thanksgiving meals for people on South and Central Whidbey. Founded in 1999, the nonprofit serves around 700 meals each year to individuals and families on the island, working with numerous volunteers and community partners to make this all possible.



"We continue to be inspired in this work by our founder Tom Arhontas, a beloved school bus driver who in 1999 responded to the needs he saw on South Whidbey," said Dave and Helen Johnson, co-presidents of the nonprofit. "He partnered with friends, family and co-workers to cook and deliver Thanksgiving meals, first from the School District's Bus Barn Kitchen, the American Legion, and then the Eagle's Aerie. We've moved our operations and expanded our reach from about 200 meals back then to providing 700 meals last year. Though he passed away in 2008, we honor his legacy by carrying on this tradition."

The food is prepared each year in the kitchens at St. Hubert Catholic Church and Langley United Methodist Church. The meals are then packaged at the South Whidbey Elementary School – South Campus. For those interested in becoming involved, volunteer sign up begins on October 1. To learn more about the Mobile Turkey Unit and to find out how you can help, visit <https://mobileturkeyunit.com/>

GIVING THANKS

An Island Tour

We were honored to be invited by the Whidbey Island Grown Cooperative (WIGC) to participate in the WSDA Infrastructure Grant Project Tour. What started as a cool, foggy morning blossomed into a sunny and inspiring day! Starting at Silva Farm in Oak Harbor, we walked the blueberry fields and learned about the Silva family plans for future expansion.



We then made our way to Ebey Road Farm where we toured the WIGC North End Aggregation Site and Storage Facility. After seeing the farm's beautiful new wheat milling facility, we were treated to lunch in the garden with pizza from Goldie's Pizzeria in Coupeville - made with Ebey Road Farm wheat of course!

GIVING THANKS **continued...**

Trekking down the island, we toured the Lesedi Farm commercial kitchen and met the hard-working and innovative mother-daughter team producing delicious products. Our next stop was Black Seed Farm, where we learned the history and goals for the organization and were inspired by their mission. We then made our way to Glendale Shepherds and saw the kitchen where they make their delicious cheese! Our tour wrapped up with a visit with the very loud and active sheep! A beautiful place contributing so much to our community.

Finally, we stopped at the WIGC Warehouse and Storage Facility in Langley for a tour and a lovely tasting and mixer, enjoying many of the local and delicious products provided by Whidbey Island farmers, and other community members, sold through the WIGC Food Hub.

Thank you to the WICG for letting us tag along! We enjoyed every minute and appreciated the opportunity to meet the representatives from the WSDA Infrastructure Grant Project program.

AROUND WHIDBEY



Educational “Farmer’s Shadow” Food Growing Series October 1, 2024, 7:00 p.m.

Join Anza Muenchow for a discussion about planting garlic as well as answering any questions folks have about growing here on Whidbey. As always, time will be available for questions and individual concerns. If you are not on the distribution list and would like to receive the Zoom link, please contact Anza at education@southwhidbeytilth.org.



Organic Farm School (OFS)

The OFS is starting to interview candidates for the 2025 training class. Please share the website with friends and family across the country!

<https://www.organicfarmschool.org/>

Join us for a conversation about the film “Food & Country” at the OFS Feed & Seed on **Wednesday, October 2, 5:30 p.m. - 7:00 p.m.**

Go to the following link to find out more about the OFS chicken processing workshop on **Wednesday, October 9, 2:00 p.m. - 5:30 p.m.**

<https://www.organicfarmschool.org/events/chicken-processing-workshop-7bb5d>

AROUND WHIDBEY *continued. . .*



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 and click on Workshops.

CONNECT WITH US



Become a Member

Visit slowfoodusa.org
(indicate WA-Whidbey Island chapter)



Become a Volunteer

Email 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



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