



KEYSTONE FOREST AND FARM PRESERVE

FROM OUR PRESIDENT

Spring is almost here! New beginnings, and hope for the future. Here at Slow Food Whidbey Island, we are continuing our focus on doing good things for our community and supporting local farmers, ranchers, food processors and other agricultural entities. And let's not forget our local restaurants and craft beverage producers!

Thank you!

Karen Meyer

Slow Food Whidbey Island Board President

“You buy what’s in the market, you eat what’s locally in season, you share it with family and friends, and you take care of the land.”

~ Alice Waters

GIVING THANKS

We were ready for an educational and inspiring tour at Mukilteo Coffee Roasters, but the weather had other plans for us! With power out at the facility the night before the event, we made the decision to cancel. We are planning to reschedule and will be reaching out with a new date. Our thanks to Beth at Mukilteo Coffee Roasters and Dawn and her Coffee At Dawn team for helping us prepare

for this event. Please remember to visit both Beth when you are replenishing your coffee supply, and Dawn when you're looking for a warm and thoughtfully prepared breakfast in her delightful location on Lake Leo Way in Langley (next door to Mukilteo Coffee Roasters). Our thanks as well to all who signed up to attend. We appreciate your support of our community and your continuing awareness of what we do at Slow Food Whidbey Island.



FROM THE KITCHEN

Shared by Karen Meyer

Seems like a really good time to indulge in some comfort food! A friend gave me this recipe many years ago. Quick and easy, and so very delicious for dessert, breakfast or teatime, or even with a lovely red wine for absolutely no reason at all! Can be fancied up with a drizzle of fruit puree. Enjoy!

French Yogurt Cake

- 1½ cups flour
- 1½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 cup Greek yogurt
- ¾ cup sugar
- 1/3 cup olive oil
- 2 eggs
- 1 teaspoon vanilla



Prepare 9-inch round cake pan with butter and flour. In a medium bowl, sift all dry ingredients together, twice. In large bowl, whisk together yogurt and sugar for 45 seconds. Add oil and whisk until combined. Whisk in one egg at a time. Whisk in the vanilla. Preheat oven to 350 degrees. Add dry mixture to wet until just combined. Do not over mix. Pour mixture into prepared pan and bake at 350 degrees for 30 to 35 minutes, rotating halfway through baking time. Cool for 15 minutes and transfer to cooling rack.

AROUND WHIDBEY



Organic Farm School

Visit the Organic Farm School website—organicfarmschool.org—to find out more about what's happening on the farm!



Educational “Farmer’s Shadow” Food Growing Series

March 4, 7:00 p.m.

Join Anza Muenchow in a discussion about spring planting. Get your garden maps ready and be prepared to talk about timing for the early season crop growing. 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@southwhidbeyilth.org.

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(indicate WA-Whidbey Island chapter)



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