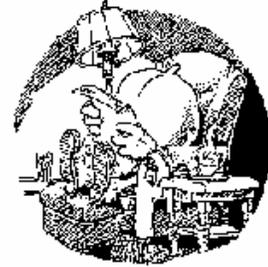




# The Garbanzo Gazette

November 29, 2007



Growers Market's Weekly Newsletter

## UPCOMING MEETINGS

The upstairs tenants in the Growers Market Building will be meeting on Tuesday, December 11th, at noon. The co-op coordinators' meeting is set for Monday, January 7th, at 6:30 pm. If we are not at the round table upstairs in the Growers Market Building, look for us downstairs in the co-op, or elsewhere in the building. --Milton Takei

## RECIPE IDEAS USING SUGAR SUBSTITUTE

*Another Great Recipe Using Xylitol!*

Comments have reached my burning ears (thanks, folks!) that more xylitol recipes would be appreciated. For the upcoming solstice season, I would like to share a favorite of mine. It comes, I think, from David Gabbe's "Going Vegetarian" cookbook, and is really quite brilliant (I think).

### Walnut Creme

For use in place of hydrogenated (yick) whipped topping, for vegans or lactose intolerant individuals instead of dairy, or just for the adventurous!

Blend 1 cup walnuts, 2 tablespoons xylitol, maple flavoring of choice to taste (1/4 teaspoon?). Blend with enough water (add a little at a time) until whipped topping consistency is reached. Can be chilled, or used immediately. Saves for a week in the refrigerator. Put on pumpkin pie, or??? Yummy!

This year, I experimented at Thanksgiving, using pecans because I was out of walnuts. The result was pretty good, although walnuts are still my #1 choice. During the summer, I tried a cashew vs walnut whip taste test with blackberry cobbler. Both were good, but the consistency of the walnut made it a preferred favorite. My feeling? How nice it is to enjoy a sweet treat without the threat of so many evils that sugar presents! Best wishes for a thoroughly enjoyable solstice, everyone.

- Julie Rossberg, Thursday Middle Coordinator

## DEAR MARKET COMMUNITY,

For quite a while now the Growers community and board of directors has been discussing a possible code of conduct, or a community agreement on how we will behave toward each other at the market and at market functions. The following is a draft that has been proposed of this agreement. We invite public comment on this policy, and would like to have a discussion in the community about what sorts of agreements we want to make in regard to how we treat one another. Hopefully, this proposal will spark such a discussion. We invite (as always) any and all community members to the board meetings to discuss this proposal. Also, you can e-mail creative ideas, comments, and concerns to [samuelrutledge@gmail.com](mailto:samuelrutledge@gmail.com) and the board will discuss them. Here is the proposed policy;

Growers Market is not for profit. Our mission is to assist the community in obtaining adequate nutrition by making healthful foods available at low cost especially to the poor and elderly to whom high quality nutrition might not otherwise be available and to provide low cost office space and free meeting areas to non profit social change organizations.

To foster a healthy and cooperative community, we agree that whenever we meet as part of Growers Market, or in the Growers Market building, we will conduct ourselves as follows:

- We seek to include people regardless of any arbitrary social category including but not limited to disability, race, class, gender, sexual orientation, or gender identity, that is to say: We do not discriminate or harass.
- We agree to show consideration, respect and compassion in our interactions, whether one-on-one or part of a group process. We agree to balance assertiveness and consideration. We will look for the positive intent in the actions and words of others. We will attempt to make all interactions positive. When at all possible, we will use our senses of humor and sensitivity even in the most

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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 Thursday

serious interactions. We will endeavor to be positive role models for children and each other.

- Violence is never welcome at Growers. Physical, sexual, verbal, emotional and mental abuse are never appropriate and will not be tolerated.
- Anyone who feels that they have witnessed or been subjected to violence has a right to be heard. We all have the right to respectful treatment. Each of us has the right to set our own boundaries and to determine how we want to be treated; in exchange, each of us has the obligation to learn about and respect the boundaries and safety limits of others. Each of us has the right not to be or to feel abused, verbally or physically. It is never o.k. to use physical or emotional abuse to control others, or for any other reason.
- We agree to strive to resolve conflicts. We agree to engage in mediation when necessary. Each of us has a right to be alone and to refrain from interacting with others at times. The right to disengage from any interaction is essential to stopping verbal and physical fighting. Sometimes we cannot spare the time or focus or emotional space for some interactions. Some of us are emotionally or psychologically vulnerable and have a limited capacity for some kinds of interactions. Sometimes we may need more time to get grounded in order to be able to keep some interactions positive, rather than angry or hurtful. To be able to take space we need to have a sense of our own personal boundaries and the skills to set limits assertively (not aggressively). This is not a right to postpone the resolution of conflict indefinitely. We have the obligation to return and resolve the issue when possible. It is not o.k. to use taking space as a weapon of abuse or abandonment or a power trip.
- No individual's perception is more correct or important than any other individual's. We agree to validate each other's perspectives whether or not we agree with them. We will hear and negotiate fairly and help each other raise issues that even one person finds important. We agree to always try to listen to each other's ideas and to consider them within a reasonable period of time.
- We agree to help each other solve conflicts and defuse tense situations. We agree to accept and seek help in solving conflicts and defusing tense situations. We will not try to help by controlling but by softening the situation. When entering a tense or explosive situation, we must focus on

controlling ourselves (our actions, words, posture, tone of voice, facial expressions) rather than controlling others. If we are closer to one person in a dispute, we should focus our attention on that person. That is, we should help our friend stay calm, rather than ganging up on the other person.

- When we are unable to resolve differences we have recourse to mediation and to the grievance procedures.

*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 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@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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