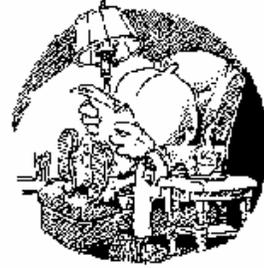


The Garbanzo Gazette

January 26, 2006



Growers Market's Weekly Newsletter

GROWERS MEETINGS

The next two Growers meetings (board meetings) will be on Monday, February 6th, at 6:30 pm, and Tuesday, February 28th, at 6:45 pm. If you do not find us at the round table upstairs in the Growers Market Building, try downstairs in the co-op, or elsewhere in the building. --Milton Takeito

PUMPKINS FOR CREATIVITY!

We're seeking volunteers (for pumpkins!) to join the T-Shirt Design Committee! Please contact me, Jenya at jenya@efn.org or 684-0066 if you're interested. Also, if you'd like to submit a design for the t-shirt which will then be voted on by the Growers community, please do so by Thursday, Feb. 23rd. The designs will be posted in a visible location at Growers for public viewing. Thank you! - Jenya

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.

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.

THOUGHTS ON WHOLE FOODS

Anyone with interest in the proposed downtown Whole Foods store... or the issue in general. <http://www.alternet.org/module/printversion/31260> AND: note this, from said article (emphasis mine; possible revenue/outreach idea for our market???): "In that spirit, a growing number of pioneering nonprofit organizations are working to put good food within economic reach of their local communities. One of them is People's Grocery <<http://www.peoplesgrocery.org/>> in Oakland, Calif. The nonprofit, community-based organization sells fresh produce and staples through its store* /and Mobile Market -- a "grocery store on wheels" that travels through West Oakland making regular stops.* The organization also has extensive educational programs and has helped establish a growing network of community gardens that currently provide 25 percent of the produce it sells." - Rachel

ECO LOGICAL CULTURE SERIES

A timely examination of positive eco logical choices we can make as individuals, a community and as a bio region. Global trends and current events are sending us a powerful message. The Eco Logical Culture Series responds, offering a wealth of vision, practical eco culture strategies for home and community and ways to support existing good works. *The Series will focus on the positive actions we can all take.* There will be a monthly engagement, the 4th Wednesday of each month from February to June, 7 PM at Harris Hall. There will also be parallel educational opportunities allied with the Series at other places at other times. See www.eugenepermacultureguild.org for details. Engagements starting in February will include two presentations per evening. One on the personal/at home level; the other on broader visions and strategies extending to the community and bio region. We will focus on many positive initiatives/role models already doing good work. We will also visit an exciting bio regional future.

- Julie

Mission Statement of the Series- To describe a wholistic outline of moving from where we are now as a culture in crisis towards a culture that places the well being of Planet Earth and all its residents as its guiding principle.

By the month, all dates are the 4th Wednesday of the month at 7 PM, Harris Hall, 8th and Oak in the Lane County Complex across the street from Saturday Market's location.

March 22nd: Voluntary Simplicity, Personal choices to live a more eco logical and intentional lifestyle.

Food Security, What is local food security and why is it vital to our future. What is already being done, such as the new Food Policy Council, to bring this about?

April 19th: Permaculture and Economic Conversion

May 24th: Neighborhoods and Urban Redesign

June 24th: Co-ops and Cascadia Commonwealth Institute

GOING ON A TRIP? NEED HOUSE-SITTING?

Retired University professor and wife from Michigan seek house-sitting or rental opportunity March 9-25.

They love animals. Contact Julie at

juliefisch@msn.com or 556-6654.

SUNNYSIDE HERBAL MEDICINE CLASSES

As the sun begins its return, so do the herbal classes begin again. First level starts February 12. This 6-week course will give a well-rounded introduction and include terminology, medicinal cultivation, medicine making, ethical wildcrafting, plant identification, and teatime. Classes meet Sundays from 11am-2pm. A second level 9-week course will start in April.

Brochures are on the bulletin board. Call Jaci at (541) 758-9156.

FOR SALE: Champion Juicer in excellent condition \$130 - call 461-2695

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>.

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.

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