

The Co-operator

a monthly newsletter of the East End Food Co-op Pittsburgh, Pennsylvania

STORE NEWS

Members' Extra Discount Days

Sundays: 4/19 & 5/17

Shop 8 am - 9 pm

Board of Directors Meeting

All members are welcome.

Check the front entrance for dates and times.

The Co-Operator Deadline

All submissions and ads are due 5/1 for the June 2009 issue.

For more information, call Member Services at 412.242.3598.

Join us for a Co-op Orientation Night

Learn the secrets every member wants to know — Tuesdays at 7pm.

Register with Outreach Coordinator Chris Farber, at 412.242.3598, ext 208, or outreach@eastendfood.coop.

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APRIL IS BOTTLED UP MONTH!

EAST END FOOD CO-OP

7516 Meade Street Pittsburgh, PA 15208
412-242-3598
www.eastendfood.coop

Co-op Employees Escape for the Weekend ... and Learn more about Food and Community

by Chris Farber

For the first weekend of February, five Co-op employees traveled to central PA to attend the annual conference of the Pennsylvania Association for Sustainable Agriculture (PASA). Convening for the past 18 years, the PASA conference is a staple event for the farming and food circles around the state and beyond. The event, while geared towards farmers, is an opportunity for retailers, distributors, non-profit advocates, and others involved in facets of the food system to learn and network.

One of the highlights of this year's conference, "*Finding your Foodshed*," was the keynote address by Raj Patel, author of a recently-released non-fiction book called *Stuffed and Starved*. Raj Patel was a riveting speaker and if his book reads anything like his speech, I encourage you to check out his book, which you can find on the Co-op's bookshelf. His style was like Michael Pollan [the pre-eminent food scholar] meets Eddy Izzard [the British comedian]. He described how the world got to the point where one billion people are overweight and one billion people are malnourished. Among his credentials, he has held positions with the IMF/World Bank, while also boasting that he has protested the organizations on four different continents. He discussed the importance of food sovereignty, which is the right for people and cultures to determine the growth, production, and distribution of food without the hand of corporations and government controlling the chain. He outlined the shocking global phenomenon of farmer suicides, instigated by esoteric free trade policies, which resonated with the thousands of conference attendees who see the impact of poor farm policy in our country everyday.

While the conference provided a global perspective on farming and politics, much of the focus of the workshops dealt with successful models of pest management, animal husbandry, community gardening, among many other technical topics. One workshop of particular interest was about "greening" in Philadelphia, where Weaver's Way Food Co-op started an urban farm. The Co-op uses the farm not only to produce food for sale but also as an educational tool for urban residents of the city to learn how to grow fresh food. It was inspirational to talk to the farmers and see photos of the Weaver's Way Farm and imagine a day when Pittsburgh is ready for that leap. Weaver's Way is a leader in education and outreach among food co-ops, between the farm and classes for youth about cooperative business, and is something to aspire to as the outreach program develops here. The PASA Conference is always a source for new ideas and new energy and if you have any interest in food, farming, or just surrounding yourself with that community, I encourage you to attend in 2010!

You can find out more about the PASA conference and all of PASA's programs at www.pasafarming.org.



Meeting Maggie

By Emily Bragonier



Tucked away near New Stanton, PA, is the home of Margaret Raphael, perhaps best known in Pittsburgh for being the proprietor of **Maggie's Mercantile**, a delightful vegan café on Craig Street in Oakland. Recently, I had the distinct pleasure of meeting Maggie at her home to learn more about her business and her relationship with the Co-op. There I discovered, somewhat ironically, given the familiar Bob Dylan song with the same name, that "Maggie's Farm" is a place where I would love to work. The view of the Laurel Highlands alone would be justification for every day of employment, not to mention the added bonus of being able to spend time with the farm's enlightened, energetic owner.

Maggie and her daughter purchased 94 acres in 1995 so that Maggie could try her hand at the organic farming business. She started small, using only a garden-sized portion of her land to experiment with growing. Realizing that she was rather gifted at food production, she slowly converted her garden into a full-time farming enterprise, specializing in heirloom vegetables and pick-your-own berries.

Today, 14 acres of the property are being organically farmed by hand, without

— Continued on page 3

DON'T MISS MEMBERS' EXTRA DISCOUNT DAY – APRIL 19
MEMBERS RECEIVE 10% OFF SHELF PRICE ALL DAY! SAMPLES AND TASTINGS 8AM TO 4PM

All members are welcome to attend the Co-op Board Meetings. Check the bulletin board in the front vestibule for dates and times.



www.eastendfood.coop

East End Food Co-operative

7516 Meade Street

Pittsburgh, PA 15208

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Rob Baran,
General Manager

rob's corner

My column this month has several topics. It's more of a list than a narrative per se:

First, I would like to acknowledge the arrival of spring. I don't know about you, but this was one of the toughest winters I have experienced. It started early, and at one point, I wondered if the freezing rain and snow would ever stop. But thankfully it did, and I am hoping for a real spring this year instead of that classic quick Pittsburgh transition from winter to summer.

Next, East End Food Co-op and the Pittsburgh are hosting a national co-op conference in June, only a few short months away. It is quite a privilege to be awarded the honor of being the host co-op, and we look forward to showing off our favorite city to the 400-500 cooperators that will be attending the "53rd Annual Consumer Cooperative Management Association Conference" or CCMA, as those of us in the business call it. CCMA runs June 11th through June 13th and we will be in need of a number of volunteer members to help us run an efficient conference. In these troubled economic times, the 10% volunteer discount is an especially nice benefit for those who have the time and inclination. If you are interested in this opportunity, contact Chris Farber at outreach@eastendfood.coop or call her at the Co-op, extension 208.

On another note, we had a small recovery in February sales, posting 1% growth after being down 5% in January. January was the first month we had not grown

since new competition came to town in 2006. Given the state of the economy, those are not bad numbers, and we might even turn a small profit this winter if sales stay strong.

You may have noticed some changes at the Co-op recently. We installed a new beverage cooler that allowed us to reset the perishables coolers. Expanding the space we have for dairy items such as milk, eggs, and yogurt was one of our top priorities. Additionally, we are experimenting with a new member's only pricing system to get some lower pricing on a few of the basics like oats, eggs, tofu, butter, milk, etc... Look for changes to continue this spring as we work on getting our product and pricing mix adjusted to be more in step with our shoppers in this changing economic environment. We appreciate your continued support and are working to ensure we stay in touch with your needs.

And finally, I would like to discuss the Bioneers. The **Annual Bioneers Conference** held every fall in California is surely at the heart of efforts in this country to restore our earth and ensure a bright future for our children. Founded in 1990, Bioneers promotes "practical environmental solutions and innovative social strategies for restoring Earth's imperiled ecosystems and healing our human communities." The Bioneers believe in a systemic "solve-the-whole-problem" approach. They believe that, "Taking care of nature means taking care of people, and taking care of people means taking care of nature." They also "connect the dots" — continued on page 7

BOARD CORNER

by Mike Q Roth, Board President

On June 12, 1980, five individuals signed off on the Articles of Incorporation and the Bylaws for the East End Food Cooperative. By signing the Articles of Incorporation, they brought life to the entity that is the East End Food Cooperative and explained the "why" of EEFC's existence. This document is in essence our Declaration of Independence (albeit written with all the poetry of an apartment lease).

On the other hand, the Bylaws of the East End Food Cooperative is the document which explains how the organization is to be run on the macro level — who can be a member, who can run for the Board of Directors, how directors are elected, etc. Our bylaws are our Constitution (although, once again, written with a bit more attention to modern legalese than readability or style). Like the Constitution of the United States, changes to this document are not made lightly and require a greater level of approval than your everyday policy change. So while the Board can make changes to the GM's contract and the GM has the power to change things within the staff handbook, only you, the membership, have the authority to approve changes to our bylaws.

Of course, usually our members don't initiate these changes. Most of the time it is out of some business or governance necessity that either the Board or the GM recommends a bylaw change to our membership for approval. Such was the case in 2003 when we switched our fiscal year from a normal calendar year to a July through June fiscal year. Other changes in the past have included changing the number of Board members from 11 to 9 seats.

Over the past several years the Board has considered a new round of suggested changes to our bylaws. Some of these changes reflect challenges the Board has faced in recent years with issues of fairness, transparency, and encouraging involvement in the co-op's governance process. Some of this also relates to the Board's desire to ensure we are electing the most qualified candidates. Some of this also relates to clarity in some of the bylaws — what did these bylaws mean when they were originally written and is it still relevant/correct for how we want this co-op to be run today? Finally, there is the question of updates in corporate law which could mean it would be beneficial to totally re-write our bylaws, which obviously would entail approval by the membership. I don't intend to go over all aspects of these changes at this time, as we are not proposing any changes for the 2009 election cycle, but there were a couple that I wanted to address in the hopes of getting some feedback.

1) In the section on Voting, the bylaw states that "There shall be no proxy voting on any matter." The bylaw does not define what is meant by proxy voting. Our challenge on the Board has been to make voting easy and accessible without sacrificing transparency. Issues of what constitutes proxy voting has been a question in recent elections. What does "proxy voting" mean to you? Are there other concerns regarding fairness and transparency in the voting process that should be addressed in our bylaws?

one percent wednesday



April 29

East End Cooperative Ministry

Several times a week, the East End Food Co-op receives calls looking for our food pantry or inquiring about a bed to sleep in. Of course, we don't offer these services to the community. Callers are looking for East End Cooperative Ministries, our East End neighbors. And more and more of them are calling in these hard times.

East End Cooperative Ministry (EECM) is an interfaith ministry dedicated to helping those in need in the East End since 1970. Eighteen local congregations launched a unified effort to address the increasingly widespread and serious problems plaguing the East End — at-risk children and youth, the hungry, the homeless. Today the support network has grown to include 45 congregations, as well as local businesses, donors and volunteers.

EECM operates a food pantry and soup kitchen, which serves hot lunches Monday through Friday, as well as *Meals on Wheels* services. Housing services include a *Men's Emergency Shelter*, *Drop In Center* and *Bridge Housing*, and the *Orr Compassionate Care Center* offers shelter to homeless, frail or elderly adults who need a place to recuperate after being discharged from the hospital. In-school and after-school outreach and tutoring, a drug and alcohol prevention program, summer day camp and basketball clinics and tournaments are among their programs reaching out to young people.

The EECM relies on the goodwill of donors, but hundreds of volunteers also make their programs possible. They need help with everything from preparing and delivering meals, to spending time with those recovering from illness or injury.

You can find out more about EECM's programs and how you can help by visiting their table in the store on April 29, or by calling 412.361.5549 or visiting www.eecm.org.

2) Regarding the Board of Directors, in the section on "Eligibility and number," the bylaw states that "One of the nine directors shall be elected from the staff, by the membership, if there is a candidate available." The Board has consistently interpreted this to mean that there is a guaranteed seat on the Board for a staff member and that staff members need not compete against non-staff members for that Board seat. Do you think this is a good policy? Should we continue to have a staff member on the Board of Directors? Should a seat be guaranteed? In recent months we have been in discussion with the staff on this issue and they have provided significant support for maintaining a guaranteed staff seat on the Board of Directors. However, it would be beneficial to know how our membership feels about this bylaw as well.

Most of the other changes would either be small wording changes, some updates to process, or are the type of thing needs to be reviewed by our legal counsel first. However, I feel that these two areas, in speaking to issues of fairness of the electoral process and the question of representation, are great

member services message

by Kara Holsopple, Member Services

We try to give the very best customer service, and we are working on getting even better — but sometimes we fail. I failed last week when talking to a member about using her membership card in the store.

Many of our members live here in the city — a lot here in the east end of the city. But plenty more come from points north, south, east and west. This member drove a distance to shop with us. She spent some time shopping and eating in the Café, and before she left, she dropped by the Customer Service desk to ask a question about her membership.

Because she lives farther away, she doesn't make it to the store as often as she would like. She and her husband both have membership cards under their household membership, but she wondered if her brother, who lives closer, could have a membership card to shop for her.

Our response to her question is simply that **we give cards to the members who live in the same household** — that's the definition of our membership. WE PROTECT THE FINANCIAL HEALTH OF OUR CO-OP (and for our members who own it) BY LIMITING THE MEMBERSHIP DISCOUNT TO MEMBERS ONLY. We give out membership cards on the honor system, issuing them to **members and their household**, the people with whom they share grocery expenses.

I suggested that this member allow her brother to borrow her card if he would regularly be making purchases for her. That seemed inconvenient to her, and I certainly understood that. Another option would be that she could bring in the receipt for the products that were purchased for her after the fact, and we could reimburse her for the discount at the Customer Service desk when she showed us her card. However, I didn't think of that option until after she had already left the counter, a little angry, unfortunately, and not feeling very good about her Co-op.

We don't ever want it to be inconvenient for people — and especially members — to shop with us. I wasn't able to grant this member's request, but I also wasn't able to quickly come up with another way to satisfy her wanting to patronize the Co-op and explain efficiently why we have the policy in the first place. I hope to do better in the future, on both fronts.

Thank you for choosing to shop with us — cards in hand (or numbers at the ready if you forget them) — and for letting us know how you think and feel about your store.

areas where our membership can offer guidance. So please share your thoughts as we begin this process of re-forming this very important piece of our co-op's history.

To contact the Board of Directors about the bylaws or any other issue, you can e-mail us at boarddir@eastendfood.coop or come to one of our monthly meetings which are usually held the fourth Monday of every month (look at the Board of Directors bulletin board near the front entrance for additional meeting details).



ENDS POLICY STATEMENT

East End Food Cooperative, a member-owned business, exists to create, promote and sustain a healthy, strong, and vibrant local community that serves the need for physical well-being, mutual respect, social connectedness and economic vitality while ensuring sustainability in the use of all resources toward this end.

Adopted by the EEFC Board of Directors, January 24, 2005

STATEMENT OF COOPERATIVE IDENTITY Definition

A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social and cultural need and aspirations through a jointly-owned and democratically-controlled enterprise.

Values

Co-operatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity. In the tradition of their founders, co-operative members believe in the ethical values of honesty, openness, social responsibility and caring for others.

Seven Principles

The co-operative principles are guidelines by which co-operatives put their values into practice.

1: Voluntary and Open Membership

Co-operatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political and religious discrimination.

2: Democratic Member Control

Co-operatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and Women serving as elected representatives are accountable to the membership. In primary co-operatives members have equal voting rights (one member, one vote) and co-operatives at other levels are also organized in a democratic manner.

3: Member Economic Participation

Members contribute equitably to, and democratically control, the capital of their co-operative. At least part of that capital is usually the common property of the co-operative. Members usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing their co-operative, possibly by setting up reserves, part of which at least would be indivisible; benefiting members in proportion to their transactions with the co-operative; and supporting other activities approved by the membership.

4: Autonomy and Independence

Co-operatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their co-operative autonomy.

5: Education, Training and Information

Co-operatives provide education and training for their members, elected representatives, managers and employees so they can contribute effectively to the development of their co-operatives. They inform the general public-particularly young people and opinion leaders- about the nature and benefits of co-operation.

6: Cooperation among Co-operatives

Co-operatives serve their members most effectively and strengthen the co-operative movement by working together through national, regional, and international structures.

7: Concern for Community

Co-operatives work for the sustainable development of their communities through policies approved by their members.

Source: ICA News, No. 5/6, 1995.

Last updated: 2 June, 1996.

members SPEAK OUT



Comment Cards . . .

What happened to the very well made signs regarding the global hazard of plastic bags and over-packaging? I found them informative and attractive. They also reinforced a co-op ideal. Please bring them back.

We will be bringing them back very soon. Our plan is to post different educational topics on sustainability every few months. Thanks for your support!

— Allisyn Vincent, Front End Manager

Please stock bulk alfalfa seeds.

Thank you for your suggestion. Space is kind of at a premium in the herb section right now, but we are looking to make some changes.

— Hope Anne Nathan, Bulk Herbs Buyer

Consider carrying Chinese Five Spice in Bulk. It's all the rage these days!

I'll see what we can do. I know that our Café uses the 5 Spice blend, too. Unfortunately, our space is limited in the herb

section. Thanks for your suggestion- I'll will keep in under consideration.

— Hope Anne Nathan, Bulk Herbs Buyer

What has happened that co-op memberships from other co-ops stores are no longer accepted here?

Not all co-op stores around the country give their membership discount to visitors from other co-ops. We have done so in the past, but when we moved to the swipe cards for membership at the registers, we discontinued the practice.

— Kara Holsopple, Member Services Manager

Have you ever considered having bean tasting, grain tasting, meat substitute classes?

Periodically we have vegan and other cooking classes here at the Co-op, but I am not sure we have ever approached them as tastings, per se. We will consider that for future offerings, or maybe as demonstrations in our Bulk foods section. Thanks for the great suggestion.

— Kara Holsopple, Member Services Manager

COMMENT CARDS and the Comment Card Box can be found at the CUSTOMER SERVICE DESK.

Maggie's Mercantile

— Continued from page 1

the use of fossil fuels. This is no small feat for four full-time, year-round employees and a handful of seasonal workers, all of whom earn a living wage and receive medical coverage. With a hearty chuckle, Maggie smiles when I refer to her as a farmer. This self-prescribed "dilettante with a pile of ideas" recognizes the importance of providing for her employees and educating the public on a number issues relating to social justice, slow food and ecology. Maggie takes several opportunities to emphasize her belief that we need to reconnect to the world in which we live. Clearly, the connection between animals, nature and people has been lost and Maggie feels this in a profound way. She tells me that she

is often stuck with the thought that she is "so much smaller than everything out there." Maggie's ultimate goal is making the community more aware and responsible for its surroundings.

For those interested in self-reflection and reeducation, Maggie hosts a farm festival in the summer to celebrate the growing season, complete with music, food and activities for all age groups. More information can be found on her website, www.maggiesmercantile.com. In the meantime, be sure to look for Maggie's baby arugula and Asian braising greens in the Co-op's produce aisle.



Additional offerings will be available as the weather warms. You can be satisfied knowing that you are supporting progressive business practices and sustainable agriculture techniques with every bite! ☘

DEPARTMENT OF THE MONTH:

by Karen Bernard, Volunteer

Our "education department" has expanded slightly, with another shelf of good books. And the categories have shuffled around a bit in the process. Books about "Energy Transition" are now on the top shelf, next to others on sustainable living. One new book here that's been making a real difference in the world is *Transition Towns: From Oil Dependency to Local Resilience*, by Rob Hopkins (www.transitiontowns.org).

"Peace & Conflict Resolution" has moved from up top to the middle shelf. And kids' and young adult books have moved from the top to the bottom (where kids can now reach them!), along side "Women's Health, Pregnancy and Birth, Parenting and Education."

Here are a few new-ish titles related to young people:

Born to Buy: The Commercialized Child and the New Consumer Culture by Juliet B. Schor

Tom Brown's Field Guide to Nature and Survival for Children by Tom Brown, Jr., with Judy Brown

Who Eats What? Food Chains and Food Webs by Patricia Lauber and Holly Keller (one of our many wonderful picture books)

Gaia Girls #1, Enter the Earth (fiction) and

Gaia Girls #2, Way of Water (fiction) by Lee Welles

Ecological Literacy:

Educating Our Children for a Sustainable World (the Bioneers Series) by David W. Orr, Michael K. Stone, Zenobia Barlow and Fritjof Capra

Guerilla Learning: How to Give Your Kids a Real Education With or Without School by Grace Llewellyn

Changing Bodies, Changing Lives by Ruth Bell

The Thundering Years: Rituals and Sacred Wisdom for Teens by Julie Tallard Johnson

Also, if you're psyched to get out and play in the dirt soon, check out the Gardening books at the heart of the department. We have lots of information and inspiration on soil health, sprouting, growing, composting, beekeeping, seeds and seed saving, as well as biodynamics and permaculture (more integral than just plain "organic" ways of growing).

More Books!



Gaia's Garden: A Guide to Home-Scale Permaculture by Toby Hemenway (an excellent introduction to this holistic way of living).

Here are a few other new titles you might want to peruse:

The Future of Food by Brian J. Ford

Genetic Roulette: The Documented Health Risks of Genetically Engineered Foods by Jeffrey M. Smith

Biomimicry: Innovation Inspired by Nature by Janine M. Benyus

Nature's Operating Instructions: The True Biotechnologies by Kenny Ausubel with J.P. Harpignies

Buy~ology: Truth and Lies About What We Buy by Martin Lindstrom

The Soul of Money: Reclaiming the Wealth of Our Inner Resources by Lynne Twist

Challenge to Power: Money, Investing and Democracy by John C. Harrington

As always, we welcome your comments and suggestions. Please feel free to leave a message or special request at Customer Service anytime. ☘

the food YOU EAT

what's cookin' at the co-op café kitchen!

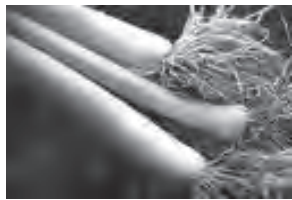
Decadent? Yes. Rich? Yes. Celebratory and the essence of spring- yes! This simple but tasty tart is the kind of dish that makes a brunch or a family get-together really special. Organic butter and cream, with local eggs, makes it even better. If you like, substitute any harder cheeses for the Gruyere, like Asiago or an aged Cheddar. Enjoy!



Leek, Swiss Chard and Gruyere Tart

- | | |
|--|----------------------------------|
| 1 sheet frozen puff pastry (half of 17.3-ounce package), thawed | 1 1/4 cups whipping cream |
| 2 tablespoons butter | 3 large eggs |
| 3 large leeks (white and pale green parts only), coarsely chopped | 2 large egg yolks |
| 1 teaspoon thyme | 1 teaspoon salt |
| 1/2 bunch Swiss chard, ribs removed, leaves chopped (about 2 1/2 cups) | 1/4 teaspoon ground black pepper |
| 1 cup finely grated Gruyère cheese | Pinch of ground nutmeg |

- Roll out pastry on floured work surface to 12-inch square. Transfer to 9-inch-diameter glass pie dish. Trim overhang to 1 inch. Fold under; crimp edges. Cover; chill.
- Melt butter in large nonstick skillet over medium-low heat. Add leeks and thyme. Sprinkle with salt and pepper. Cover; cook until leeks are very tender but not brown, stirring often, about 10 minutes. Add chard; sauté until wilted, about 2 minutes. Remove from heat; cool.
- Position rack in bottom third of oven; preheat to 425°F. Whisk cream and next 5 ingredients in large bowl. Mix in cooled leek mixture and two thirds of cheese. Pour filling into crust. Top with remaining cheese.



4. Bake tart 15 minutes. Reduce heat to 350°F and bake until filling is puffed and just set in center, about 15 minutes longer. Transfer to rack; cool 10 minutes.

Serves 8

What's New ... in the aisles

You are not imagining it... we have done some re-organizing of the perishables department! The tortillas, tofu and all of your favorite meat substitute products- as well as pickles and other refrigerated condiments- are now located in the refrigerated cases at the back of the store. Please let a staff member know if you are having a hard time locating a product!

Aisle 1

- Westbrae Fruit Sweetened Catsup

Aisle 2

- Go Raw Organic Pumpkin Seeds with Celtic Sea Salt
- LOCAL PRODUCT! Mediterra Lori Bakes Gluten Free Breads, Mock Rye, Millet, Flax, White and Cinnamon flavors
- Go Raw Live Pumpkin Bar, Super Cookie and Live Chocolate Truffles
- LOCAL PRODUCT! Mediterra Lori Bakes Gluten Free Cookies

Aisle 3

- Coombs Maple Syrup, 32oz. Grade B
- Crofters Blood Orange Conserve
- Barbara's Shredded Oats Cinnamon Crunch flavor
- Natural Desserts Unflavored Jel
- Larabar Pistachio Bar

Aisle 4

- Let's Do Organic Gluten Free Ice Cream Cones

Aisle 5

- EO Lavender Hand Sanitizer, .33 oz size
- Organic India Tulsi Supplement
- Peter Gillham's Natural Vitality Calm Mama supplement
- Better Botanicals Refining Facial Mask

Aisle 6

- So Delicious Coconut Milk Beverage, Vanilla, Original and Unsweetened flavors
- Putney Pasta Whole Wheat Spinach and Cheese Ravioli, Family Size
- Stoneyfield Organic Berry Banana Smoothie

Co-op and Community Partners Complete the "Food to Compost" Circle



The Pennsylvania Resources Council (PRC) conducted a feasibility study on the implementation of Food Waste Collection and Composting for the Allegheny County Health Department in 2006. Based on the successful results of the 2006 study, PRC has begun work to implement a food waste composting pilot in collaboration with local food waste generators.

East End Food Co-op participated in PRC's original feasibility study for implementing food waste collection and composting. PRC did a waste audit of the Co-op's pre-consumer food waste. The three day study included participation from the Café and Produce managers and their staffs.

Currently, most food waste generated at the Co-op is sent to a landfill. Food waste generated from the produce department, through food preparation in the Café, and food material left on plates and serving trays, are bagged with other materials and placed in dumpsters that are emptied six days a week.

During the 2006 waste audit, all food waste from the Café prep areas and serving trays was gathered separately, bagged and weighed periodically throughout the day. In addition, all food waste from the produce department was gathered separately, bagged and weighed. Food left over on customer plates was not considered for this waste audit.

During the three-day waste audit a total of 451.4 pounds of food waste was collected. Only vegetative food materials that can be composted in a *windrow* was collected and placed in green bags and weighed separately. All other food material, including animal products, was not collected because they represent approximately less than 1% of food waste generated at the Co-op. An average of 150.5 lbs of "green" food waste was collected each day.

Periodically, the staff was asked how they felt about participating in this program. Most felt that it was "easy" and would simply require a breaking of "old habits" to throw food waste and garbage in separate containers. They were also excited for the potential of the Co-op to begin composting food waste and realized the benefits of the process. There was no contamination and they felt the signs and bag colors were helpful.

Locating enough bins in the main kitchen to accommodate the multiple workstations was a problem with the configuration of the space. The size of the bins was important. They needed to be tall enough that food wasn't spilled on the floor and small enough that they didn't get too heavy with large amounts of waste nor take up too much room in the Café.

The only other problem was that the building owner was fearful of a rat problem with the storage of food waste. Rodent-proof containers would have to be used to store the food waste in the dumpster area.

The Co-op has also been working with PRC to divert a small amount of pre-consumer food waste by feeding produce scraps to worms for vermicomposting. The worm castings, which are used as fertilizer, can sometimes be purchased in the store.

The primary goal of the new pilot program is to increase the volume of food waste that is composted in Allegheny County, diverting valuable organic material from local landfills. Food waste and other organic materials comprise one of the largest components of the waste stream in this region. Establishing a viable food waste composting program for the region is of vital importance to preserving valuable landfill space while capturing a usable product.

A strong regional composting program must be able to service the diverse needs of food waste generators of varying types and sizes. PRC is encouraging and facilitating contractual relationships between food waste generators (FWGs) and local composting facilities, for the economic benefit of all participants. This pilot will involve various

types of urban food waste generators, like hospitals, restaurants, grocery stores. Participation of diverse food waste generators will assure that the variables associated with each type of business are addressed.

As part of the pilot, PRC will facilitate the Co-op's relationship with the commercial composting business AgRecycle. They will also assist the Co-op with their organics separation by providing training and support to the co-op staff and patrons. Education will be in the form of workshops, training materials, and informational signage. A training manual is being worked on now which will include some more information about the importance of composting in general.

PRC will also help the Co-op to design a new collection system in the Café area in order to make recycling and compost separation more efficient.

The program is moving fast, and the post-consumer program will be launched by April 19th, with the pre-consumer program beginning shortly before.

PRC will be constantly assessing the progress of this program and providing consultations and support when necessary. They will also be collecting data in order to provide measurable outcomes on how much organic waste the Co-op is diverting from the landfill, as well as savings/increase on waste costs.

And the Co-op and local landfills will not be the only beneficiary. The benefits of compost are numerous. It improves soils and promotes plant growth. Compost-rich soils retain more nutrients, rather than being leached out or washed away. They also retain more water: a 5% increase in organic material increases a soil's water holding capacity by 400%! Compost also adds air spaces so roots do not 'drown.' Compost-rich soils are alive with beneficial microbes, worms, and insects. Some help aerate the soil; some make nutrients more available; some deter diseases and pests. Compost makes acidic and alkaline soils more neutral, more hospitable to plant growth.

These qualities of compost have a range of larger environmental benefits. Compost reduces the need for synthetic fertilizers and pesticides. These end up in groundwater, drinking water, streams, lakes and rivers, damaging our health and the health of other creatures. It reduces erosion of soil and runoff from both urban and rural sites. This runoff includes particulate matter, fertilizers and toxic chemicals: a primary source of water pollution. Reducing it further improves the quality of our waters and our region's health. And compost helps detoxify ('remediate') soils that have been poisoned.

These benefits are increasingly appreciated by a range of compost users, including home gardeners; nurseries; greenhouses; highway departments and others interested in controlling erosion; farmers moving towards more sustainable intensive production; groups that remediate, green and redevelop degraded land like vacant lots, brownfields, and abandoned mines.

Pennsylvania Resources Council recognizes these values of compost, and sees regional composting as a significant resource frontier. They hope to work with the Co-op and other organizations on promoting/facilitating **backyard and school composting, increasing the number of commercial food-waste generators (supermarkets, restaurants, cafeterias) in our region that separate their organic waste and divert it to composting, encouraging/facilitating the development of on-farm composting in our region, building regional markets for compost, and promoting/facilitating two compost uses that we believe have the greatest potential for public benefit in our region: moving farms towards more sustainable-intensive production and remediating and greening degraded land.** ♻️

HarmoniZing! presents

Krishna Das + Friends
Monday, April 27, 2009

For tickets, location & time
Please visit

www.HarmoniZingPittsburgh.org
or www.krishnadas.com



in the COMMUNITY



Improve Your Community — Become a Tree Tender!

Friends of the Pittsburgh Urban Forest is offering several more opportunities to become a Tree Tender in 2009. Tree Tenders learn to plant and care for young street trees, increasing a tree's chance of survival and prolonging their life in the urban environment.

FPUF is an environmental non-profit organization dedicated to enhancing the City's vitality by restoring and protecting the urban forest through community tree maintenance, planting, education and advocacy.

Entering its third year, *Friends* has trained nearly 350 Tree Tenders in neighborhoods across Pittsburgh. The course includes basic tree biology, best planting practices, introductory pruning skills, and an overview of urban forestry initiatives in Pittsburgh. After completing the course, Tree Tenders participate in planning Tree Care Days, Pruning Sessions, and plantings in their neighborhoods.

Registration is open at www.pittsburghforest.org/treetenders. The course is \$40, and scholarships are available. To register or find out more, go to www.pittsburghforest.org/treetenders or call 412-362-6360.

This year, Friends of the Pittsburgh Urban Forest is targeting Uptown and Homewood, and residents of either of these areas can take any Tree Tender Course on scholarship. Please indicate that you are a resident when you register.

2009 TREE TENDER COURSES

Courses runs from 5:30-8:30, unless otherwise noted, and each session includes a light meal.

- | | |
|--|---|
| ■ May 13, 20, 27 — Wednesdays
Homewood Library, 7101 Hamilton Ave. | ■ September 15, 22, 29 — Tuesdays
St. Matthew's Parish on 57th Street
Lawrenceville |
| ■ July 16, 23, 30 — Thursdays
CCI Center, 64 South 14th Street
in the South Side | ■ One Day Course, June 20 — Saturday
Duquesne University, 9am-4pm |

Sierra Club Environmental Film Festival

During this FREE film festival, there will be two evenings of engaging and thought-provoking films with an environmental theme. The event is family-friendly, refreshments will be available for a small donation, and donations will be accepted to offset cost of films.



SIERRA
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**Wednesday, April 8, 2009, 6-10 pm and
Saturday, April 18, 2009, 6-10 pm**

Imagine Environmental Charter School
829 Milton Ave., off S. Braddock Ave. near the Frick Park tennis courts in Regent Square.

For more info: Sierra Club Allegheny Group, www.alleghenysc.org,
Don Gibbon at dongibbon@earthlink.net

Outreach Calendar

Join the Co-op at these community events!

Farm to Table Conference

Friday and Saturday, April 3-4 | 10:00am – 5:00pm both days
David Lawrence Convention Center, Pittsburgh

\$25 for two days including Friday night food tasting

Speakers include Dr. Devra Davis of the Pitt Cancer Institute and Will Clower of Mediterranean Wellness

Earth Day Celebration at the Frick Environmental Center

Saturday, April 18 | 11:00am – 4:00pm
Frick Park entrance on Beechwood Blvd, Squirrel Hill

Open and free to the public, featuring kids activities and entertainment

For more information, you can contact Chris Farber, Outreach Coordinator at extension 208 or at outreach@eastendfood.coop. 📍



Final Event — Bottled Up! Wrap-Up Party

Bottled Up and Out!

Personalizing Sustainability and Making it Fun

Wednesday April 29, 6:30 pm

*Discussion and Q&A with Lizandra Vidal, Founder of Bottled Up!
and Mark Dixon, Co-founder of YERT*



YERT, which stands for "Your Environmental Road Trip," (www.yert.com) is a one-year, fifty-state video documentary road trip to explore and personalize sustainability across the country. From July 4, 2007, to July 4, 2008, Mark Dixon, Ben Evans, and Ben's wife Julie Evans, traveled the country and released fast-paced videos online to share their adventures, including their very own "road rules" eco-challenges,

visits to environmentally significant destinations, and most importantly, interviews with over 800 leaders, business people, professors, and average citizens from all walks of life. Their work has been featured on the *Weather Channel*, *Voice of America*, the *San Francisco Chronicle*, and on *NPR* stations nationwide via the environmental news program, *"Living on Earth."*

One of the YERT eco-challenges gives handy inspiration for those of you participating in "Bottled-up Month." For the entire road-tripping year, the YERT team committed to generating no more than *one shoebox* of garbage per month—combined! That shoebox included bottles, cans, junk-mail, and all recyclable materials—and they kept all that garbage in their car with them through the entire year! In the end it came to just over fifty pounds of trash, which, by some measures, is about 1/100th of that generated by an average American. How did they do it? *"We made a bee-line for the local co-op in each state, where we filled up our re-usable containers with bulk foods like oats, lentils, and handy snacks,"* noted Mark Dixon, co-founder of the project. Ben Evans, also a co-founder, added, *"Occasionally we ran into our favorite bulk snack, a cheesy sesame stick-like-thing that we affectionately called 'cheese crack.'"* The YERT team composted all of their food scraps, dropping them into the compost bins of friends and businesses along the way. Julie had this to add for those of you out there trying to cut down on your garbage, *"Once we figured out a decent 'garbage-free menu,' it really wasn't that hard to dramatically cut our garbage. Also—STAY HYDRATED to avoid having to buy that wasteful plastic bottle of 'emergency' water."*

The YERT team is working on "YERT Phase 2," developing a feature film, additional short films, live presentations, and educational curriculum based on the project. To volunteer your skills to the YERT project or to schedule a YERT presentation full of amazing stories and videos for your school, college, or community group, please contact Mark Dixon at mark@yert.com / 415-672-5537. For more information about YERT, visit www.yert.com. 📺

April is

BOTTLED UP!

Month.

April 7 6:30 - 8:30 p.m.

Bottled Up! Kick Off Event: "Like Water for Chocolate"
What chocolate tastes best with your neighborhood water?

April 15 6:30 - 8:30 p.m.

What Happens to Plastic Beverage Bottles in Pittsburgh?
Discussion, Followed by Q & A
Led by Sharon Wicks, City of Pittsburgh, Recycling Supervisor

April 22 3:00 - 7:00 p.m.

Creative Re-Use Workshop: Celebrate Earth Day by participating in a hands-on workshop demonstrating creative ways to re-purpose your Plastic Bottles.
This workshop is available for all ages. Bring the whole family!

April 29 6:30 - 8:30 p.m.

Bottled Up! Wrap-Up Party: "Bottled Up and Out!"
Personalizing Sustainability and Making it Fun. Discussion, Followed by Q & A
Led by Mark Dixon, Co-Founder of YERT and Lizandra Vidal, Founder of Bottled Up!

**Make a pledge*
in April and
reduce the
amount of
plastic bottles
you use.**

www.BottledUpPittsburgh.org



*Look for Pledge Cards in the beverage aisle or inquire with customer service. All events will take place at the East End Food Co-op.

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WHO WE ARE

The East End Food Co-op is Pittsburgh's only member-owned natural and organic food market, serving the community since 1977. We offer the finest in certified organic produce and herbs, bulk foods, vitamins and supplements, cruelty-free health and beauty aids, organic and natural packaged goods and hard-to-find items for special dietary needs.

Our award-winning Vegetarian Café and Juice Bar offers a daily array of fresh, wholesome, hot entrées, soups, salads and vegan dishes.

While the Co-op is open to the public and membership is not required to make purchases, members do receive better prices, have access to the EEFC Federal Credit Union, and can vote and serve on the Board of Directors.

MANAGEMENT TEAM

Rob Baran, General Manager
 Jane Harter, Administrative Manager/HR
 Dave Headings, Produce Manager
 Kara Holsope, Marketing and Member Services Manager
 Mark Perry, Merchandising Manager
 Allisyn Vincent, Front End Manager
 Thomas Murphy and Amber Pertz, Café Managers

EAST END FOOD CO-OP

7516 Meade Street
 Pittsburgh, PA 15208

Store 412.242.3598
 Café 412.242.7726
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www.eastendfood.coop
memberservices@eastendfood.coop

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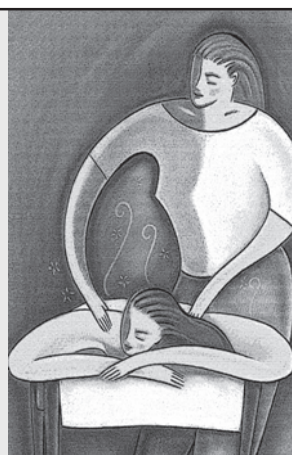


Support the efforts of great non-profits working in our community by contributing to the Co-op Community Fund

The Co-op Community Fund is an endowment sponsored by the East End Food Co-op and the Twin Pines Cooperative Foundation to make awards for social and environmental organizations with a focus on developing cooperatives

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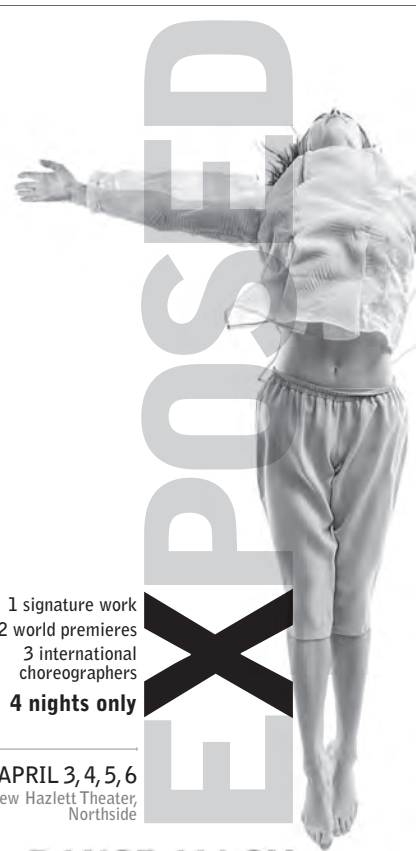
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The Co-operator

Kara Holsoapple, Editor/Advertising Sales

Linda Raden, LR Design, Design, Layout & Production

The Co-operator is published twelve times a year and mailed to members of the East End Food Co-op. Additional copies are available at the Customer Service desk and at the entrance area to the store.

We welcome letters to the editor.

Send your message (250 words or less) to —

Attn: Member Services, 7516 Meade St. Pittsburgh, PA 15208 or

e-mail to: memberservices@eastendfood.coop

Submission Deadlines

All submissions, including articles and advertisements, must be received in the Co-op office by the first of the month for the following month.

The East End Food Co-op does not endorse the views or products of the advertisers in this newsletter. Opinions expressed are the writer's own and do not necessarily reflect Co-op policy.

For information about submissions and advertising, please contact Member Services at 412.242.3598.

The Co-Operator is printed by Typecraft Press, Inc.

WRITE TO US: The Editor of *The Co-operator* welcomes your letters! Send your 250 words or less to:
Kara Holsoapple, Member Services, East End Food Co-op,
7516 Meade Street, Pittsburgh, PA 15208.
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staff NEWS

Employees of the Month

by Jessica Johnson

Interviews with the Co-op's February Employees of the Month,
Katrina Clark and **Maggie Nefores**

KATRINA:

Q. How long have you worked at the Co-op?

I've been here since July '08.

What are your favorite things about working here?

Everyone's friendly, nice. The atmosphere is good and everyone's cool.

What things would you change if you could?

I can't think of a thing.

How did you feel when you were told that you'd won the contest?

I was happy. I couldn't believe it.

MAGGIE:

How long have you worked at the Co-op?

Since 1992, on and off. I think I started volunteering in 1991.

What are your favorite things about working here?

Checking out the "peeps."

Are there things that you wish you could change?

Um, thicker floor mats at the registers.

How did you feel when you were told that you'd won the contest?

I'm a little embarrassed because there are other, better qualified workers. ☺

One-Percent Wednesday

April 29

will benefit East End Cooperative Ministry

YOUR AD HERE!

Call Kara at 412.242.3598, ext 103,
to learn about our special
advertising rates for members!

DID YOU KNOW...

That Step Four in the Better Eating for Life program is DINE DEFENSIVELY?

According to the new packet of information, the key to making lasting, healthy choices is to keep track of the food that you are eating and not to deprive yourself. Keeping portion sizes in check and being mindful of food choices when eating out are also key.

Step Four includes a number of examples of breakfasts, lunches and dinners on-the-go that can help keep you on track. There are also suggestions for ways to stay conscious of what you eat while dining out. Words like "broiled" and "roasted" can indicate healthier choices on menus. Even desserts are not off limits, as the packet explains the best way to navigate sweets and after-dinner choices.

Website resources that help with subjects like eating out with a mind towards diabetes and food calorie facts are also included in the packet.

You can pick up your new packet of information in this series at the Customer Service desk. Past month's installments are also available if you missed any step in the series. Look for a new packet of information each month in 2009!

Better Eating for Life is a twelve part educational program for incorporating healthy eating into any diet, created by Mary S. Choate, M.S., R.D., L.D., Food and Nutrition Educator at Co-op Food Stores, Hanover and Lebanon, NH.

REDUCE, REUSE, RECYCLE!

Thank you

for supporting the Nine Mile Run Watershed Association in March.

When you shop on One-Percent Wednesdays, your dollar goes farther by supporting organizations in our community.

Rob's Corner

— continued from page 2

most areas of human endeavor including environment, health, justice and spirit".

Sounds like great stuff, right? The annual conference, held every October, has grown so large, and so popular, that 2 dozen cities throughout our country are now holding satellite conferences in tandem with the main conference in California. As working members of the Urban Ecology Collaborative, your Co-op has been collaborating with a number of organizations and individuals to ensure that Pittsburgh becomes the next city to host our own sat-

ellite conference this fall. This is a mostly volunteer project, and we are still on the lookout for people to sit on a variety of committees and help administer the conference. If you are curious to learn more, check out the website www.bioneers.org, and if you are interested in volunteering, contact Chris Farber at outreach@eastendfood.coop.

So, until the next time...

Rob Baran

rbaran@eastendfood.coop ☺

Photographer: Vince Noe



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SPRING LECTURES

Wednesday, April 1, 7pm

Are You...Bee Curious?

If you have ever thought about becoming a beekeeper but didn't know where to start, this is the event for you! Join the founders of Burgh Bees—the hippest (and only) beekeeping organization in Pittsburgh—for an informal conversation about bees and beekeeping.

The evening is aimed at helping the “bee curious” learn about the possibilities of keeping bees in urban settings. We'll talk about basic bee care, equipment, time and expense. We'll also sample a variety of local honeys.

Starting Sunday, April 4, Burgh Bees is also offering a beginning beekeeping course. For more information about that course, contact burghbees@gmail.com.

Thursday, April 2, 6:30-8pm

Celebrate the Rain!

Rain Barrel/Watershed Workshop at the East End Food Co-op

Presented by the Pennsylvania Resources Council

Learn how to construct a rain barrel and protect your watershed and water quality.

\$30 non-members of PRC, \$40 per couple

Someone will win the rain barrel used in the workshop. You must attend the class to win. For more information and/or to register, call Nancy at (412) 431-4449, x247.

Take advantage of this free source of precious water while at the same time contributing to improved water quality in our rivers and streams and reducing your contribution to combined sewer overflow (CSO), flooding and polluted urban runoff. Learn how to practice watershed protection and conservation in your own backyard. It's easier than you think!

PRC's Watershed Awareness/Rain Barrel Workshop will raise your awareness of watershed issues, demonstrate how to assemble and install a retrofitted 55-gallon drum/rain barrel, and offer other rainwater harvesting options. Participants will receive the necessary hardware to assemble and install a rain barrel for rainwater harvesting and on-site usage.

The Pennsylvania Resources Council's mission is to promote conservation of our natural resources and protection of scenic beauty through public education and outreach in a collaborative effort with government agencies, business, charitable foundations and other nonprofit organizations.

Thursday, April 16, 7pm

Discover the Ultimate Solution to America's Health Care Crisis

With Dr. Christopher Powell of Powell Chiropractic

Health care has become sick care. Why? Because the focus of our system is on money, not what each patient needs. Come join us as we “Discover Wellness,” the ultimate solution to America's healthcare systems.

You'll learn the methods that today's leading Wellness Doctors use for themselves and their families.

Join Dr. Powell for a discussion on ways to reduce your risk from the common conditions that are part of the cause of America's health care crisis, and information on how you can put the “health” and “care” into your healthcare. This is the first in a series of presentations on how to take control of your health.

Wednesday, April 29, 6:30 pm

Bottled Up! Wrap Up Party: “Bottled Up and Out!”

Personalizing Sustainability and Making it Fun

Discussion and Q&A with Lizandra Vidal, Founder of Bottled Up! and Mark Dixon, Co-founder of YERT. For more information, see article on page 5.



April 2009 ... hot bar specials

sunday	monday	tuesday	wednesday	thursday	friday	saturday
WEEKEND BRUNCH BAR — 9 AM to 1:30 PM — WHEAT-FREE PANCAKES, EGGS, TOFU SCRAMBLER, VEGAN FRENCH TOAST, ROASTED POTATOES AND MORE!			1 Burrito Bar	2 Baked Penne w/ Fresh Herb Ricotta	3 Pizza Dairy & Vegan	4 Leek & Swiss Chard Quiche
5 Chef's Choice	6 Spring Vegetable Cobbler	7 Lentil & Vegetable Korma	8 Indian Kitchen	9 Tofu Stew w/ Leeks & Artichokes	10 Pizza Dairy & Vegan	11 Seitan Stroganoff
12 Closed For Easter	13 Orzo w/ Leeks, Mushrooms & Sun Dried Tomatoes	14 Chinese “Beef” Noodle	15 Stir Fry Bar	16 Green Curry Tofu	17 Pizza Dairy & Vegan	18 Spicy Peanut Tempeh
19 Chef's Choice	20 Quesadillas w/ Mustard Greens & Indian Spiced Potatoes & Tomatoes	21 Spiced Seitan w/ Leeks & Apricots	22 Middle Eastern Kitchen	23 Gumbo	24 Pizza Dairy & Vegan	25 Roasted Vegetable Lasagna
26 Chef's Choice	27 Hunan Tofu w/ Broccoli	28 BBQ Seitan & Mac & Cheese	29 Pittsburgh Kitchen	30 Leek, Asparagus, Mushroom & Potato Ragout	HOT FOOD BAR 11 AM to 7 PM — DAILY 1:30 PM to 7 PM — WEEKENDS	

Thursday April 30, 7pm

Fresh and Raw Juices and Green Smoothies

Deborah A. Uttenreither CHHC AADP, Certified Health and Nutrition Coach, LIFE FUEL Nutrition

Come learn the health benefits of healthy green smoothies and raw veggie juice. Great for getting in shape or your spring detox.

You don't know what your missing with these meals in a glass!

Great recipes and tastings!

Friday May 1, 6:30-8:30pm

Sprout Raw Food – A Raw Foods Introduction

With Jackie and Gideon Graff

A special presentation that includes an introduction to raw foods, questions and answers about the raw foods lifestyle, a demonstration and meal—including entrée, soup, salad and dessert. The Graffs teach raw foods and nutrition all over the country. More info about them at www.sproutrawfood.coop.

The workshop is \$40, and you can register at <http://eastend.eventbrite.com> or call 770.992.9218

SPRING LECTURES

Thursday May 7, 6:30-8:15pm

Backyard Composting!

With Pennsylvania Resources Council

Dreaming about your garden? You can start composting way before it's time to plant! Join the Pennsylvania Resources Council for their backyard composting workshop which thoroughly covers the importance of composting, setting up a compost pile, proper maintenance, and ways of using finished compost.

Registration is required. Cost is \$40 per person or \$50 per couple. Participants will receive one composting bin with each registration. For more information visit www.prc.org. To register, please call Lauren Seiple at 412-431-4449 ext. 325, or email laurens@coicenter.org

UNLESS OTHERWISE NOTED, ALL LECTURES ARE FREE, BUT PLEASE CALL 412.242.3598 TO REGISTER.

CAFÉ HOURS

DAILY

JUICE BAR
8 AM - 7 PM

SALAD BAR
9 AM - 7 PM

HOT FOODS & SOUPS
11 AM - 7 PM

WEEKENDS

WEEKEND BRUNCH BAR
9 AM - 1:30 PM

HOT FOODS & SOUPS BAR
1:30 PM - 7 PM

un-classified ads

DR. DONALD MANTELL, MD, ND, Natural Health Solutions, Wholistic Approach for Optimum Health with 30 years of experience in wholistic medicine. 3495 Greensburg Rd. Murrysville, PA15668, 724-327-5604.

PSYCH-K BASICS — A 2-day class, April 18 -19 in Pittsburgh. Looking for peace, joy, success? Learn to rewrite the “software” of your Mind and change the “printout” of your Life. For details call 412-571-1223.

STEREO RECYCLERS — We buy old speakers, receivers, tape decks, turntables, etc., and put them back into circulation. We can repair and rebuild your worn out speakers. Don't let unused stereo components sitting in storage end up in landfills. (412) 244-0337; shos15218@comcast.net

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YOUR MESSAGE COULD GO HERE. An unclassified ad is an incredible value at \$20 AND... co-op members save 10%. 25-word limit (loosely enforced). Add up to 10 additional words for 25 cents each.

MONTHLY member sales!

Arrowhead Mill Pie Crusts6 oz\$2.29

6 Pack Blue Sky Sodas12 oz cans\$2.99

Dagoba Baking Chocolate6 oz\$4.49

Divina Kalamata Olive Spread7.5 oz\$3.79

EnviroKidz Eco Size Cereals23 • 25.6 oz\$5.99

Good Health Veggie Stix3 oz\$1.69

Nature's Path Flax Cereals10.5 • 14oz\$2.99

Perrier Sparkling Waters750 ml3/\$4.00

Ancient Harvest Quinoa Pastas8 oz\$1.99

Santa Cruz Organic Teas32 oz\$1.99

Simply Organic Mac & Cheese6 oz\$1.29

Westbrae Vegetables14.5 • 15.25 oz cans2/\$3.00

So Delicious Coconut Yogurts6 oz2/\$3.00

Berlin Spelt Bread20 oz\$4.29

Cascadian Farms French Fries16 oz\$2.29

Wildwood Soy Smoothies10 oz\$1.49

Organic Apricots\$3.79/#

Organic Sugar\$2.99/#

April sales exclusively for East End Food Co-op members, All month long!