

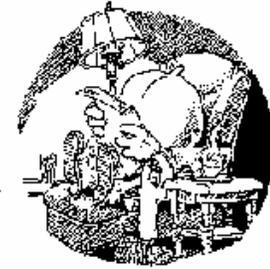


The Garbanzo Gazette

October 15, 2009



Growers Market's Weekly Newsletter



GROWERS MARKET NEWS

Meetings

(usually at the round table upstairs, otherwise downstairs)
Board: RESCHEDULED: Wed, October 21st at 6:00pm
Co-op Coordinators: Monday, October 19st 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

FRIDAYS AT GROWERS ARE GETTING LONGER!

Growers is now open from 9am 'til regular closing time on Fridays. 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. 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

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 1st. 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

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. 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:

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).

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 To subscribe via email, send a message to growers-join@lists.opn.org Growers Market: 687-1145

Pre Order Produce by E-Mail

Send an e-mail to growers.market@gmail.com by Tuesday evening @ 6:30pm to preorder produce for that week.