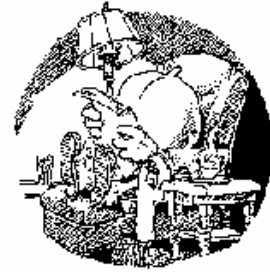


The Garbanzo Gazette

September 6, 2007



Growers Market's Weekly Newsletter

UPCOMING MEETINGS

The next Growers meeting (board meeting) will be on Thursday, September 13th, at 7 pm. If we are not at the round table upstairs in the Growers Market Building, then look for us downstairs in the co-op, or elsewhere in the building. The co-op coordinators' meeting is set for Monday, September 10th, at 6:30 pm, at 380 Howard. --Milton Takei

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 that 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 --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.

LOOKING FOR CHILD CARE

Grower's Market family seeks childcare provider for occasional care of two good natured boys aged 4 and 6. Please send resume with references and fees to: JenneferH2000@yahoo.com. Or call Jennefer at 359-8111. Open to child care trades as well.

EAT HERE AGAIN! LOCAL FOODS COMMUNITY POTLUCK AND CORN BOIL

Join members of the community that share your concerns and excitement for supporting local foods. Sunday, September 16th, Alton Baker Park, Shelter #2, 4 – 7 PM, FREE! How LOCAL Can YOU Go? - Prepare and share a local food dish w/ingredients list; What is local/organic? Bring copies of your recipe. Enjoy an old-fashioned sweet corn-boil. Please bring your own service. Old-time string band, project highlights from local food organizations, tips on food preservation – Lane County Extension Service. Sponsored by Helios Resource Network helios@heliosnetwork.org or 284-7020.

Co-sponsors of this event: Willamette Farm and Food Coalition, School Garden Project, EWEB's Healthy Farms Program, Food for Lane County, Eugene Permaculture Guild, Lost Valley Education Center

A MESSAGE FROM THE HOST OF STAND UP AGAINST WAR IN EUGENE:

There is an important action that we can all take in order to assure that no more funding gets sent to this lost cause of a war. We all need to urge our Senators to filibuster any funding legislation that does not include a withdrawal timetable. The Republicans have not been reticent to use this parliamentary technique to keep funding the war, and the Democrats should not hesitate to use this technique to stop the war.

We should all call or e-mail our Senators, and sign this petition online:

<http://filibusterforpeace.org/index.html>

Thank you for your help. -- Caleb J. Friz

Bulk Xylitol Returns!!! Part III

FYI: Xylitol acts a bit differently than sugar in baking. The substance doesn't brown and so (for instance) is mostly better for cakes, puddings, pies, bars & jam than oh, say... cookies. Experimentation is key. Xylitol is found naturally in small quantities.

* Our bodies produce only enough enzyme necessary to digest the amount we encounter. Unlike sorbitol or mannitol, when we consume larger quantities of xylitol, our bodies will adapt. What doesn't get digested passes through the body as fiber. Adding a small amount (1/4 to 1/2 teaspoon) daily to your diet and gradually increasing the amount ~1/2 teaspoon per week is suggested.*

A google search yields a multitude of websites upon which xylitol's long-standing international history and benefits can be researched in depth. One is: http://www.angelfire.com/az/sthurston/xylitol_natural_sweetener.html

* These statements are the personal opinions of Julie Rossberg, a Growers community member, and should not be interpreted as medical or nutritional advice

Tantalizing Recipe #2

Chocolatey Blueberry Brownies

1 apple or 1 cup applesauce
½ cup xylitol
1 t. vanilla
½ cup whole wheat flour
¼ cup unbleached white flour
1/3 cup cocoa powder
½ t. baking soda
½ teaspoon baking powder
1/3 cup chopped walnuts
½ cup blueberries

1. Preheat oven to 350 degrees
2. Butter an 8 inch square baking pan
3. pulverize apple in a blender or food processor.
4. In a medium bowl, combine apple or applesauce, sugar, and vanilla.
5. in a another bowl, whisk together flours, cocoa, baking powder and soda.
6. Make a well in the center and add wet ingredients; mix until just combined.
7. Gently fold in walnuts and blueberries.
8. Spread mixture into prepared pan and bake for 25 to 30 minutes, until center is firm.
9. Let cool completely before slicing.

*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*