

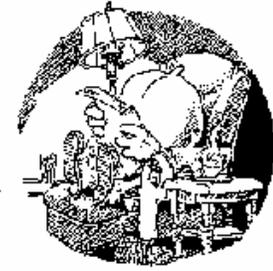


# The Garbanzo Gazette

February 19, 2009



Growers Market's Weekly Newsletter



## UPCOMING MEETINGS

The next Growers meeting (board meeting) will be on Tuesday, February 24th at 5:45 pm. The co-op coordinators' meeting is set for Monday, February 16th 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.

**BULK MISO is BACK!!!!** Look for it near the oils and sweeteners.

**SIGN MAKER NEEDED** Earn your work credit making price signs for the bulk oils and sweeteners area, a pasta list, and others as needed. We'll provide poster board and pens. You produce neatly lettered signs that we'll get laminated. Leave your contact info with the on duty coordinator or call Joni at 345-6808.

## DRY GOODS NOTES

Bulk Sesame Chips are out until late February. Sorry – Celtic Sea salt is out of stock. We should have it back in early March. Frozen bulk fruit is sustainably and locally grown by Stahlbush. Blueberries are from Royal Blue (local + organic). WE NOW STOCK BLUEBERRY KEFIR. It's in the refrigerator. - Sue

## SHOP ON YOUR FRIDAY LUNCH HOUR!

As of Jan 9<sup>th</sup>, on Friday mornings Growers will be open from 10-1. Please remember that you can pre-order produce and have it waiting for you on Fridays – get those orders in by Tues @ 7pm. Thanks.

## 'GROWING' GROWER'S MARKET COMMUNITY

*An ongoing 'banzo series helping build upstairs/downstairs relationships and community spirit*

Douglas Supporting Teens, Room 207  
Douglas (labor support professionals) Supporting Teens (DST) empowers pregnant and parenting teens through education and services that encourage positive pregnancy, birth and parenting practices. Founded in 2003, DST was created as a grassroots effort to help fill the need pregnant and parenting teens in the Lane County area have for prenatal education,

continuous labor support, in-home postpartum care and continued support throughout the first year of parenting. Doula Supporting Teens' mission is to support and educate pregnant and parenting teens to bring healthy babies into healthy families to build healthy communities. DST teens have a significantly lower 12% caesarean-section rate vs 33% for other local teens, and twice as many of DST clients breastfeed their babies compared to the national average for women under 19.

The purpose of the DST program is to increase awareness of, access to, and quality of education and health care for women age 19 and under and their infants. In Oregon, once a teen becomes pregnant they are medically emancipated from their parents/guardians. This means they are solely responsible for all medical decisions concerning their pregnancy, birth and baby. DST offers teen centered childbirth education classes and parenting support groups.

To learn more about how DST empowers our community's expecting teens into being healthy young parents, please stop by DST and meet Iris or Shea, call 344-1091, or visit us at [www.doulassupportingteens.org](http://www.doulassupportingteens.org).

## REMINDER, THIS SATURDAY! VOLUNTEER!

Help us restore the Willamette Riverfront Forest. Last month over 30 volunteers planted over 100 trees and shrubs. Join Walama Restoration Project and City of Eugene Stream Team again this month. Turn turf back into a riparian forest. We will be planting and mulching 250 more native trees and shrubs. **Saturday, February 21st., 9:30am-12:30pm, Maurie Jacobs Park.** At the west end of the Greenway Bike bridge, across from the Valley River Center mall. By car, park at the end of Fir Ln. off River Rd. [map](#). Walk down towards the river! No experience necessary. Children and families are welcome. Stay as long as you like. Gloves, raingear, tools and instructions provided. Food and refreshments provided by the Wandering Goat and Emerald Valley Kitchen. For more information please contact [Liza@walamarestoration.org](mailto:Liza@walamarestoration.org), ph. 484-3939, or visit <http://www.walamarestoration.org>. RSVP'S appreciated but not required!

OVER

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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. Growers is now open 9:30-12 on Friday and you can pre-order for Fridays. Indicate on the form if you plan to pick up during am or pm hours. Contact Cialin at [cialin@efn.org](mailto:cialin@efn.org) if you are interesting in joining the Friday morning crew. See you there!

## **DAIRY INDUSTRY IN CRISIS**

*From the Cornucopia Institute:*

Hello all, What we have been warning about, and fighting, for the past five years has just come to fruition—organic dairy farmers are in an economic crisis and some are being cut off by their milk handlers.

Dean Foods (Horizon) has aggressively been cutting pricing and offering discounts/promotions for the last year. While most other organic brands say their sales are relatively flat at last week's quarterly meeting with investment advisers Dean Foods' officers stated that Horizon sales were up 15%. This is coming at the expense of Organic Valley and other trusted brands. Since Horizon admitted publicly, last week, that they were losing money on their organic milk brand I believe this is an admission that they are illegally engaged in "predatory" pricing.

This is at a time that Dean/Horizon has threatened and attempted to cancel their contracts with family farmers in four states—while simultaneously building another giant factory farm, with thousands of cows, in the desert of New Mexico. This is rapacious capitalism at its worst!!!

Now, just over the weekend, we had a report of HP Hood (the giant dairy processor based in Boston) cutting off four of their farmers in Maine. Hood has a licensing agreement with Stonyfield to sell milk labeled under their name (East of the Mississippi River).

As a result, last week, Organic Valley announced they would have to cut pay prices to its member-farmers.

All this is a potential disaster for many farm families that could be forced out of business.

It is more important than ever to make sure that the brand you are selling are supporting legitimate organic family farmers.

We will be launching a number of very aggressive campaigns to help consumers choose wisely in the marketplace. But, as always, co-ops have been the best friends and partners to the organic farming community and we hope you will help us in coming up with other creative outreach ideas.

Many folks responded that they did in fact want a handout they could use in the store, or laminate for the dairy case, summarizing our organic dairy scorecard (please see attachments).

Attached, find a copy in color that you can laminate and a black-and-white version if you want a less expensive handout. Some co-ops have used this in the past by highlighting the

brands they carry and posting it on their dairy case. It's made for some pretty provocative reading by members.

These are very tense times for many family farmers. We all have the cloud of the general economic downturn to deal with. But now many of these families have their very survival front and center. I want to say in advance that we really appreciate all the help we received from co-ops over the years in promoting economic-justice for family farmers!

Best regards, Mark

PS: We are trying to collect comparative pricing on organic milk brands around the country. If someone on your staff (and you might be doing this anyways) could shop your competitors (Wal-Mart, Whole Foods and grocery chains) and let us know what the retail pricing is for all the different brands of organic milk they are selling it would be greatly appreciated!!! We are currently doing an investigation for possible antitrust violations by Dean Foods that we will bring to the new Obama Justice Department..... Please don't wait too long to accomplish this as once they are aware of our investigation they might change their pricing/promotional policies.

Mark A. Kastel, The Cornucopia Institute  
kastel@cornucopia.org

## **PRODUCT RECALL**

Clif Bar and Co. announced a voluntary recall of Clif and Luna brand bars that contain peanut butter due to possible salmonella contamination. If you purchased any of these bars at Growers, you may return them for a full refund.

## **LOOKING FOR A CSA THIS SEASON?**

Hi everyone. Mari & David at Lost Creek Farm here. We are now seeking members for the 2009 CSA. 20 weeks of Oregon Tilth certified organic produce for \$425 for full share (feeds 2 veggie enthusiasts or 4 moderate veggie eaters) or \$250 for a half share. On our website, [www.lostcreekfarmorganics.com](http://www.lostcreekfarmorganics.com), you can find more details and download a brochure, or give us call, 543-4973. If you visit the website, check out the often updated What's Growing page for current pictures and stories about the plants. Yesterday we direct seeded peas and beets! More soon. . Mari & David, [info@lostcreekfarmorganics.com](mailto:info@lostcreekfarmorganics.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 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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