

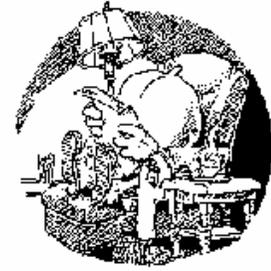


The Garbanzo Gazette

June 4, 2009



Growers Market's Weekly Newsletter



UPCOMING MEETINGS

The next Growers meeting (board meeting) will be on Tuesday, June 30th, at 6 pm. The co-op coordinators' meeting is set for Monday, June 15th, 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.

OFFICE FOR RENT

The Growers Market Building has an office for rent (130 square feet at \$90 per month). For information, contact the building manager at 541-687-8648 or <growmgr@gmail.com>.

THURSDAY AFTERNOON CASHIERS WANTED

Thursday Afternoon Cashiers wanted, various times. Please find any coordinator to volunteer

LOST CREEK FARM

Hello friends of Willamette Farm and Food Coalition, As some of you have no doubt heard, last Thursday, the hailstorm that blew through south west of town destroyed all of the vegetable crops at Lost Creek Farm (on Territorial Road in Crow). Lost Creek Farm (David Desmond) sells vegetables at several area farmers markets and has a 45 member CSA program. Local farmers and gardeners have been donating vegetable starts to replant the farm. They could still use some more starts. If you have some to spare, or know of a source, please call David Desmond to confirm that they are plants he can use. **541-543-4973.**

HEY ALL YOU FRUITS AND NUTS,

It is that time of year again when we are looking for day passers to help out at this years Growers Fruit Booth at the Oregon Country Fair. Have a great time cutting, stocking and serving fresh fruit while bringing funds in for the Growers Market. This is a great opportunity to be a part of the magic that makes the fair come alive. If this is something that you want to be a part of there is a sign up sheet on the right side of the big bulletin board. Please include your name, number, e-mail, time, and day or days you can work. Just remember flakes belong on popcorn and not at the fruit booth. We look forward to working with you.

Cheers, Steve Brown. For questions e-mail Jaci at jacimck@hotmail.com

BEAUTIFUL COUNTRY COMMUNITY

AVAILABLE! \$2150/month, available July 1st.

9 miles from central Eugene: 3 cabins and 3 yurts on 7 lovely acres share main house, 2 bathrooms, office nooks, kitchen, barn workshop/storage. Lots of trees, fresh air, artistic buildings with woodstoves, skylights. Very special community with long, colorful history. Subject of the new book "Siesta Lane" by Amy Minato. Great for a group, or for responsible adult /couple who wishes to sublease to others for large rent reduction on their own cabin. First, last and security. References. Pets welcome with deposit. Mary DeMocker or Art Peck (541) 683-8837 or email artnmary@morningrose.com

ROLLER DERBY IS ROCKING EUGENE!!

The Emerald City Roller Girls are currently seeking volunteers for our next bout on Saturday, June 27th. Please consider helping out in this fun and rewarding volunteer experience! Sign up for a 3 hour shift, and enjoy the rest of the bout FREE plus admittance to the after party at Diablos (including FREE Mezza Luna pizza and FREE Pabst beer).

Sign up to volunteer at: derbyvolunteer@gmail.com. For a peek of what it's all about check out our website at: <http://www.emeraldcityrollergirls.com/>.

For information on the Junior Gems' Junior Derby summer camp (for girls aged 10-17) see:

http://www.myspace.com/ecrg_junior_derby.

Children aged 5 and under admitted FREE to all bouts.

KIDS BICYCLE HELMET GIVEAWAY

Trauma Nurses Talk Tough, Cottage Grove Community Hospital and Clinics and South Lane Fire and Rescue are sponsoring a kid's helmet giveaway from 9 a.m. to noon on **Saturday, June 13**, at South Lane County Fire and Rescue, located at 233 Harrison in Cottage Grove. There are a limited number of helmets, which will be given away on a

OVER

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.

first come, first serve basis. Helmets being distributed meet Consumer Product Safety Commission standards and come in sizes toddler through extra large. All helmets will be fit on site and children must be accompanied by an adult.

BUTTERFLY MEADOW HABITAT RESTORATION PROJECT CELEBRATION

Join Walama Restoration Project in celebrating our Butterfly Meadow Habitat Restoration Project at the Whilamut Natural Area in East Alton Baker Park! Summer Solstice, Saturday, June 20th, 1-4PM Come and see the spectacular display of wildflowers and native pollinators, and enjoy: ** Tours of the Butterfly Meadow ** A presentation about the project ** Fun Activities for Adults and Kids ** Refreshments and Snacks ** Raffle with Prizes! Directions:

In Alton Baker Park, go to the Whilamut Natural Area, off Day Island Road near the city's native plant nursery, community garden, and dog park. For a map, visit: www.walamarestoration.org/map.pdf. For more info, please email Liza@walamarestoration.org, or call 484-3939. We look forward to seeing you there!.

BUY LOCAL FIRST BREAKFAST SERIES

Are you ready for some local fun? Join us the first Saturdays of (May 2nd) June 6th & July 4th at the Odd Fellow's Hall, 223 SW 2nd St., Corvallis, for the 3rd annual Buy Local First breakfasts. For 2 hours only, 7:30--9:30; cost, \$6/adult, \$4/12-and-under, with \$2/off-admission-coupons available at several select businesses around town, most notably both First Alternative stores. "Enjoy food, fun, and music while getting to know your local businesses!" Call Becky, 760-1059, or Emily, 753-3115, x321, for more information.

Report: Many Organic Soy Food Brands Importing Beans from China - Corporations Undermine Organic Reputation Toxic Chemical Used to Process "Natural" Soy Foods

Cornucopia, WI: Tremendous growth in organic soy foods has occurred over the last two decades as consumers seek healthy dietary protein sources. Many companies touting "natural" or "organic" soy brands have found favor in the supermarket. A new report, from The Cornucopia Institute, lifts the veil on some of these companies, exposing widespread importation of soybeans from China and the use of toxic chemicals to process soy foods labeled as "natural."

The report, *Beyond the Bean: The Heroes and Charlatans of the Natural and Organic Soy Foods Industry*, and an accompanying scorecard rating organic brands, separates industry heroes—who have gone out of their way to connect with domestic farmers—from agribusinesses exploiting consumer trust.

"Importing Chinese soybeans or contributing to the loss of rain forests by shipping in commodities from Brazil just flat-out contradicts the working definition of organic agriculture," said Mark Kastel, Senior Farm Policy Analyst at The Cornucopia Institute.

"The report's good news is that consumers can easily find, normally

without paying any premium, organic soy foods that truly meet their expectations," said Charlotte Vallaey, a Cornucopia researcher and primary author of the report. The report and scorecard can be found on Cornucopia's website www.cornucopia.org.

Through a nationwide survey of the industry, onsite farm, and processor visits, plus reviews of import data, Cornucopia assembled a soybean foods rating system respecting the fundamental tenets of organics.

One company that had an excellent opportunity to meet consumer expectations by supporting the growth of organic acreage in North America was Dean Foods, makers of the industry's leading soymilk, *Silk*. Instead, after buying the Silk brand, Dean Foods quit purchasing most of their soybeans from American family farmers and switched its primary sourcing to China.

"White Wave (Dean's marketing division for Silk and Horizon organic milk) had the opportunity to push organic and sustainable agriculture to incredible heights of production by working with North American farmers and traders to get more land in organic production, but what they did was pit cheap foreign soybeans against the U.S. organic farmer, taking away any attraction for conventional farmers to make the move into sustainable agriculture," said Merle Kramer, a marketer for the Midwestern Organic Farmers Cooperative.

Dean has now quietly abandoned organic soybeans in most of the Silk product line, switching to even cheaper conventional soybeans without lowering consumer pricing.

"As a vegetarian, for health and ethical reasons, I am appalled that some large corporations are profiteering on my trust in their brand," said Joan Levin, a Chicago consumer who says she is fiercely committed to organics.

Meanwhile, highly committed companies like Eden Foods, Small Planet Tofu, and Vermont Soy work directly with North American organic farmers.

"Small Planet Tofu has bought organic soybeans from me and other farmers I work with for the past 17 years," said Phil Lewis, an organic farmer in Kansas. "This relationship is priceless, because I know that I can count on them even if I have a bad year with droughts or floods," Lewis added.

Behind the Bean also exposes the natural soy industry's "dirty little secret": its widespread use of the toxic solvent hexane. Conventional soybeans are bathed in hexane by food processors seeking to separate soy oil from the protein and fiber of the beans. It is banned in organics. Hexane, a neurotoxic chemical, poses serious occupational hazards to workers and is a major environmental air pollutant.

Residue tests reveal that small amounts of hexane can and do appear in ingredients processed with the toxic chemical. The government does not require that companies test for hexane residues in foods, including soy-based infant formula.

The Cornucopia Institute P.O. Box 126 Cornucopia, WI 54827
www.cornucopia.org cultivate@cornucopia.org 608-625-2042

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 pm 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

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.