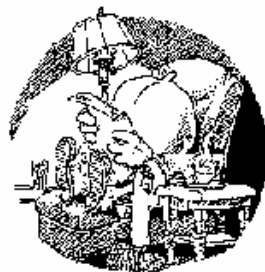




The Garbanzo Gazette

October 21, 2004



Growers Market's Weekly Newsletter

HAVE YOU MAILED YOUR BALLOT YET?

IF THE ANSWER IS NO, DO IT SOOOON!!!!

When you vote, you will be taken off the get-out the-vote lists and volunteers can spend time on other calls. Also, if enough Democrats vote early, then the Bush campaign might concede Oregon and the Kerry campaign can put their resources into other swing states. Thanks for listening.

– A note from your editor, Julie

Teresa Heinz Kerry:

- Used to shopped regularly at a food coop
- Bought wheat berries and ground her own grain
- Has raised grass fed cattle
- Does not believe ketchup is a vegetable

Source: NY Times, Oct 13, 2004

- A note from the Little White Dog

GROWERS MEETINGS

The next co-op coordinators meeting will be Tuesday, October 26th at 7:00pm, in the back of the market. Anyone interested is welcome to attend.

The next two Growers meetings (board meetings) will be on Monday, November 1st at 7 pm, and on Monday, November 15th at 7 pm. The meetings will probably be at the round table upstairs, but could possibly move into the co-op, or elsewhere in the building. All are welcome to attend. We've discontinued the first Wednesday meetings.

ORGANIC FARMING INCREASES BIODIVERSITY

According to the largest review yet done of studies comparing organic to conventional agriculture, organic farming increases biodiversity at every level, from bacteria to birds to mammals. The two groups that conducted the reviews -- English Nature, a government group, and the Royal Society for the

Protection of Birds -- had no vested interest in organic farming. They concluded that organic farming fosters biodiversity by using fewer inorganic fertilizers and pesticides and by adopting critter-friendly practices like mixing arable and livestock farming. Of particular note to the Royal birders was the flourishing on organic farms of lapwings, a bird species that has declined by 80 percent in the U.K. The researchers, whose results were published in the journal *Biological Conservation*, did not rule out that farmers inclined to go organic were simply more green to begin with, but either way, we like what we're hearing. straight to the source: *New Scientist*, James Randerson, 11 Oct 2004

<http://grist.org/cgi-bin/forward.pl?forward_id=3316>

MEDICINE TREES WORKSHOP

What do the Trees have to teach us? Find out during this exciting, empowering and experiential workshop. Traditional and scientific approaches will help us unravel the healing properties of Trees. Class will emphasize (but not necessarily limit ourselves to) local trees. Students will: gain a greater appreciation for the basic biology of trees; learn to appreciate trees as herbal healers, sources of wisdom, and as "people"; practice directly connecting with the trees themselves; and enjoy an herbal "tree tea" and tree-related snacks.

Class will last 6 hours, from 12 noon - 6:00 pm, on Saturday, October 30th. Class meets at GivingTree Farm Herb Company, 1490 Jefferson Street in Eugene, Oregon. Cost: \$21.00 + \$43.00 fee.

This class is offered through Lane Community College's Continuing Education Program. The class registration number is: 23465. REGISTER FOR THIS CLASS ON THE WEB BY GOING TO: <http://www.lanecc.edu> and accessing ExpressLane.

For more information, contact: Wendy Loren or Lawrence Birch at GivingTree Farm Herb Co./1490 Jefferson Street, Eugene, Oregon 97402. Call us at #541-344-7534, e-mail: givingtree@earthlink.net, or visit our website: www.givingtreefarm.com.

SEARCHING FOR A FRIDGE

Walama Restoration Project is in search of a refrigerator for our stewardship projects. We will be using it to cold-stratify native seeds for the winter. The saved seeds will be propagated and planted by school groups next year. If anyone has ideas on a cheap or donated (tax-deductible) frig, call stef at 484-3939 or 914-3587.

GROWERS E-MAIL LIST

If you are interested in Growers happenings related to either the co-op or the upstairs offices, you might wish to subscribe to the Growers e-mail list. You can use the following internet address to subscribe: <http://mailman.efn.org/mailman/listinfo/growers>

CELEBRATE THE BOUNTY OF LANE COUNTY - Fall Harvest Dinner

Join the Lane County Food Coalition for a 5-course, gourmet dinner featuring local produce, meats, wine, and sweet and spicy anecdotes from farm to kitchen

Axe Billy Grill at the Downtown Athletic Club
October 27, 2004 6:30-9:30pm

We are very excited that **Lance Sparks**, our local wine and food enthusiast has agreed to be our guest speaker.

Tickets: \$35-\$50, sliding scale, purchase at the DAC
Or mail checks to LCFC 1161 Lincoln St. Eugene, Oregon 97401 (for 'will call' by October 22).

This is a benefit for the Lane County Food Coalition

EVERY SINGLE WOMAN: VOTE!

22 million single women did not participate in the last national election. In Eugene, there were more than 10,000 single women who did not vote in 2000. Every Single Woman: VOTE is reaching out to these women to register them to vote, and when vote by mail begins, to remind them to turn in their ballots. We want to encourage EVERY SINGLE WOMAN in Eugene to vote this fall. Call today to learn more **342-2082**. Or email swvote@pacinfo.com
Stop by 780 Blair Boulevard, 2-6 pm M-F
Every Single Woman: VOTE is sponsored by the Sequoia Leadership Center, a nonprofit organization based in San Francisco whose mission is to educate people about participation in the policy decisions of their communities.

FURNITURE FOR SALE

DRESSER: Antique oak dresser with carved mirror \$200. Call Julie at 689-4802 or email juliefisch@msn.com.

DOES ANYONE HAVE ANY GARLIC STARTS? 461-2695 thanx

GROWERS OPEN ON TUESDAYS: *You can now shop at Growers on Tuesdays from 5 to 7 pm. Just as on Fridays, nothing will be pre-order*

Q: What's the difference between the Vietnam War and the Iraq War?

A: George W. Bush had a really good plan to get out of the Vietnam War.

This newsletter was edited by Julie Fischer and published by the Little White Dog. Send comments or article submissions to garbanzo@efn.org. If you don't have computer access, you can put articles in the garbanzo box at growers. Newsletter copy deadline is 5:00 pm Tuesday. Market hours are Tuesdays 5-7pm; Thursdays 2:30 to 7:30 pm and Fridays 3:00 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 Market: 687-1145