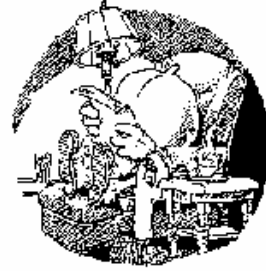




The Garbanzo Gazette

October 28, 2004



Growers Market's Weekly Newsletter

HAVE YOU MAILED YOUR BALLOT YET? IF THE ANSWER IS NO, DO IT SOOOON!!!!

When you vote, you will be taken off the get-out-the-vote lists and volunteers can spend time on other calls. Also, if enough Democrats vote early, then the Bush campaign might concede Oregon and the Kerry campaign can put their resources into other swing states. Thanks for listening.

– A note from your editor, Julie
Teresa Heinz Kerry:

- Used to shopped regularly at a food coop
- Bought wheat berries and ground her own grain
- Has raised grass fed cattle
- Does not believe ketchup is a vegetable

Source: NY Times, Oct 13, 2004

- A note from the Little White Dog

GROWERS MEETINGS

The next two Growers meetings (board meetings) will be on Monday, November 1st at 7 pm, and on Monday, November 15th at 7 pm. The meetings will probably be at the round table upstairs, but could possibly move into the co-op, or elsewhere in the building. All are welcome to attend. We've discontinued the first Wednesday meetings.

FROM SUE

Mountain Peoples has been discontinuing ("Disco'd") a number of items over the summer. Some of the items may still be available through their north carolina warehouse. An order from there may be here in the next two weeks. Annie's bulk salad dressings may yet return.

Some of the Big Bag Nature's Path cereals are not available right now. No word on if this is permanent or a packaging change.

Peanut butter is out of stock! Remember the hurricanes?? So we'll order more tahini and almond butter. Flexibility.

We will be getting three coffee blends from Cafe Mam. Thanks for asking.

If there are items you would like to buy here please let me know. (It would help if you try and ask while I'm working, not while I'm shopping. y short term memory is walking around by itself again.)

Thanks, Sue

P.S. VOTE

GROWERS E-MAIL LIST

If you are interested in Growers happenings related to either the co-op or the upstairs offices, you might wish to subscribe to the Growers e-mail list. You can use the following internet address to subscribe: <http://mailman.efn.org/mailman/listinfo/growers>

FREE FIG TREES

hi all, well the city will be paving the "paradise?" portion of the parking lot at growers and have dug up the 2 fig trees, root balls and all and they need homes. so if interested they are by the apple tree by the jail end of the parking lot at growers ,they look pretty heavy so bring help and a truck if interested. – Doug Quirk

BIODYNAMICS CONFERENCE

The Biodynamics Conference of Oregon is sponsoring "What Research Practices Reveal About the Significance of Biodynamic Insights," beginning with a dinner and main speaker talk Friday evening; Saturday is workshops (8:30-3pm) including fermentation (Brian Williams), "Nutrition with Ilsa," and "Composting for Commercial Farm Management Operations," among others. Talks (3pm-on) on Saturday include one by the Demeter Organization; Sunday morning is the organization meeting, with field trip in the afternoon to Mazzi Hernandez' long horn/herb/veggie farm (conference food catered by Mazzis also). The entire weekend is \$100, with individual workshops and talks \$7 each. Contact Robin Winfree at Waldorf School, 1350 McLean Boulevard, Eugene, at 683-6951 for more details/registration.

MEDICINE TREES WORKSHOP

What do the Trees have to teach us? Find out during this exciting, empowering and experiential workshop. Traditional and scientific approaches will help us unravel the healing properties of Trees. Class will emphasize (but not necessarily limit ourselves to) local trees. Students will: gain a greater appreciation for the basic biology of trees; learn to appreciate trees as herbal healers, sources of wisdom, and as "people"; practice directly connecting with the trees themselves; and enjoy an herbal "tree tea" and tree-related snacks.

Class will last 6 hours, from 12 noon - 6:00 pm, on Saturday, October 30th. Class meets at GivingTree Farm Herb Company, 1490 Jefferson Street in Eugene, Oregon. Cost: \$21.00 + \$43.00 fee.

This class is offered through Lane Community College's Continuing Education Program. The class registration number is: 23465. **REGISTER FOR THIS CLASS ON THE WEB BY GOING TO:** <http://www.lanec.edu> and accessing ExpressLane.

For more information, contact: Wendy Loren or Lawrence Birch at GivingTree Farm Herb Co./1490 Jefferson Street, Eugene, Oregon 97402. Call us at #541-344-7534, e-mail: givingtree@earthlink.net, or visit our website: www.givingtreefarm.com.

SEARCHING FOR A FRIDGE

Walama Restoration Project is in search of a refrigerator for our stewardship projects. We will be using it to cold-stratify native seeds for the winter. The saved seeds will be propagated and planted by school groups next year. If anyone has ideas on a cheap or donated (tax-deductible) frig, call stef at 484-3939 or 914-3587.

EVERY SINGLE WOMAN: VOTE!

22 million single women did not participate in the last national election. In Eugene, there were more than 10,000 single women who did not vote in 2000. Every Single Woman: VOTE is reaching out to these women to register them to vote, and when vote by mail begins, to remind them to turn in their ballots. We want to encourage EVERY SINGLE WOMAN in Eugene to vote this fall. Call today to learn more **342-2082**. Or email swvote@pacinfo.com Stop by 780 Blair Boulevard, 2-6 pm M-F *Every Single Woman: VOTE is sponsored by the Sequoia Leadership Center, a nonprofit organization based in San Francisco whose mission is to educate people about participation in the policy decisions of their communities.*

FURNITURE FOR SALE

DRESSER: Antique oak dresser with carved mirror \$200. Call Julie at 689-4802 or email juliefisch@msn.com.

DOES ANYONE HAVE ANY GARLIC STARTS? 461-2695 thanx

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*

This newsletter was 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 Tuesdays 5-7pm; 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. Growers Market: 687-1145