

Upgrade the heater

How can Growers reduce our carbon footprint.

Some of us have been discussing the possibility of Growers replacing our downstairs natural gas heater with a heat pump, thus shrinking our carbon footprint a little. One idea is to construct an enclosure that would contain the section where the dairy cooler and the bulk pasta are located.

3x More efficient than gas

Air conditioning would mean that the cooler would work less hard in the Summer, and produce moved into that section would not be as badly affected by the heat. The ends of the enclosure could be opened up in the Winter to let out heat. We could keep the current heater as a backup. For sure, a heat pump would be a costly investment but would surely payoff in the long run.

Got Skills?

We want to compile a list of members & their various skills, especially building & maintenance related skills. Skills list is by the registers.

Help Wanted

Thursday

Cashiers
4:30p - 5:30p*
6:30p - 7:30p*

*Every other week

Friday

Cashiers
12-2p* & 2-4p*
Produce Peeps
11:30a-12:30p

Coordinator
2p - 4p*

Closures

Closed Nov. 24 & 25 for Thanksgiving. Regular hours in December and January



AUTUMN EDITION 2023

The Garbanzo Gazette

Cooperative food buying since 1971



Beans wrongly accused of fart

Black-Eyed Pea Dish

- 1 (16oz) can black-eyed peas, or 1 1/2 cups cooked, or frozen
- 1 Tbls vegetable oil
- 1/4 tsp turmeric
- 1/4 tsp cayenne
- 1 tsp ground coriander
- 1/2 tsp salt
- 1/2 cup water
- 1/4 tsp garam masala
- 2 tsp lemon or lime juice

For garnish

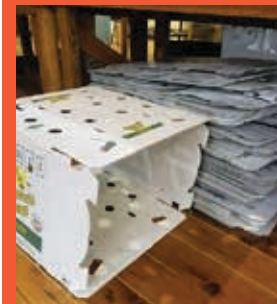
- 2 Tbls cilantro chopped
- 1/2 cup red onion finely chopped

1. Drain and rinse black-eyed peas
2. Heat oil on medium high, add cumin seeds, cook for a few seconds until seeds are golden brown.
3. Add black-eyed peas and stir.
4. Add turmeric, cayenne, coriander, salt and water and mix.
4. Bring to a boil then cover and reduce the heat to simmer until most the water has been absorbed. About 10 minutes
5. Remove from heat and stir in garam masala and lemon juice then transfer to serving platter and garnish.

The Scoop

Boxes gone

The huge stack of non-recyclable plastic corrugated boxes is finally gone. The company would not take them back. Recently Mary with Eugene Area Gleaners came in and took the rest for her folks to use in the fields. Felt good putting them to another use instead of just tossing them in the dumpster!



Sending our love

The Growers Market community would like to collectively extend our condolences to Bev, of the Tuesday cheese cutting crew, who lost her son this summer. We'll all be holding you and your son in our hearts through this difficult time!

We need substitute coordinators



Needed for all store hours but especially on Fridays. Our hope is that some folks will step up to volunteer as “floating coordinators,” those who can step in as needed.



Price Update



Eggstravagant prices keep rising

Eggs have risen to \$8.15 per dozen from hens not fed an organic-feed diet to supplement the bugs, worms, greens of their free-ranging. One problem with finding a new supplier is that they'd need a special license to sell to us. Also we need 30 dozen/week. If anybody wants to take on the task of locating a different/cheaper supplier of local, free-range, organic eggs, please let us know.

KEEP IT LOCAL!

Lettuce not forget Policies that we have agreed on but sometimes get forgotten

Pumpkins are good for one week, interpreted as seven days from when the pumpkin is first used. That means someone can shop on Friday, and can use the same pumpkin the following Thursday. If someone spends a significant amount on the first day, cashiers should note the amount on the card along with the date, as each pumpkin is good for a discount on \$200 worth of groceries. Beyond \$200 people have the choice to use another pumpkin or to pay the undiscounted price on the remaining balance beyond \$200. An exception to this can be for an especially expensive special order (up to about \$250), as special orders require less work for our volunteers to process.



Our “nursing mothers discount” will hereafter be known as the “new parents discount.” The intention is to give new parents a little grace in what is always an overwhelming time of life as parents welcome a new child. We hope that people will feel welcome and encouraged to volunteer when and if they can, and we will extend the pumpkin discount to new parents without volunteering until their child is 18 months old.

We don't generally offer a senior discount, except for people with a history of volunteering at Growers who have reached the age of 75. If someone is older and thinks they aren't physically able to volunteer, we can assure them that we can find a non-physical task to contribute and earn a discount.

Happenings



Crisis Intervention de-escalation training

Doug B updated us on his efforts to arrange a training session for interested folks. He is in contact with CAHOOTS — but like us, that organization is (mostly) volunteer-staffed & stretched pretty thin. We are in the queue; Doug is committed to making this happen.

Contribute!

Want to be featured in future issues of the newsletter? We need stories, announcements, events, and especially photos. Please email Rachel & Moth content or ideas to include:

garbanzogazette@gmail.com