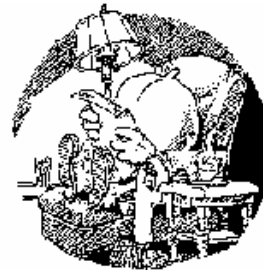


The Garbanzo Gazette

October 6, 2005



Growers Market's Weekly Newsletter

SUPERMARKET

By Milton Takei

*Bright, shiny bright.
 Clean, squeaky clean.
 Aisle after aisle
 Of nothing but crap,
 Except for the toothpicks
 I needed to buy.
 Some folks say,
 Growers is dark.
 But the moment
 I walked in,
 I knew it was
 Home.*

WRITING POETRY

Years ago, a poet was on KPFK-radio, Los Angeles. All of a sudden, he said to the listening audience, "Hey! Why don't *you* write poetry? Nobody has to see it!" On the other hand, if you want people to see your poetry, why not send it to the Garbanzo Gazette?
 --Milton Takei

WHEELCHAIR FUNRAISER SUCCESSFUL!

Yay! The Growers Market Garage Sale Wheelchair Lift Benefit was a huge success! We fundraised \$700! And we donated 280 pounds of extras to Goodwill in the name of Womenspace. Womenspace will receive vouchers in exchange. Thanks to all who donated their time and energy and memorabilia. Thanks to Isabella Barnes, Kari Blochlinger, Nathan Greene, Lorelee Harding, Jon Hancock, Teri Jones, Pam Larson, Jenya Lemeshow, Justin Lanphear, WillCee Aboudet, Jen Moss, Rodney Tisdale, Terran Nuadha, Aya Watanabe, and Martin Champion! Special thanks to Martin for being the superstar-volunteering your space and time. See you all at the next FUNraiser! – Spiral Aya

Answers to last weeks question in the banzo: WHAT IS GROWER'S COMMITMENT TO LOCAL FOOD?

From Jennefer: I think that is a good point about encouraging eating organically and locally, and I resonate with the whole social change through food mentality.

Our family volunteers at GrassRoots Garden every week; they grow, harvest and donate lots of organic, locally grown food to Food for Lane County and others who need food- good, fresh, locally grown, and organic food. I think it would be really cool if Grower's could organize a food drive- organic food drive and donate to the hungry. Just reflecting,

From Steve: The issue of local food sounds very simple yet I have found it to be very complicated. For the past couple of years, I have served on the board of directors of the Lane County Food Coalition, a non-profit community-based organization committed to a more secure and sustainable food system within Lane County. We are the organization that produces the Lane County Food Directory.

One of the first challenges is to define the term local - is it based on artificial geopolitical boundaries or time and distance from a particular point, based on method of transportation.

Then we have to look and see what's produced locally. Visiting the Saturday Farmers Market will provide some insight into a few of the types of products locally available.

Finally, as individuals, we have to look at our needs and what we desire to consume.

Limiting the scope of the above issues to the Growers Market, I have the following thoughts:

- 1) Growers does sell some locally grown fresh vegetables and dairy products. Of those, a few may even have been produced from local seed.

- 2) Growers does sell some locally processed foods, such as tofu, soy products, corn chips, and others. Those products are made from imported soybeans (Oregon farmers grow only tiny amounts of soy) or wheat and packaged in imported plastic.
- 3) Growers will not sell local, sustainably-raised free range meats. I advocated for that several years ago, and there is no need to go through that trauma again, as several stores now sell local free range meats.
- 4) I frequently have to visit another store after shopping at Growers to obtain all of the items I desire. I frequently encounter other Growers shoppers at these stores (Red Barn is a favorite).
- 5) If Growers was able to define what the term local meant (for this discussion, let's say within 100 miles of Eugene) and decided to sell only foods that were locally grown and produced (excluding meat), we would:
 - * be limited to selling vegetables, a few fruits, some nuts, maybe some dairy; and nothing packaged or canned.
 - * only be open 4-5 months of the year.
 - * Generate increased trips (including fuel usage and time) for farmers to bring us their products.
 - * There are other products produced in the area, but they are not organic. Would local trump organic?
 - * consider selling wine, as there are many wineries in the vicinity.

Bottom line, I advocate trying it for yourself. A recent article in Oregon Tilth newspaper chronicled the challenges of two people as they tried to live exclusively on food produced within 100 miles of their home in Washington. You can read about their experiences here:

http://www.tilth.org/IGT_files/IGT_August05.pdf

Locally grown items are frequently labeled at Growers, and several other stores, including Red Barn.

You can contact the Lane County Food Coalition @ <http://www.lanefood.org> or by calling 341-1216.

--- Steve Shapiro, Eugene suburban resident, Growers Market Member

HOEDOWN FOR THE ANCIENT FORESTS

Hoedown For Cascadia's Ancient Forests, Sat., October 8. 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.

UPCOMING MEETINGS: The next two Growers meetings (board meetings) will be on Monday, October 10th at 6:30 pm and Wednesday, October 26th at 6:30 pm. The meeting is normally at the round table in the Growers Market Building upstairs, but if you don't find it there, look downstairs in the co-op, or elsewhere in the building. --Milton Takei

FREE U-DIG-M SUNCHOKES,
Jerusalem Artichokes. Pam 484-1722

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