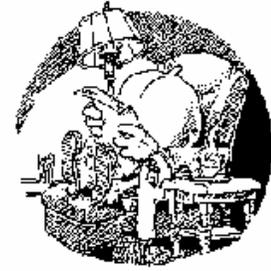




# The Garbanzo Gazette

August 6, 2009



Growers Market's Weekly Newsletter

## GROWERS MARKET NEWS

### Meetings

(usually at the round table upstairs, otherwise downstairs)

Board: Wednesday July 29<sup>th</sup> 6:00pm

Co-op Coordinators: Monday, August 17th, 7 pm,

\* Location: 176 N. Grand.

### Help Wanted

Thursday closer: 6:30 -8:30pm - contact Nathan 852-0627

Thursday afternoon cashiers 2:30-3:30, contact Julie  
338-0031

## PARKING LOT NEWS

The City of Eugene has started paving the AMTRAK lot in front of Growers. The project will be in two phases and take three months. The first phase which will take one and a half months will be to pave the lot in front of Growers Market.

We have lost our five parking places along the fence for the full three months, but we have five substitute spaces east of the train depot. To the right of the MECCA Building, spray painted with a "G" and they say "Reserved."

Small trucks, vans and automobiles will be able to park temporarily in front of Morning Glory. Customers will be able to park for 10 to 15 minutes. Commercial vehicles will be able to park longer. Large trucks will have to park in front of Central Blueprint and bring their deliveries down the alley. The dumpsters will move over by Jackelope during phase one.

The co-op will be open during the project. Please let the building manager know if you experience any problems concerning the parking lot. – Edward, 687-8648

## OFFICE FOR RENT

The Growers Market Building will have an upstairs office for rent starting September 1, 2009. The office is 135 square feet and will rent for \$100 per month. The rent includes utilities and a DSL line. Please contact Edward Winter at 687-8648 or email [growmgr@gmail.com](mailto:growmgr@gmail.com).

## COOKBOOK SUBMISSIONS

Earn a Pumpkin by submitting a recipe for the first ever (still trying to compile!) Growers Market Cookbook! Think of all the tasty food you cook with your groceries from here, your favorite recipes that you made up as soon as you saw that luscious produce...1 pumpkin will be given to each member for one or more recipe submissions. Send recipes to [growers.market@gmail.com](mailto:growers.market@gmail.com). If your recipe involves meat, please include an option for vegetarians. We really, really like recipes that can be made with ALL Growers ingredients (so we don't have to make an extra stop somewhere else...). To inspire you:

### Green Bean & Gorgonzola Pasta

2-3 Yukon Gold potatoes

1 # Multi-grain pasta such as penne or farfalle

3/4 # green beans - snapped into pieces

1/2 # gorgonzola - crumbled

5-6 fresh Sage leaves - minced (you can use dried sage in a pinch)

2 tbl. butter (or butter alternative)

1/2 cup pecans - minced and toasted

Salt & Pepper

Cut the potatoes into 3/4 inch cubes. Bring a large pot of water to a boil. Add the potatoes and cook until almost done. Add the Pasta and cook until almost done. Add the green beans for just a minute or so. Reserve 1/2 cup of the cooking water and drain the rest. With everything back in the pot add minced sage leaves, butter, crumbled gorgonzola, and toasted pecans. Stir and toss. Add the reserved cooking water to thin the cheese if necessary. Salt and pepper to taste. Excellent on a summer evening, and very easy. (Now you send me your recipe! [growers.market@gmail.com](mailto:growers.market@gmail.com))

## DRAFT OF NO CAMPING NOTICE

Growers has had a problem with people camping on our loading dock. I am concerned that some individuals think that the use of police power is the answer. In fact, the police can only do so much. They can't guard the dock 24 hours a day. I worry that someone might have been retaliating against us when they built a fire on the dock.

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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.

The trouble is that we are not in a position to make many concessions to homeless people. But we can assure them that our policy is to make everyone welcome during normal building hours and that they can complain about harassment. We can also explain that our hands are tied: local government would not allow us to let people camp on the dock. The following is a draft of a notice to put up around the building. If you have any feedback, you can come to a tenants', coordinators' or board meeting, or you can talk to someone who does attend one of these meetings.

#### No Camping on the Dock [in big letters]

Growers Market seeks to include all people regardless of ability, race, class, gender, sexual orientation, etc.; in other words, we do not allow harassment. The loading dock space is rented from the City of Eugene, and they do not allow anyone to use the building or loading dock for camping. The hours for the Growers Market Building and loading dock are Monday through Friday from 9 am to 11 pm[?]. These hours do not apply to tenants of the building and their guests. Tenants and persons responsible for meetings in the common area of the building should try to make sure people understand the building's hours. To contact the building manager, \_\_\_\_\_, - Milton

#### FREE CHICKENS

6 Experienced egg producers, 2-3 years old. 1 non-egg producer (kicked out from the group)-could make a meal (can't live with the others) We live in W. Eugene. Call (541)206-3676. Kathy

#### GOAT MILK

Thorn & Thistle Farm in Mohawk has goats' milk available, \$8/gallon. If anybody has contact information for this farm please send to garbanzo@lists.opn.org.

#### GLUCOSAMINE FOR SALE

I have a new, *unopened* bottle of 90 tabs of Natrol MSM & Glucosamine available, at cost, for \$9.11, that I can no longer use. They were special-ordered through our United Foods wholesaler. If you or someone you know is interested, please call 485-6846, and ask for Doug. Thanks.

#### FOR RENT:

Large 3 bedroom house (1600 Sq. ft.) with artists studio - in Permaculture Project. Shared yard, 10' x 40' greenhouse, established gardens, drip irrigation, high speed internet, Whiteaker neighborhood. \$975./ mo. + utilities. Move in costs include 1st + last + deposits. No smoking. No pets.

Available October 1st. Call Ruth 510-3766. To see our facebook page go to: <[facebook.com/possum.place](https://facebook.com/possum.place)>

#### WILLAMETTE VALLEY BREWS & BLUES FESTIVAL

The Springfield-Eugene Habitat for Humanity is holding their first-ever fundraising festival this weekend at Island Park--Friday from 4pm-10:30pm, Saturday 11am-10:30pm--admission is \$6/adults, with 3 nonperishable items for the Food For Lane County barrels, located at every gate. Volunteers get free admission; they are still needed particularly for setting up on Thursday (beginning at noon) and tearing down Sunday am. For more info, see <[www.wvbbf.org](http://www.wvbbf.org)>.

#### THINGS YOU MIGHT NOT KNOW . . .

Burt's Bees lip balm was originally sold at independently owned health food stores. But more recently, Burt's Bees products have appeared everywhere---in grocery stores, drug stores and big-box stores like Target and Wal-Mart. That's because Burt's Bees is now owned by Clorox, a massive corporation that has historically cared very little about the environment. Tom's of Maine is owned by Colgate-Palmolive, a massive company with a revenue of approximately \$11.4 billion (annually). Danone, the French conglomerate which also owns Brown Cow, has acquired a majority holding in Stoneyfield; this is the same Danone that had to recall large quantities of its yogurt in 2007 after it was found to contain unsafe levels of dioxins. Horizon Organic milk was bought out by the largest dairy company in the U.S., Dean Foods, in 2005. Odwalla is now owned by Coca-Cola. Almost as soon as Coca-Cola bought the company, it stopped selling the fresh-squeezed orange juice that had made Odwalla famous and popular--fresh squeezed can't last the days and weeks the juices are now in transit or on the shelf. Pepsi bought Naked Juice in 2006, in order to compete with Odwalla. Smuckers grabbed several juice mainstays from the health food store shelves: After The Fall, R.W. Knudsen and Santa Cruz Organic. Kashi cereals was bought in July, 2000 by Kellogg's, the twelfth-largest company in North American food sales (but if you look at a box of Kashi's "Go Lean Crunch," for example, you will find not one mention of the fact that Kellogg's owns them). Kraft Foods bought the natural cereal maker Back to Nature. Kraft is a subsidiary of Altria, which also owns Philip Morris, one of the world's largest producers of cigarettes. General Mills owns Cascadian Farm. Barbara's Bakery is owned by Weetabix, the leading British cereal company. Health Valley and Arrowhead Mills are owned by Hain Celestial Group, a natural food company traded on the NASDAQ, with H.J. Heinz owning sixteen percent of the company. (Source: Your Favorite 'Natural' Brands May Not Be What They Seem, [www.Mercola.com](http://www.Mercola.com).)

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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