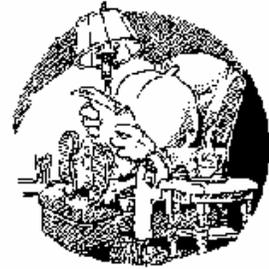




# The Garbanzo Gazette

December 22, 2009



Growers Market's Weekly Newsletter

## GROWERS MARKET NEWS

### Help Wanted

- \* Thurs closer: 6:30 -8:30pm - contact Nathan 852-0627
- \* Thurs cashier 2:30-4pm – contact Lilly 338-4436
- \* Strawboss Position on the Cheese Crew: Every other Tuesday, approx. 6:45-8:00 contact Taylor 683-8250.

### Meetings

(usually at the round table upstairs, otherwise downstairs)  
Board: Tuesday, December 8th at 6:00pm

## CHRISTMAS WEEK HOURS

For Christmas week, Growers will be open Tuesday, December 22nd from 2:30 to 7:30 pm (the same hours as on a Thursday when we are open) and we will not be open Weds Dec 23. We will be closed on Thursday/Christmas eve and Christmas day/Friday. Hours for next week TBA.

## COULD GET HECTIC AROUND INVENTORY

Things could get hectic around 6 pm on Tuesday, December 29th when the Growers year-end inventory begins. So shoppers might be better off buying their groceries before 6 pm on that day. And inventory crew volunteers can come at 7 pm if they want. But please feel free to come over to Growers between 2:30 and 7:30 pm at whatever time fits your schedule.

## HELP WITH GROWERS INVENTORY

Growers Market needs lots of help with the year-end inventory. This year, the counting and weighing will be starting at 6 pm on Tuesday, December 29<sup>th</sup> (on that day, Growers will be open for shopping from 2:30 to 7:30 pm). We will finish up starting at 5 pm on Wednesday, December 30th. You can arrive late, and you can work for only an hour; if you want, you can also work longer. We offer double pumpkins, so volunteering for inventory is a good opportunity for busy people who have a little time at the end of December. No experience is necessary.

## FRIDAYS

On Friday, November 20th, Growers sold \$2,677.39 worth of stuff. Before we started the early Friday hours, we were

doing maybe \$1,300 to \$1,500 on Fridays. When Joni Dawning proposed that Growers be open on Friday mornings, she predicted that we would eventually sell \$1,000 more on Fridays, and looks like she turned out to be correct--that's why she's the Dawning of the Age of Aquarius. Some people may think to themselves on a Friday that they can shop at Growers anytime until 6:30 pm, but then may still turn up after 3 pm (the old starting time). Some shoppers seem to now be coming in on Fridays instead of Thursdays. --Milton Takei

## COCONUT BORSCHT

It started as a way to please the vegans in the clan, but it's sooo tasty everyone (who likes beets) will love it!

Make borscht however you like it, e.g., take some beets and cut them up and put them in hot water. Add other vegetables to taste. Myself, I like borscht for a winter food that is heavy in the non-starchy root crops, carrots, onions and the like, as well as some brassica, cauliflower or broccoli. For the version on my stove right now, I cooked a bunch of unhulled barley first and have those swollen pearls in the mix.

If you want cabbage (which is a traditional element of borscht), first cut and steam the cabbage separately for a few minutes and pour off that water so the cabbage won't cause the potty humor set so many reasons to giggle. (Major reduction in the flatulant aspect of cabbage!)

I like a fair amount of garlic and curry in mine. Add a can of coconut milk and a dash of salt, and there you have it. Serve with nutritional yeast as a condiment. Fabulous winter food!

## FOOD CO-OP FLOOR

The Growers Market maintenance committee has been investigating the possibility of making the food co-op floor washable by filling in the holes, then coating the surface with an epoxy resin. We would be able to do the work ourselves, so the cost would not be too much of a burden. We would be able to take care of part of the floor, and then do the rest later. Where the floor is very rough, we might

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### 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.

need to cover it up, as we have already done near the sinks. To get an idea of how the floor would turn out, visit the Down to Earth store at 532 Olive Street. Keep in mind that their floor is only partly done. - Milton Takei

### **PARKING UPDATE**

We have our parking spots back! Yeah!

**FRIDAYS AT GROWERS ARE 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](mailto:cialin@efn.org). See you then!

### **STUDIO FOR RENT IN WHITEAKER PERMACULTURE PROJECT**

550 sq.ft., off street, cottage studio with loft in Permaculture Project. Shared Yard • 10' x 40' Greenhouse • Established Gardens • Drip Irrigation • High Speed Wireless Internet • Whiteaker Neighborhood. \$585. per month + utilities + deposits. We are looking for people that do not use tobacco at all, and do not have any pets.. See pictures on Craigslist. 510-3766

### **BEDROOM FOR RENT IN WHITEAKER PERMACULTURE PROJECT**

1 Room in Large House in the Whiteaker Neighborhood - \$350. Share with female UofO student and friendly working couple. Washer/dryer, wireless high speed internet, shared yard, organic greenhouse/ established gardens, Whiteaker neighborhood. \$350./mo. + utilities, + deposits. We are looking for people that do not use tobacco at all, and do not have any pets. See pictures on Craigslist. 510-3766

### **WANTED: 1 BD/STUDIO**

Hello! I am looking for a studio or 1 bedroom apartment that has most or some of these characteristics, listed from most important to least:

- \$400-\$550 for rent (500+ hopefully includes some utilities)
- some or all utilities included in rent
- the possibility of doing some work trade of 10-15 hrs per month for a rent reduction (can be seasonal)
- lots of light from double paned windows
- wood floors (or fake wood)
- a gas stove, a bathtub
- has a garden or land around it
- a closet and storage areas in kitchen and bathroom
- is far from highways (prefer a more rural area like SW Hills, but would consider a property with a nice yard)
- a cabin or cottage would be lovely, especially if it's near a trail

I would like to move in on Feb 1st (or a little before), but would consider mid-late Jan if I'm able to give my 30 days notice in mid-late Dec. Month to month rental agreement preferred, though for the right place I will consider signing a lease. Without stairs, a plus. I could do a temporary sublet until the summer... Please also consider me for a house-sit of a few months. I have a good rental history and can provide references. I have steady income, no pets, don't drink or use drugs. Thank you, and please contact me even if only a few of these qualities match what you have, or if you have any leads! Leora @ 973-214-3197, or [leroara@gmail.com](mailto:leroara@gmail.com)

*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 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](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: 687-1145*

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