



Sunday, Aug 27, 2017

1:30 – 4pm

Moss Bay Village Cabana
623 Kirkland Way - Kirkland

Slow Food Sunday

Join us for our community series to share, learn about, and celebrate food! Slow Food is an int'l organization that places emphasis on food literacy and our social relationship with food – how it's produced, its nutritional characteristics, and respect for its seasonal, local sourcing, and cultural aspects.

Slow Food Sunday – a program led by the Slow Food Club of Bastyr University and Slow Food members of Seattle's eastside – is a quarterly gathering held on a Sunday afternoon. The event involves socializing, sharing a meal with others, and experiencing a presentation of topics related to the Slow Food movement. Opportunities also are available to participate in the preparation of the meal under the guidance of the lead chef or home cook from our community.

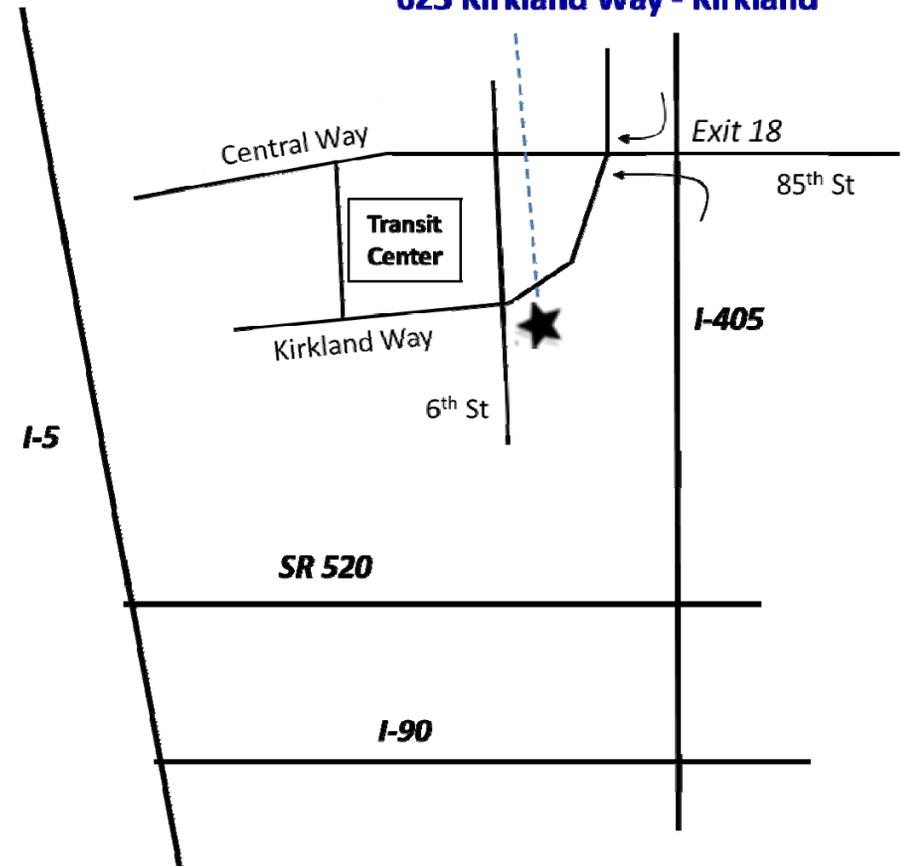
For the August gathering, we'll change our format slightly to promote the goodness of summer. The Slow Food Sunday team will provide an appetizer, skewered meat and vegetable options cooked over coals, and a seasonal dessert. Attendees are encouraged to bring a dish or produce to share that's from a garden or farm in our region. We'll also have fermentologist **Carrie Siadak** as a special guest to describe the process of fermentation, demonstrate how to make a basic kraut base, and explain kraut variations – event share samples! We'll also touch on canning principles. A small monetary contribution can be made in lieu of providing food to share. **Additional details soon will be available at our Web site.**

Social time begins at 1:30p and the meal starts at 2p. **Participants are encouraged to bring a preferred drink such as beer, wine, or other light beverage.**

Admission: **Food (as described above) or a monetary contribution**
Registration & add'l info: www.slowfoodsunday.org

Slow Food Sunday - Kirkland

**Cabana @ Moss Bay Village
623 Kirkland Way - Kirkland**



Driving: Reach the Kirkland area via an area interstate highway leading to I-405. Leave I-405 at Exit 18 heading west towards Lake Washington and downtown Kirkland. Travel 600' to the first light and make left turn onto Kirkland Way. Continue ½ mile and **park on Kirkland Ave just prior to 6th St.** Walk onto driveway of Moss Bay Village Condominiums complex. Cabana building is at top of short driveway.

Bus Services: From Downtown Seattle and Univ District, take bus #255 to intersection of 6th St and Kirkland Way. Walk easterly on Kirkland Way towards Moss Bay Village property and follow walking directions above. Other eastside buses serve downtown Kirkland.