

The Goods, The Bads, & The Ugly

Suppliers/Prices...

There are new organic pastas, muesli will be back soon, eggs are in good supply, frozen organic cranberries have returned, Pasta Plus is back (thanks Dale), and Natural Value recycled toilet paper is in stock, \$1.53 per roll. Hemp milk is loooooong term out of stock and there is no dried pineapple available due to a major crop failure, our suppliers are looking for other sources. Some organic rice prices are dropping a bit as well.

TELL SUE WHAT YOU THINK OF THE NEW PEANUT BUTTER

Help Needed At ASUO

October 15-17th 10a - 6p

We are tabling at the Associated Student Body of the University of Oregon and are going to need more participation to staff the table, as well as donations to cover the \$100 fee as and incidental expenses such as printing.

Contact Rebecca:
rbcclamothe@gmail.com or
call 541-868-4087

Help Wanted

Thursday

Coordinator
12:30p - 4:30p*
(Can be split up?)
Closer (produce)
7p-?*

Friday

Cashiers
12-2p* & 2-4p*
Coordinator
2p - 6p*
*Every other
week

Other

Want to be
trained as a ca-
shier? Step
up and we will
make it happen.



ISSUE 7 FALL 2025

The Garbanzo Gazette

Cooperative food buying since 1971

Square Came Full Circle

I remember walking into Growers Market in the Fall of 2012 and going to grab a cart for my usual shopping and noticed a bright and shiny washtub bass leaning against the front desk. If you're unfamiliar with what a washtub bass is, it is a DIY musical instrument made from a stick, a round, steel washtub, and a string. The only music I'd even seem it incorporated in is jug, bluegrass, and folk punk music, all of which were right up my alley.

At the time I was a banjo and guitar player who had just formed a band known as "Dandy and the Flakes". We had never officially play any gigs other than busking up at folk life in Seattle but we all loved playing music and were always looking for others to learn songs from jam with.

I was also a very active organizer with the Cascadia Forest Defenders, who at times had an office in the upstairs of

Growers and used the meeting spaces. We were fundraising to raise money to once again help get our friends out of jail. We were hosting a square dance in someone's backyard that weekend as a fund raiser.

As I approach the check-out counter with my groceries, I asked the smiley cashier if she knew anything about the washtub bass. She told me someone brought it in for her to have, and introduced herself as Rachel. I was instantly excited to get to know this person more and invited her to the square dance fundraiser. Unfortunately she was playing a show that evening with her band "The Dirty Turnips" and couldn't make it until after her show. She also invited me to a square dance she was organizing for the School Garden Project (also housed upstairs Growers) for later that month.

She did make it to the



CFD fund raiser flier from 2012

dance eventually and invited me to come along on a bike ride to Heart Culture the following night to pick some tunes around a fire and celebrate a friend's birthday. The following night, we played music late into the night, sharing songs with each other and laughing under the starry fall night. The rest, as they say, is history.

Now 13 years later Rachel and I are still playing music with each other under the starry fall nights. Have you ever had a connection similar to this because of Growers? Do share with us.

By Moth



Fall & Winter Holiday Hours

Tuesday, Nov. 25
2:30 - 7:30

Friday, Nov. 28
Closed

Thursday, Dec 25
Closed

Tuesday, Nov. 27
Closed

Tuesday, Dec. 23
2:30 - 7:30

Friday, Dec 26
Closed



Bioregionalism & Local Food Systems With

Growers is joining the forming local food system economy with Regenerate Cascadia.

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\* Sept 25, 356 Horn Lane, go to the backyard building

\* 5:30 - 6:00 finger foods potluck

\* 6:00 - 7:00 recap of recent S. Willamette Valley Tour of Regenerative Projects for Regenerate Cascadia

\* 7:00 - 9:00 view R3.0 session/discussion about Bioregionalism's role in shifting us toward a more equitable reality, contextualized through the three horizons model, including discussing moving towards a bioregional earth by braiding together localized organizing and action across communities, landscapes, and territories

Cash donations and RSVPs are greatly appreciated!

RSVP to:

[SWV@regeneratecascadia.org](mailto:SWV@regeneratecascadia.org)

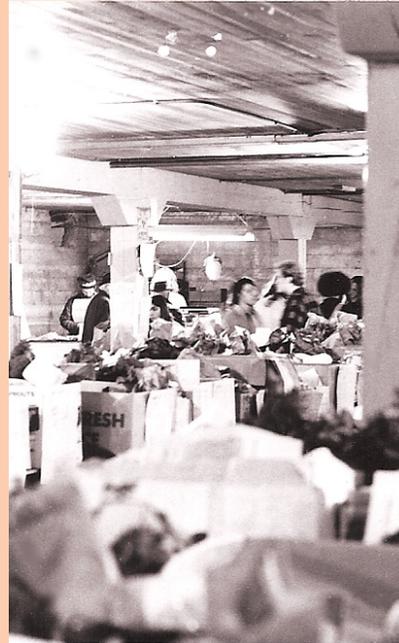


[regeneratecascadia.org](http://regeneratecascadia.org)

## Sue's Upcoming Transition

By the end of this year Rachel Thiesmeyer will be stepping into the role of head dry goods buyer. Rachel and I have been working on this for a while. When I started doing dry goods buying in '87 I had to go to the board in order to purchase a new item; I think they got tired of me asking. We carried a lot less bulk food, very few dried herbs, and our dairy cooler came out of, I believe, a '50's era grocery store. We had a side-by-side refrigerator for things like salsa, mochi, genesis juice, and the like. Our 'dry goods' suppliers were Hummingbird (lilly did the stocking and told me what we needed), and Mountain People's Co-op.

Things have changed just a little bit [insert eye-roll here]. There is a lot more to keep track of now. Luckily there is a great team working together to help get good stuff to all of us. Thank you Ginger, Elise, Nick, Rebecca, Kirk,



*Photo of Growers 1971-72ish*

Jud, the cheese crew, and the herb crew. When the transition happens, I will still be coming in on Thursdays to answer questions, help folks navigate the catalogues, and generally add my two cents. Thank you Rachel for stepping up!

I'm really looking forward to this. The growers market community has held together every week for over fifty years, it really does take all of us. Thanks for being growers.

-Sue



Once again, the dry goods crew is asking that you do not remove empty jars from the shelves, having to look for them wastes our time, we'd rather be stocking things, not stalking jars. Thanks.

## Next time, ask for help

Growers members, we know you are trying to help but we've been noticing that when some people stock bulk items, sometimes a new bag gets opened before the other bag is finished, or the bag isn't closed well, or the order is mixed up. This causes several problems. Please don't do this, if Nick or Kirk or Sue is around, ask them, otherwise please leave things alone. We know you mean to be helpful. Thank you!



## 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:

[garbonzogazette@gmail.com](mailto:garbonzogazette@gmail.com)