

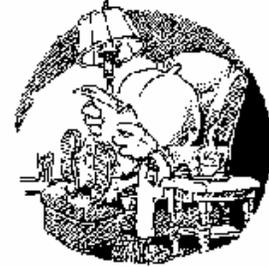


The Garbanzo Gazette

December 6, 2007



Growers Market's Weekly Newsletter



HAPPY 36TH BIRTHDAY TO . . . US!

Growers Market was incorporated as "Growers Market and Food Stamp Store" on December 8, 1971. (We changed our name to just "Growers Market" the next month.)

UPCOMING MEETINGS

The upstairs tenants in the Growers Market Building will be meeting on Tuesday, December 11th, at noon. The next board of directors' meeting is Wednesday, December 12th at 6:30pm. All community members (shoppers, coordinators, straw bosses, tenants, and other assorted misanthropes) are energetically encouraged to come to the Board Meetings to discuss issues, be a part of the process, and get more involved in the Growers Market community. 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.

HELP WITH GROWERS ANNUAL INVENTORY

The cooler weather of December is a sign that the Growers Market inventory is just around the corner. Without the year-end inventory, neither we nor the IRS would know how rich we are. No, we are not bean counters; we weigh the beans. In 2007, the inventory will be on Friday, December 28th starting at 6 pm, and on Sunday, December 30th at 11 am. You can work for only one hour, or you can work longer. Feel free to arrive at 7 pm on Friday if you want. If you are coming on Sunday, I suggest calling 687-1145 before you leave home to make sure that we are not finished. People who help count and weigh stuff for inventory get double pumpkins, a way for busy people to stock up on work credit. No experience is necessary. Milton Takei

TUESDAY FUN & GAMES

We have all kinds of fun on Tuesday night (open from 5-7). If you don't often come down on Tuesdays, or have never been, come and check us out! There's always good deals on produce. Often there are deals on bread and other

perishables. Discounted produce is put on the pre-order shelf, so look there for a good deal. Also...

TUESDAY STRAWBOSS - CLOSER

We need someone to help close the market on Tuesday. It's a one hour commitment from 6:30-7:30 every week. You would sweep, wipe surfaces, close containers, do some dishes, and put away produce. We Tuesday volunteers are a mellow, fun-loving bunch who enjoy romantic dinners and long walks on the beach. Any questions? Call Taylor - 683-8250 - or drop by on Tuesday to chat.

NU-NATURALS PRODUCTS!

Imagine my surprise when I looked on my bottle of Nu-Naturals liquid Stevia sweetener drops and saw that the company is in Eugene! Deplorable that I have been ordering their products from UNFW, which means my stuff has been going on a truck from Eugene to a warehouse in California, and then back here to Eugene! This not being acceptable, I went on over to Nu-Naturals and spoke to the nice people there.

Tammy and Kelly were kind enough to give me some samples for the market, which are currently living in a box at the front by the snacks. As it turns out, they have some extra cool stuff besides yummy sweetener with a glycemic index of 0 and no calories. They also have Vanilla extract stevia, which turns out to be my favorite, cocoa extract (which is obscenely delicious!) and ginger extract too (OMG!) If you like strong flavors, you can put a drop right onto your tongue to sample it. If you still have lots of tastebuds, you may want to dilute your sample in a bit of water, but do try their products if you're interested in that kind of thing.

They also have some throat spray, packaged xylitol crystals, and erythritol crystals, which I know little about, and other items. There is literature hanging around the sample box, with info on their products (they also have natural sleep aids!) and they have a website at

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 Thursday

www.nunaturals.com. You can go there and peruse all their products, call them if you have questions, and if you want to place an order, we have an order form in the back on the table by the catalogs. Simply fill out a tag and put it on the board like we do, and it will get ordered! When we collect a minimum order 6 of one item on the liquid stevia products, we get a discount of 15% off wholesale. With less than 6, we get a 10% discount off the wholesale price. Nu-Naturals is offering us their absolute lowest price - lower than the large retailers! What this means is you can order whatever you want, and if it does qualify for the discount, your price will be lower than expected. As usual, products are marked up to reflect the non-volunteer markup+ the packaged product markup. At the register, the first markup is removed when you have work credit.

In the meantime, I will leave you with a little gem that Kelly from their office shared with me. Kelly is a raw foods enthusiast and says she makes "Bavarian Custard" by taking young coconut flesh (~3 cups) and enough coconut water to get things moving in a blender or vita mix. This she sweetens with agave or stevia, flavors with 2 whole vanilla beans and the juice of 1 or 2 freshly-squeezed oranges. Optional is to add lecthin to thicken, or add raw cocoa powder or their extract to make some chocolate-flavored and layer in a serving dish!!! Doesn't that sound divine ~ Julie

GROWERS' COOKBOOK?

There has been talk about compiling a Growers' cookbook for fund-raising purposes. No decision has been officially made, and we're not ready to take action yet. However, we are talking about it and it has been mentioned that the cookbook should come out next October in time for next year's fall/winter holiday season. Now is the classic time for holiday and cooler weather recipes. Since by January the passion for these may have begun to diminish, we'd like to encourage people to begin collecting and bookmarking recipes now while we're in the mood, for later submission! Once January hits, maybe the focus will be on other kinds of recipes, but right now the focus for many is on scrumptious main dishes and delicious desserts. Let's all be thinking about our favorites, as everyone is encouraged to contribute something. A good goal would be something from everyone! Since we all have varying food focii, it's been suggested that the theme be "recipes you can make from things you can buy at Growers". This will include recipes for raw foods, healthy desserts, alternative sweeteners, vegan staples, and of course people can adapt recipes to suit their particular diets. I'm excited about this fun endeavor, and look forward to seeing it come to fruition. Anyone interested in helping with its production

please express interest to Julie at gpeppers@gmail.com or any coordinator. Thanks!

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 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.

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[editors note: there was insufficient room to include the content, and pending next weeks content, will reappear then. You can also check back to previous Garbanzo's for this information]

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 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

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