



KEYSTONE FOREST AND FARM PRESERVE

## FROM OUR PRESIDENT

Greetings Slow Food Whidbey Island community. As we embrace winter, we make a warming trek into the woods. See below for information about an upcoming tour at Mukilteo Coffee Roasters.

We are also focused on our farm and farm-to-school funding programs. If you would like to volunteer your time to help us with these efforts, or make a donation to these programs, please email us at [info.sfwi@gmail.com](mailto:info.sfwi@gmail.com).

During these winter months, please remember to support our local food growers, restaurants and craft beverage providers. They need your help during these quieter months!

Thank you!

**Karen Meyer**

Slow Food Whidbey Island Board President

*“I am an  
optimist of  
the first  
order.”*

*~ Alice  
Waters*

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## SLOW FOOD HAPPENINGS

**Mukilteo Coffee Roasters Tour | Tuesday, February 25, 2025 10:00 a.m.  
3228 Lake Leo Way, Langley**

Join us for a tour of the coffee roasting facility followed by a tasting of a few selections of brewed coffee and small pastries from Coffee At Dawn, the café in the woods next door to Mukilteo Coffee Roasters. A great way to start a cold winter's day! There is no charge for this event. If you would like to attend, email us at [info.sfwi@gmail.com](mailto:info.sfwi@gmail.com). Space is limited.



# LOCALLY GROWN

## Our Agricultural Future – It's Up to All of Us

In our November 2024 newsletter, we talked about ARCIC – the Agricultural Resources Committee for Island County. The committee aims to advocate, educate, and build connections to support local farmers, ranchers, food processors and other agricultural entities in Island County. The ARCIC vision is to create a vibrant, resilient, and economically sustainable food system and agricultural community in our county.



On December 5, 2024, ARCIC hosted and facilitated a Farmers Town Hall to review recommendations that will be made to Island County to include updates to the Land Use and Natural Resources Elements of the 2016 Comprehensive Plan. The evening opened with an opportunity to socialize and enjoy delicious food prepared with locally grown and raised ingredients by Whidbey Provisions.

More than 35 farmers from all over Island County then broke into small groups to review and prioritize the ARCIC recommendations. They also discussed both the challenges and opportunities of farming in our county.

These recommendations were developed with the assistance of the American Farmland Trust (AFT). A team of farmers — Danielle Bishop (Ebey Road Farm), Mona Campbell (Kristoferson Farm), Annie Jespersen (Deep Harvest Farm), and Jake Stewart (Sweetwater Farm) worked with the AFT to formalize a draft of 13 recommendations.

On February 5, 2025, Danielle and Annie will be presenting the recommendations on behalf of ARCIC to the Island County Planning Commission. They will also advocate for them to be included in the Comprehensive Plan.

Both the Planning Commission and the Planning Department are tasked with overseeing the Comprehensive Planning process, making recommendations to the County Commissioners, and drafting the new elements for final adoption. You can join the February 5th Commission meeting in person or remotely. Go to <https://www.islandcountywa.gov/Calendar.aspx?EID=1788> for more information.

ARCIC will share more specifics during the next public phase of the process. In the meantime, please feel free to provide public comment and input on the important role farming plays in our community! If you have questions, please contact Marian Myszkowski at [marian@goosefoot.org](mailto:marian@goosefoot.org).



# AROUND WHIDBEY



## Organic Farm School

There's a lot going on at the Organic Farm School! Please visit their website at [organicfarmschool.org](http://organicfarmschool.org) to learn more.

### The Whole Systems Kitchen Series

Join nutritional therapists, Jenny Goff and Bethany-Lynn Rodriguez, every third Thursday of the month from 4:00 p.m. to 6:00 p.m. for an exploration of what it takes to grow, prepare, and benefit from food.

### Dishing Up The Dirt

Join Kelsi and Robin from the Conservation District and Natural Resources Conservation Service on February 13, 5:30 p.m. to 7:00 p.m. They will be sharing information about their program opportunities that will be of special interest to farmers.

### Volunteering

Explore volunteer opportunities in the OFS Kitchen Garden and Keystone. Email Judy at [judy@organicfarmschool.org](mailto:judy@organicfarmschool.org) for more information.



## Educational "Farmer's Shadow" Food Growing Series

**February 4, 7:00 p.m. to 8:30 p.m.**

Join Anza Muenchow in a discussion about growing alliums like onions, shallots and leeks. It will be an opportunity to share information on seed starting setups and how to get the growing year off to a good start. 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).



## The Second Annual Great Whidbey Seed Swap

**February 16, 11:00 a.m. to 4:00 p.m., Camp Casey Conference Center**

Join the Whidbey Island Growers Association and Heavy Nettle Collective for a day of exchanging seeds and tips, wellness practice, classes, hands on & kids activities, repair, fiber arts, food, and more! Information booths, classes, and family friendly activities will help you learn more about growing your own food, sustainable living, and how to connect with our local food system on Whidbey Island. Folks will be able to lay out their seeds on a communal table to share, and get to know their community by discussing what they have brought! Seeds will run the gamut from extras people purchased commercially to those they collected and saved from their own gardens. You'll have the opportunity to speak to each grower about what worked for them and what didn't, and learn together! Since we are all local growers, typically seeds will be well adapted for our climate and soils. This event is family-friendly and designed for everyone from first time gardeners, folks looking to swap and repair items, to professional growers. Last year's event drew over 300 participants. There is no fee to attend this event and bringing seeds is not required.

For more information, visit [whidbeycd.org/events](http://whidbeycd.org/events).

**HEARTS  HAMMERS**  
NEIGHBORS HELPING NEIGHBORS ON WHIDBEY ISLAND SINCE 1994

## South Whidbey Hearts & Hammers Spaghetti Dinner

**February 14, Langley United Methodist Church**

It's time to start planning for the annual South Whidbey Hearts & Hammers Spaghetti Dinner on February 14, which means they're looking for volunteers! They need folks to help prep and organize in the kitchen the day of the dinner, help serve and clean up. Like to bake? They need desserts! Like to socialize? They'll need servers out front! If you're interested, please send an email to [Dyanne@Whidbey.com](mailto:Dyanne@Whidbey.com) with "Spaghetti Dinner Volunteer" in the subject line.



### WILDLY BELOVED FOODS

## 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.

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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.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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