

The Co-operator

a monthly newsletter of the East End Food Co-op

Pittsburgh, PA

STORE NEWS

Members' Extra Discount Days
Sundays: 4/11/10 & 5/16/10
Shop 8 am - 9 pm

Board of Directors Meeting
All members are welcome.
Next Meeting:
Monday, April 26 ~ 7-9pm

The Co-Operator Deadline
All submissions and ads are due 5/10 for the June 2010 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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7516 Meade Street Pittsburgh, PA 15208
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www.eastendfood.coop

IT'S APRIL — GET DIGGING...

Kitchen Garden Potager

By Beth Dooley*

Leave it to the French to make digging in the dirt sound sexy. Take the term “potager.” It’s really just a backyard plot of vegetables and herbs, but just saying it conjures the fragrant, lush kitchen gardens of Provence. God knows we’re due. As the earth softens and we come to our senses, the promise of snappy radishes, tangy rhubarb and pretty climbing peas is but a few seed packets away.

Literally translated “soup garden,” the potager is continually replanted through the growing season, so that the first crops will peak as the next round is coming to fruition. This way, vegetables are harvested in succession, not all at once. Given our short season, intemperate climate and shady urban yards, it makes the most sense to stick with the fast-growing, cold-hardy, shade tolerant plants that don’t need a lot of attention: a rainbow of herbs and lettuces, radishes, beets, peas, kale, kale, and more kale, and then later in the season, beans, tomatoes, peppers, squashes and melons. I leave the trickier crops to the pros, the farmers who supply our markets through the growing season.

Plotting the potager, you’ll want the herbs to be close to the kitchen within easy reach (better to enjoy their perfumes). Though most seed packets advise full sun, about six hours is usually sufficient for any greens and most vegetables. Lacking that, plant in pots or large plastic dish tubs (poked with holes) that can be easily moved to follow the sun. Start with seeds that can tolerate cold, moist soil, such as greens, radishes, beets, and rhubarb. The rest (tomatoes, cucumbers, peppers, squash, etc.) can be started inside or, wait until the ground warms up even more, for harvests later in the year. (I’ve found tomatoes really tough to start from seed and have had better luck getting starter plants from the farmers markets.)

Even in the dreariest weather you can grow a salad bowl within a few weeks once the soil temperatures have reached 45 degrees. Just work in a little compost or organic fertilizer (and if the loam is too thick and heavy, a bit of sand or wood

shavings for drainage). Mixed seed packets—gourmet mixes, mesclun, Asian—sown densely will provide a glorious blend of greens in just a few weeks. When the leaves are big enough to nibble, start cutting them, leaving the plant to continue growing and sending out more leaves. To give salads, stir-fries and sautés oomph, plant peppery arugula and lemony sorrel. Both grow in a wink. The baby leaves are the mildest and taste best. Once the plants mature, they will bolt and flower, which is fine if you allow a few to do so to seed the next crop. Remember that heat is the enemy of all greens. When the temps spike to the 80s or 90s for just a day, they may look great, but they will become bitter. They can, however, take the chill and withstand light frosts.

Radishes and beets are both easy to start from seed and ready in less than a month. There are dozens of interesting heirloom varieties in all shapes and sizes. I like the Easter egg radish packets that yield a beautiful mix of purple, red and white radishes, all mild and delicious. Beets come in all kinds of shapes and sizes and colors, too. Bull’s Blood is especially sweet, with lovely pink rings inside and their leaves are nice steamed and stir-fried. Soak beet and radish seeds in water overnight before planting (to aid germination) and then sow about 1/2 inch deep and 1 inch apart directly into well-drained soil amended with plenty of compost.

Hardest (and perhaps fairest) of all is kale. It can take the heat and withstand the cold (and goes by names like Sicilian beet, strawberry spinach, Roman kale). It’s bursting with nutrients and vitamins. It grows beautifully in containers and is another cut and come again plant. One crop will supply beautiful bounty for a good month or more. The early, baby leaves are tender and mild enough to toss into green salads.

Peas, oh those sweet peas! So pretty as they climb up poles and stakes with delicate tendrils tiny flowers that become the snappy pods. Look for the early varieties, they grow fastest, and harvest them right



away, as they get “woody” if left on the vine too long. Toss those shoots in soups and stir-fries, too.

There’s no greater gift to the cook than green garlic, the younger, milder essence of the beloved garlic bulb. No matter if you didn’t plant garlic in the fall with the daffodil and tulip bulbs, it’s not too late to do so now. Just stick individual cloves of garlic in between the radishes and beets. Garlic helps ward off pests as it sends up fine green shoots. Plant enough to enjoy it now and later as it matures into the fall.

Old-fashioned rhubarb is an old-fashioned harbinger of spring. It’s best started with a crown, so pick one up at a nursery or Farmers market, or ask a friend to dig one up for you. Plant it along borders and give it room to spread, it does well in dappled light, too. It’s best in the spring and early summer, once it gets too hot, it turns bitter. Famous in pies and dessert sauces, rhubarb is loaded with vitamin C. There’s no healthier elixir for the winter-weary than rhubarb lemonade spiked with fresh mint.

Perennial herbs like chives, lovage, sorrel, rosemary, thyme, tarragon as well as annual basil, chervil, cilantro, marjoram, dill, oregano and mint can be seeded directly as soon as the soil is around 50°. But, given my shady back yard, and the fact that I love the smell of fresh herbs, I grow them in pots on the back stoop where they get full sun. So, here is a fist full of ideas (and seeds) to get growing. Even though those last crusts of snow still cling to the muddy puddles, the flavors of Provence and the promise of a greening kitchen garden are but a few seed packets away.

* Beth Dooley is a Twin Cities-based food writer and cookbook author. See page 4 for her recipe for *Arugula, Parsley and Walnut Pesto*.

All members are welcome to attend the Co-op Board Meetings. Check the bulletin board in the front vestibule for dates, times and agenda items.
Next meeting: Monday, April 26 ~ 7-9pm



Dated Materials — DO NOT DELAY

East End Food Co-operative
7516 Meade Street
Pittsburgh, PA 15208
www.eastendfood.coop
and Vegetarian Cafe
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Rob Baran,
General Manager

rob's corner

Welcome to the housecleaning edition of Rob's Corner: Bits and Pieces at the Co-op. You may have noticed recently our foyer is a bit of a mess. One of our large distributors uses a motorized hand cart to bring pallets of groceries into the Co-op five nights a week and they have been tearing up the tiles regularly. We will be replacing them with a more durable option early this spring once the weather breaks for good.

If the Co-op seems a tad brighter lately, you have noticed we relamped the store. We try to do this once a year and now use the Envirobulbs that are significantly cleaner than the regular fluorescents. By this time we will also hopefully have new lighting up in the dining room and Café—we have been waiting on the electrician for a couple months now.

I am very excited about this one: our new website is under development! This has been in the works for a while now, and we were able to hire a local company (Fireman Creative) with strong ties to the Co-op (Paul Fireman is a member, and volunteers on one of our community development projects), as well as the local non-profit community. We look forward to a significant upgrade.

We did well again in our recent annual Allegheny Health Department visit. We relate to them as partners of the Co-op, and have managed to develop a strong reputation over the years, to the point where they will often bring their new inspectors here for training because they can trust us to not have significant issues. I have to tell you folks, it's nice to be in the space of not having to fear an inspection visit.

And now let's talk about the meat department, always an interesting issue here at the Co-op. I have often experienced our meat department as the forgotten step-child of the Co-op. It has been a challenging scenario trying to make such a small department work, especially with our focus on local and sustainable. This summer we will be doubling the size of the fresh meat case, and hope to significantly improve our offerings of fresh local sustainable meats. In addition, we are transferring management of the expanded department to our produce manager Aaron Young, who in addition to always eating his vegetables, is a passionate carnivore. As a regular eater of local and sustainable meats, I would also like to point out that we have some really great product in the frozen department, and in particular, I am a fan of Walnut Hill Farm beef products from nearby Elizabeth PA. It's the best combination of sustainability and price in my opinion, and sure does taste good to boot.

And finally, look for some big changes in the Bulk department this summer. We are blessed with one of the finest Bulks Managers around (10 year Co-op veteran Ian Ryan), and need to support him and you with the best infrastructure possible. Our fixtures are nearing the end of their 7 year life-cycle, are getting pretty beat up, and will have to be replaced very soon. While we are at it, look for a number of improvements around signage and educational materials in Bulk as well. This is one of our best departments, and it's high time we reinvested in it. I am pretty excited about the coming changes, and I hope you are too. 🌱

5% wednesday update

Thanks to your support, East End Food Co-op has raised more than \$900 for long-term cooperative relief for the Cooperative Development Fund's Haiti relief effort!

100% of this money is going toward relief in Haiti, since CDF takes zero administrative fees, as was the case with each of the past ten international disasters for which the CDF has raised money. And since CDF has a grant from Google, all transactions through their Google Checkout account are also completely FREE OF BANK FEES.

CDF is working with two cooperative organizations, NRECA International Foundation and ACDI/VOCA, to orchestrate a long-term rebuilding effort for coopera-

tives in Haiti, which takes time. Working to augment the efforts of two well-regarded cooperative organizations with familiarity and programs in Haiti helps ensure that your money is, in fact, being used for the right purpose.

If you would like to make an additional contribution, please visit www.CDF.coop and donate to the COOPERATIVE EMERGENCY FUND via the Google checkout boxes on the left and right hand columns. All monies received now through July of this year will go toward rebuilding Haiti cooperatively.

For more information on the Cooperative Emergency Fund, please visit — www.CDF.coop/node/661. 🌱

What's New ... in the aisles

Produce

- High Mowin' Seeds! For all your garden needs: greens, herbs, tomatoes, cucumbers and more.

Aisle 3

- Andean Dream Quinoa Cookies: Orange Essence and Chocolate Chip
- CLIF Fruit and Nut Bars: Apple, Raspberry, Cherry Pomegranate, Blueberry

Aisle 4

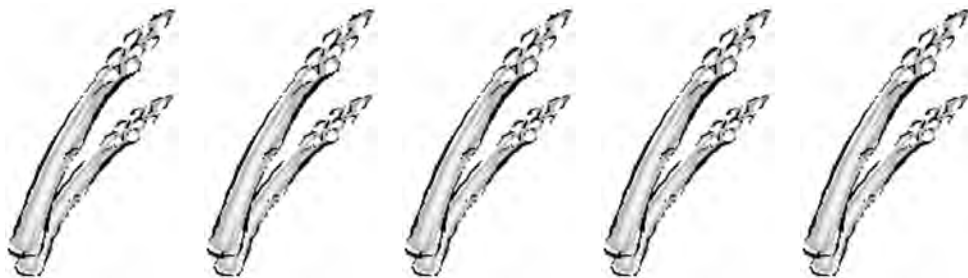
- LOCAL PRODUCT! Pittsburgh, PA — Love Street Living Foods 2oz snack-sized packages: Raw Brazil Nuts, Raw Pepitas, Raw Jungle Peanuts

Aisle 6

- LOCAL PRODUCT! Latrobe, PA — Gosia's Pierogies: Prune, Sauerkraut, Potato and Cheese
- Glutenfreeda's Real Gluten Free Cookie Dough: Chip Chip Hooray
- Organic Valley Lowfat Yogurt Drink: Plain and Berry Flavors

In the Deli

- Three new Co-op Café Salads: Thai Broccoli Salad — Vegan and Gluten-Free
Curry Lime Tofu Salad — Vegan
Sumi Salad — Vegan and Gluten-Free



BOARD CORNER

by Torey Verts

The Value of Helping Yourself

In 1995, the International Cooperative Alliance created a list of 10 values which serve as the foundation of cooperative education. This year, the East End Food Co-op Board of Directors has decided to write about one of these values each month in the Board Corner. This month we will be focusing on the value of self-help.

In his essay *"The Cooperative Values – Their Meaning and Practical Significance"*, Sidney Pobihushchy states that self-help can have a dual definition: it can refer to the "self" of an individual person, or it can refer to a collective "self", for example, a cooperative. On the individual level, when a person utilizes self-help, she or he will fulfill her or his own needs through personal effort, and on a collective level, a cooperative may satisfy its needs through multiple people working together. Personal fulfillment through self help may be attained when individuals contribute their efforts to building healthy, sustainable communities.

To help illustrate the value of self-help I wanted to share with you some of my experiences from the annual PASA

(Pennsylvania Association for Sustainable Agriculture) conference held this past February. For those of you who are unfamiliar with PASA, it is an organization that encourages local farms to produce healthy, accessible food while respecting the natural environment. This year, the East End Food Co-op was a sponsor of the conference.

During the conference I attended several good sessions, ranging from the economy of agriculture to backyard gardening. However, one concept that occurred over and over at these sessions was the need to educate people about current food systems.

For example, here in the United States, the conventional monoculture food system is money driven, not people driven. Conventional food systems create vast profits for a few individuals or corporations and do not consider the wants or the needs of the majority. As a result of this system, some people don't buy local and/or organic food because they think it is more expensive. However, this is not always true. If you factor in the health care prices associated with a poor diet based on

a conventional food system, or the expenditure on the environment for food that is not grown sustainably, then the costs for conventionally produced food are much higher. By broadening our understanding of the true expense of conventional food systems, we can help ourselves by making educated choices when it comes to purchasing food.

So how does an organization like PASA fit in with the value of self-help? PASA serves as a great resource for local farmers and consumers. PASA has field days and intensive learning programs that help to teach farmers about sustainable farming methods, which helps to better our environment. As well, the organization provides marketing and business support, such as developing new farmers' markets or connecting restaurants and retailers with local food sources, which improves our local economies. However, PASA's strongest connection to the value of self-help may be through the Buy Fresh Buy Local program, an outreach program that helps consumers find seasonal, local foods (like here at the Co-op). Organizations like PASA empower individuals, such as farm-

ers and consumers, to help themselves in order to meet their own needs while contributing to a sustainable community.

By supporting organizations like PASA and East End Food Co-op, we can implement the concepts of self-help by educating ourselves about what it means to buy local and how buying local offers us a better quality of product, builds a stronger sense of community, and helps our local economy by keeping our dollars circulating within our own communities.

Spring is upon us, and that means the start of fresh, local produce. I encourage everyone to expand your horizons and check out what your local farmers have to offer. As always, your Co-op has a broad selection of locally produced products to choose from, so make sure to "help yourself" to some great food! 🌱

For more information on PASA, please check out their website at pasafarming.org.

The EEFC Board of Directors can be contacted at boarddir@eastendfood.coop.



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 ...

Our co-op card is no longer accepted at the Frederick, Maryland, co-op! I thought co-ops are supposed to cooperate!

Co-ops cooperate in many ways. Information sharing and financial loans are a couple of ways. Extending member benefits to members of other co-ops is another, but each co-op has to make that determination for themselves, based on the needs of their business and membership. Here at East End Food Co-op we have discontinued the practice, and respect the right of other co-ops to do the same.

— Kara Holsopple, Member Services Manager

You have wonderful South American and Central American coffee! Can you get Brazilian Coffee? I never see it here.

I will keep my eyes out for it. We have limited space in bulk, but maybe we can find something packaged.

— Ian Ryan, Bulk Foods Buyer

What happened to my beloved Carob Coconut Granola?

The company that makes this product has had many production issues that have not been resolved. If they work them out, I will gladly carry the product again.

Ian Ryan, Bulk Foods Buyer

The book section is terrific! As soon as sales merit it, please give it better shelving. Especially with the Barnes and Noble closed in Squirrel Hill, it's great to have a mini independent book shop.

Thank you so much for appreciating our book selection. We are working on getting better shelves.

— Karen Bernard, Book Buyer

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

VOLUNTEER SPOTLIGHT: BILL WEKSELMAN

by Chris Farber



When Water Sadauskus, a long-term staff member, asked me to support him in submitting a Jefferson Award for Bill Wekselman's volunteer service to the Co-op, I was overjoyed. The Jefferson Award is a city-wide award for outstanding volunteer service given to one volunteer every year. The opportunity to recognize a volunteer who has served the Co-op for twenty years, coupled with the initiative a staff member showed in recognizing a volunteer, was a combination of positive steps for the Co-op volunteer program I am happy to arrive at. Volunteering at the Co-op has been through many iterations over the years and Bill has seen many changes not just to the volunteer program but also to the Co-op overall.

When Bill started as a volunteer, the storeroom looked completely different, volunteers were referred as skills workers, and there were half as many members as there are today.

Though there have been many changes over the years, Bill's humble presence and efficient volunteer work has been steadfast. Stockroom and bulk department staff know that they can anticipate him every Wednesday and that they can rely on him to replenish packages of bulk foods for customers to buy. In the Jefferson Award application, a common phrase that kept popping up is clockwork. Bill's volunteer service has been like clockwork, week after week, year after year. When Water and I calculated how many hours Bill has contributed to the Co-op in total over the course of twenty years, we were shocked and awed by the staggering number: 25,000 hours. Bill's generous and selfless giving to the Co-op is unmatched by anyone. While we hope the nomination committee selects Bill for the Jefferson Award, we know one award cannot say thank you to the same degree that Bill deserves for his time and energy as a Co-op volunteer. All of the staff at the Co-op in concert, say thank you to Bill Wekselman for his enduring commitment to the Co-op and encourage you to say thanks too if you see him this month! 🐾

Learning All the Time by John Holt

A Book Review by Meher Kaur

It's with great pleasure that I share with you my gleanings from this book about how "small children begin to read, write, count and investigate the world without being taught." It was written by a respected educator who managed throughout his career to realize, albeit very slowly and painfully, that most everything we (parents, teachers, and other well meaning but sometimes unaware adults) do to "teach" children is, in effect, not teaching them at all. Instead, most teaching dampens their curiosity and enthusiasm for learning.

Perhaps it is in how we are all looking at our children. Holt's aptly titled book explores the various settings within which children discover letters, make their own connections and create knowledge (which is everywhere!). I found that as I read about his coverage of mathematics, reading, science and music, I witness my children as "sponges" rather than "a blank slate" for me to write upon. To realize this is humbling and soul opening, since I generally think of what I'm practicing when I'm with my children as "non-teaching teaching." As if there were such a thing!

As stated in the section 'The Nature of Learning', teaching does not make learning; learners make learning. Learners create learning and this has been forgotten because the activity of learning has been made into a product called "education." Interestingly, as a mother of two children that I do not send to school, I find that as I watch my daughters be in the world without trying to "teach" them, with what they're discovering, they are learning more than ever. Granted, I have to make the world as accessible to them as I can, pay serious attention to what they do, answer their questions, and help them explore the things they're most interested in if their learning is going happen at all. But Holt recommends this as well, so I'm not too far off the beaten path here!

As the author points out continually through one insightful paragraph after another, children learn from ANYTHING and EVERYTHING they see. They learn WHEREVER they are, not just in special learning places. It was these final words, as I neared the end of this book, that reassured and reinforced what I'm

doing with my own children by being with them and in the world that has so much (more) to offer than any kind of institutionalized learning setting. Considering the time of year, I would encourage any parent reading this right now to give this book serious consideration when determining how you would like for your child to grow and learn, especially if they're in a school setting or approaching the "time" for that.

Alternative schooling, living our very diverse lives, experiencing the constant changes all around us and being open to the ways in which our children and we ourselves learn, even if it is at a slower pace, surely will help us all to be the intelligent, compassionate, and constantly evolving species that we label ourselves as being. Otherwise, if we close our minds to that which is all around us, we may as well not be breathing, which is just as natural as increasing our intelligence because we are, whether we realize it or not, learning all the time. 🐾



To learn more:

<http://www.holtgws.com/>

Other alternative schooling resources to check out:

<http://sandraddodd.com/>

<http://www.pahomeschoolers.com/>

the food YOU EAT

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

Classic spring ingredients — leeks and asparagus — get the royal treatment here, with silky eggs and plenty of cheese. This dish is a perfect opportunity to go local with fresh eggs, milk and butter. Make your own bread, or buy a local loaf from Mediterra, Allegro Hearth or Wood Street bakeries. Strata is like a savory bread pudding, so it makes a great brunch dish, but also stands up well to a hearty dinner appetite with a salad or another side. Enjoy!

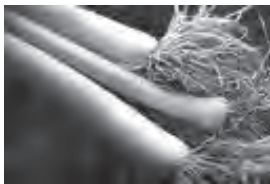


Leek and Asparagus Strata



- | | |
|---|---|
| 10 oz asparagus, chopped into bite sized pieces | 6 oz coarsely grated provolone and mozzarella cheese (2 cups) |
| 1 1/2 cups finely chopped leeks, white and light green parts only | 2 oz finely grated Parmigiano-Reggiano (1 cup) |
| 3 tablespoons unsalted butter | 2 3/4 cups milk |
| 1 teaspoon salt | 9 large eggs |
| 1/2 teaspoon black pepper | 2 tablespoons Dijon mustard |
| 8 cups cubed (1 inch) French or Italian bread (1/2 lb) | |

1. Cook asparagus in pot of boiling salted water until just crisp-tender, about 4 minutes. Drain well. Place on paper towels.
2. Heat butter in a 10- to 12-inch heavy skillet over moderately low heat until foam subsides, then cook leek with 1/2 teaspoon salt, stirring, until softened, 6 to 8 minutes. Stir in asparagus and 1/4 teaspoon pepper and remove from heat.
3. Spread one third of bread cubes in a buttered 3-quart gratin dish or other shallow ceramic baking dish and top evenly with one third of leek/asparagus mixture. Sprinkle with one third of each cheese. Repeat layering twice (ending with cheeses).
4. Whisk together milk, eggs, mustard, and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper in a large bowl and pour evenly over strata. Chill strata, covered with plastic wrap, at least 8 hours (for bread to absorb custard).
5. Preheat oven to 350°F. Let strata stand at room temperature 30 minutes.
6. Bake strata, uncovered, in middle of oven until puffed, golden brown, and cooked through, 45 to 55 minutes. Let stand 5 minutes before serving.



Yield: Makes 6 to 8 servings

NOTE: Strata can be chilled up to 1 day. Let stand at room temperature 30 minutes before baking.

Kitchen Garden Potager — Continued from Page 1

ARUGULA, PARSLEY AND WALNUT PESTO

This is lovely on broiled chicken, fish, burgers and steak. It's also terrific tossed with grilled vegetables (especially grilled mushrooms). Swirl it into chilled tomato or potato soup.



- 1 cup parsley leaves
- 1 cup arugula leaves
- 1 clove garlic, crushed
- Zest and juice of 1 medium lemon
- 1/4 cup lightly toasted walnuts
- 3/4 cup extra-virgin olive oil
- Salt and freshly ground black pepper to taste.

1. Put the herbs and garlic into a mortar and pestle (or food processor) and then pound in the lemon zest and juice along with the nuts, and then slowly pound in the oil until you reach the consistency desired.
2. This will keep in the refrigerator for about 5 to 7 days covered with a thin layer of oil and plastic wrap. It also freezes nicely.

Makes about 1 cup. 🌱



Holding Space

by Sheila Caffrey

Part Four in a Five-Part Series on Depression

THERE MAY BE TIMES when it feels impossible to do anything. Although ordinarily you're someone who exercises, eats well, breathes deeply, meditates, and smiles and laughs, there may be times when you can barely get up out of bed to make a cup of tea. I understand how hard it can be, and I'm telling you to do good things for yourself anyway. I'm recommending that you make yourself hold the space for your life even when it feels difficult or painful, and even when it doesn't seem to matter at all. It matters very much.

A while ago my sister called to ask what I know about depression and chronic fatigue. Oh God, I thought, I know too little and too much. I started to write. Rest, but don't collapse. Work, but don't overwork. Breathe deeply. Eat well. Drink water. I couldn't finish. It wasn't wrong, but it sounded hollow.

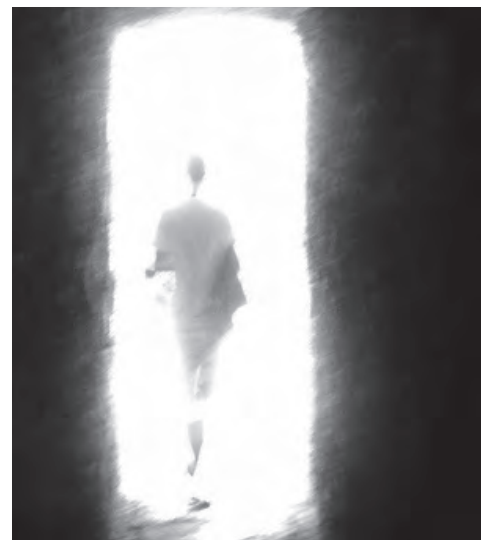
I took some time to think it through and came up with some of the other things she might need to do, things that I've needed to do, such as to recognize and create an anchor to the true self, to weave together moments of peace, to trustfully surrender, the things I've been talking about with you.

Now I add another: Hold and nourish the sacred space of your life so that when the time comes to fully re-embrace that life, it is radiantly available to you. I'm talking about being disciplined.

My sister won't be able to launch right back into her former level of activity. I know that. But she will be able to breathe at least a little more deeply. She will be able to stretch her arms and legs, to appreciate delicious food, listen to beautiful music and watch sunsets, if not sunrises. She'll be able to imagine herself completely well and happy and healthy. She will, in other words, be able to hold the precious gift of life in high esteem.

Take a few moments, no matter what's happening and no matter where you are, to check in with your breath. Does it feel satisfying? Does it feel nourishing and cleansing? Does it feel smooth and seamless and deep? It sure should and it sure could, so if it doesn't, let's work on it a little. Let's get your breath to feel like something to celebrate. This usually includes a bit of simple stretching if you haven't been moving much lately, and especially if you haven't been breathing well lately, and believe me, not breathing well just kind of creeps in, unnoticed. It happens all the time even to those of us who make breathing our vocation.

If it's comfortable for you, inhale and stretch your arms out to the sides. Keep your arms outstretched like that



while you finish your deep, satisfying inhalation. And then exhale, fully. If you're tired, release your arms down and take a couple of deep breaths with your arms resting. If you're not tired, keep your arms outstretched while you exhale and then lift them overhead with your next inhalation. Maybe even look up between your hands and imagine lifting your heart right up into that space. Keep breathing in and out as deeply as you can. Don't hold your breath. Make it smooth and seamless and full. When you're ready, release your arms down and let your breath just kind of breathe you for a while. Let it carry you.

If you were sitting, you might try standing next. Do the same thing, this time inviting your whole body into the movement, as if you were stretching and yawning after a good night's sleep. Doesn't it feel great to move and breathe like that? Isn't it invigorating?

I can't say for certain that breathing well will reverse depression or disease all by itself. It might, since there is an intimate relationship between breathing and the nervous system, and between the nervous system and the emotions, but other things might be needed too. I can say this for sure; if you don't breathe well it will be more difficult to get better no matter what else you do. Breathing is essential.

Breathe deeply and smoothly and seamlessly while you are healing, while you are suffering, while you are feeling lost and lonely. That way, when you're better once again, you'll have the wonderful breath of a full life to keep you well and happy. And maybe you will get better more quickly. If you can't breathe, if breathing deeply is impossible for you, feel ever-present love moving through you as breath. You are that breath of love. 🌱

Sheila Caffrey teaches yoga and practices Massage, and CranioSacral Therapy in Pittsburgh. She can be reached at 412-363-4991 or, sheila.caffrey@verizon.net.

REDUCE, REUSE, RECYCLE!

FEELIN' THE BUZZ WITH A LOCAL PRODUCER:

La Prima Espresso

by Claire Westbrook

When I was growing up, I started traveling once a month to Pittsburgh's Strip District with my Japanese best friend and her mother for groceries. I always (and still do) loved and marveled at the energy that the Strip radiated. The smells and sights paired with all the exotic foods that we would get spoke to the part of me that I didn't realize then. It was a gastronome sprouting up from somewhere deep within the abysmal abyss of fast food and over processed offerings I usually consumed.

If I'd had an appreciation for coffee then, I'm sure I would have stumbled upon and fallen madly in love with what was then still a relatively new undertaking in my Penn Avenue wanderings- Sam Patti's La Prima Espresso. Hopefully I'm not giving away my age here, but back in 1988 when Sam first opened his Strip District location, it was to sell espresso machines. The space that is now infamous for authentic Italian style coffees had such a warm and inviting feel to it as a showroom that the natural progression of it as a café made convincing people to spend \$1.60 a little less challenging. Mind you, a cup of coffee anywhere else in Pittsburgh at the time was about fifty cents and without a market for gourmet coffee, there were still plenty of hurdles to overcome.

Even with the success over the years of adding a new location in Carnegie Mellon University's Wean Hall and selling his coffee to over a hundred different restaurants and businesses, one of the issues that Sam finds to be interesting is the whole "Local" movement that's been making it's way through foodie circles. It's great that more and more people are supporting local farmers and producers of various products but (and maybe it's the observation of any local business owner too) why not more? That we have a great new stadium for our teams to play in but that they don't carry locally made beer for sale amounts to buying local being "lip service" more than reality in the case of some.

La Prima's coffee and espresso, while not locally grown, are locally roasted, which does give us more of a reason to purchase among the more than 28 varieties they offer (some of which can be found in the bulk department at the co-op) and you can still buy coffee machines from them, too! Want to open your own coffee shop? Sam offers consulting for coffee entre-



Why is Sam smiling? The perfect cup of coffee perhaps?

preneurs. Too busy to even shop for your coffee? Check out the coffee of the month club, delivered to your door (ah, if only it could be made and ready to drink, too!) Need coffee catering for an event? La Prima does it.

So what's the difference between coffee and espresso anyway? Not much, well at least not with the beans. Espresso is a brewing method, and while there are certain beans that lend themselves better to being brewed with pressurized water that an espresso machine utilizes, the unenlightened coffee drinker (such as myself) could certainly use "coffee" that has been ground somewhat finer for the espresso machine instead of "espresso" and still get something that gets some caffeine into the body. But that's definitely not something Sam would recommend if you were aiming for authentic Italian-style coffee. He pointed out that the Italian style coffee drinks are often eight ounce servings, with a smaller ratio of milk to coffee. Most everywhere else the starting size of a coffee drink is twelve ounces and it can be a lot harder to taste the coffee over the milk.

Checking out one of La Prima's coffee roaster tours and classes would certainly help clarify all these little details for the uninitiated coffee lover. The first Saturday of the month (with the exception of the summer months) at 10am is when interested folks can take advantage of getting a behind the scenes look (and taste) at all that goes in to bringing a great cup of coffee to your lips. Included is information on how to buy and store coffee, and the best way to brew. Learn about different coffee types, the basics about espresso, organic coffee, and fair trade, as well. You will even get to see a roast first-hand. Mmm, smells good to me! More info can be found online at www.laprima.com or by calling (412) 281-1922. ☘

Outreach Calendar

Join the Co-op at these community events!

Blue, Gold, and Green Sustainability Festival

Thursday, April 8 | 10:00 am - 6:00 pm

University of Pittsburgh's William Pitt Union and Schenley Quadrangle in Oakland

Free and open to the public.

Learn about innovative ideas for creating a more sustainable community at Pitt's second Sustainability Festival. It festival will include an exhibition of recyclable art; a Sustain-a-Bowl featuring "green" games and booths constructed from salvaged and/or recyclable materials; and a Sustainable Street Fair, including crafts, food, and music.

<http://www.bluegoldandgreen.pitt.edu>

Frick Environmental Center's Earth Day Celebration

Saturday, April 17 | 11:00 am - 4:00 pm

In Frick Park, near the Beechwood Blvd. entrance

Free and open to the public.

Come celebrate Earth Day with the family at Frick Environmental Center! Explore nature, enjoy local entertainment, learn ways to practice sustainable living, and much more.

<http://www.citiparks.net>

Family Health and Wellness Expo

Saturday, April 17 | 9:00am - 4:00pm

Kingsley Association | 6435 Frankstown Avenue in East Liberty

Free and open to the public.

Come and join us for a day full of fitness, health, wellness, and nutrition! There will be lots of activities and fun for the entire family including a climbing wall, karate, bike bowling, kayaking, yoga, and more!

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

Plant Swap & Sale

Boyd Community Center
1220 Powers Run Road
Pittsburgh, PA 15238
O'Hara Township

Saturday, May 15 | 10:00 - 2:00 pm | Price: \$3

Trade or buy plants for your home and garden. Swap plants that are healthy, potted, and labeled with plant name and growing requirements. Bring a wagon, cart, or flat trays to transport your swapped plants. No invasives or diseased plants, please. If you don't have any plants to swap, that's okay! Carry some cash to purchase plants.

ALSO, bring your children for onsite nature & art activities, sponsored by Fox Chapel District Association.

Contact 412-828-8566 x11 for more information or if you are interested in volunteering.

About Boyd Community Center

The Boyd Community Center, located in O'Hara Township, builds community and enriches lives by providing high quality cultural, educational, and recreational classes, camps and workshops to residents of all ages in Aspinwall, Blawnox, Fox Chapel, Indiana, O'Hara, and Sharpsburg. ☘



East End Food Co-op is proud to be a sponsor of Carnegie Mellon International Film Festival as it explores "FACES OF GLOBALIZATION" Now thru April 24

Faces of Globalization, the 2010 Carnegie Mellon International Film Festival organized by The Humanities Center, presents fourteen contemporary, award-winning films from more than eighteen countries, in addition to an international short film competition, director appearances, panel discussions, local catering, live musical performances, video conferencing technology and a special screening in conjunction with the UN World Environment Day — all at recession rates!

REGULAR ADMISSION: \$7/\$4 student

FULL ACCESS FESTIVAL PASS: \$40/\$20 student

+ Free coffee at Big Dog Café (2717 Sarah Street, Pittsburgh, PA, 15203) with the purchase of Full Access Festival Pass.

FOR COMPLETE DETAILS and to buy your tickets online, visit: www.cmu.edu/faces/

PENNFUTURE GLOBAL WARMING CONFERENCE:

Creating a Climate for Justice

Sunday, May 2, 2010 | 1:30 PM to 6:15 PM
(Refreshments and check-in from 1:30 PM - 2:00 PM)

August Wilson Center for African American Culture

Featuring:

* Dr. Robert Bullard, Professor of Sociology and Director of the Environmental Justice Resource Center at Clark Atlanta University and the 'father of environmental justice' as dubbed by Grist, to discuss racial and social implications of climate justice

* Dr. Michael Mann, renowned climatologist at Penn State University to discuss the science behind global warming

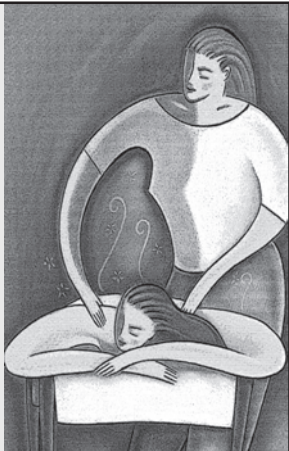
* Peter Altman, Climate Campaign Director, National Resources Defense Council, to discuss the origins of the recent attacks on climate science

* Local Green Opportunities Panel includes AgRecycle, ImbuTech, Hodge Foundry and Green Empowerment Training Alliance

Pre-registration required. PennFuture members and students: Free; Non-members: \$10.

Visit www.pennfuture.org/events to register and for more information.

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WANTED: TRAINER

East End Food Co-op is seeking to engage a TRAINER to provide Organization-wide trainings. We expect that this position will require approximately 10 hours / month to begin and that the role will grow with the training needs of the Co-op.

Basic responsibilities include:

Near term: Institute key training programs (Customer Services, Freedom from Harassment, Workplace Safety) with measureable results. Work with Admin team to unpack our orientation in synch with the development of employee "Passports."

In time: Work with all Department Managers and those who do training in the departments, to develop and maintain high levels of staff competence. Introduce proven training methods and systems across all departments. Make arrangements for specialized trainings as needed.

General Qualifications include:

Excellent communications skills; experienced teacher with ability to adapt for different learning styles; work well on team projects; support the Co-ops Values and Ends; detailed oriented; highly organized; perform well under pressure; PC software literate; knowledge of natural foods and/or co-operative business model preferred; flexible schedule required. Hours will vary.

If you are interested, please submit an application to the **EEFC, Attn: Jane Harter** no later than **Wednesday, April 15, 2010.**

fresh.local.milk.



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- More information at www.grandmabowsers.com

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Sunja Raitish Kimchee \$3.69 reg. price: \$4.29	Bionaturae Org Balsamic Vinegar \$4.79 reg. price: \$5.99	Jocolat Org Chocolate Bars \$1.19 reg. price: \$1.79	Sunspire Chocolate Earth Balls \$4.99 reg. price: \$5.99
Wholly Org Frozen Pie Shells \$2.99 reg. price: \$3.99	Bella Terra Org Pasta w/Flax \$2.49 reg. price: \$2.99	Native Forest Org Canned Pineapple \$2.49 reg. price: \$3.19	Annie's Deluxe Pasta & Cheese \$2.99 reg. price: \$3.69
Wholly Chocolate Pie Crust \$1.99 reg. price: \$2.99	Preserve Triple Razor Blades \$5.99 reg. price: \$8.49	Natural Touch Kaffee Roast \$5.99 reg. price: \$8.29	Org Black Eyed Peas \$1.59/# reg. price: \$1.99/#
Avalon Lavender Shower Gel \$7.99 reg. price: \$10.49	Preserve Razor Blade Refill \$5.99 reg. price: \$8.49	Organicville Org Ketchup \$3.99 reg. price: \$4.99	Org Turkish Apricots \$3.79/# reg. price: \$4.49/#
Boiron Arnica Gel Value Pack \$9.99 reg. price: \$14.19		Seeds of Change Org Richikesh Brown Rice \$2.49 reg. price: \$3.49	

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



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Rob Baran

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Jesse Sharrard

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
Joe Coley, Operations Manager
Jane Harter, Administrative Manager/HR
Aaron Young, Produce Manager
Kara Holsoapple, Marketing and Member Services 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
Credit Union 412.243.7574

www.eastendfood.coop
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Anne Forrest, MSEd
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The Co-operator

Kara Holsopple, 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: EEFC 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 Holsopple, Member Services, East End Food Co-op,
7516 Meade Street, Pittsburgh, PA 15208.
Or e-mail to: memberservices@eastendfood.coop

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staff NEWS

Employee of the Month

Congratulations to **Wendell Smith, Lead Stocker**, our
Employee of the Month for February 2010.

Interview by Jessica Johnson

How long have you worked at the Co-op?

Since August of '09.

What are your favorite things about working here?

My fellow co-workers.

Are there things that you wish you could change?

Accountability for all.

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

I giggled like a little schoolgirl.



Susan Petrella, M.Ac.
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APRIL SHOWERS DIVERSITY ON US ALL MONTH

by Ela Slai

Whoa! Talk about a loaded month! But then again, aren't they all? There's something magical about April, though. Perhaps it's because we can really, truly believe that winter is behind us. When bulbs that we'd forgotten about start peeking out from underground, and more birds can be heard around our homes, it's safe to say that warmer days are here to stay.

For many of us waking to spring and all that it has to offer — whether it be much rain for all those little dormant growing things or a chance to clean out our homes for a fresh start to the season — the month heralds in newness and energy quite unlike that of the winter wonderland we've experienced this year in the 'Burgh. So get out and enjoy each day, and if you have a birthday this month, ask for a diamond or maybe just some daisies. Also be sure to appreciate jazz, poetry, and grilled cheese all month, too. Oh, the fun never ends...

1st: Same-Sex Marriage Day

In 2001 the Netherlands made it legal for same-

sex couples to marry and look how many other states and countries followed the example since then!
http://en.wikipedia.org/wiki/Timeline_of_same-sex_marriage

4th: Easter, Christian

Lent is over! Resume carrying on with your bad self and celebrate! Oh, and if you ever wondered which came first, the Easter bunny or the Easter egg — from all I find in my searching it was both. The egg symbolizes fertility and new life, as does the rabbit. And there seems to have been some confusion between hares raising their young at ground level and the finding of the plover type of bird nests nearby, abandoned by the adult birds to distract predators. Rabbits use a hollow called a form rather than a burrow, and since plovers' nest on the same sort of ground with nests that look very similar to hare forms, it's understandable why the belief arose that rabbits could lay eggs. I knew there had to be a reason!



7th: World Health Day, WHO (World Health Organization)

World Health Day 2010 will focus on urbanization and health. The theme was selected in recognition of the effect urbanization has on our global collective health and for us all individually. With the campaign, 1000 cities, 1000 lives, events will be organized worldwide during the week of 7-11 April 2010.
<http://www.who.int/en/>

13th ('09 date) : Tax Freedom Day, USA

Each year, the Tax Foundation publishes a report, in which they have calculated the date on which the average US taxpayer has worked long enough to earn enough money to pay all of his taxes for that year. The date can vary for obvious reasons but learn more about it and it's theory on "freedom" at:
www.taxfoundation.org

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 months' installments are also available if you missed any step in the series. Look for a new packet of information each month in 2010!

22nd: Take our daughters & sons to work day

Really? Really! This one never ceases to amuse me. If only all employers were open to this one, better yet, they could combine it with Workers' Memorial Day later in the month on the 28th since for some, taking your kid to work with you could be lethal. ☹

Is there a day that you'd like to see listed in this article? Email me: elaslaiversity@gmail.com

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bulletin BOARD



spring lectures

Thursday, April 8, 6:30 8pm

Health and the Environment Workshop

Presented by the Pennsylvania Resources Council in partnership with UPCI Center for Environmental Oncology
\$20 per person (all participants receive a comprehensive green cleaning kit)

In 1962 Rachel Carson stated that for the first time in the history of the world, every human being is now subjected to contact with dangerous chemicals, from the moment of conception until death.

The Health and the Environment Workshop is designed to heighten awareness and encourage action around the issue of carcinogens and toxins that we come into contact with daily in our environment through the products we use and the food we eat. The workshop also focuses on the consequences of these toxins on our health and how we can avoid exposure. The program provides the public with practical solutions such as safe alternatives and healthy lifestyle choices.

If you are interested in attending the workshop please contact Sarah Alessio at 412-488-7490, x236, or sarah.a@cccicenter.org. You can also register online by going to the Environmental Health page at www.prc.org. Class space is limited.

Thursday April 15, 6:30-8pm

Celebrate the Rain! Rain Barrel/Watershed Workshop

Presented by the Pennsylvania Resources Council

\$35 for non-members of PRC; \$45 per couple

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

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 (not the barrel) to assemble and install a rain barrel for rainwater harvesting and on-site usage.

For more information and/or to register call Nancy at 412-431-4449, x247.

CAFÉ HOURS

DAILY

JUICE BAR
8 AM - 7 PM

SALAD BAR & SOUP
8 AM - 7 PM

HOT FOODS
11 AM - 7 PM

WEEKENDS

WEEKEND BRUNCH BAR
9 AM - 1:30 PM

HOT FOODS
1:30 PM - 7 PM

WE OWN IT-

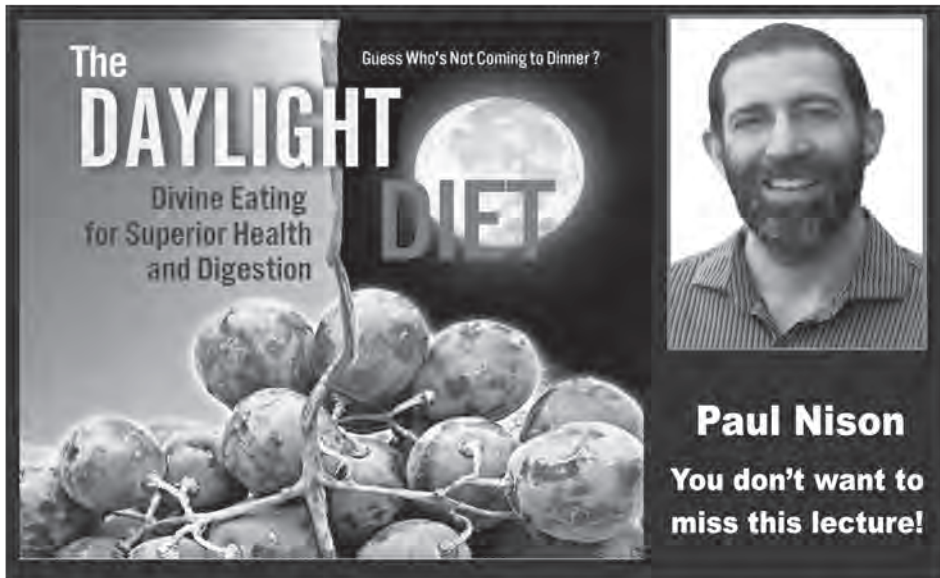


CO-OP

April 2010 ... 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! HOT FOODS BAR 11 AM to 7 PM - DAILY 1:30 PM to 7 PM - WEEKENDS				1 Tofu & Broccoli in Coconut Cilantro Sauce	2 Pizza Dairy & Vegan	3 Curried Pea Quiche
4 Closed for Easter	5 Tempeh w/ Squash & Roots	6 Fanesca	7 Burrito Bar	8 Mango Curry w/ Tofu	9 Pizza Dairy & Vegan	10 Seitan Stroganoff
11 Chef's Choice	12 Khaukswe Tofu	13 Potato Chickpea Masala	14 Indian Kitchen	15 Lasagna Primavera	16 Pizza Dairy & Vegan	17 Baked Cajun Tempeh
18 Chef's Choice	19 Leek & Asparagus Strata	20 Seitan & Yellow Split Pea Stew	21 Middle Eastern Kitchen	22 Pasta in Pumpkin Seed & Mint Sauce w/ Feta	23 Pizza Dairy & Vegan	24 BBQ Tofu
25 Chef's Choice	26 Jamaican Jerk Seitan	27 Spicy Peanut Tempeh	28 Stir Fry Bar	29 Red Lentil Stew w/ Vegetables	30 Pizza Dairy & Vegan	

Experience The Most Successful Diet on the Planet with Internationally Acclaimed Author and Raw Food Chef



Did you know when you eat is just as important as what you eat? It can determine your total health and wellness. Raw Food Chef and Author Paul Nison has studied the topic of health and digestion for years and will share information no one else is talking about!

IN THIS LECTURE PAUL WILL SHARE:

- Ideal Times to eat for best digestion
- Best times to be awake and go to sleep
- How to overcome late night binging
- How to balance weight & gain energy
- How to build immunity to fight disease

Tuesday, April 20, 2010 Eastend Food Coop

7516 Mead St.
Pittsburgh, PA 15208
6:30 to 8:30 PM
Cost \$10.00
RSVP

Kira 412-242-3598
memberservices@eastendfood.coop

For more info about Paul visit
www.paulnison.com



CO-OP HOURS FOR EASTER SUNDAY April 4, 2010 — 8am-5pm

spring lectures

Thursday May 20, 6:30-8:15pm

Backyard Composting!

with the Pennsylvania Resources Council

Spring is on it's way and your garden is calling. Get a head start by building a compost pile! 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. Register online, call 412-488-7490, ext. 226, or email prccompost@cccicenter.org.

Thursday June 10, 7pm

Introduction to Effective Communication

With David Park, MS, CC of Inner Smile Success

You may have heard about Non-Violent Communication. You may know that it was developed by Marshall Rosenberg, a PhD in Psychology and that it has been used successfully in inner cities and to quell violence and overcome misunderstandings in places such as Rwanda, Nigeria, the Middle East, and Ireland.

David Park designed this mini-workshop as a gentle introduction to Non-Violent Communication principles and techniques. Join us for an illuminating evening in which we will explore how language shapes our experience of the world and how everyday language actually fosters conflict.

- Discuss how language shapes the way we see and interact with the world.
- Discover how to use language in a new and effective way to gain understanding and cooperation.
- Learn the four components of Non-Violent Communication.
- Learn the key to successful Non-Violent Communication.

This is a free presentation, but please register at 412.242.3598.

NOTE: Unless otherwise designated, workshops are free, but please register in advance at 412.242.3598.

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