

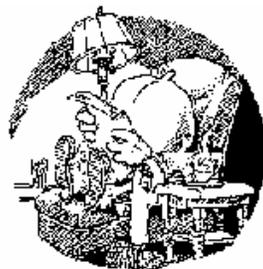


The Garbanzo Gazette

March 23, 2006



Growers Market's Weekly Newsletter



MEETINGS

The next co-op coordinators' meeting is set for Tuesday, April 18th, at 7 pm. If the meeting is not at the round table upstairs in the Growers Market Building, look for us downstairs in the co-op, or elsewhere in the building.

GROWERS MARKET ANNUAL MEETING

The 35th Growers Market annual meeting will be on Friday, April 7th, at 6:45 pm, upstairs in the Growers Market Building. The meeting will choose the 2006-2007 board of directors and review the previous year at Growers, with other business possibly included. And of course, we've ordered pizza.--Milton Takei

REGISTER AREA DESIGN

It's time to finish up the cash register area, and we need your help to design it. Now that you have had the chance to pay for your groceries at the newly designed "single line" system, I'd like to get feedback from cashiers, shoppers and coordinators as to how you think the area can be improved. Once we get the feedback, a few of us who feign to have carpentry skills will get together to design and build it. Some ideas that have been expressed include a low level box unloading area for each register, lowering the height of the tables and making them uniform, and keeping the storage areas behind them. What are your ideas? There is a clip board hanging behind the registers. Please write down your ideas and, if possible, leave your contact information so I can call you for clarification. Thanx, Steve

STRAWBOSS OPENINGS

*) 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 Jeanine at growers or Stephanie 767-3689.

*) Cashiers are needed for Thurs 2:30 – 5:30pm times. Speak to any coordinator to arrange.

*) A dedicated person is needed for the dried fruit and nut area who would take delight in filling the jars and buckets. Lily has been filling them for the last nine years. Call Lily @ 338-4436 or talk to any coordinator. PS: If anyone knows the whereabouts of the raison bucket, please put it back!

FOR RENT

Cozy BR available in 3 BR house with 2 women aged 29 and 30. Wood floors throughout, sunny, woodstove, porch. Fun, friendly, creative. Near Fern Ridge bike path and 2 miles west of downtown Eugene. Please no drugs or drama, and please no more pets. Organic garden, one cat and two ducks:) Permaculture, eco-conscious, healthy lifestyle. \$285 plus utilities, last, and security. Short term is fine. Available at the end of March. Call 684-0066 or email jmeshow@yahoo.com. Thank you! Jenya

FOOD FOR LANE COUNTY PLANT SALE

Mark your calendars! The FOOD for Lane County Gardens Spring Plant Sale and Benefit is April 1st (10am-4pm) and 2nd (12pm -4pm), and for the first time in a long time doesn't conflict with the Guild's Seed Swap! The sale is at the GrassRoots Garden, 1465 Coburg Rd behind St. Thomas Episcopal Church at the intersection with Cal Young. So far we will be selling bare root Berkeley blueberry bushes (Thank you Fall Creek Nursery!); bare root and potted everbearing strawberry plants, annual starts of veggies, flowers and herbs carefully cultivated at the Youth Farm by staff and volunteers, and assorted ornamental and edible perennials. I will be updating the list as we know more. Unfortunately no bare root fruit trees this year, our donor for the past six years does not have trees available to donate. Call 343-2822 for more information or check-out our website: www.foodforlanecounty.org.

CHAMPION JUICER FOR SALE

Excellent condition, 20 years old, \$125 461-2695

FARMER JOHN

Check out The Real Dirt on Farmer John at the Bijou. It's a great film with a strong message and a very personal story about why it's so important to support local farms. It's also good entertainment. The show times for "The Real Dirt on Farmer John" are: 7:30 and 9:20 daily, and a Saturday matinee at 3:00 these show times are good from Friday, March 31 through Thursday, April 6 at the Bijou.

THAT'S MY FARMER – CSA EVENT

The 7th Annual "That's my Farmer" event will be held on Tuesday, April 4 from 6:30-8:30 p.m. at First United Methodist Church, 13th and Olive Street. Fifteen faith communities in Lane County sponsor this event to highlight the importance of supporting local farmers, to offer an opportunity to meet local farmers and to learn more about participating in Community Supported Agriculture or CSA's. CSA means buying a weekly box of fresh fruits and vegetables from a local farmer from May through the fall with the money paid in the spring to help the farmer begin the planting season. Meet the farmers between 6:30-7:30. Presentations by farmers begin at 7:30 and there will be door prizes and homemade ice cream. The event is free but donations are accepted to support low income families access local organic produce.

FOOD FOR THOUGHT

from "My Saudi Arabian Breakfast" (on the Web at <http://www.tomdispatch.com/index.mhtml?pid=7129>) For decades, scientists have calculated how much fossil fuel goes into our food by measuring the amount of energy consumed in growing, packing, shipping, consuming, and finally disposing of it. The "caloric input" of fossil fuel is then compared to the energy available in the edible product, the "caloric output." What they've discovered is astonishing. According to researchers at the University of Michigan's Center for Sustainable Agriculture, an average of over seven calories of fossil fuel is burned up for every calorie of energy we get from our food.

THE INTEGRITY OF ORGANIC MILK

One of the country's preeminent organic watchdogs has released a report, *Maintaining the Integrity of Organic Milk*, alleging that a handful of leading marketers are shortchanging organic consumers. The report and scorecard, rating 68 different organic dairy name-brands and private-labels, was produced by The Cornucopia Institute, a Wisconsin-based farm policy research group. It profiles the growth and commercialization of organic dairying and looks closely at the firms that now seem intent upon taking over the organic dairy industry by producing all or some of their milk on 2000- to 6000-cow industrial-style confinement dairies. The organic scorecard ranks brands on a one- to five-cow scale (with five cows scoring best). Interested consumers can visit the group's Web page at www.cornucopia.org and easily view how their favorite dairy products measure up to consumer values. The good news in the survey is that "the vast majority of all name-brand organic dairy products are produced from milk from farms that follow accepted legal and ethical standards." But consumers should also know that nearly 20% of the name-brands now available on grocery shelves scored a lowly *one cow*—the substandard rating.

www.cornucopia.org

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