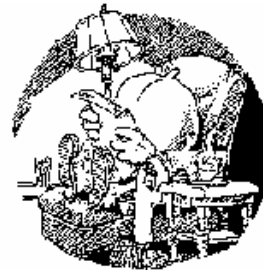


The Garbanzo Gazette

November 20, 2003



Growers Market's Weekly Newsletter

HOLIDAY HOURS

Open WEDNESDAY ONLY thanksgiving week
open November 24, 2003 for shopping between
2:30-7:00 and closed on BUY NOTHING DAY
December 24 2:30-7:00 Wednesday
December 26 3:30-6:30 Friday
January 1, 2003 normal
January 2, 2003 normal

*Next growers market board of directors meeting: Tues
Dec. 2nd @ 6:30 pm upstairs at the big table*

CUSTOM-MADE RECUMBANT FOR SALE

The owner of the bike is donating full \$ amount of the sale to the Northwest Coalition for Alternatives to Pesticides. So, the lucky someone out there that purchases this bike for themselves, or as a gift, will also be helping support the critical pesticide reform work of NCAP. What more could a new recumbent bike owner want??????? Here are the details:

Custom-Made Recumbent Bike ---- just like NEW. *
Lightly used two-wheel bike in VERY GOOD
CONDITION! * Internally geared * Size = large *
Custom-made by Human Powered Machines (Center for
Appropriate Transport) * Design = "The Trick" * Color =
red ***** \$700 Or Best Offer *****

If interested contact Pollyanna at: 344-5044 ext 17 or
email at polly@pesticide.org
(come on down to the NCAP office and check out the
bike). It is a great bike.

CASCADIA WILDLANDS BENEFIT

CWP's 1st Annual Holiday Auction Benefit, Dec. 5. 'Tis
the Season for the CWP's first annual Holiday Auction
Benefit on Friday, December 5th at Agate Hall
(University of Oregon/Agate St. & 18th) from 6:30-10:00
pm. Mark your calendars now and join us for the holiday
auction and social to benefit the CWP.

- Live and silent auction featuring over 100 items
donated by local businesses and artists
- Event auctioneered by Eugene favorites Ty Connor and
Tom Heinl
- Music by Eugene's jazzy Sidewinder Trio
- Refreshments and hors d'oeuvres included
- \$10 advance/\$15 at door/\$25 couple at door/contact us
about volunteering
- Tix available at Out of the Fog, Tsunami Books, CWP
Office, and the Bookmine (Cottage Grove). All proceeds

to benefit the ancient forest protection work of the CWP.
For more info contact the CWP 434.1463;
cascwild@efn.org.

E.U. POISED TO END FIVE-YEAR BAN ON NEW GM FOODS

A corn product developed by the Anglo-Swiss biotech
company Syngenta will likely be approved for sale by the
European Union next month, ending a five-year de facto
ban on new genetically modified foods on the continent.
A number of other GM product approvals are expected to
follow. This may mollify the U.S., which has been
fighting for GM products to be allowed into Europe and
has gone to the World Trade Organization to file a
complaint against the E.U. on the matter. But European
citizens, some 70 percent of whom say they want nothing
to do with GM foods, aren't likely to be lining up to buy
them, and as GM products in Europe have to be labeled,
Europeans can easily avoid them. U.S. citizens, who are
given no idea which products contain GM ingredients,
have no such option. The Observer, Nick Mathiason, 16
Nov 2003

<http://www.gristmagazine.com/forward.pl?forward_id=1729>
-- Doug Quirk

REVISITING THE GREAT TERROR WAR

Thursday, November 20, 7:30 p.m.
Richard Falk, Professor of International Law and Morse
Center, Distinguished Speaker
"Revisiting the Great Terror War"
Knight Law Center, Room 175

5TH ANNUAL FALL SEED SWAP

Food Not Lawns Event, Sunday, November 23, 2-6 pm,
Foolscap Books, 780 Blair Blvd in Eugene. Bring seeds,
plants, cuttings, herbal remedies, recipes and information
to share. Admission: free if you bring seeds or goods to
give away, \$3 if you're empty-handed. More info: call
541-343-3673

Holiday Fun Day! Saturday, November 29

Avoid the Mall: Choose conscious holiday shopping at
Mother Kali's Books! Free refreshments! A storyteller
for children! Spend \$25 and get a FREE GIFT! Raffle
Drawing for the Harry Potter Canvas! Celtic Ogham
Card Readings by Jennifer Sullivant! Holiday Gift
Certificates! Place special orders early!

*Check out Mother Kali's for groovy holiday gift ideas! We have music, jewelry, bumper stickers, bike stickers, patches, cards, calendars, candles, Tarot Cards, T-shirts, and a great selection of the books that are important to you and yours!

OPEN MARKET POSITIONS

Seeking individuals interested in volunteering for open positions in market. Committing to a regular position means you never have to worry about pumpkins, you meet new – and always interesting- folks, and you receive food credit for your work. Here's what's available right now:

- Thursday evening coordinator 4:30-8:30 (or until your done counting)
- Thursday produce strawboss 11-2 (or until produce is done)
- Thursday afternoon coordinator 12-4:30
- Anyone interested in cheese crew??? Tuesday 6-8 every other week???

If you are interested at all please leave a note in Joanna's box behind the register at market or you can call on Tuesday between 4:30-7:30 with questions there will be more follow up but please let us know as soon as possible if you are interested.

CRANBERRY IDEAS!

Here are some good reasons to buy fresh cranberries (& freeze some for later in the year).

Thanksgiving Cranberry Bread:

Pleasantly tart and cakelike, this makes 1 loaf. The bright red cranberries make it a beautiful slice. Oil & flour a breadpan and preheat the oven to 325 degrees.

- 1/4 cup butter
- 2 cups whole wheat flour
- 1/4 cup milk powder (1/3 cup instant)
- 2/3 to 1 cup honey
- 1 tsp baking powder
- 2 eggs
- 1 tsp baking soda
- 1 cup chopped nuts
- 1 cup orange juice
- 1/2 tsp salt
- 2 cups fresh whole crans

Cream butter & honey; beat in eggs & orange juice. In separate bowl stir together dry ingred. (not berries). Add dry mix gradually to wet mix; fold in cranberries and bake for approx. 1-1 1/2 hours. The milk is optional and the margarine can be substituted for vegans and nuts are optional too, but add flavor and texture.

Cranberry sauce:

Great on pancakes the next morning, this makes about 2 cups.

- 12 oz. fresh cranberries (about 4 cups)
- 1/2-2/3 cup maple syrup
- Grated rind & juice of one orange
- 1/2 tsp ground ginger
- 1/2 tsp ground cardamom
- dash of cinnamon

Combine all ingred. in medium saucepan & cook on medium heat for about 10-15 minutes, stirring, until berries have popped & sauce is thick. Serve hot or cold.

Spicy Cranberry Chutney: Serves 10

- 1/4 cup dried apricots, finely chopped
 - 1/2 cup brown sugar
 - 1/2 cup raisins
 - 1 cup water
 - 3 cups fresh cranberries
 - 1 Granny Smith apple, peeled, cored and chopped
 - 1 tsp grated lemon zest
 - 1/4 cup fresh lemon juice
 - 1/4 cup chopped crystallized ginger
 - 1/2 tsp red pepper flakes
- In saucepan, combine apricots, sugar, raisins & water; bring to boil. Reduce heat to simmer and stir for 5 minutes. Stir in berries, apple & zest; simmer for 10 minutes. Stir lemon juice, ginger & flakes into mix before removing from heat. Serve chilled or at room temp.

I've made the bread many times and love it. The other 2 recipes sound good and I might try both! While Americans gather and celebrate the harvest, I'll envision enlightenment and peace as our place in the world. Enjoy your Thanksgiving!--Teri Jones

This newsletter was edited by Julie Fischer and published by the Little White Dog. Send comments or article submissions to garbanzo@efn.org. If you don't have computer access, you can put articles in the garbanzo box at growers. Newsletter copy deadline is 5:00 pm Tuesday. Market hours are Thursdays 2:30 to 7:30 pm and Fridays 3:00 to 6:30 pm. An orientation to Growers is held each Thursday at 1:30. The Growers email list includes an electronic banzo, events notices, and other misc. info.