

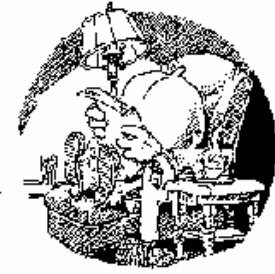


# The Garbanzo Gazette

June 4, 2009



Growers Market's Weekly Newsletter



## GROWERS MEETINGS

The next Growers meeting (board meeting) will be on Tuesday, June 30th, at 6 pm. The co-op coordinators' meeting is set for Monday, June 15th, 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

## HEY ALL YOU FRUITS AND NUTS,

It is that time of year again when we are looking for day passers to help out at this years Growers Fruit Booth at the Oregon Country Fair. Have a great time cutting, stocking and serving fresh fruit while bringing funds in for the Growers Market. This is a great opportunity to be a part of the magic that makes the fair come alive. If this is something that you want to be a part of there is a sign up sheet on the right side of the big bulletin board. Please include your name, number, e-mail, time, and day or days you can work. Just remember flakes belong on popcorn and not at the fruit booth.

We look forward to working with you. Cheers, Steve Brown  
For questions e-mail Jaci at [jacimck@hotmail.com](mailto:jacimck@hotmail.com)

## STUDIO FOR RENT

550 sq.ft., off street, cottage studio with loft in Permaculture Project. Shared Yard • 10' x 40' Greenhouse • Established Gardens • Drip Irrigation • High Speed Wireless Internet • Whiteaker Neighborhood. \$585. per month + utilities + deposits. NS. NP. Ruth 510-3766

## BOM DIA, GROWERS!

This dedicated cashier has decided to step down from her wooden stool throne and hand over the esteemed position of Thursday cashier from 2:30-4pm. Anyone interested in this high-energy and fun-filled strawboss position please talk to me or our diligent coordinators. It has been delightful getting to know you all over the years and I plan to continue 'being Growers' in a new form :)Wishing you all wonderful weekly cashiering experiences, Jenny R.

## STRAWBOSS POSITION AVAILABLE:

*Growers New Member Orientation, Thursdays at 1:30*  
Help introduce Growers Market to new potential members. We are also going to add another orientation session toward the end of the afternoon on Thursdays. If you are interested in either time, see a coordinator for details or call Julie 338-0031 or see a coordinator at the market.

## ROOM FOR RENT

\$375/month. Graduate students or serious students please. Contact Julie 338-0031. Spacious house close to UO/Lane, large room, lots of privacy, quiet, wireless internet.

## BUTTERFLY MEADOW HABITAT RESTORATION PROJECT CELEBRATION

Join Walama Restoration Project in celebrating our Butterfly Meadow Habitat Restoration Project at the Whilamut Natural Area in East Alton Baker Park! Summer Solstice, Saturday, June 20th, 1-4PM Come and see the spectacular display of wildflowers and native pollinators, and enjoy: \*\* Tours of the Butterfly Meadow \*\* A presentation about the project \*\* Fun Activities for Adults and Kids \*\* Refreshments and Snacks \*\* Raffle with Prizes! Directions:

In Alton Baker Park, go to the Whilamut Natural Area, off Day Island Road near the city's native plant nursery, community garden, and dog park. For a map, visit: [www.walamarestoration.org/map.pdf](http://www.walamarestoration.org/map.pdf). For more info, please email [Liza@walamarestoration.org](mailto:Liza@walamarestoration.org), or call 484-3939. We look forward to seeing you there!

## SHARE IN BEEF COW?

I'm buying 1/2 a cow, anyone want the other half? Raised by Scott Sublette, Yoncalla farmer, grass fed, not certified organic but follows OG practices, I've bought from him several times - great beef. 150 lb of beef for about \$3.10/lb. You can always split with a friend....If you haven't done this before, it's a lot of stew and burger meat, round steak, etc. - Julie, [juliefisch@msn.com](mailto:juliefisch@msn.com)

## SKATERS FOR EUGENE

Flagship Skate Park covered and lit. State Skate Destination. [www.skateeugene.org](http://www.skateeugene.org) Art Fundraiser/auction 790 Willamette June 5<sup>th</sup> 5pm-11pm June 6<sup>th</sup> viewing and purchase take home 12pm - 4pm. Help transform the space under Washington/Jefferson Bridge into a positive environment for the entire community.

## ALMOND CONCERNS

Hi Growers, I wanted to share this attachment (*from Cornucopia Institute, excerpt below, ed.*) about the state of our almonds. I am wondering where we get our almonds and how they are treated. They are not truly raw in any case. We even experimented with spouting them at home, and it did not work. I think we should check to make sure they are at least

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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 week.

steam and not chemically pasteurized. Perhaps, we could look into getting our almonds from [www.nutnother.com](http://www.nutnother.com). Please share this information in the garbanzo in whatever form you deem appropriate. Thanks. Ellen Syversen (Cheese Crew)

"The U.S. Department of Agriculture requires virtually all almonds to be "pasteurized" by September 1, 2007 after a couple of salmonella outbreaks in 2001 and 2004 were traced back to almonds. Now the "pasteurization" is to be accomplished with a substance called propylene oxide, very much like ether. Propylene oxide is a highly toxic flammable chemical compound, once used as a racing fuel before it became prohibited for safety reasons. It is also used as a military explosive. It's used to make thermobaric bombs or fuel-air explosives. It packs more explosive energy for its size than other explosives. This applies to conventional almonds. Organic almonds get off somewhat more lightly, they are merely required to be treated with steam. Yet this is also kept hidden from you through the approved use of false labeling, by allowing steam treated almonds to be labeled and sold as "raw.""

### SEEKING FARM PARTNER(S)

seeking partner(s) to share 40 acres west of Eugene. peasant lifestyle skills required. in addition to providing for ourselves as much as we are able, we adhere to the wild farm movement ideas by providing habitat for wild specie. we pay special attention to invertebrates particularly the pollinators; also amphibians and reptiles and, of course, birds. email [nellie.jan@gmail.com](mailto:nellie.jan@gmail.com) or call 541-485-1426.

### YURT FOR SALE

20' Pacific Yurt, Hood River, Oregon. You take down and transport. \$10,500. Includes: Yurt deck (and pier blocks), outside deck (all screwed down), flooring, all appliances = apartments sized gas range, medium electric fridge, empire propane furnace (heats the yurt nicely), custom kitchen. Yurt has 'tall' walls/forest green, fully insulated, solar arc, snow and wind kit, french doors, door awning, 3 windows. Has been up approx 6 years total though lightly used all those years. Very good condition. Available in July (possibly sooner depending on circumstances).

[claritysteeping@gmail.com](mailto:claritysteeping@gmail.com)

### BUY LOCAL FIRST BREAKFAST SERIES

Are you ready for some local fun? Join us the first Saturdays of (May 2nd) June 6th & July 4th at the Odd Fellow's Hall, 223 SW 2nd St., Corvallis, for the 3rd annual Buy Local First breakfasts. For 2 hours only, 7:30--9:30; cost, \$6/adult, \$4/12-and-under, with \$2/off-admission-coupons available at several select businesses around town, most notably both First Alternative stores. "Enjoy food, fun, and music while getting to know your local businesses!" Call Becky, 760-1059, or Emily, 753-3115, x321, for more information.

## Report: Many Organic Soy Food Brands Importing Beans from China - Corporations Undermine Organic Reputation Toxic Chemical Used to Process "Natural" Soy Foods

**Cornucopia, WI:** Tremendous growth in organic soy foods has occurred over the last two decades as consumers seek healthy dietary protein sources. Many companies touting "natural" or "organic" soy brands have found favor in the supermarket. A new report, from The Cornucopia Institute, lifts the veil on some of these companies, exposing widespread importation of soybeans from China and the use of toxic chemicals to process soy foods labeled as "natural."

The report, *Beyond the Bean: The Heroes and Charlatans of the Natural and Organic Soy Foods Industry*, and an accompanying scorecard rating organic brands, separates industry heroes—who have gone out of their way to connect with domestic farmers—from agribusinesses exploiting consumer trust.

"Importing Chinese soybeans or contributing to the loss of rain forests by shipping in commodities from Brazil just flat-out contradicts the working definition of organic agriculture," said Mark Kastel, Senior Farm Policy Analyst at The Cornucopia Institute.

"The report's good news is that consumers can easily find, normally without paying any premium, organic soy foods that truly meet their expectations," said Charlotte Vallaey, a Cornucopia researcher and primary author of the report. The report and scorecard can be found on Cornucopia's website [www.cornucopia.org](http://www.cornucopia.org).

Through a nationwide survey of the industry, onsite farm, and processor visits, plus reviews of import data, Cornucopia assembled a soybean foods rating system respecting the fundamental tenets of organics.

One company that had an excellent opportunity to meet consumer expectations by supporting the growth of organic acreage in North America was Dean Foods, makers of the industry's leading soymilk, *Silk*. Instead, after buying the Silk brand, Dean Foods quit purchasing most of their soybeans from American family farmers and switched its primary sourcing to China.

"White Wave (Dean's marketing division for Silk and Horizon organic milk) had the opportunity to push organic and sustainable agriculture to incredible heights of production by working with North American farmers and traders to get more land in organic production, but what they did was pit cheap foreign soybeans against the U.S. organic farmer, taking away any attraction for conventional farmers to make the move into sustainable agriculture," said Merle Kramer, a marketer for the Midwestern Organic Farmers Cooperative.

Dean has now quietly abandoned organic soybeans in most of the Silk product line, switching to even cheaper conventional soybeans without lowering consumer pricing.

"As a vegetarian, for health and ethical reasons, I am appalled that some large corporations are profiteering on my trust in their brand," said Joan Levin, a Chicago consumer who says she is fiercely committed to organics.

Meanwhile, highly committed companies like Eden Foods, Small Planet Tofu, and Vermont Soy work directly with North American organic farmers.

"Small Planet Tofu has bought organic soybeans from me and other farmers I work with for the past 17 years," said Phil Lewis, an organic farmer in Kansas. "This relationship is priceless, because I know that I can count on them even if I have a bad year with droughts or floods," Lewis added.

*Behind the Bean* also exposes the natural soy industry's "dirty little secret": its widespread use of the toxic solvent hexane. Conventional soybeans are bathed in hexane by food processors seeking to separate soy oil from the protein and fiber of the beans. It is banned in organics. Hexane, a neurotoxic chemical, poses serious occupational hazards to workers and is a major environmental air pollutant.

Residue tests reveal that small amounts of hexane can and do appear in ingredients processed with the toxic chemical. The government does not require that companies test for hexane residues in foods, including soy-based infant formula.

The Cornucopia Institute P.O. Box 126 Cornucopia, WI 54827  
[www.cornucopia.org](http://www.cornucopia.org) [cultivate@cornucopia.org](mailto:cultivate@cornucopia.org) 608-625-2042

*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 pm 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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