



## Small Bites

By Donna L. Zuba, Convivium Leader

Greetings SFSEWA...in the past two newsletters I have highlighted areas of interest to Slow Food USA. The final area of interest I would like our chapter to consider is US ARK OF TASTE. The US Ark of Taste is a catalog of over 200 delicious foods in danger of extinction. By promoting and eating Ark products we help ensure they remain in production and on our plates. I would like to see our chapter get involved with ARK so please read the list below and let me know if there is something you are interested in organizing. I think hosting an ARK potluck would be great. It would certainly be challenging! Once you've read the information below you can find out more about the Ark Project at [http://www.slowfoodusa.org/index.php/programs/details/ark\\_of\\_taste/](http://www.slowfoodusa.org/index.php/programs/details/ark_of_taste/). Then contact me at [zubsin@charter.net](mailto:zubsin@charter.net) and let's get an Ark project for SFSEWA going!



Eat Slow....Donna

### Describing and Promoting Forgotten Flavors

The Ark is an international catalog of foods that are threatened by industrial standardization, the regulations of large-scale distribution and environmental damage. In an effort to cultivate consumer demand—key to agricultural conservation—only the best tasting endangered foods make it onto the Ark.

Since 1996, more than 800 products from over 50 countries have been added to the [International Ark of Taste](#). The US Ark of Taste profiles over 200 rare regional foods, and is a tool that helps farmers, ranchers, fishers, chefs, retail grocers, educators and consumers celebrate our country's diverse biological, cultural and culinary heritage.

Get Involved and Learn More. Many foods fall out of favor because they do not fit into our industrial food production system.

Although the foods may still be produced on a small scale, their flavors, fragrances and textures slip into obscurity. Through action we can help preserve these foods.

Here are several ways to get involved:

**Encourage** a local chef or restaurant to use heirloom or

heritage foods

**Grow** heirloom fruits and vegetables in your garden

**Host** a dinner or picnic featuring regional foods that deserve a long-term place on our plate

**Organize** a field trip to seek out the rare foods in your area

**Start** a recovery project for an endangered food or food production method

**Become** a seed saver or fruit explorer and organize seasonal events to exchange varieties with others in your community

**Nominate** a food deserving attention from your region to the Ark of Taste.

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### Mission-Slow Food USA

- Food is a common language and a universal right.
- Slow Food USA envisions a world in which all people can eat food that is good for them, good for the people who grow it, and good for the planet.
- In essence, food is that good, clean and fair.

# SFSEWA Website - Keep it Useful!

*By John Ittner*

The website is slowly becoming more useful, and fairly well used, if the hit statistics can be trusted. The Events and Recipes pages garner the most visits. Members occasionally ask how to get info posted. Here's how:

For general questions about SlowFoodSEWashington.org, contact the webmaster at [webmaster@slowfoodsewashington.org](mailto:webmaster@slowfoodsewashington.org).

For general questions about the organization, contact our leader at [info@slowfoodsewashington.org](mailto:info@slowfoodsewashington.org).

To get a recipe posted, send it to [Recipes@slowfoodsewashington.org](mailto:Recipes@slowfoodsewashington.org).

Send contact, location, and a brief description of what a local slow food producer, market, or restaurant offers to [Producers@slowfoodsewashington.org](mailto:Producers@slowfoodsewashington.org).

Merritt strives to make the newsletter as useful as she can. To do so, she needs good articles for our quarterly, the Gastropod. Send your slow food words to her at [Gastropod@slowfoodsewashington.org](mailto:Gastropod@slowfoodsewashington.org).

If you have not visited the website lately, check it out. The recipe count is up to 12, and we have listed ten restaurants, ten markets, and 17 producers that

meet slow food criteria. The Resource section has links to interesting information and to our neighbor SF convivia. Possibly the best feature of the website is the embedded search engine. Want to know which recipes will help you use up that pile of garlic, just enter "garlic" in the search box. You may even find out where to get more.

Members have requested the ability to have discussions with each other, so we also have the SFSEWA Forum. Each individual email address that we have on file has been sent a userID and temporary password. If a couple has been given only a single ID and password, it is because we need a unique email address for each member who wants to participate in the Forum.

As for participation, the Forum is useless unless it is actually used. There are several Categories and Boards to choose from, including the usual General Discussion; don't overuse that one. More will be added based on the subject matters added by Forum members. You can set up your Forum Profile to send you an email every time a new message or reply pops up on a subject you want to keep up with. (Click on "Profile," then "Notifications and Email.") The Forum is also a good place to try out a new recipe and get comments from those who have used it before Becky posts it on the website for posterity.

## Member Musings

*By Eric Degerman*

Winnie Alberg of Diamond A Cattle Company in Kittitas is willing to sell our group the meat from five to ten yearling cattle.

Each purchase would be for a side of beef (that's half of the animal) and would range from 150 pounds to 200 pounds. The price would be for \$3.50 per pound. The heritage of these yearlings is a mix of Angus, Corriente and Texas Longhorn. The herd is free range and grass fed.

An Ellensburg butcher whom Winnie works with will process the meat into various cuts, including steaks, roasts and hamburger.

The beef would be available between late September through early November. Winnie even has offered to deliver the beef to the Tri-Cities. These animals would come from her large herd in the Kittitas Valley, and this would mark the first time that Winnie's family has dispersed of a small number in this manner so this is a trial for them, too. We need to let Winnie know by **August 25** how many head we will purchase. I have known Winnie and her husband

for several years because they are famous in the Northwest wine industry for their ownership and management of Stillwater Creek Vineyard in Royal City. Here are two links to their salmon-safe, environmentally acclaimed operation in the Frenchman Hills.

<http://www.stillwatercreekvineyard.com/>  
<http://community.winepressnw.com/node/502>

Meanwhile, I've found some interesting links related to this:

Here is the posting on GetRichSlowly.org, dated 2006, on the advantages and disadvantages of buying a beef in bulk. The author's stated net cost (again, this was in 2006 ) was \$3.61 per pound, so we'd be getting a nice price.

<http://www.getrichslowly.org/blog/2006/12/13/how-to-buy-a-side-of-beef/>

And this Oklahoma State University site lists virtually every breed for cattle so you can get a feel for the history and heritage of the breeds that make up this herd in Kittitas. (You can also read up on the Belted Galloway breed that our members Stephanie and Jamie are working with at Greene Hills Farm. Ironically, I believe I saw what were a couple of Belted Galloways in a pasture in the Nile Valley along Highway 410.)

<http://www.ansi.okstate.edu/breeds/cattle/>

In closing, I see many benefits to this offer by Winnie, which include supporting a regional producer, livestock that's treated with respect and the opportunity to purchase quality product in bulk.

Please contact me at [eric\\_degerman@hotmail.com](mailto:eric_degerman@hotmail.com) to RSVP.



*Green Peppers at Heavenly Hills Harvest Farm*

## Locavore Cooking Class a Treat!

*By Judy Johannesen*

Picazo 7Seventeen chef Frank Magaña treated eight happy Slow Food SE WA members to a delightful midday meal made from (mostly) local ingredients. Delightful food made from fresh local ingredients was accompanied by 2006 Desert Wind Reisling and Merlot.

We started with gazpacho made from heirloom tomatoes, onion, cucumbers, fresh mint, tarragon, and basil, garlic, popped with verjus, juice from the thinning of Klipsun vines (<http://www.klipsun.com/verjus.htm>). Frank poured us some versun to taste, and I think I like versun as a drink as well as I like wine.

He followed with a plate of mussels and clams steamed in a pot of onions, garlic, and fennel sauted in grapeseed oil and then balanced with sauvignon. Fabulous! The tender flavors of the seafood were complimented by the fennel.

Frank then tossed some red romaine with onion, scored cucumber, heirloom tomatoes, calamata olives,

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and basil in balsamic vinaigrette. The next course was tender roasted beets (with the skins) garnished with a balsalmic reduction.

The main course was skinless Green Hills Farm chicken quarters, marinated overnight in merlot, fresh cherries (broken open, stems & pits & all), garlic, and parsley. Frank oiled it, broiled it, then popped it into a hot oven to finish it. He garnished it with carmelized leeks and red wine reduction, and accompanied it by the cooked beet tops and broccoli leaves dressed with lavender grapeseed oil. YUM. In addition to the chicken, Green Hills Farm supplied

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much of the fresh herbs and vegetables.

Chef's tips included: salt the salad greens prior to dressing, roll your basil leaves like a cigar and slice once to avoid bruising for best flavor, make a reduction out of leftover red wine, don't overcook your boneless chicken by leaving it on the heat until 165 degrees. Pull it off when the juices run clear.

The verjus was a delightful discovery! I'm going to add it to my pantry. Broccoli leaves were also new to me, and I enjoyed



Fennel Bulbs

them.

Frank was a gas, lively and humorous, and put out tasty and beautiful food, and turned the day into a special experience. The Desert Wind winery venue was perfect, except that the ventilation worked too well. I'd have enjoyed being enveloped into ALL of the smells coming from Frank's pots and pans.

I'm going to look for the next Slow Food cooking class.

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## Brewery in the Spotlight - Ice Harbor Brewery

By Paul Sinclair

What's green and recession proof? That'd be BEER from Ice Harbor Brewery (IHB) in Kennewick, Washington.

Over the last year production is up 10%. It seems we still have to have our beer. Can you blame us?

As our Brewery Highlight for this newsletter we look at a local establishment that is doing tasty things. Doors opened in 1997 in Pasco, Owners Mike Hall, Cindy Hayes and Bill Jaquish started small and now have two locations in Kennewick, one in downtown Kennewick and one at the Marina.

Mike says most of their 1500 barrels to be made this year (up from 600 barrels in 2004) will be sold via tap, bottles, growlers, Party Pigs and kegs. And actually, IHB cuts consumption of glass and other products as most of the beer is taken home by reusable growlers, Party Pigs (2.25 gallons) and kegs. These are sustainable, reusable, totally eco-friendly; think of them as the canvas bag of beer drinking.

Beer is mostly water and IHB water comes from good ole local filtered Kennewick tap water. Other ingredients include Yakima Valley hops, and Northwest barley.

Also, IHB tanks and glass comes from the Pacific Northwest. Ice Harbor Brewery tries to be eco-friendly by recycling 1000 gallons of cooling water per brew and reusing yeast for 10 generations.



Now to the brews...these are always available: Kolsch, Tangerine Hefewiezen, Runaway Red, Harvest Pale Ale, IPA (India Pale), and Stout.

Some seasonals: Summer Lager, Hefewiezen, Nut Brown Ale, Oktoberfest

All beers are very tasty and refreshing. I especially enjoyed the Summer Lager and IPA.

Ice Harbor Brewery also makes a great Root Beer that you can take home in your growler.

Ice Harbor Brewery  
206 N Benton St  
Kennewick, WA 99336

Ice Harbor at the Marina  
350 Clover Island Dr, Kennewick, WA 99336

On the web: <http://www.iceharbor.com/>

# Summer Events A Great Success

**Sunday, June 28 - Beer Making 101** Slow Food member Sam Wajeesh did an excellent presentation, showing that home brewing is fun, easily achievable and can be relatively inexpensive. Along the way, participants tasted Hefeweisen, IPA, Belgian Ale as well as a Ginger beer thrown in for good measure. Sam made a IPA and started fermentation as we finished up. We'll have to ask him to share his suds in about 30 days.

**Sunday, May 17 - SLOW Food SE WA Winery Bicycle Tour** Eighteen Slow Food SE Washington members and friends rode in a great bike tour of Wine Country for an outstanding wine experience. We met the winemakers and tasted their finest. Starting at Wine O'Clock, in Prosser's Vintners' Village, the proprietess got the tour started with a sampling of six of Bunnell's offerings. Then, on to Daven Lore Winery, where Gordon Taylor showed off his pressings and barrels. The stories were great entertainment, as well as very enlightening. At Alexandria Nicole, the group sampled many of AN's finest, accompanied by tasty plates of cheeses, nuts, crostini, and grapes. The final leg took us back to Wine O'Clock. Eight of us stayed for a wonderful impromptu meal of salads, pizzas, appetizers, and wine. Being late on a Sunday and having run out of some fare, coupled with the dietary restrictions of a few of the hungry bikers, the crew rose to the challenge and seemed to please everyone.

## Upcoming Events

**Slow Food Southeast Washington proudly presents:**

**The First Annual In the Vineyard Dinner**

**Celebrating Local Products and Producers**

**Sunday, September 13, 2009**

**Featuring: Chef Frank Magana of [Picazo 717](#)**

**Host Winery: [Chinook Wines](#), Kay Simon and Clay Mackey, Prosser**

**5 pm to 8 pm**

**Includes a welcome class of wine, hors d'oeuvres, main course and desert each served with a Chinook Wine carefully paired by Chef Frank.**

**Prices are as follows: Members of Slow Food \$75, Members of Chinook Wines \$80, Non-members \$85 (per person).**

**Please send checks payable to SFSEWA to Donna Zuba, 213 S. Sherman Place, Kennewick WA 99336. RSVP NO LATER THAN SEPTEMBER 4TH as we only have room for 75 people!**

"Slow Food has become an adroit advocate for the protection of the environment, as well as for the enjoyment and appreciation of fine food and drink."

– Food Arts



## Leadership Team

Donna L. Zuba, Leader  
Stephanie Greene, Founding Member  
Alan Schreiber, Founding Member  
Paul Sinclair, Founding Member  
Merritt Mitchell Wajeesh, Newsletter  
John Ittner, Website Design  
Rebecca Cooper, Contributing Editor

## Other Upcoming Events

### Fall Farm Openhouse and Potluck

at  
Heavenly Hills Harvest Farm  
762 South Emerald Road  
Sunnyside, Washington  
(509) 840-5600

Hosted by Merritt and Sam Wajeesh

Saturday, September 26, 2009

**4 p.m. till Dark**

**Enjoy a wine tasting hosted by Daven Lore Winery**

Also sample some of Sam's brews and tour the farm!

Bring a dish to share preferably made from local products!

We will provide grilling items, some appetizers, and beverages.  
Come enjoy good food, good company, and the beauty of our organic farm!

RSVP by September 13, 2009 to Merritt at [horseheavenfarm@live.com](mailto:horseheavenfarm@live.com)

