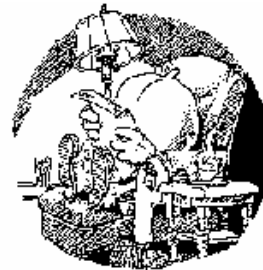


The Garbanzo Gazette

September 22, 2005



Growers Market's Weekly Newsletter

GROWERS MARKET GARAGE SALE!

The growers market Garage Sale, Wheelchair Lift FUNdraiser, will be September 24-25 (sat-sun) 9-5 at the corner of 28th and Jackson. We will have furniture, desks, chairs, couches, permaculture tools, solar devices, military surplus, vintage clothing, toys age 0 to 21, antiques, memorabilia, costuming, souvenirs, bee keeping equipment, tools, natural living supplies, bikes and more. If you would like to donate please bring items to the sale the morning of, or call 942-3221 for an alternate plan. This is one not to miss. If you only go to one garage sale this year, this is the one!

CASHIER POSITION AVAILABLE

Thursdays 2:30-4:30pm. Please see Mimi or leave a message for her at the market.

UPCOMING MEETING

The next Growers meeting (board meeting) will be on Tuesday, September 27th at 7 pm. If the meeting is not upstairs at the round table in the Growers Market Building, they you should look in the co-op, or elsewhere in the building.. --Milton Takei

WANTED: CLEAN JARS WITH LIDS

For Growers shopper to use for bulk shopping. These should be clean, with clean lids. Please no cardboard ice cream or similar containers. Keep in mind that if you bring items we can't use, it costs Growers extra time and woman labor to do the extra recycling. Please be respectful of your coop and only bring clean glass and plastic jars and containers that can be safely used for food.

NOT YOUR AVERAGE BABY SITTER

A first rate child care provider wants to play, laugh, sing, explore and learn with your kids. Twelve years of experience caring for children independently, in classroom settings, and at community events. Child First philosophy. Call Taylor @ 517-7607

NEW GROWERS T-SHIRT?

Growers is ready for a new t-shirt! I've volunteered to coordinate the effort, and I'm looking for ideas from the community (YOU!) for the t-shirt design, information on local printers, and good t-shirt companies. Please e-mail or call me if you'd like to offer some support - I'm really excited about making this happen! Thank you! Jenya jenya@efn.org 684-0066

SEEKING ROOMATE

Growers goers Heiko and Kristine are looking for a female, feminist, progressive housemate to share a three-bedroom home. The house has a large kitchen, two spacious living rooms, a big garden and backyard, and a great front porch, perfect for sitting and playing music. It's on a quiet street very close to downtown and a quick bike ride to the university, bus station, YMCA, and Sam Bond's! The room is available now, and we would like a year's commitment. We value good communication and whole foods (preferably little meat consumption), and are looking for someone who is clean/tidy, responsible, and fun--ultimately somebody we could be good friends with. We ask that drugs and alcohol not play a regular part of your life. And unfortunately we cannot accommodate pets or children. We're a couple, but with independent lives (separate rooms and interests), and love music, dancing, being with friends, hiking, camping, reading, and permaculture, to name a few things. Call Heiko at 485-7245 or Kristine at 686-5122 if you're interested! Thanks!

MORE ROOMMATE OPPORTUNITIES

Seeking roommate to share duplex with female and mellow dog in River Road area. Access to river/bike path and busline. Organic garden, W/D. Sorry no more pets, \$265 a month. Please leave a message for Kari at 717-7473.

HOEDOWN FOR ANCIENT FORESTS

Mark your calendars and tell your friends to join the Cascadia Wildlands Project for its 4th annual Hoedown for Cascadia's Ancient Forests on Saturday, October 8 at Avalon Stables in Cottage Grove (80143 Hazelton Road). Food and Drinks 6-7 pm; live music and square dancing 7-9 pm. Get your country outfits on and get ready to kick up your heels to the foot-stomping bluegrass of The Dickel Brothers. This is a family oriented event and is intended for beginner, intermediate and expert square dancers. Food, drink dancing, and one helluva good time is guaranteed. A 35-person shuttle bus will leave the Growers Market (454 Willamette St.) at 6:00 pm and return at roughly 11 pm. RSVP for your spot soon as the bus will fill up quickly, 434-1463. Tickets \$10-\$50 in advance (\$15-\$50 at the gate or on the bus) are available at Tsunami Books in Eugene, Kalapuya Books in Cottage Grove, and the Cottage Grove Bookmine. Children 12 and under free! For more information or to buy tickets online, check out the following link:

www.cascwild.org/hoedown.html. If you are interested in volunteering, contact Mary, mgatlin@cascwild.org; 434.1463. This is an event not to be missed! To get to Avalon Stables: Take I-5 south to exit 174 (Cottage Grove/Dorena exit). Go down the hill (east) and take a slight left (south) at the base of the hill. Go for roughly 1/2 mile and turn right (east) onto East Main St. The street becomes Cottage Grove-Lorane Road after passing through downtown. Continue on it for about 4 miles. At approximately mile post 5, veer right onto Hazelton Road. Avalon Stables is on the right.

ELEMENTS OF AUTUMN HERBALISM

A five week series of classes and field trips on a variety of exciting aspects of Western Herbalism, Classical Chinese Herbalism & Wildcrafting. Classes run from October to early November. First Lecture class meets Tuesday, October 4th, from 6:30 - 9:30pm. First Field Trip will be Sunday, October 9th, from 8:00am - 6:00pm. Our Final Field Trip will be Sunday, November 6th. The Course ends with our last Lecture class, Tuesday, November 8th. Cost for the course is \$250, paid in full by September 30th. After September 30th, cost for the course is \$275. (Plus approximately \$35 in additional expenses.) To register, send check or money order payable to: Lawrence Birch, 1490 Jefferson Street, Eugene, OR 97402. Payment plans, partial work trades and CE Credits may be also be available. For

more information, call Lawrence Birch or Wendy Loren at: 541-344-7534. Or e-mail us at: givingtree@earthlink.net

THREE PERMACULTURE EVENTS

Sunday, September 25 6-8pm Slideshow and Open Discussion on Bioregional Sustainability and Ecological Design. With presentations by Food Not Lawns co-founders Heather Coburn, Tobias Policha, and Nick Routledge, followed by a loosely-facilitated roundtable discussion. At the Maitreya EcoVillage, Broadway and Almaden, in the Straw Bale. Free/Donations Appreciated.

Monday Sept. 26 through Friday, Sept. 30 5-9 pm. Student Centered Design Course. In this course, we will evaluate personal and bioregional sustainability, and will use permaculture and ecological design techniques to develop gardens and other proactive community projects. Topics will be chosen by participating students, and may include organic gardening, seed saving, appropriate technology, green building, group process, and/or how to organize community events. Tuition is \$75 for the first 10 registrants, \$95 thereafter. Pre-registration required, class size limited to 25 students. Call 541-343-4673 for details and to register.

Saturday, October 1 3-6 pm Seed and Plant Swap and Organic Potluck. Bring your seeds or just yourself and see presentations from students in the above course. World Café, 4th and Blair. Free/Donations go to local seed conservation efforts.

THE CASE FOR NONTOXIC PRODUCTS

Due to federal labeling loopholes, many "natural" and "organic" personal-care products in the U.S. contain hazardous chemicals, some of which, at high exposures, have been shown to cause cancer, birth defects, damage to nervous and reproductive systems and liver damage in lab animals. Take The Green Guide's advice, read labels and choose hair-care products that are free of the following four hazardous chemicals: phthalates, parabens, coal tar and sodium lauryl sulfate. Go to <http://www.thegreenguide.com/doc.mhtml?i=110&s=hair> to learn more.

Send comments or article submissions to garbanzo@lists.opn.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@lists.opn.org Growers Market: 687-1145