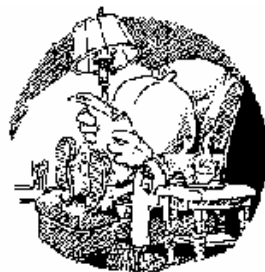


# The Garbanzo Gazette

April 22, 2004



Growers Market's Weekly Newsletter

## **GROWERS OPEN ON TUESDAYS**

**You can now shop at Growers on Tuesdays from 5 to 7 pm. Just as on Fridays, nothing will be pre-order.**

***Reminder: The Annual Meeting for Grower's is tomorrow, Friday, April 23rd, beginning at 6 pm. There will be introductions, a "State of the Building" and treasurer's report, elections and PIZZA, upstairs in the Growers Market building. SEE YOU THERE!***

**Register to vote by April 27<sup>th</sup>. Important local races will be decided in May primary.**

### **GROWERS BOARD NEEDS NEW MEMBERS! ANNUAL MEETING:**

Fri April 23, 2004, 6-9pm, upstairs at the Growers Market, includes and update on what's happening at Growers and pizza. We will elect our new board of directors for Growers Market, Inc. at the annual meeting. The board meets twice a month, usually upstairs in the Growers Market building. The Board of Directors are guided by the mission of Growers Market. Board members are responsible for following (and changing if necessary) bylaws and policies, overseeing finances, and actively participating in the process of maintaining the organization, which includes the food co-op, offices for social and environmental change groups and the restaurant (currently Red Agave). The Board receives consensus training early in each new term. If you are interested in serving on the Board of Directors, please contact any current board member: Nathan 302-3205; Aya 685-1047; Rodney 942-3221; Zorba 343-0574; Wendy 344-7534; or Denny 686-2567. To be elected a board member, and to vote, you must have once shopped at the coop and you must attend the annual meeting. See you there!

### **WORK PARTY THIS WEEKEND**

Sunday, April 25th starting around 12p.m. We'll be repricing, cleaning, organizing, agitating and listening to good music! Come take care of your co-op, and gather some pumpkins for your household. Call Rachel at 687-6727 with questions.

### **CO-ORDINATOR SHIFT OPEN**

Our current Thursday evening coordinator, Newanna, needs to answer the demands of her crafting business and leave the 4:30 to closing shift. So STEP UP, all those with strawboss experience and a desire to become one of our dynamic team of coordinators!

Call Rachel at 687-6727 with questions or your name and phone number if interested. We hope to have a new coordinator in place within three weeks.

### **IT TAKES A VILLAGE**

To do just about anything, including help kids keep safe. AND SO, let's all remember to remind the littles to walk inside the market, and to be careful about climbing on the loading dock. And a huge THANK YOU to all the folks who weekly assist in keeping track of my kids and the rest of the pack; as a parent I appreciate the positive and protective energy that other adults give to my children. It helps all of us. PARENTS: we need to work together to make sure that none of our precious burdens strays into the much busier and more crowded parking lot. And last but not least, let's remind them that this is a market, not a playground. Any and all suggestions welcome. Rachel, thursday afternoon coord. and mom of miranda and iain

### ***EASIEST TIMES FOR WORK CREDIT:***

Tuesday afternoons and evenings; call first to check times  
Thursday mornings until 2  
Thursday evenings until 9-ish  
Friday afternoon into evening  
Seasonal cleaning, inventory etc. parties (see the gazette for times)

### ***MOST DIFFICULT TIMES FOR WORK CREDIT:***

Thursday afternoons from 2 until 3 or 4, depending on the day. Also, if you have a particular talent, idea or peeve, please see a coordinator for setting up a special project.

We love special projects! Some in the past have wrought beautiful new shelves, informational and durable signs, deep down cleanliness that gladdens the soul... YOU tell US! Watch this space in the following weeks, where we will continue to provide information about these changes.

## **Oregon Country Faire**

### **Fruit-booth Meeting:**

Hey Folks! Interested in being a part of the Grower's Market at the Country Fair? Come to our opening meeting on Wednesday, April 28th. The meeting will be held at 6:30, upstairs Grower's Market building. Bring finger food, smiles and an open heart.

### **FARM AID: Small Farms Turn Organic to Survive**

Battered by volatile markets and relentless corporate consolidation, many family farms are turning to organic cultivation -- and joining organic cooperatives -- to survive. According to farm advocacy group Farm Aid, the number of family farms in the U.S. has declined from 8 million to 2 million in the last 50 years; an average of 330 family farms a week go out of business. Meanwhile, the market for organic food has grown by 20 percent a year for the last four years; organic farms now account for 5 to 7 percent of all agricultural cultivation in the country. Putting two and two together, many family farms are moving to organic and joining organizations like Wisconsin-based Organic Valley, the nation's largest organic farm cooperative. The shift to organic methods can be a substantial effort -- three years with no pesticides on crops, one year with no antibiotics or hormones in livestock, and a great deal of paperwork -- but participating farms enjoy stabilized prices, a growing niche market, and, of course, a bit of moral and environmental satisfaction. Says dairy farmer Theresa Westaby, "It's about being healthy and doing the right thing." (*Rockford Register Star, Anna Voelke*),

**SHOP AT DOWN TO EARTH** on Sunday April 25th and 5% will go directly to School Garden Project of Lane County. This is a great day to stock up on spring garden tools, soil amendments, seeds, plants or special springtime gifts!!! Everyday is Earth Day!! -- Megan Kemple

**ESTABLISHED STUDY CIRCLE** and vegetarian potluck meeting every second Sunday evening to discuss ways of living into the future that are both ecologically and economically sustainable and sustaining to the human spirit. E-mail Mark at [mark@markmason.net](mailto:mark@markmason.net), or call 485-3905 if you would like to inquire about joining us.

**I AM IN NEED OF A CHAMPION JUICER.** I am wondering if anyone has a used one on hand or knows of one for sale or trade. Please let me know, as this is very important to me. Thanx- Jade 688-8371.

### **CAVEAT PESCOR**

#### **In U.S., "Organic" Label on Fish Means Very Little**

The "organic" label on some salmon in supermarkets these days doesn't mean much. The National Organics Program of the U.S. Department of Agriculture, which administers the official organic seal on produce and other foods, has not developed standards for fish. "We may someday address aquatic species. It just hasn't happened," says a USDA spokesperson. This means fish producers and supermarkets label fish based on their own standards -- and the "organic" salmon they're selling is, in fact, farm-raised. While it differs from standard farmed salmon in some ways, there's no evidence that it contains lower levels of contaminants. Some stores refuse to use the label at all, pending official standards. The Whole Foods natural foods chain, for example, declared in a press release, "we believe that to represent such product as organic to our customers would undermine the integrity of the organic label." In Europe, official standards for organic fish have been in place for five years; some stateside stores have begun importing it to offer customers a genuine organic alternative.

### **Event for Committee for Countering Military Recruitment and CISCAP**

Bilingual (English/Spanish), sliding scale (\$2-\$5) presentation art show and awards Saturday, May 1<sup>st</sup> @ 8:00pm. Cosmic Pizza 8<sup>th</sup> & Charlenton. Music by AZUQUITA Contact 343-8548 x3 for more information.

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*This newsletter was edited by Anuradha Shivanand and published by the Little White Dog. Send comments or article submissions to [garbanzo@efn.org](mailto: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.*