

ENVIRONMENT FOOD DEVELOPMENT IDENTITY ARTS & EDUCATION JUSTICE

## November from Phat Beets: Markets, Bargains & Classes--all Food N' Justice Workshop Series

[Phat Beets Produce](#) Fri, 5 Nov at 9:16am



<http://www.phatbeetsproduce.org/>

Be the first of your friends to like this.

We will keep it short and simple. We thank everyone for their continued support in this project and in this movement.

### New Farmer Starting Nov 13th - Rigo Bucio

We have a new farmer starting with us at our Saturday Farmers Market, Rigo Bucio of [ALBA Farmers](#) (small farmer incubation program). We are really excited to have Rigo coming on, this will be his very first farmers market ever, as he has just recently started his farmer through the ALBA program in Salinas, so come out and show some love for this new organic farmer.

### From the Bargain- Mushrooms, Avocados, Eggs, Bulk Foods

This week we have medium organic Hass Avocados for 50 cents a piece from Las Palmitas, \$2.50/lbs for organic crimini mushrooms from Northern California, \$2.50 a dozen for Organic, Cage free Eggs (not free range) from GV Poultry in Ripon California, plus a wide selection of Organic bulk grains and beans for \$1.25 per pound mix and match. Plus lots of other great stuff. Visit us Saturday's at 5715 Market St in the parking Lot of the Arlington Medical Center. Check our website for other market and farm stand locations.

### New Fall Food N' Justice Workshop Series

Check out our new series starting Nov 13th with a tenants rights clinic with Just Cause. We will also have a backyard goat milking workshop, wild fermentation and pickling event, greywater workshop as well as Know Your Rights Training with Berkley Copwatch. More info at [www.phatbeetsproduce.org/events](http://www.phatbeetsproduce.org/events)

### Sunday Healthy Hearts Garden Workday- This Sunday 11/7/10

This Sunday (Nov 7th) from 10-1pm we will be having a workparty at our Healthy Hearts garden(57th and Dover). We will preparing the Dover St Garden for a Winter Cover Cropping followed by the installation of a fruit orchard in the Spring. Snacks provided. The Healthy Hearts Youth Market Garden is the Nation's First Vegetable Garden in direct partnership with a hospital obesity prevention clinic

### Volunteer with Us! Please!

We need help getting the word out about our projects! We are launching a door-to-door campaign to hear more from the neighbors and to tell them more about our markets and garden and we need volunteers (training will be provided by a local community organizer).

We also need help with just flyer the neighborhood and surrounding areas with info about our Food N' Justice Workshop Series. Please email [max@phatbeetsproduce.org](mailto:max@phatbeetsproduce.org) for more info

## About Phat Beets Produce



Phat Beets' mission is to provide equal, affordable access to organic fresh fruits and vegetables, grains and legumes to North Oakland families through wholesale pricing. Supported by community events, Phat Beets facilitates youth in leadership roles engaging their peers in healthy eating and nutrition discussions through fruit and vegetable sampling. Phat Beets works to connect small farmers to urban communities via the creation of farm stands and farmers markets in local establishments.

[Phat Beets Produce's blog](#) [Login](#) or [register](#) to post comments

Food  
community, farmers markets,  
North Oakland, Phat Beets,  
workshops

### Related Content

Oakland Latina startups booming, but face sustainability challenges

Phat Beets kicks off improved farmer's market at Oakland Children's Hospital today

Scream Sorbet: Local sorbet hits foodies' sweet spots, world domination to follow

East Bay's Frugal Foodies: Adventures in community, cuisine

Zombies swarm Oakland streets on bikes (Plus 116 scary photos!)



### Navigation

- Blogs
- Calendar
- Forums
- OakBase
- Blog Directory
- SeeClickFix
- Submit a Story

### Blogs

Right before the storm: An intimate look at Oscar Grant's family (Reflection)  
3 hours 2 min ago

A day to honor Oscar Grant, Friday, November 5 (Community Voices)  
4 hours 17 min ago

Tweet Beat: @OscarGrantTrial at Mehserle sentencing in LA  
4 hours 28 min ago

### Recent comments

Breaking: Mehserle sentenced to 2 years involuntary manslaughter, will get credit for days already served  
Comments: 1  
7 min 27 sec ago

Right before the storm: An intimate look at Oscar Grant's family (Reflection) (Opinion)  
Comments: 3  
3 hours 2 min ago

Why Liberal Justice is not Justice for Oscar Grant (Opinion)  
Comments: 6  
5 hours 7 min ago

### Follow us on:

- Twitter
- Flickr
- YouTube
- blip.tv
- Vimeo
- Facebook

Environment

Oakland wildlife rescue center searches for new home  
Got Lead? Weekend workshop to combat dangers of heavy metals in your garden  
Oakland pot biz workers joining unions as companies ramp up for November...

Food

Fruit trees at your school: Jamba Juice could give you a grant  
The Street Beet: Food as Medicine  
November from Phat Beets: Markets, Bargains & Classes--all Food N'...

Daily Image



More daily images...

Development

Meeting sheds light on ALCO's transportation roadmap, transit cuts  
Keeping the Internet Open—Big Stakes for Ethnic Groups  
Voters' Guides to help you choose--plus How to find your polling place

Identity

Out at the Elbows: How an Educated Man Becomes a Pauper (Essay)  
Song dedicated to essence of Oakland girls inspires T-Shirt line  
Meet Chris Chatmon, OUSD's executive officer of African-American Male...

Arts & Education

Urban Montessori: Want to help organize a school?  
Chabot Elementary Commemorates Opening of New Addition  
Oakland author AJ Harper creates vampires, werewolves that speak to diverse...

Classes exclusively for Oakland Unwrapped, OMLF and Oakland Grown members!  
3 SESSIONS: November 1-November 9

TOP 3 WAYS TO START BUILDING AN ONLINE PRESENCE

Can your customers find you online? What happens when they search for your business? Do you have a Google profile, a My Page, and a Facebook page that connect you to the brands that you identify, which connect you when people search for you? This is a bonus class for only 15 students, and highlights that will get you started with an online identity. If you have a laptop, bring it to class.

Cost: \$5 | Instructors: Susan Moore & Renee Booth, Oakland Local | Date: November 1, 8:30-9 PM  
REGISTER: <http://oaklandlocal.com/education/onlinepresence>

HOW TO USE FACEBOOK TO MARKET YOUR BUSINESS EFFECTIVELY

Over 50 million businesses are on Facebook today. And despite the fact that you're already on Facebook, you may not be using it to its full potential. This hands-on class will show you how to create a Facebook fan page for your business and how to use it for marketing and sales in a more efficient manner. This is an intermediate class for only 15 students, only hands-on, if you have a laptop, bring it to class.

Cost: \$5 | Instructors: Susan Moore & Renee Booth, Oakland Local | Date: November 4, 8:30-9 PM  
REGISTER: <http://oaklandlocal.com/education/marketing>

TOP TIPS FOR SOCIAL MEDIA SELLING FOR THE HOLIDAYS

Marketing success is critical to your success. This class will show you how to use social media to reach thousands of people with your brand, offer product and message. This hands-on class will show you how to create a Facebook fan page for your business and how to use it for marketing and sales in a more efficient manner. This is an intermediate class for only 15 students, only hands-on, if you have a laptop, bring it to class.

Cost: \$5 | Instructors: Susan Moore & Renee Booth, Oakland Local | Date: November 9, 8:30-9 PM  
REGISTER: <http://www.eventbrite.com/event/29481729>

WHO SHOULD ATTEND? Small-business owners | Artisans and crafters | Holiday sellers  
Classes hold 10-15 people. \$75 per class, 3 classes or more per goal = 30% discount.  
All classes at TechCentral 201-14 Street (between Alice and Harrison Streets), Oakland, CA 94612

Experience the difference.

