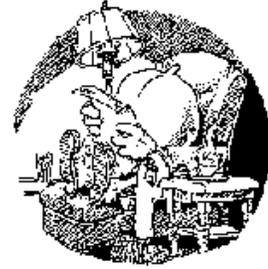




The Garbanzo Gazette

February 7, 2013



Growers Market's Weekly Newsletter

GROWERS MARKET NEWS

Meetings

Coordinators Mtg: 6:30pm Wednesday Feb 20 at Growers

Help Wanted

Tues: Closer approx 7-8pm. Contact Myriah at 541-343-6008 or Shana at 541-525-5373 or stop by on Tues.

Thurs: Cashiers needed – Contact Coordinator on duty.

Thurs: Thursday Opening coordinator needed from 9 AM to 12:30 PM. Contact David at davidklausman@yahoo.com

Fri: AM cashiers

Alternate Week Coordinators:

Thursday Morning 9-12

Thursday Afternoon 12-4:30 – Contact Laurie (stop by thurs)

Website: <http://GrowersMarket.net>

HEALING THOUGHTS TO LONG TIME GROWERS MEMBER DAVID OAKS.

ONGOING THANKS TO THE GROWERS FLOOR CREW FOR ALL YOUR HARD WORK.

THURSDAY CLOSERS NEEDED

help put growers market to bed thursday evenings. shift is from 7:00 to 8:30 thursday evening, you do not have to commit to every thursday, every other thursday is fine. job details; putting the produce back into the walk-in cooler, making sure all bulk buckets and such are closed and putting certain of those buckets and such back into the walk-in, final sweepings, maybe some dish washing and cleaning up. please talk with willcee or nathan any thursday. thank you! sue

GREEN NEIGHBORS FAIRE

Creating Green Community Culture

<http://eugenesustainability.org/green-neighbors-faire-2/>

Saturday, February 23, 8:30 to 3 PM, First United Methodist Church, 1376 Olive

An exceptional community event with presentations and panels, tabling community organizations, practical skill

building, topical caucus sessions and key note address by Mark Lakeman of City Repair in Portland. Highlighting the city's emerging climate and energy community education campaign.

The Faire will include four zones -

- 1] City and Neighborhoods – emphasizing city programs as great tools for greening Eugene.
- 2] Reducing our carbon and eco footprints – anchored by EWEB and offering information about energy and resource conservation.
- 3] Food – anchored by OSU Extension in Lane County. Master Gardeners, Food Preservation, Compost.
- 4] Youth – Eugene youth programs including youth preparing healthy food. Very popular last year.

GARBANZO FLATBREAD

here's a highly adaptable garbanzo flatbread recipe from elise!

1 cup garbanzo flour (a new item in our bulk section)

1/2 teaspoon salt

1/2 teaspoon pepper

3 tablespoons olive oil

1 cup warm (not hot) water

1/2 medium onion, sliced thin

1/2 tablespoon minced fresh rosemary

in a bowl, sift (or not) flour, salt and pepper. add rosemary, then whisk in water and 2 tablespoons olive oil. cover bowl and allow batter (which should be the consistency of heavy cream) to sit at least 30 minutes.

place a large heavy skillet (preferably cast iron) in oven and preheat to 450 degrees.

remove skillet from oven and add 1 tablespoon olive oil to hot pan, pour the batter in, put back in oven and bake for 12-15 minutes until firm and edge is set. may be set under broiler briefly to brown.

i've added mashed potato, chopped spinach, corn meal (accidently!), and always garlic. always yummy. enjoy.

DRY GOODS NOTES

there has not been a whole lot happening lately, but there is some news.

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 week.

we now have og. garbanzo flour, i've tried elise's garbanzo flatbread and it is quite nice! chia seeds are, finally, back in stock. they are harvested in december which is why we've had to wait for a couple months. the woodstock brands (unfi's in house brand) is still being boycotted due to a labor dispute so it will be a while longer before we get more tamari sunflower seeds, our support is appreciated! we have a big bucket of og peanut butter as the usual 9# buckets are on back order. in an ordering error i discovered that og coconut cream is available, so we have it! it comes in a small can which is great as cans are so much easier to recycle than those aseptic boxes!!!!!!

i am seriously considering dropping 'mary's gone crackers' products as the sales have slowed greatly in the last few months. so if you like them, buy them!! we have og raw cacao beans in the cooler and they are soooooo good. put one between your fingers and twist slightly to remove 'skin' and there are the beans. camus valley hard red winter wheat (bread) flour has gone through the transition stage and is now organic!!!!!!

a reminder to those placing special orders, phil has set up spaces for s.o.s in the solid top freezer and the cooler so look for them there.

a huge thanks to all the volunteers, we would not have growers without you!!!!!!!!!!!!!!!!!!!!!! sue 688-6679

OFFICES FOR RENT

The Growers Market Building has two offices for rent. Office 202 is 154 sq ft and rents for \$115 per month while office 203 is 282 sq ft and rents for \$195 per month. This second office has two rooms. Rent includes electric and/or gas heat and high speed internet access. There are two common meeting rooms that tenants may use. Contact building manager Edward Winter at growmgr@gmail.com if you are interested.

UPDATE ON DAVID OAKS

Some of you may know Growers Market building's longest tenant, 28-years-long David Oaks, the award-winning creator and director of Mind Freedom International, had a traumatic accident in December, breaking his neck in a fall. While very serious and paralyzing much of his bodily function, David's lively character is helping him much in his longterm recovery at Sacred Heart, Riverbend. There is an excellent article on David in last Sunday's, 1/27's, Register Guard. The latest on him, from his wife Debra Nunez: while he's doing much better, now is not a good time to visit because he is on a low stimulation notice (no loud music, tv or much talking), and >absolutely< no drop in visitors at this time. His therapy work of several hrs/day takes priority. In order to arrange a visit, please first visit www.davidwoaks.com/visiting-david-in-hospital

to arrange one. If set for visiting, you should expect to do most of the talking so he conserves energy for healing, stay calm and quiet around him, and keep your stay to 10-15 minutes max. A face mask and handwash will be required for room entry as he has been fighting infection. There is a link to Debra's email re visitor requests, on the site.

NCAP HERO AWARD

Are you, or is someone you know, doing groundbreaking work to stomp out pesticide use in your community? Let the Northwest Center for Alternatives to Pesticides (NCAP) know! Our first-ever Community Hero Award gives leaders in pesticide reduction the chance to inspire others while receiving much-deserved recognition for their efforts. Visit <http://www.pesticide.org/get-involved/community-hero-award> to submit your nomination. Submissions must be received by March 1st. Contact kkis@pesticide.org with questions. Nominations can be submitted through <http://www.pesticide.org/get-involved/community-hero-award>. We are greatly appreciative of any help you give. Thank you! - Katie Kis

Send submissions to garbanzo@lists.opn.org. Newsletter copy deadline is 5:00 pm Wednesday. Market hours are Tuesdays 5:30-7:30pm; Thursdays 2:30 to 7:30 pm and Fridays 10:00 am 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: 541-687-1145

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