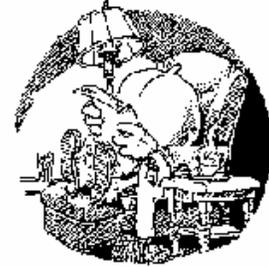




The Garbanzo Gazette

August 16, 2007



Growers Market's Weekly Newsletter

STRAWBOSS POSITION AVAILABLE!

Are you ready for a fast-paced and fun position with a dynamic community-based organization? A way to lower your weekly grocery bill while making a valuable contribution to your local community? Act now to become a Growers' Market cashier! Growers' is looking for one or two motivated individuals to run the register during 2:30PM to 4:30PM. Shifts are a minimum of one hour. If you are an interested party, you will be trained and handsomely rewarded for your efforts! In addition, you get to be a hero for afternoon shoppers by reducing wait lines. If this sounds like you, please contact Julie by email at gpeppers@gmail.com, by phone at 338-0031, or see any Coordinator.

RESPONSIBLE PERSON NEEDED

We need a reliable person, with experience being reliable and responsible to Growers interested in being even more reliable and responsible by taking on the Thursday, noon to 4:30 coordinator shift. Mimi is vacating this shift in a few weeks. Coordinating at Growers takes a special kind of community-focused responsibility; in fact, this is an unpaid job that requires more responsibility than many paid jobs. With many jobs, for instance, you can call in sick. A Growers Coordinator really needs to make sure there is a replacement. Sometimes no one is available, in which case a coordinator would work sick or whatever. On the other hand, in an emergency, someone always (knock on wood) seems to step up. For instance, Michael covered my shifts that occurred just before and after my mom's passing a few years ago. Another level of responsibility: coordinators really have the lion-share of responsibility for continually educating and empowering members so that some will take on positions like closing, cashiering and, ultimately, coordinating. In short, we need a person interested in helping the unique experiment in community-based food-shopping that is Growers survive and thrive into the future. If interested, talk to any of the current coordinators.

UPCOMING MEETINGS

The next co-op coordinators meeting is set for Monday, September 10th, at 6:30 pm, at 380 Howard (Monday, September 3rd is Labor Day, so we couldn't meet on that day).

GROWERS CO-OP FLOOR

Years ago, a government inspector warned us that the co-op was looking more and more like a store. The implication was that at some time in the future, an inspector might declare us to be a store, forcing expensive modifications. The proposal the the co-op give up space to the restaurant includes a new, washable floor that would be a big step forward for the co-op, since it would be part of the requirements for a store. --Milton Takei

SPREADING THE WORD

Do you know people who might like shopping at Growers? Near the cash register you can find a postcard-sized notice which has information on Growers shopping hours and orientation times. Look for the designation, "Become Growers." You can give these items to people as an aid to our word-of-mouth advertising, or you can put one up on your own refrigerator door.

HOUSE FOR RENT

As many of you may know already, we are making a move to the Czech Republic, where I'll be teaching English. (I'll be traveling to Prague for interviews next week -wish me luck!). We will be gone for *at least* a year, and are looking to rent our house. Here are the details: 1300 sq ft house in the Friendly St neighborhood. Medium sm yard/gardens w/ pear tree. No pesticides since 1994. Growers Market neighbors. Rent may run anywhere from \$750-\$1,000, depending on evolving circumstances and the tenants' willingness to adopt two (well behaved), healthy, elderly gentlemen cats. (Cats' veterinary costs guaranteed for the life of the cats.) We will be asking ffor first and last month's rent to move in. No dogs please. If interested, email: cschandler@laughingunicorn.com

BULK XYLITOL RETURNS!!! PART 1

Finally, bulk xylitol will again be available at Grower's Market! We expect it to be available next week, or the week after that at the latest. Each week for the next three weeks, I will submit a blurb compiled from my xylitol findings for a refresher to some, and as new information to others interested in this alternative sweetener.

What is Xylitol? From www.xylitol.org: "Xylitol is classified broadly as a carbohydrate and more narrowly as a polyol. Xylitol has been used in foods since the 1960's. It is a popular sweetener for the diabetic diet in some countries. In the U.S., xylitol is approved as a food additive in unlimited quantity for foods with special dietary purposes." Xylitol has sweet characteristics and is reported to offer several health benefits. One of the most informative websites I've found (<http://www.laleva.cc/food/xylitol.html>) includes (but is not limited to) the following:

- I. Leaving an alkaline environment in the mouth, which promotes tooth remineralization instead of tooth decay.
- II. Doesn't feed yeast. Xylitol is unusable for making yeasted bread, but a preferable sugar alternative for candidiasis sufferers.
- III. Promotes bone-density and bone-loss reversal.

Again from <http://www.xylitol.org/main.asp>:
"Although trace amounts of xylitol can be found in fibrous foods such as fruits, berries, mushrooms lettuce, hardwoods, and corn cobs. One cup of raspberries contains less than one gram of xylitol." commercial sources of xylitol are typically from corn or birch trees. Our xylitol is sourced from 100% Austrian birch, and is manufactured in the Midwest US.

Submitted by Julie Rossberg

TANTALIZING RECIPE #1

Wilted Spinach, Basil, and Peach Salad

A very easy summer salad. Kids will love their spinach!

6 – 7 cups tightly packed salad greens of choice
1 bunch basil
2 T olive oil
1 T xylitol
½ cup almonds, walnuts, hazelnuts or pine nuts
3 cloves garlic, finely chopped
¾ cup grated parmesan cheese
1 nectarine or peach, thinly sliced

- 1 T butter
- 2 T vinegar of choice
- ¼ package tempeh

 1. Wash and drain the basil and spinach.
 2. In a small skillet, saute garlic, tempeh and nuts in butter until lightly browned.
 3. Add xylitol and melt. Remove from heat. Stir in vinegar.
 4. Add olive oil.
 5. Pour mixture over spinach and basil.
 6. Fold in sliced peach and parmesan.

*Send submissions to garbanzo@lists.opn.org. You can also put articles in the garbanzo box at growers. Newsletter copy deadline is 5:00 pm Wednesday. 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 To subscribe via email, send a message to growers-join@lists.opn.org
Growers Market: 687-1145*