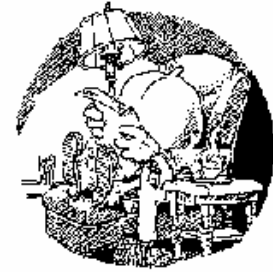


# The Garbanzo Gazette

October 8, 2009



Growers Market's Weekly Newsletter

## GROWERS MARKET NEWS

### Meetings

(usually at the round table upstairs, otherwise downstairs)  
Board: Tuesday, October 20th at 6:00pm  
Co-op Coordinators: Monday, October 19<sup>th</sup> at 7 pm, at the Market.

### Help Wanted

- \* Tues Opener needed, every Tuesday, 4:45-5:15, contact Taylor on Tuesday or at 683-8250.
- \* Thurs Pre-Order Sorter: Starting at or before 1:00pm contact Joni 345-6808
- \* Thurs closer: 6:30 -8:30pm - contact Nathan 852-0627

## PARKING UPDATE

We will have limited parking in the lot in front of Growers Market until the end of the paving project in front of AMTRAK. It is scheduled to be completed on November 7th. We do **not** have our five parking spaces and we **cannot** park in front of the dock during the remaining construction period. We do have five spots marked "G" on the east side of the MECCA building along the railroad tracks. Someone parked along the dock last Thursday and blocked the AMTRAK bus from going around the lot. At no time can we park in front of the dock. Either pay for parking in a paid spot or go over to our free "G" spots. Thanks, Edward Winter, building manager  
P.S. For more info, see page 2 of this newsletter

## FRIDAYS AT GROWERS ARE GETTING LONGER!

Beginning Oct 2<sup>nd</sup>, Growers will be open from 9am 'til regular closing time. Please plan to pre-order produce if you think you'll be shopping on Fridays – the pre-orders are pulled separately and saved out for us on Thursday, so it's pretty guaranteed to be there for you, and makes ordering and reducing food waste more possible. Also, if you are interested in strawboss or co-coordinator shifts on Friday, please contact Cialin at [cialin@efn.org](mailto:cialin@efn.org). See you then!

## NEW ITEM

We now field roast vegan sausage. I tried them recently and they are wonderful. Good texture, good flavor, just take the casing off first. Enjoy. Sue

## GROWERS IS GETTING PAINTED!!!

The interior of Growers will be repainted in the near future. The walls and ceiling will be painted some type of white/off white color EXCEPT for the murals and the wood on the ceiling. We will keep all the murals and the wood on the ceiling as is. The multi-colored poles will each be painted a different color. The color of each pole will be one of the colors that already exists on the pole. A final decision will be made by the coordinators at the September meeting. If you have any comments or suggestions you can place it in the suggestion box or give them (written down!) to any coordinator.

## WELCOME SCHOOL GARDEN PROJECT

The new upstairs tenant in the Growers Market Building is the School Garden Project, which helps schools create and maintain gardens where hands-on learning connects students with their environment and local food system. Each year, their educational programs serve more than 800 students, and they provide more than 15,000 plant starts to school gardens in four school districts. --Milton Takei

## 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 her, 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:

OVER

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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.

### **YAM WAFFLES FROM TERI JONES**

(I usually at least double this recipe to be sure to have leftovers)

1 cup flour  
2 tsp baking powder  
1/2 tsp salt  
1 cup baked(very soft)yams, mashed  
1/2 cup butter, melted  
2 eggs, separated  
1 cup milk(or use 1/2 cup half-n-half and 1/2 cup water)

1. Combine flour, baking powder & salt in large bowl.
2. Add yam, butter, egg yolks & milk.
3. Fold in egg whites that have been beaten till stiff.
4. Fill waffle iron(no need to grease).

### **FOR RENT**

1 Room in Large 3 Bedroom House in the Whiteaker Neighborhood - \$325. Large house - 3 bedrooms, 1 bath, plus studio/ storage room. Share with female UofO student and friendly working couple. Washer/dryer, wireless high speed internet, shared yard, organic greenhouse/ established gardens, Whiteaker neighborhood. \$325./mo. + utilities, + deposits. No smoking on property. Available October 1<sup>st</sup>. Ruth 510-3766. To see our facebook page go to: facebook.com/possum.place

### **PROBIOTICS/ACIDOPHILUS**

I have several bottles of acidophilus by Jarro Formulas. There are 200 capsules per bottle. Each bottle contains 3.4billion organisms plus FOS and Vitamin C. I am asking \$18 per bottle (retail = \$27.95). If you are interested please call Planet 461-2695

### **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.

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

*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 9:00 am 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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