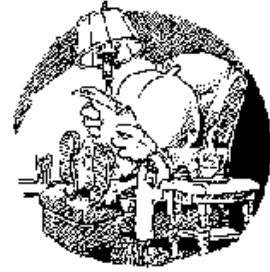




# The Garbanzo Gazette

February 16, 2012



Growers Market's Weekly Newsletter

## GROWERS MARKET NEWS

### Meetings

The next Growers board meeting will be on Wednesday, February 22nd, at 6 pm, upstairs in the Growers Market Building. If we are not at the round table in the building's common area, look for us downstairs in the co-op, or elsewhere in the building.

### Help Wanted

Tuesday Evening Orientation – Contact Taylor @ 541-683-8250

Thursday Closer – Contact Nathan @ 541-852-0627

Thurs: Cashiers needed – Contact Coordinator on duty

Friday: Cashiers needed 3-5 pm – Contact Martin at 541-232-9582 or martinfromoregon@gmail.com

Alternate Week Coordinators

Thursday Morning 9-12

Thursday Afternoon 12-4:30 – Contact Laurie (stop by thurs)

**Website:** <http://GrowersMarket.net>

## WHO'S WHO AT GROWERS

Who's Who at Growers? Meet Martha Rodriguez who has been coming to Growers since she moved to Eugene from Southern California seven years ago. She found out about Growers because she sought out quality organic food and used the local wholesalers. Growers has almost everything she needs. She is vegan. When Growers doesn't have the fresh produce or farm product she wants she just goes to the farmers market. She has been eating organic for seventeen years and says it was not that hard to find where she lived in California. She shops for three in her household, including a son and a granddaughter and they have one pet. I interviewed her while she stood in line on a busy start of a Thursday, but forgot to ask about her volunteer job at Growers. She volunteers at the Church of Philadelphia teaching two natural health classes per month and helping to look after people with illness. For hobbies, she hikes and spends time outdoors. She appreciates the people at Growers because they are very friendly, and she can support the local farmers and get many of the things she needs for her week. Thanks for the interview, Martha!  
Emily Elowen Nance

## DRY GOODS NOTES

not a lot this week. og raw pistachio kernals (shelled) are finally back. so are og dried apples. for those of you who were wondering, sorry, the nature's path cereal sale was nowhere near the deal i thought it was. somehow unfi shipped the jan '11 specials book to me. i did not realize it was last year's until i was asking unfi 'excuse me, what happened to the special?'. we were all puzzled by it so while they could not give us the 30% off they did allow us to return 9 cases without a penalty. what we do have is a 10% off special on the stock we do have.

we will be getting a new shelf in dry goods soon. this will allow for the packaged items that have been in the bulk section to move and make some much needed space in bulk to accomodate some new items. it is quite the dance.

a shopping tip, or two, bring a piece of paper and a pen when you shop so you can write down the prices of bulk items. don't forget to weigh your containers before you fill them. doing these things will make for faster and easier check-out, keep the line a bit shorter and really, really help our very hard working cashiers. thanks for keeping this in mind. tell others. have a great week, sue 541-988-6679.

## CHEESE MAKING CLASS

April 14th & 15th - This is a two day class to introduce you to the world of cheese making and get your hands on some cheese! You will learn to make soft and hard cheeses. The cheeses will include Chevre or Bondon, Cottage Cheese, a hard cheese such as Gouda, Cheddar or Parmesan, and Mozzarella. We will also make yogurt. Depending on time we may also make other milk products. This class will consist of one weekend. To really learn the steps and feel comfortable making cheese, you must come two days in a row so you can follow through with the cheese making steps. You will have the knowledge and confidence to begin to make your own cheese at home.

<http://www.herbaltransitions.com/Classes.html#gettingcheesy>

*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 10:00 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: 541-687-1145*

## 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.