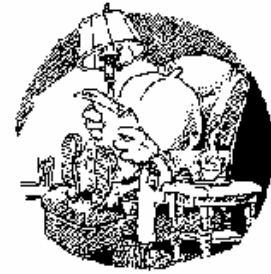




# The Garbanzo Gazette

October 25, 2007



Growers Market's Weekly Newsletter

## STRAWBOSS POSITIONS AVAILABLE

We are looking for a few people to help close the market on Thursday nights. The "shift" runs from 7-8:30ish and includes a variety of tasks from boxing up produce to sweeping the floor. As this is Growers, we are flexible. We do need volunteers every week but if you can make it every other week or only for a hour, that works. I have been a closer on and off for the last few years and this shift can be really fun...the More the Merrier! It's a great chance to be involved with your community and to help the Growers we love! If you have any questions and/or interested please contact Myriah @ 343-6008 or Nathan @ 302-3205. Thanks- Myriah

## GROWERS ENTERS THE 21<sup>ST</sup> CENTURY

You can place your pre-order online!! Or, more accurately, you can email your pre-order to [growers.market@gmail.com](mailto:growers.market@gmail.com). Make sure you send it by 6:30 on Tuesday evening for inclusion in that week's produce order. Email it days in advance if you want, or whenever you think of it - just get it in our inbox by Tuesday evening and you are set! Peace. Taylor

## UPCOMING MEETINGS

The next two Growers meetings (board meetings) will be on Tuesday, November 13th, at 7 pm, and Monday, November 26th, at 6:30 pm (I had the first date wrong in my previous announcement). The co-op coordinators' meeting is set for Monday, November 5th, at 6:30 pm. If we are not at the round table upstairs in the Growers Market Building, look for us downstairs in the co-op, or elsewhere in the building.

--Milton Takei

## WE OWN THE BUILDING

Growers people like to think that the food co-op owns the Growers Market Building. We have separate bank accounts for the food co-op and the building, but the money is actually in one big pot. In the past, we have transferred money from the building account to the co-op account, and from the co-op account to the building account. Treating the co-op financially like one of the upstairs tenants would give an opening to people who might wish to raise the co-op's rent so high that it could no longer exist--they might wish to have offices in the space, instead. --Milton Takei

## HORSETAIL TONER

In the health and beauty aid area, I've brought in some horsetail toner I made this summer. Horsetail is an invasive, obnoxious "weed" that most people want to poison and/or kill. While I don't poison plants, I do like certain ones from certain areas to be removed, and to re-establish those areas with other varieties. In these cases, I pull the "weed" up and re-plant the area with what is wanted, or weed the unwanted plants from a bed that is establishing itself. So, this summer I "harvested" a whole lot of horsetail. Because I didn't want to waste something that is considered to have benefits, I looked into what could be done with it. What I found was this incredible tincture, made with apple cider vinegar. Used diluted, it makes a wonderful skin toner, which I now use all the time. I put it 1:10 in a spray bottle and spray it on my face and all over after showers. Also, I use it as a hair tonic in or after showering. When I started sharing it with my family and friends, I got varying responses as to what they did with it and how they liked to use it best. Some didn't dilute it at all - it seems the less you do, the more the tincture acts like a gel and makes hair dry sort of crispy. This is great for setting waves in hair. I guess it works similarly for curly hair - if you want to control it. While I don't know much about this (curls?), I encourage you to try some and give me feedback! Essential oils in the diluted or undiluted mixture make it smell all different ways, and I'm sure a whole host of additives could be tried for different dilution mixtures.

-Julie

## SUSTAINABILITY IN SMALL BUSINESS

Announcing October 30, 2007 4-7 PM Sustainability in Small Business Getting the Process Started A lecture by Natalie Reitman-White Sustainability Food Systems Project Manager University of Oregon to be held at Room 213 Lane Community College Business Development Center 1445 Willamette Street.

*Send submissions to [garbanzo@lists.opn.org](mailto: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](mailto:growers@lists.opn.org) To subscribe via email, send a message to [growers-join@lists.opn.org](mailto:growers-join@lists.opn.org) Growers Market: 687-1145*

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## Pre Order Produce by E-Mail

Send an e-mail to [growers.market@gmail.com](mailto:growers.market@gmail.com) by Tuesday evening @ 6:30pm to preorder produce for that Thursday