



# The Garbanzo Gazette

January 12, 2006



Growers Market's Weekly Newsletter

## 35TH ANNIVERSARY CELEBRATION PLANS

As many of you know this year marks the 35th year Grower's Market has been in operation. The actual date is Dec. 8th. The Grower's Board of Directors is planning a big celebration to happen in December. We are interested in your input, creative ideas, and possibilities of bands to play for free or low costs. We are also looking for individuals to help coordinate this event. It is never too early to plan for these things. The more organized we can be the more fun there is to have. Please contact Kari at 607-9576, karibliss@yahoo.com, or Nathan Greene at 302-3205.

## NOTICE OF RECENT PESTICIDE USE AT GROWERS

There have been rats at the coop recently. The problem was initially dealt with using live traps, but the rat population continued to grow. It was decided that the rats needed to be controlled in order to protect people's health.

A conventional pesticide called Talon (active ingredient – brodifacoum), an anti-coagulant, was placed in five bait stations in the coop and twelve bait stations under the building.

It is in maze shaped boxes that children can not access and the chemical can not be removed by rats except by ingestion.

The chemical is in a bitter tasting agent to keep people from ingesting it.

Talon was the safest of all the effective control techniques we were aware of.

We will need help with future cleaning parties in order to ensure that the rats do not return.

If you have questions or concerns, please contact Nathan Greene @ 302-3205

## STRAWBOSS POSITION AVAILABLE

Looking for a strawboss replacement ASAP 1-1/2 to 2 hours every other week to take care of the dairy cooler and the freezers. For more details on the position talk to Janine at growers or Stephanie 767-3689.

## GROWERS INVENTORY

A big "thank you" to everybody who helped with the co-op inventory this year. To those of you who thought about coming, but never made it, "Wait 'till next year!" To fail to do the year-end inventory would be a violation of law, because of the effect on Growers taxes. Growers spends money to buy inventory, expecting to sell the merchandise, thus converting it back into dollars. The inventory total is obviously inexact, but some of the mistakes might cancel each other out; the spice jars are not all the same, but we assume that the tare weight on all of them is 0.8 pounds. Not counting back stock is the most important source of error. If we miss a fifty-pound bag of something worth \$1.00 per pound, that's fifty bucks right there, to the disadvantage of the IRS. We are trying to gauge large shifts in the value of the inventory that might take place over an extended period of time. Dal Ollek once suggested that we could do inventory in early January, when fewer people are out of town; I think he meant that the value of the inventory would not change very much in the space of a week. --Milton Takei

## TAKE A STAND ON 4J FOOD POLICY

Editor's Note: As a Growers member, I have a strong interest in healthy food – in my home as well as in the larger community. The abysmal state of food in 4J school cafeterias has plagued me for years, and finally 4J is beginning to address the most basic elements of nutrition and exercise in a draft "Wellness Policy". Meg Blanchet and Meredith Whitten (of the Food On Project and the Lane County Food Coalition) have created an important petition to send to 4J.

To sign the petition, go to

<http://new.petitiononline.com/lcfc/petition.html>.

- Julie

To: The 4J Wellness Policy Advisory Committee, the 4J District School Board, and Superintendent George Russell.

We, residents of the 4J School District, thank the 4J School District for addressing these important wellness issues, and request that the following standards be included in the Wellness Policy.

- 1) Make free, safe drinking water available in the cafeteria for every meal.
- 2) Beverages offered shall be limited to water, 100% fruit juice, and rBGH-free\*\* non-flavored milk
- 3) Provide children with only healthy food options in the cafeterias, vending machines, school stores and concessions.
- 4) Meet USDA requirements for breakfast and lunch Entrees programs on a daily basis as follows:  
(Presently they are required to use weekly standard which is not nearly as healthy) = or < 30% fat , = or < 10% saturated fats, = or < 30% sugar as % of total weight, and ELIMINATE synthetically manufactured trans fats\*
- 5) Seek to greatly reduce potentially harmful food additives and processes such as: rBGH\*\*, irradiation, hydrogenated oils, and known genetically modified organisms (GMOs). To be achieved within a reasonable time period as defined by the advisory committee.
- 6) Require that schools permit vigorous physical activity during recess as well as physical education classes. (It needs to be understood that there are schools which do not allow children to run during recess.)
- 7) Schools need to allow sufficient time for children to sit and eat. A minimum of 20 min for lunch and 10 for breakfast would offer an environment in which children can relax, eat and digest their food in a healthy manner. Also we encourage elementary schools to schedule recess before lunch, as this is demonstrated to improve both health and ability to learn.

### **CHEMICAL FREE PROPERTY AVAILABLE**

Up to 20 acres of pastureland chemical free for over 30 years. Available for development of organic farming or meat operation. North Douglas County, 35 miles south of Eugene on Territorial Highway. Easy freeway access. Serious inquiries only; I would like to see my land used for growing healthy food and I would like to support a family or partnership who needs a place to get started. Development would be from the ground up; new perimeter fences and a year-round stream, well water. Call, email or write for interview; character references required. 541-942-7511. Ruthann Duncan, 961 Territorial Hwy. Cottage Grove 97424.

### **HERBAL WORKSHOPS FOR THE NEW YEAR CHINESE TONIC HERBS**

Saturday, Jan 28th, and Saturday, Feb 4th, 2006

Noon - 3pm (6 hours total) Cost: \$55

Discover why Chinese tonic herbs are revered for promoting vibrant health and longevity. Learn useful philosophical, nutritional and medicinal aspects of each tonic herb. Enjoy experiencing '5 flavors' in teas, soup and food.

Class meets at GivingTree Farm Herb Co., 1490 Jefferson St.

To register, please go to [www.lanec.edu](http://www.lanec.edu) or call LCC Continuing Education at 463-5252

Class info is on p. 51 in the Winter 2006 Class Schedule (under Massage Therapy, LMT Continuing Education) or on-line in Continuing Education, Massage Therapy. Licensed massage therapists (LMT's) will receive 6 CE's .

For more info, call or email: *Wendy Loren & Lawrence Birch* (541)344-7534  
or [givingtree@earthlink.net](mailto:givingtree@earthlink.net)

*Send comments or article submissions to [garbanzo@lists.opn.org](mailto: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](mailto:growers@lists.opn.org) Growers Market: 687-1145