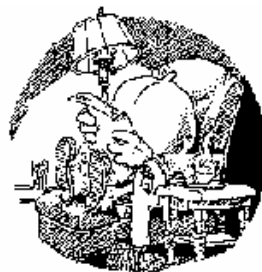




The Garbanzo Gazette

November 10, 2005



Growers Market's Weekly Newsletter

THANKSGIVING WEEK OPERATING HOURS

Tuesday Nov 22 5-7pm

Weds 2:30 – 7:30

Closed Thursday and Friday (Nov 24/25)

GROWERS AND COORDINATOR MEETINGS

The next three Growers meetings (board meetings) will be on Tuesday, November 29th at 6:30 pm, Tuesday, December 6th at 6:30 pm, and Monday, December 19th at 6:30 pm. If the meeting is not at the round table upstairs in the Growers Market Building, look downstairs in the co-op, or elsewhere in the building. The December 6th meeting should be in the smaller meeting area upstairs. --Milton Takei

DRY GOODS NOTES

Reminder -- due to poor crops this year -- all things almond are going up in price.

We have some new items for your enjoyment: Higher Power trail mix -- live OG ingredients; spicy thai and cheddar beer Kettle chips; Green & Black's OG chocolate ginger bars; "Just For Kids" traditional medicinal teas; Hatch 5-pepper enchilada sauce; Calistoga mineral water is back!!

As always if there is an item you would like to see at Growers let me know, maybe we can get it.

Thanks, Sue

SHOULD GROWERS SUPPORT KETTLE?

Kettle Foods--makers of Kettle brand potato chips-- buys potatoes from eastern Oregon's Threemile Canyon Farms. Threemile Canyon Farms, in addition to being one of the world's largest dairies, also grows thousands of acres of potatoes. Since July, the farm workers have asked Kettle Foods to add its voice to growing calls for Threemile Canyon Farms to take action over problems at the farm: harassment and intimidation of workers, large scale ammonia emissions and sexual discrimination. Kettle Farms has not returned their calls. Kettle Foods, also a Pacific Northwest firm, has a web site that talks about "passion for our community" and its "commitment to looking for ways to help our neighbors." Yet it refuses to even meet with the workers and discuss the abuses they endure at Threemile Canyon Farms. This is very disturbing from a company that boasts how "our efforts begin at a grassroots level." Kettle Food's web site discusses "buying potatoes grown on family-owned farms in the Pacific Northwest." Yet Threemile Canyon is a "factory farm." It comprises 93,000 acres and operates with \$20 million in state aid and ongoing annual federal subsidies of \$200,000. Please send your email to Kettle Foods today. Tell this company that sells its product worldwide that it's time to live up to its rhetoric and make a difference for farm workers who help produce its potatoes.

EUGENE PEACEWORKS BENEFIT

Raising funds for raising awareness. Sunday Nov 13th @ Sam Bond's. Coyo Ancient Melodies of Native America and timeless rhythms of the world and Madera playing concsouce sweet soul music, Blue Road and eclectic rolk rock trio starts the festivities at 7:30. Sliding scale admission, \$5-\$20; no one turned away for lack of money.

7SONG IN EUGENE THIS WEEKEND

This weekend 7Song, the director of the Northeast School of Botanical Medicine, will be in Eugene for 3 workshops. He is an entertaining and informative speaker. He is a well rounded clinical herbalist and teacher who specializes in Herbal First Aid and Male health issues. He is also an avid botanist and wildcrafter. Friday, Nov 11th 7-10pm – Holistic Male Health, Sat., Nov 12th 10-5 – Herbal First Aid, Sun., Nov 13th 10-4 – Basics of wildcrafting and plant walk. For more information call Jaci at 541-758-9156 jacimck@hotmail.com or Sherri at 683-5403

ROOM FOR RENT

Available now-- seeking housemate for 3 bedroom 'Grower's Market' house in SE Eugene/ W. Amazon neighborhood with wood stove, W/D. No smoke, no pets. Newly expanded sheet-mulched organic garden seeks more attention; bike-friendly household; patio space, bike/carport. Amazon rec. path, & bus 2 blocks away; trails to hills within walking distance. Vegetarians welcome too. Awareness of Peak Oil topic and permaculture a plus. \$275/mo. & 1/3 utilities + last month's. \$100 refundable deposit. Call 431-6658 for more info.

HEART OF NOW INTRODUCTION

The essence of The Heart of Now is the practice of being present with your whole self: your emotions, your thoughts, your body, and, beyond that, the part of you that is connected to everyone and everything, and from which your dreams and visions spring. When you are present with yourself, you can be present with others and with the situations and circumstances of your life. In this place of presence, you are free from the limitations that have held you back, and all possibilities are available to you--you are free to create your life as you want it to be. Monday Nov.14, 7-9pm, 935 Tiara Ct (walk through carport to community room) -- South on Adams from 28th, right on Tiara, then right on Tiara Court. For more info about the course or the intro: contact Karen, heartofnow@lostvalley.org or 541/937-3351, ext. 109 or <http://www.lostvalley.org/hon>

BIOTECH POLLUTION

Folks who want their vittles straight up with no freaky-gene twist may find it increasingly tough to get the good stuff. Genetically modified (GM) crops are gaining popularity worldwide, leading to more accidental biotech pollution, wherein ordinary crops are tainted by their GM cousins. Organic farmers in the U.S. say "leaky" biotech is costing them export sales; they're going farther and farther afield to find guaranteed pure seeds. Some local communities are taking precautions: Three California counties have banned GM farming and a fourth may soon join. Meanwhile, biotech crop growers complain anti-GM fears are hurting their sales at home and abroad. The U.S. government isn't too concerned about biotech pollution, as long as the gene mods come from plants certified for human consumption. "Why do [GM crops] need to be treated any differently?" asks an administrator at the U.S. Department of Agriculture. "They're not any more unsafe." From the Nov. 8 edition of "Daily Grist."

UPCOMING CISCAP AND RELATED EVENTS

TUE, Nov. 15: El Aviso Mailing Party, CISCAP office, 6:30pm. Folding, stapling, and labeling our quarterly newsletter. Munchies, music, and conversation.

THUR, Nov. 17: Report from Nicaragua, with former Eugeneans Pam Fitzpatrick and Paul Dix. A fantastic slideshow and talk from two long-time Nicaragua solidarity activists. 3:30pm, Walnut Room of the EMU (13th and University), UO campus (more on this event soon)

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