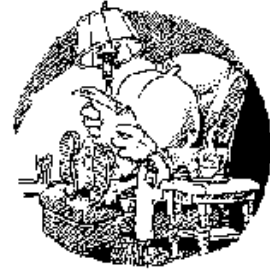




The Garbanzo Gazette

February 23, 2012



Growers Market's Weekly Newsletter

GROWERS MARKET NEWS

Meetings

To be announced...

Help Wanted

Tuesday Evening Orientation – Contact Taylor @ 541-524-0207

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>

DRY GOODS NOTES

still trying to get crunchy peanut butter. bulk royal blue blueberries are gone until july. so sad. we will be getting stahlbush sustainables until royal's are back. we have pre-packaged og ground flax seeds in the cooler. let me know what you think.

cashiers are really needed at this time, growers works much better when the co-ordinators are actually co-ordinating instead of being behind a cash register. we need an influx of volunteers and we need you now! cashiers, closers, co-ordinator-in-training; there are a lot of ways you can help. we're not panicked but it is clear we need enough breathing space so volunteers can take a break and not feel guilty.

please remember to write down the prices of bulk items and weigh your jar (write down the tare) before filling it. make a cashier's day!! -- thanks for being here, sue

THE GREEN NEIGHBORS FAIRE

*Presented by the Neighborhood Leaders Council
Committee on Sustainability*

Saturday, March 3 at First United Methodist Church, 1376

Olive, Eugene, preceded by Richard Heinberg's

Presentation: "Transitioning After Growth: Connecting
Community, Economy, Energy and Environment"

[suggested \$5 to \$10] at 10 AM

The Faire [Free] Begins at 11 AM

Join your neighbors as we share resources and teach each other ways to make our homes, neighborhoods and communities safer, healthier, more resource (materials, energy and money) efficient and more fun!

Take part in hands-on skill building workshops, such as seed starting, edible landscaping, networking with faith communities, composting, neighborhood watch and safety, new ideas for healthy lunches and snacks, food preservation, emergency preparedness, and bee and chicken keeping;

Connect with public and private organizations that have practical information you can use;

Panels and presentations– learn from local experts;

Visit our youth education area to share in crafts and see demonstrations, projects, ideas, art, writing and more created by local youth.

More info at <http://eugenesustainability.org/eugene-local-and-green-community-conference/> or by calling 541.686.6761

CULTIVATING FOOD JUSTICE: RACE, CLASS & SUSTAINABILITY IN VIBRANT FOOD MOVEMENTS

A talk, discussion and book signing by Alison Hope Alkon
Monday March 5 at 7pm

Gerlinger Lounge (upstairs in Gerlinger Hall on the side facing University St.)

Cost: Free

Sponsors: University of Oregon Department of Geography, Department of Sociology, and Environmental Studies Program

Co-sponsors: Huerta de la Familia, University of Oregon: Slow Food, OSPIRG, Women's Center, Climate Justice League, Center for the Advancement of Sustainable Living, & Food in the Field Research Interest Group

Popularized by such best-selling authors as Michael Pollan, Barbara Kingsolver, and Eric Schlosser, a growing food movement urges us to support sustainable agriculture by eating fresh food produced on local family farms. But many low-income neighborhoods and communities of color have

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.

been systematically deprived of access to healthy and sustainable food. Alison Hope Alkon, co-editor of *Cultivating Food Justice: Race, Class and Sustainability*, will speak about the ways that race and class inequalities permeate the food system, from production to distribution to consumption. After her talk, Alison will facilitate a discussion of how issues of race and class affect the diverse and vibrant movements working to create a more just and sustainable agriculture. For more information contact Liz Veazey: veazey@uoregon.edu

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>

Old news:

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.

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 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 To subscribe via email, send a message to growers-join@lists.opn.org Growers Market: 541-687-1145

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