

Food for Thought

Eugene restaurants profit the community.

BY ALETA RAPHAEL-BROCK

Organic is everywhere. In fact, the U.S. organic market is projected to reach a value of \$30.7 billion by 2007 according to a Datamonitor report and organic food and beverages are the fastest growing categories of the food industry. Organic foods are understood to be more nutritious, better tasting, safer, and less treacherous to the environment than conventional foods. This growing popularity is especially notable here in Eugene where several restaurants are serving mostly or only organic ingredients and are opening their doors to activities that support a conscious lifestyle, through great food as well as informational incite.

Here are three Eugene restaurants that support local produce and uphold the ideals of conscious consumerism, profiting both business and community:



Donald Morales of Cozmic Pizza



Planet Goloka manager Ginger Thompson

COZMIC PIZZA

With all organic ingredients, fresh produce and an extremely creative menu of pizzas, calzones, focaccias, soups, and salads (not to mention free delivery), **Cozmic Pizza** has become a favorite among Eugeniens. Pizzas range from \$10 to \$20 and are also sold by the slice.

At their 8th and Charnelton location at The Strand, Cozmic Pizza hosts a variety of political gatherings and conferences as well as live entertainment and community gatherings. Informational events, such as the Fahrenheit 9/11 community discussion with Michael Moore and a speech about the construction of the Israeli wall in the West Bank, are just a few of their most recent events. "Our intention is to provide a community gathering space," said owner Joel Thomas. "It's a way of connecting to the politically active community."

Thomas opened the location at The Strand in 2003 since the 1433 Willamette location was too small to host events and entertainment. The space comes free of charge to presenters and community groups and, since Cozmic Pizza doesn't take a percentage of the profits, entertainment covers are low and go directly to the performers. Community groups such as literary guilds and jazz society are also welcome to use the space. Many events are free of charge. (Check local listings for event schedules.)

Also located at The Strand is Theo's coffeehouse and Internet café, contributing location as an informational site with a hospitable philosophy.

199 W. 8th Ave. 338-9333. 11 am-11 pm M-F, 4 pm-11 pm Sa-Su. Wheelchair accessible.

PLANET GOLOKA

Just around the corner at 675 Lincoln St. is **Planet Goloka**, a vegetarian restaurant and raw juice and kava bar that aims to serve Eugene organic, high-vibration food and provide a community space for lectures, benefits, and healing workshops. The Vedic word "Goloka" refers to the universe that Krishna or God embodies, thus "Planet Goloka" refers to the earth as the home for the spirit. Planet Goloka hosts free weekly events including live music, poetry nights, spiritual films, and Kava circles. Owners Bhavatarini and Nrihari Das operate an organic farm in Hawaii and harvest all the kava used at Planet Goloka. The roots of the Kava plant contain kavalactones, which are known to relieve anxiety, relax muscles and promote a mild euphoria. Planet Goloka serves the kava with juices or as a concentrate.

Menu items range from Coconut Kava Waffles (\$5) to Dolma Plates (\$4). Prices are reasonable considering their all-organic ingredients. Manager Ginger Thompson credits the low prices to the non-capitalistic agenda of the owners and