

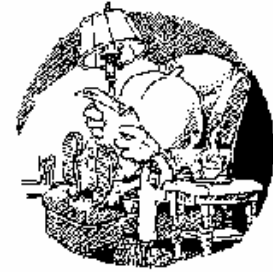


The Garbanzo Gazette

September 17, 2009



Growers Market's Weekly Newsletter



GROWERS MARKET NEWS

Meetings

(usually at the round table upstairs, otherwise downstairs)

Board: Tuesday, Sept 22nd at 6:00pm

Co-op Coordinators: Monday, September 21st at 7 pm,

* Location: 176 N. Grand.

Help Wanted

Thursday closer: 6:30 -8:30pm - contact Nathan 852-0627

Thursday afternoon cashiers 2:30-3:30, contact Julie

338-0031

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.

HELLO ROLLER DERBY FANS!!

Our last bout of the season is coming up on Saturday, September 19th at the Lane County Fairgrounds!!! This will be your last chance to see the Emerald City Roller Girls kick some patootie until next year! As always, we need YOUR help to put on this night of mayhem. We are looking for responsible volunteers to help set up, take down, and everything in between. If you are available to donate three hours of your time to help your local league put on this bout, please send a note to: derbyvolunteer@gmail.com. In return, you will receive many THANKS, be able to enjoy part of the bout FREE, and for the 21+ over, will be invited to our after party at Diablo's for complimentary Mezza Luna pizza and Pabst

beer. Thanks in advance for all your continued support and we look forward to your help on the 19th!!

~Evil Luna #93 volunteer mistress from hell

www.emeraldcityrollergirls.com

2003 TOYOTA MATRIX XRS FOR SALE

This has been a great family car, but we need something more spacious as we haul kids to and from the food co-op.

See the whole Craigslist Ad

HERE: <http://tinyurl.com/kr37q8>

-Taylor & Sam

GLUCOSAMINE/MSM SUPPLEMENT FOR SALE

Recently purchased *unopened* bottle of 90 tabs of Natrol MSM & Glucosamine available, at cost, for \$9.11, that I can no longer use. They were special-ordered through our United Foods wholesaler. Also available: partially used glucosamine & chondroitin 2000/1200 MG combo. If you or someone you know is interested, please call 485-6846. Thanks!

FOR RENT: Large 3 bedroom house (1600 Sq. ft.) with artists studio - in Permaculture Project. Shared yard, 10' x 40' greenhouse, established gardens, drip irrigation, high speed internet, Whiteaker neighborhood. \$975./ mo. + utilities. Move in costs include 1st + last + deposits. No smoking. No pets. Available October 1st. Call Ruth 510-3766. To see our facebook page go to: facebook.com/possum.place

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

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.

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

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:

Green Bean & Gorgonzola Pasta

2-3 Yukon Gold potatoes
1 # Multi-grain pasta such as penne or farfalle
3/4 # green beans - snapped into pieces
1/2 # gorgonzola - crumbled
5-6 fresh Sage leaves - minced(you can use dried sage in a pinch)
2 tbl. butter (or butter alternative)
1/2 cup pecans - minced and toasted
Salt & Pepper
Cut the potatoes into 3/4 inch cubes. Bring a large pot of water to a boil. Add the potatoes and cook until almost done. Add the Pasta and cook until almost done. Add the green beans for just a minute or so. Reserve 1/2 cup of the cooking water and drain the rest. With everything back in

the pot add minced sage leaves, butter, crumbled gorgonzola, and toasted pecans. Stir and toss. Add the reserved cooking water to thin the cheese if necessary. Salt and pepper to taste. Excellent on a summer evening, and very easy.(Now you send me your recipe!
growers.market@gmail.com))

LOCAL GOAT MEAT AVAILABLE

Lookout Point Ranch will be culling their goat herd on October 3. This is your opportunity to get fresh goat meat raised with minimal input practices from a local source. Animals are sold whole only, and pricing can include slaughter and butchering. For more information, visit www.lookoutpointranch.com or call Mia Nelson, business manager at 520-3763 by October 1st.

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 3:00 pm 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.