



The Garbanzo Gazette

March 10, 2005



Growers Market's Weekly Newsletter

CALLING ALL EMPTY EGG CARTONS

Grower's Marketers, Please Help! There have been precious few, one dozen size, cardboard egg cartons returned lately. I keep few in reserve and need to pick them up as you return them so please bring them back as fast as you carry them home! Thanx, Jane

JUST SAY CHEEEESE

Strawboss position available: One person needed to join our cheese crew, every other Tuesday evening. Fun, easy and cheesy (in a good way). Call Rachel at 687-6727 for information.

SOY BUCKETS

Greetings, soy boy here, aka Surata, The buckets that deliver tofu now have a \$5 deposit, so be sure to clean them and their lids.

GROWERS 34TH ANNUAL MEETING

APRIL 8, 630PM UPSTAIRS AT GROWERS

The annual meeting and board election will be held on Friday, April 8th, the new moon. A "state of growers" address will be given and a brief financial report, followed by a board election and cosmic pizzas. Please come, bring friends and potential board nominations. Attending this meeting is how you become a voting member of growers and is a good way to find out what's been going on and is going on now. If you can only go to one meeting this year, this is the one. Get the full growers experience! – Tyler Derden

MORE GROWERS BUSINESS

Growers just paid our taxes for this year, it was \$0 to the feds and \$10 to the State of Oregon. Thanks to Edward Winter for doing our books and keeping growers dollars from going to war. The next Growers meeting (board meeting) will be on Monday, March 28th at 7 pm. The meeting will be at the round table upstairs in the Growers Market Building, unless we move them elsewhere in the building. All are welcome to attend. --Milton Takei and Tyler D.

USE, USE, AND REUSE

We could use clean paper grocery bags to store bread in. If you have any extra, bring them on down to Growers.

NEWS FROM AFAR

For those of you who remember Susan and Bruce Hilbach-Barger (the parents of Rene and Heron), I've received a letter from them letting me know that they've been able to buy farmland near Covelo, California. They write: "The farm is in a bicycle-friendly neighborhood on the Indian reservation. It has sandy-gravelly soil with some loamy soil, a few walnut trees and good water, but no house."

--Milton Takei

TAX REFUNDS -- FREE ASSISTANCE

Do you want your hard-earned money to pay for the war? According to my calculations, a family of four earning up to \$40,200 can get a refund of ALL of their federal tax withholdings for the year. If you had taxes taken out of your paychecks in 2004, then I encourage you to file a return and get a refund. I'll volunteer my time to assist those who otherwise would not file for a refund. No charge, but please donate a portion of your refund to PeaceWorks. Confidential. Steve Leppold 684-5957

BREAD & BARTER

Come and check out the weekly Bread & Barter circle, every Friday 4:30-6:30 at the strawbale in Maitreya Eco-Village (Broadway & Almaden). Bring home-grown, home-made products to trade or sell. Or just bring yourself! In the past we have had sourdough bread, salsas, kim-chee, saurkraut, amasake, homebrew, tinctures, fresh milk (goat & cow) and milk products, greens and produce, herbs, vinegar, kefir, honey, mushrooms, juice, and much more. It's a good place to meet friendly folks and get some great quality, organic food, while supporting local efforts. Social change in action! Free and

open to all....stop by and say hi and check it out

THE INVASION -- ONE YEAR AFTER: Continuing Challenges to the Quest for Stability and Security

Tuesday, April 6th, 4-6:00 p.m.

Room 175, UO School of Law (1515 Agate St., Eugene)

Panelists:

Professor of Law **Ibrahim Gassama** will discuss Iraq.

Geography Professor **Alec Murphy** will discuss Iran.

International Studies Professor **Anita Weiss** will discuss Pakistan.

For more information, contact Ibrahim Gassama: 346-3831,
igassama@law.uoregon.edu.

LOOKING TO FACILITE GROUPS

I would like to volunteer my facilitation services to non-profit organizations and/or small businesses in the Eugene area over the next few months.

I have been a facilitator for primarily non-profits since 1996. My early training and experience, was in basic business meeting facilitation-- helping groups keep their conversations on track, on time and achieving their desired results. Recently I have used and begun to apply different techniques for groups with different needs. I have been trained in Consensus Facilitation which stresses buy-in by all group members throughout the decision-making process, and Dynamic Facilitation --used for groups looking for creative solutions to difficult problems and for groups who need help building trust and communication after times of conflict.

I have been learning alternative group processes like World Cafe, Open Space and Focused Conversation and I have taken Basic and Restorative Justice Mediation, and have been mediating weekly in small claims court since September.

In Eugene, I have facilitated for groups which include The Compassion Center, the Eugene Permaculture Guild, the Lane County Bill of Rights Defense Committee, the Whiteaker Community Council, Community Sharing, Blue Mountain School, Cauldron of Changes, Ad Olam, and most recently, the City Club's Study Circles on Racism. I am a founding member of Sunrise Facilitation which meets twice a month to discuss issues around dialogue, deliberation and facilitation.

In the last year, I have become more committed to facilitation and mediation as my career path and I have been wanting more consistent facilitation opportunities than I have been finding. I would like to get this practice while helping groups that may not be able to pay for this service.

I am happy to provide references if desired. I can be reached at 338-7572 to discuss this further. I can also be reached by email at dsugarm@efn.org.

Feel free to pass this email to anyone who might be interested. -- Debby Sugarman

YOU SAY TOMATO, I SAY HIDDEN COSTS OF TRANSPORT - *Locally grown food greener than organic, British study says*

Though organic farming is relatively easy on the environment, buying locally grown food, even the pesticide-sprayed variety, is usually more earth-friendly than buying organic, a new study contends. Published in the journal Food Policy, the study found that the transportation of food over long distances -- anywhere outside a 12-mile radius -- can cause more harm than the growing of food with non-organic methods. Researchers calculated the hidden costs of farming and food transport and found that the U.K. would save some \$4 billion a year in environmental and traffic costs if all food consumed was locally grown, and an additional \$2.1 billion a year if all food were grown organically. The study authors called on supermarkets to label items with the number of "food miles" they travel to get to the store. "The most political act we do on a daily basis is to eat, as our actions affect farms, landscapes, and food businesses," said study coauthor Jules Pretty of the University of Essex. Straight to the source: BBC News, 02 March 2005 <http://grist.org/cgi-bin/forward.pl?forward_id=4459>

This newsletter was published by Julie Fischer and 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