

THE CO-OPERATOR

a monthly newsletter of the East End Food Co-op

Pittsburgh, PA

STORE NEWS

MEMBER BONUS!

Get 10% off the order of your choice, now until June 30, 2012.

The next quarter goes from July 1, 2012 through September 30, 2012.

BOARD OF DIRECTORS MONTHLY MEETING ALL MEMBERS ARE WELCOME.

Next meeting: Monday April 19, 7 PM
Ask in the store for directions to the Board Room

Check out the weekly deals for MEADE STREET MADNESS & WEEKLY PRODUCE SPECIALS

on our website:
www.eastendfood.coop

CO-OP ORIENTATION

Join us for an orientation and learn the secrets every member wants to know — Tuesdays at 7pm.

Call 412.242.3598 ext. 103 to register.

INSIDE THIS ISSUE

CO-OP NEWS.....	2
MEMBERS SPEAK OUT	3
NEW IN THE AISLES	3
THE FOOD YOU EAT	4
IN YOUR COMMUNITY, ON YOUR PLANET	5
EMPLOYEE OF THE MONTH	7
CO-OP BULLETIN BOARD	8

SPECIAL INSERTS:

4/4 - 4/17 CO-OP DEALS
4/18 - 5/1 CO-OP DEALS

EAST END FOOD CO-OP

7516 MEADE STREET
PITTSBURGH, PA 15208
412-242-3598
www.eastendfood.coop

Launder Naturally

This is the Way We Wash Our Clothes — And Make our Own Green Laundry Products

by the Co-op News Service

Doing laundry is not most people's idea of a good time—though some do take pleasure in transforming a mountain of dirty laundry into neatly folded piles of fresh clothing and linens. Regardless of how you feel about the act of doing the laundry, if you're looking for ways to reduce your environmental impact, creating and using your own eco-friendly laundry products can inject some added pleasure into your laundry routine.

Conventional laundry products contribute phosphates, petroleum products, chlorine, and other chemicals to the air (during manufacture), waterways (during use), landfills (when you toss the containers) or your skin (when you wear or use the laundered products). You can purchase earth-friendly laundry products at your co-op. You can identify them with words like "biodegradable" and "hypoallergenic" on the containers. You can also find what you need to make your own laundry products, which is simple, fun—and very economical.

This isn't an all-or-nothing proposition, of course. Maybe you just want to replace your softener with a container of vinegar. Or maybe you'll jump in with both feet and make your own soap, softener, stain remover and starch!

Laundry recipes — like cooking recipes — are a matter of varying opinions and experimentation to suit individual needs. If the consistency isn't right or you don't love the scent, tweak the ingredient amounts or the essential oil or soap you're using. If you're pleased, double the batch next time; if not, make smaller batches until you've nailed it. Here are some recipes to get you started.

POWDERED LAUNDRY SOAP

- 2 cups grated natural bar soap
- 3 cups borax (a naturally occurring mineral, also known as sodium borate or sodium tetraborate)
- 4 cups baking soda (sodium bicarbonate)
- 4 cups washing soda (sodium carbonate)
- 2 tablespoons essential oil (lemon, lavender, or a personal favorite)

- Combine all dry ingredients. Whisk in essential oil. Store in covered tub, and use 1/8 cup per load of laundry.

Note: Keep in mind that these laundry soaps won't produce a lot of suds. Don't be fooled, though; they still get the job done!

LIQUID (GEL) LAUNDRY SOAP

- 1 vegetable-based natural bar soap
- 1/2 cup borax
- 1 cup washing soda
- 5 drops essential oil (orange, lavender, rosemary, or favorite)
- Grate soap into a large pot of boiling water. Remove from heat and stir until melted. Add the borax and washing soda. Stir until dissolved. Add essential oils. Pour into a bucket and add hot water to make about eight gallons. Let sit overnight. Stir before using (1/2 to 1 cup per load).

GENTLE LAUNDRY SOAP

- You can wash delicates in any of the above soaps, but another option is to use just a squirt of a good liquid castile soap in a sink full of water. Add just a drop or two of essential oil. (Add both as the water is running, swish, then add your wool sweater or delicate lingerie.)

SOFTENER

- Add 1/2 cup vinegar to the rinse cycle. Vinegar softens fibers naturally and rinses out any soap residues. It will also freshen baby clothes and diapers and remove static cling. Don't worry; the scent evaporates when the clothing dries, so you won't smell like a salad while wearing your vinegar-softened shirt!
- Add 1/4 cup baking soda to the rinse cycle. It'll brighten your wash as well as soften it. (Baking soda also removes soap residues, which can leave a dull film on your laundered items.)

WHITENER

- Add 1/2 cup of washing soda to each load during the wash cycle.
- Fill washer half full with hot water. Pour in 2 cups of lemon juice. Add clothing and let soak for several hours. Drain water and follow with a normal wash cycle. Or add 1/2 cup lemon juice to rinse cycle.
- The best whitener is sunshine, so hang whites on a clothesline to dry. (You might use one of the above whiteners and then hang in the sun for best results.) Talk about eco-friendly!

FRAGRANCE

- Add a few drops of your favorite essential oil to the rinse cycle (add to the water, not directly on clothing).

- Place a few drops of essential oil on a clean cotton cloth or washcloth, and toss in the dryer or drop in the washer during the rinse cycle.
- Add a fragrant sachet to your drier load. (Some scented herbs tied in a cheesecloth or hanky work well.) Or place one in each dresser drawer.

STAIN REMOVER

Note: For stains on colored fabrics, first test the stain remover in an inconspicuous spot to make sure it won't remove the color.

- Rub stubborn stains with white vinegar before tossing into your normal laundry load.
- Mix cornstarch with cold water to make a paste. Cover the stain and rub gently into fabric. Let dry in the warm sun. Brush off.
- Blot stain with cold water, sprinkle with sea salt, wipe clean with club soda, and launder.
- Combine borax and warm water and apply as paste to the stain. Let sit for an hour or so, then rinse with cold water and launder as usual.
- To remove perspiration stains, spray with distilled white vinegar, then wash.
- Combine water and hydrogen peroxide (50/50). Apply to stain, then launder.

COLOR PRESERVATION

- Soak new clothing in cool water and vinegar (about a cup per load of water) before washing to help set the colors and keep them from running. (This is especially nice for keeping jeans and other dark clothing from fading.)
- If you use a clothesline, hang clothing that might fade inside-out.

SPRAY STARCH

- Combine 2 tablespoons cornstarch and 2 cups of water in a spray bottle. Shake before spraying.

LINEN SPRITZER

- To scent linens, fill a spray bottle with water and add several drops of essential oil. Use to lightly spritz pillowcases and towels (don't soak). Lavender oil is a good choice for inducing sleep, while sweet orange oil will enliven and freshen.

By making your own laundry products, you can feel good both about the piles of freshly laundered items and the process you used to get them that way.

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 19, 7 PM



Dated Materials — DO NOT DELAY

East End Food Co-operative
7516 Meade Street
Pittsburgh, PA 15208
www.eastendfood.coop
and Vegetarian Cafe
FOOD • CO-OP
EAST END

NONPROFIT ORG.
U.S. POSTAGE
PAID
PITTSBURGH, PA
PERMIT NO. 1800

rob's corner



Rob Baran,
General Manager

After more than 6 years on the job, early in March I resigned my position as General Manager of East End Food Co-op; I will likely be on my way by the time you read this. While the Co-op has enjoyed great success recently it has been a difficult year for me both personally and professionally, and I have been considering this move for quite some time.

I would like to thank your Board of Directors for their patience with me while I struggled with this decision. I would also like to thank my closest partners in the Co-op's transformation: Front End Manager Allisyn Vincent, that critical first manager to buy into doing things my way, and our best team builder; Café Co-Managers Thomas Murphy and Amber Perts, the first managers I trained from scratch, and who turned around 20 years of poor Café performance; Member Services and Marketing Manager Kara Holsopple, a great event planner who partnered with me to build a high powered Outreach program, and oversaw consistently strong membership growth; Operations Manager Justin Pizzella, the man behind much recent positive change, and the fantastic remodel work of recent months; and finally long-time Manager of Administration Jane Harter, whose strengths always seemed to complement me, while she stood to my right through thick and thin.

As I leave a thriving and successful Co-op for that next adventure, I want to say how much I have really enjoyed serving you. I take great pride in our efforts over the years, and our many successes. I will miss running into you in the aisles and getting your input on what's working, what needs to change, or just how much you love the Co-op.

This is an amazing organization, an amazing community, and I am confident it will only get better. If there is one thing I am sure of, it is that I leave behind our best and most capable staff. I believe East End Food Co-op is primed to take another great leap forward, and making a decision not to be part of this bright future was a difficult thing for me to come to terms with these last months.

The Co-op leadership in my absence is proven and extremely capable, both in the Board of Directors and in the Management Team. Working with our excellent Board President Torey Verts, Administrative Manager Jane Harter, and Operations Manager Justin Pizzella will lead the transition in concert with our highly successful Management Team. I believe we have transformed this organization to the point that this position will be attracting strong candidates internal and external. I have every confidence a quality successor will be hired in the upcoming months, and I look forward to continuing on as a 20+ year member-owner and now regular shopper. See you in the store!

bottom line with the board

by Mike Collura, Secretary

The Board has spent many years developing and refining its Ends Policy. This is the underlying policy that drives our co-op and differentiates us from other natural foods competitors. We approached our future and the idea of expansion in several phases, each of which ties back to this policy.

What Has Happened

Our Co-op has been on its expansion journey since the early part of the 2000's. In the beginning we spent a great deal of time learning about our economy, our local and national food systems, and models for expansion that complement our Ends goals. We engaged with consultants and spoke with industry experts. We even had several opportunities to network with other co-op Directors and Management that have been through their own expansion processes. All of this work really focused on what expansion means for us. It was very important to our Directors that we not expand just for the sake of profit or growth. While profitability is important to the Co-op, we wanted to ensure that our Co-op's growth led to living our Ends more fully. During this whole process the Co-op planted seeds of community involvement that would later spout into a strong community partnership and support.

Next we spent several years putting together a plan of what this type of expansion might look like. We considered models with different sized stores in different markets, trying to see what the best fit would be. We found that there was quite a bit that we through could be accomplished once we looked at the possibilities, so we had to take some time to map out our path and decide the most effective order to accomplish our goals. After years of planning we agreed that opening a second

location needed to occur before we considered moving our existing store to a larger building. The thought behind this was to capitalize on various grants and low interest loans that could be available for servicing an area in need, as well as securing a second income stream to help fund the expansion of our original store. Unexpected events such as the economic downturn and the entry of some new competitors in our market slowed our initial timeline, but the Co-op continued to position itself for when the time was right.

Where We Are Now

The Co-op has positioned itself strategically so that it is financially primed for expansion. Because the Co-op has been such a positive community partner, local government has expressed their interest in partnering with us to expand. We are now in the processes of investing in our current store. Our goal is to maximize our small space so members and shoppers get the most out of our current location. We also wanted to invest in the current store to ensure that our membership could see our commitment to our local neighborhood. Our push to open a second location is not meant to abandon or neglect our original neighborhood and community, it is simply the first of many steps toward building an infrastructure to broaden the reach of our Ends.

What Is Next

As the Co-op looks to continue on its expansion journey we look to our membership for support and cooperation. If you would like to get involved in living our Ends, consider joining your Board of Directors on one of our Board committees. Contact boarddir@eastendfood.coop to get more details.

News Bites from the Food Fight – Genetic Engineering and Beyond

Compiled by Theresa Barton Sabatini

Here's the Good News:

On March 12th 55 members of Congress sent Margaret Hamburg, the FDA Commissioner, a letter calling on FDA to require the labeling of Genetically Engineered foods. This bipartisan letter was written to support the Center for Food Safety and the Just Label It campaign, which to date has over 850,000 public comments in support of labeling.

Add your support to the petition here: http://salsa3.salsalabs.com/o/1881/p/dialog/action/public/?action_KEY=5452

More news:

While South Africans are more food-insecure than ever, the biotech industry trumpets its success there as "wide spread and widely shared." But over the past 4 years corn meal prices have gone up by 83%, and the poorest South Africans now spend 39% of their income on food, up from 22% over the same period. The GE seed market share has increased from 20% to an unbelievable 77% with prices for those seeds up 30% over the same four years. Gareth Jones, a researcher at the African Centre for Biosafety, says, "Having let the GM genie out of the bottle, it is clear that farmers and consumers are now completely at the whim of a system designed by and for the multinational agribusiness corporations." <http://www.gmwatch.eu/latest-listing/1-news-items/13765-south-africas-biotech-boom-a-flop>

Think the World Wildlife Federation is one of the white hats of our times? Think again. According to the 2011 film, The Silence of the Pandas, this trusted and well-funded environ-

mental organization is just a cover for Monsanto, big oil, and the corrupt government of Indonesia, well known for human rights abuses like torture and military backed land theft. And, oh, did I mention, that since 2010 the U.S. has been providing military support to help them "quash tribal resistance." <http://foodfreedomgroup.com/2011/09/14/new-film-wwf-beds-with-monsanto-to-steal-public-lands-promote-gm-crops/>

Salmon for dinner? Peter Hanlon at civileats.com reports that between the pending FDA approval of the genetically engineered salmon by Aquabounty and the copper and gold deposits sitting in Bristol Bay where the tasty, wild Sockeye Salmon swim, choosing salmon for dinner might not be so simple. The FDA – don't get me started – is likely to approve this fish as "a new animal drug" and is not even reviewing it in terms of food safety, in spite of the letters written to President Obama by 44 members of congress expressing concern over the salmon, some calling for its ban. As for the mining, picture this: a nine mile dam, 740 feet high perched atop a fault-line holding back the 10 billion tons of mine waste to satiate the gold rush fever of a few big mining corporations. Those poor little yummy salmon don't stand a chance! <http://civileats.com/2012/03/12/so-will-that-be-the-wild-or-patented-salmon/>

Rootworms are munching on Monsanto's genetically engineered "rootworm protected" corn, according to a letter written by 22 plant scientists urging EPA official Steven Bradbury to initiate careful but urgent action to guard the stability of future corn produc-

tion. The scientists write that the rootworm has developed resistance to the GE corn and that Monsanto's advice to farmers to augment with is a "clear admission" that the GE corn isn't working as it should. It's a touchy situation since non-GE corn seeds are now scarce and hard to come by, and managing the growing insect resistance will require careful planning and planting. Corn seeds scarce? Why? Because Monsanto has been buying up seed companies, pulling conventional seeds off the market, thereby creating dependence on their GE technology while controlling seed and chemical prices. Can anyone say anti-trust? <http://whtc.com/news/articles/2012/mar/09/scientists-warn-epa-on-monsanto-corn-rootworm/>

150 raw milk advocates gathered to protest earlier this month in Reedsburg, Wisconsin to support farmer Vernon Hershberger who's been charged with "operating a retail food establishment without a license," but he says he's operating a private buying club. Liz Reitzig, co-founder of Farm Food Freedom Coalition traveled from Maryland to be there: "I can feed my children fast food ... lollipops, and Mountain Dew all day, but the state says I can't feed them raw milk?" Bill Anderson, another protestor, says that the raw milk fight is really just a symptom of the larger issue: small farmers are being "pushed out by larger corporate businesses." http://www.wiscnews.com/reedsburgtimespress/news/article_760cebb4-6544-11e1-9c7c-001871e3ce6c.html

Lookout! That mosquito could be Genetically Engineered! With financial collapse looming, the struggling British firm Oxitec is lobbying hard for FDA approval to release their Genetically Engineered mosquitos in the Florida Keys. It'll mean big money for them even though they have no proof that the mosquitos can actually help control Dengue fever, and the Max Planck Institute for Evolutionary Biology says the company's studies are "scientifically deficient". But hey, the FDA and the U.S. government are so pro-biotech that the release is likely to be approved. I'm not one for insect repellents, but maybe a mosquito-net-suit is in my future. <http://www.foodandwaterwatch.org/pressreleases/ge-bug-makes-floridians-part-of-oxitecs-grand-experiment/>

Did you know:

That Coca-Cola is now teaching registered dietitians that sugar, artificial coloring, fluoride, and fast food are good for children? <http://healthfreedom.org/2011/06/23/see-if-you-can-pass-cokes-nutrition-program/>

Two great resources to combat the corporate food spin:

Chew on This: Everything You Don't Want to Know About Fast Food, Eric Schlosser's book that gives you "a behind-the-scenes look at a business that both feeds and feeds off the young... Praised for being accessible, honest, humorous, fascinating, and alarming."

— Continued on page 7



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

We're still trying to find a good home for the Comment Card box during our renovations.

So while this column is being done over, check out what some of our members had to say about their Co-op at Winterfest 2011 last December. Member Services Coordinator Luke Ohlson made a short video you can watch on our website.

Here's the link: <http://www.eastendfood.coop/co-op/videos/>

We're looking forward to more member and shopper comments—and we'll be reprinting them here soon!



book review

Occupy Yourself Part Two — Exploring the other 1% with This Changes Everything & Sex, Economy, Freedom & Community

A two-part review by Claire Westbrook

We are getting more radical indeed. Just the other day during a conversation I had with a friend the mention of three different protests being witnessed within a short span of time in downtown, it may have even been that they were all happening on the same day, I don't remember, affirms that in the nearly two decades that I've lived here, that people are not just sitting around complaining about all the injustices they feel that they're suffering from.

People are standing up for themselves and their loved ones, and even for people they don't know, because as we continue to realize, power will not just be handed out, it must be claimed. And claim it we've been doing...whether it's here in Pittsburgh or in New York or Spain and not, as you may know if you've been involved with any part of the Occupy movement, by force. It's pretty obvious that throughout history, anything taken in a violent manner has only begotten more violence and we've ALL experienced enough of that to last multiple lifetimes. Aptly enough, in the chapter Peaceableness Toward Enemies, Berry ends with: The most alarming sign of the state of our society now is that our leaders have the courage to sacrifice the lives of young people in war but have not the courage to tell us that we must be less greedy and less wasteful.

Of course our city's had its own uprising that encouraged many people to set up an encampment in downtown as part of the Occupy movement that has (and still is, even though the physical site has been evacuated) allowed folks from all walks of life to connect with each other in ways that continue to reach hundreds, if not thousands, on a daily basis through the Occupy Pittsburgh website and a number of working groups that are addressing a number of issues within the city, as stated in accordance with the introductory statement released back in November of last year, the contents of which are as follows:

"We, the individuals of Occupy Pittsburgh, have assembled to resist and abolish the political, social, and economic injustices that confront us and our communities.

We recognize that the current system encourages large corporations and the wealthy 1% to wield excessive influence over our political and legal systems, economy and culture.

We recognize that this prevents genuine democracy and deprives us of our liberties, sacrifices our health, safety and well-being, threatens our relationship with the rest of the world, has destroyed and continues to destroy cultures and peoples throughout the world, and critically compromises the ecological systems that sustain life itself.

We are a nonviolent, decentralized movement working to create a just society.

We are claiming a space for public dialogue and the practice of direct democracy for the purpose of generating and implementing solutions accessible to everyone.

To this end, we are exercising our rights to assemble peacefully and to speak freely, thus demonstrating our commitment to the long work of transforming the structures that produce and sustain these injustices.

Also to that end, we are working against all forms of inequality and discrimination including those based on age, ability, diagnosis, size, religion or lack thereof, class, culture, immigration status, nationality, history of incarceration, housing status, race, color, ethnicity, indigenous status, sex, gender identity and sexual orientation.

We stand in solidarity with those who have come before us, in Pittsburgh and elsewhere,

who have fought for political, social and economic justice.

We are united, in strength and courage with the Occupations around the world.

We are your next-door neighbors. We are your friends. We are your relatives. We are the 99%."

So, with all that being said, the only question that remains is "are you in or are you out?" Where do I start, you may ask. Here. Now. What does that mean, you say. Check out these helpful items from Sarah van Gelder, the editor of Yes! Magazine's "This Changes Everything":

- Show up at the occupied space near you (or in the case of Pittsburgh, at a General Assembly or other event organized by Occupy Pittsburgh).
- Start your own occupation.
- Support those who are occupying.
- Get into the debates and the teach-ins.
- Tell your story.
- Be the media.
- Name the meaning of this moment.
- Insist that public officials treat the occupations with respect.
- Study and teach nonviolent techniques.
- Be resilient.

I'd like to add another item to end this thought:

- Question everything, even your own motivations. Because each and every one of us is just as responsible for what's good as well as what's not so good in the world right now.

Yes, the percentages may vary, but the truth is the same, it can't be the same 1% (hopefully more) of activists etc. getting the work done that will make things better for everyone else. It really will have to be closer to the 99% of us that create the kind of world we can truly live in harmony with.

Occupy Pittsburgh happenings can be followed via their website www.occupypittsburgh.org

Tin Front Café

Coffee * Cuisine * Cocktails * Community

Fresh Daily & Delicious

VEGETARIAN 'N

VEGAN VITTLES

Quiche, Butternut Squash Lasagna, Award-Wining Chili, Mock-Rueben, & More
Eat-in or Take-out
Wine, Spirits, and Pennsylvania Craft-Brews

Bar, Restaurant & Courtyard Dining

Mention Ad for 1/2 off Coffee, tea, or PA Craft-Brew

www.facebook.com/thetinfrontcafe

216-218 East Eighth Avenue, Homestead, PA 15120 ph.: 412.461.4615

In Historic Homestead near the Waterfront

Open Tuesday - Saturday: 10 a.m. - 9p.m.

Sunday Brunch: 11a.m. - 3 p.m. * Closed Monday

NEXT TO

Annex Cookery

A Select Collection of Housewares and Design

THE FOOD YOU EAT

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



Look for lots of changes over the next couple of months in the Co-op Café! One thing that isn't changing? Our commitment to healthful, tasty food. Wholesome, made-from-scratch soups have been a staple in the Co-op café for many years. This Black Bean Soup is par for the course. Enjoy it with your favorite cornbread, or a green salad that incorporates some tropical fruits and nuts—like mangoes and cashews.

Coconut Curry, Black Bean and Okra Soup

Serves ?—?

INGREDIENTS

- | | |
|---|-----------------------------|
| 4 cups black beans | 1 Tablespoon garlic powder |
| 1 onion, diced | ½ teaspoon cumin powder |
| 1 large carrot, thinly sliced into half moons | ½ teaspoon ginger powder |
| 1 Tablespoon curry powder | 1/3 cup tamari or soy sauce |
| 1 Tablespoon dried basil | 1 14oz. can coconut milk |
| | 1/2 pound of frozen okra |



INSTRUCTIONS

1. Cook beans in 8 cups of water with spices and tamari. (Add water to adjust consistency, if needed.)
2. When beans are soft, add onions and carrots and cook until veggies are tender.
3. Add coconut milk, bring to a boil and then remove from heat.
4. Add frozen okra (it will thaw in soup).

FROM THE CO-OP'S BOOKSHELVES

There are plenty of ways to celebrate Earth Day — get outside and enjoy earth's beauty, volunteer to clean up your neighborhood, or read a book. Taking the time to understand a particular environmental issue, and sharing what you've learned, is a powerful way to create positive change.

Here are some titles about the environment from the Co-op's Book Department that come at the topic from a lot of different angles. Happy Earth Day!

Eaarth by Bill McKibben

Cradle to Cradle by William McDonough and Michael Braungart

Biodiesel, Growing a New Energy Economy by Greg Pahl

As the World Burns by Derrick Jensen and Stephanie McMillan

Living Downstream by Sandra Steingraber

Toolbox for Sustainable City Living

by Scott Kellogg and Stacy Pettigrew

Green Collar Economy by Van Jones

Our Choice by Al Gore

Stolen Harvest and Water Wars by Vandana Shiva

Talking Dirt by Annie Spiegelman

The Humanure Handbook by Joseph Jenkins

NEW IN THE AISLES

New Products on Our Shelves

Aisle 1

Tree of Life Organic Canned Beans, Assorted Varieties

Aisle 3

Mom's Best Maple and Brown Sugar Multigrain Hot Cereal

Newman's Own Organics Licorice—Sour Apple, Mango, Cherry and Strawberry

Aisle 4

Rhythm Superfoods Raw Kale Chips—Zesty Nacho and Kool Ranch
Jovial Crispy Cocoa Einkorn Cookies

Aisle 5, Health and Beauty

Andalou Naturals — Moisturizers, Shower Gels, Body Butters, Shampoos, Conditioners

Aisle 6

Almond Dream Yogurt—Mixed Berry, Strawberry, Plain, Vanilla
Tree of Life Organic Orange Juice with Calcium

Deli

Jasper Hill Cabot Cloth Sharp Cheddar Cheese

Successful Spring Gardening on a Small Plot

By Hannah K. Reiff

Spring weather has been showing its face all winter around here. In fact, tree pollen was detected in Pittsburgh in February, setting a local record. Spring is the time to plant crops that love cool weather, and getting them in early means you have time to harvest, add some compost and then plant your summer tomatoes and squash in the same place in May and June.

Spring crops are hardy and can withstand light frosts as long as they have been hardened off (slowly exposed to sun, wind, and outdoor temperatures) or directly planted from seed. You can plant many crops in March if you have hoops and row cover protecting your beds, and in April if you don't. Most crops discussed below are leafy greens that love nitrogen; a good fertilizer regime would be spraying your spring garden weekly with a mix of fish and seaweed liquid fertilizer.

If you are itching to get planting and don't have tons of space or time, consider interplanting. The basic idea is making the most of space by planting quick and low-growing crops like arugula between and underneath slower-growing ones such as kale, broccoli and cabbage. The drawing is a simple example of one way you could do it.

A SAMPLING OF FROST-HARDY SPRING GARDEN CROPS:

Broccoli: Broccoli takes up less space than cabbage or cauliflower. You can space it 12" using block planting in offset rows as in the drawing. Transplant seedlings to the garden and keep them watered. Harvest by cutting the main head when it is 3" - 5" across, before the buds show signs of flowering. Harvesting will prompt varieties such as *DiCiccio* (also an early variety) to produce abundant side shoots of mini-broccoli. Harvest 45 - 70 days after transplanting

Baby Spicy Greens: Arugula Mustard, Mizuna, Bok Choi: *Plant these salad greens between your slower-growing broccoli, kale, and cabbage, either from a seed packet or by transplanting. If transplanting from a pot that has many seedlings, just gently break up the roots into several clumps and space the

clumps every few inches. If sowing from seed, sprinkle the seed and cover lightly with soil. When the seedlings have grown to 3" - 5", harvest by cutting as much as you need from a section, leaving 1" of the plant above soil level to re-grow. *Harvest 16 - 30 days after direct seeding

Baby Lettuce: See Baby Spicy Greens for culture. Some lettuces are heat tolerant, such as Jericho romaine, and can be replanted in part shade for the summer. *Harvest 20 - 30 days after direct seeding

Cilantro: Sow seed or transplant seedlings. Cut as needed. In hot weather, cilantro flowers and its leaf quality degrades, but leave it for the pollinators if you like...they love it! Harvest 50 days after direct seeding

Radish: Radish is a very quick crop, like arugula. Sow in bands trying to leave 1" between seeds. Harvest methodically and replant seed where you have pulled up radishes. Harvest 20 - 30 days after direct seeding

Endive, Escarole, Radicchio: Why not grow things that are expensive to buy? Transplant, spacing at 10" or closer to harvest when smaller. Harvest 50 - 65 days after direct seeding

Cabbage: Cabbage needs room to grow - give it 16" in all directions. Some cultivars, such as Red Express, are ready in 60 days and can be spaced more closely. Buy or start transplants to set out in your garden. Harvest 65 - 105 days after transplanting

Kale: Kale plants are productive over a long period, and a few plants are usually sufficient for a small household. The cultivar Lacinate, also called Toscano or Dinosaur Kale, has an upright growth habit that allows for tighter spacing. Red Russian is my favorite cultivar for it's lovely appearance and its absence of bitterness. Winterbor is a very productive, curly green kale. Transplant seedlings spaced at 16" apart for full sized plants. Kale can be left in the garden long after your arugula and radishes are gone, so put it in a space you don't mind if it stays for awhile. Harvest 35 - 50 days after transplanting

Peas: Don't feel like making a trellis? Use pea brush! Find discarded brush and branches with sturdy stems and poke them into your soil in a row. Very aesthetically pleasing! Peas rot in wet, cold soil so try to plant when soil is not waterlogged. Usually sown from a seed packet, but you can also transplant, just try not to disturb the pea roots. Harvest 50 - 60 days after direct seeding

Other spring crops to try include scallions, beets, cauliflower, and Swiss chard.

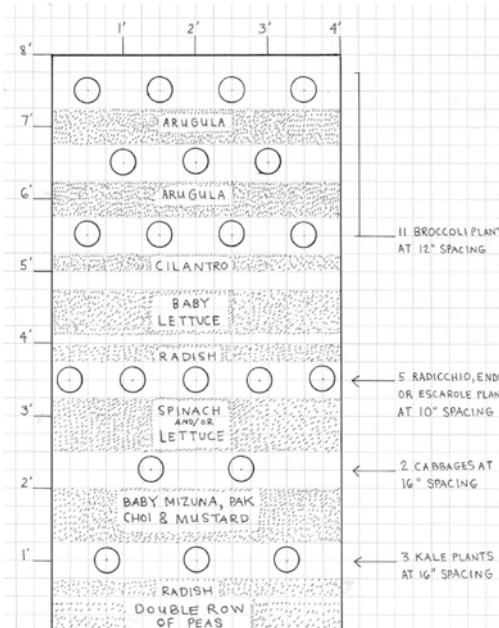
Enjoy many spring salads to come... Happy Gardening!

Garden Dreams Urban Farm & Nursery

806 Holland Ave Wilkensburg PA 15221
www.mygardendreams.com

Opening for the season on April 14

OPEN: Wed - Fri, 10 am - 6 pm;
Sat & Sun, 9 am - 6 pm



BIRMINGHAM ACUPRESSURE CENTRE

SHIATSU THAI YOGA BODYWORK

412.401.7447 theacupressurecentre.com

82 S. 15TH St. SOUTHSIDE

What more do you want from your house?

Improve comfort and efficiency.
Create more living space.

AJ Stones

Master Green Remodeler

Older houses our specialty • Consulting and Remodeling

ajstones.com

412-241-6042

IN YOUR COMMUNITY, ON YOUR PLANET

The Farmer and the Bill

By Luke Ohlson, Member Services Coordinator

In examining the current debate on the 2012 Farm Bill, you come across not only dozens of opinions and positions (a recent New York Times "Room for Debate Feature", e-mail blasts from lobbying groups), but also organizations and acronyms. In addition to the well-known United States Department of Agriculture (USDA, or the agency that coordinates much of the process) there is input from hundreds of lobbying organizations, including the American Soybean Association, the National Sustainable Agriculture Coalition, the Center for Rural Affairs, and two NCGA's: the National Corn Growers Association and the National Cooperative Grocers Association. The interests and political leanings of these groups have been in full force in the print media and influence pedaling has been at work in Washington D.C. from the time the last Farm Bill passed in 2008. The Farm Bill itself, passed approximately every five years, is a shape shifter of sorts, and has been called the "Food, Conservation and Energy Act of 2008," the "Farm Security and Rural Investment Act of 2002," and the "Federal Agriculture Improvement and Reform Act of 1996." By the time this bill makes the rounds through the House Agricultural Committee, the House Budget Committee, the Senate Budget Committee and moves through Congress and on to the President's desk, it will have been examined, cross-examined, argued and fought over. Massive amounts of time, energy, and money will have been expended. What's more, the bill may not even pass this year, as many politicians don't want to deal with yet another political hot potato in this election year.

Meanwhile, the farmers will go on farming and you, the shopper, will go on shopping. As the legislative process grinds on you may catch wind of it through the news or by speaking to a farmer in the area. The question then becomes: how can something that has such an enormous impact on our food system, and consequently our health, seem so distant and removed from ourselves? Perhaps the reason why local and organic foods are becoming more and more popular is because they make shopping choices more tangible. You can easily compute the energy saved from buying an apple from the next county versus buying one from New Zealand. You can size up the problem of having pesticides coating your strawberries and make the switch to organic. But when we start to talk about subsidies and terms like, "farmer share of the consumer dollar" we may begin to lose our place in the discussion. What can we as Co-op shoppers and members do to connect to such a large and seemingly abstract issue?

For one we can drop the illusion that the debate is too couched in economic language or too macro for us to make sense of. Here are some of the debates I've come across in my own demystification effort...

- **Energy** - How will agriculture develop with in a changing energy environment? Should tractors run off of natural gas in light of the risks of Marcellus Shale drilling? Is it worth exploring creating greater incentives for farmers to use less impactful energy sources like solar and wind?
- **Labor Rights** - Can the Farm Bill go forward without a comprehensive immigration bill that addresses the uses and abuses of migrant labor? Should farm workers be offered a living wage? Can we expect the American consumer to be willing to pay a bit more to put more in the pockets of farmers?
- **Land Usage** - Can land expansion and consolidation continue to go on at the current rate? What environmental protections might be outlined in the bill? Will the growing urban farm movement receive attention?
- **The Farmer Population** - Farmers represent less than 1% of the United States population and of that 1% over 40% are over 55 years in age.¹ Young farmer advocacy groups are calling for incentives for young people to purchase and operate farms. Will the Farm Bill alleviate the challenges facing young farmers who are often trying to establish small scale operations with local connections?
- **Food Distribution** - Advocacy groups are calling for regulators to establish partnerships between farmers and local farmers' markets, schools, as well as co-ops and buyers' clubs. The USDA is worried about the oversight difficulties involved in such a plan.

- **Regulation** - Should genetically engineered (GE) crops be developed, grown, and sold? Should organic standards be applied more strictly and broadly, or should it be an optional certification for farmers? Organic food sales have gone from \$1 billion in 1990 to \$26.7 billion in 2010². If this trend continues how can legislators ensure the integrity of organic certification?

For information you can visit our website at eastendfood.coop or...

<http://www.nytimes.com/roomfordebate/2012/02/21/the-farm-bill-beyond-the-farm>
<http://sustainableagriculture.net/category/2012-farm-bill/>

<http://farmpolicy.com/>

<http://agriculture.house.gov/singlepages.aspx?NewsID=1227&LSBID=1271>

<http://www.foodandwaterwatch.org/food/farm-bill-2012/>

These are a sampling of what's at stake in the upcoming farm bill. But I hope that by looking over them you can begin to see there are some things to grab hold of in this sprawling piece of legislation. The bill will not be passed in the coming weeks or months, perhaps not in the next year, so there are opportunities to have an impact now as the language of the bill is being developed. You can voice your opinion to your legislator, submit public comment online or in person, keep up the dialogue amongst friends and family and continue to make your voice heard through your vote, your dollar, and your activism. The link between the squash in your soup and the legislative jargon of the farm bill may be abstract, but it also very real. Just as legislators shouldn't forget about the farmer and the consumer in their deliberations, we shouldn't forget about them, either.

¹Environmental Protection Agency, "Ag 101: Demographics." 2012. <http://www.epa.gov/agriculture/ag101/demographics.html>.

²Organic Trade Association's 2011 Organic Industry Survey

The Journey Expo Pittsburgh 2012 A Mind, Body and Soul Expo

May 5 & 6
Holiday Inn North Hills
McKnight Rd., Ross Twp.

A Great Variety of Vendors Featuring Nutrition, Bodywork, Yoga, Crystals, Music, Astrology, Psychic Readings, Jewelry, Aura Imagery, Organics, and Much More!

The Journey Expo Pittsburgh 2012 Also Offers Lectures, Demonstrations and Workshops to Spark Attendees to Higher Levels of Consciousness.

Featuring

"Tantra - The Path of Ecstasy"

"An Energetic Approach to Nutrition"



with
Mandi Babkes



with
Psalm Isadora

"Soul Evolution: Kabbalah and Regression"



with
Dr. Linda Backman

"2012: It's Why We're Here!"



with
Tina Sacchi

"The Perfectionists Trap"



with
Stephanie Charles

Limited Vendor Space Available
Please Call Clyde Chafer at 440-223-1392

Sponsored by:



For More Information Please go to
www.thejourneymag.com

un-classified ads

SHORT-DISTANCE DRIVERS NEEDED — Excellent pay. Local appointments and shopping in East End during day. Some evenings and occasional weekends. Willing to hire different drivers for different days and times. Must be reliable. Call 412-731-8214 with contact info.

ORGANIC ARTWORK — Bring the beauty, tranquility, and inspiration of nature into your home or office with an original 'Organic Mixed Media' painting. These paintings are created using natural materials such as sand, shells, stones, and flowers, and are infused with the love and energies of Mother Nature. To purchase or inquire about ordering a custom piece, please contact Jill at 412.513.5509 / jill.lena.ford@gmail.com / www.JillLenaFordArt.com

DR. C. GARDNER PH.D, HD (R. Hom), D. Hom, C. Hom, MH., — is accepting new cases for chronic disorders in adults, children and animal companions. Contact: www.cindeegardner.com for information. 412-646-4151

TIRED OF CHOOSING MAKING A LIVING OVER MAKING A DIFFERENCE? Work from home supporting renewable energy. Your earning potential is up to YOU! Find out how: Allison / (412) 606-4169 / asburyam@gmail.com

pittsburghecotours.com — Five entertaining walks through the best of Pittsburgh's East End. Explore parks, gardens, shops, food, museums, architecture, history, lovely neighborhoods, culture & art in guided walking tours without cars.

HOLISTIC PSYCHOTHERAPY, PERSONAL COACHING — Natural, highly effective approaches (EMDR, TFT, plus more) to stress, anxiety, depression, panic attacks, trauma, PTSD, relationships. Over 15 years experience. CO-OP member discount. Michele Bertini, Med, PhD. 412-365-2020.

DE-CLUTTERING FOR THE WHOLE YOU — Creating openness and breathing space in your home and in your life. It's not just "straightening up" one more time. Co-op member discount. Jude Goldstein, M.A. in Counseling, 845.641.7908 / judegoldstein@yahoo.com

JIN SHIN JYUTSU, BODYTALK AND BOWEN BODY WORK combined in a "Light Up Your Wellness Session." One time intro rate \$40. 724-863-1183 stayingwell@comcast.net. www.lightupyourwellness.com

PIANO INSTRUCTION, children or adults. Also composition, harmony, musicianship. Curiosities fed, mysteries revealed, according to your needs. David Mahler, experienced, nurturing teacher. Squirrel Hill. 412-681-0575. dmahler@nwlink.com

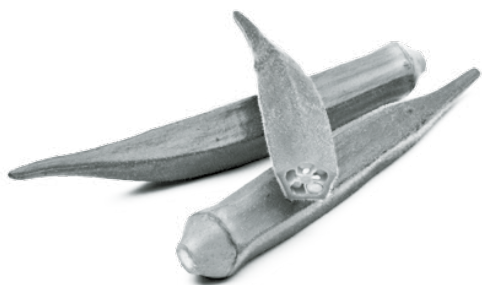
GUITAR LESSONS IN POINT BREEZE, two blocks from the Co-op. Let's tug on the roots of American music together! Call David at 412-812-8131.

DR. DONALD MANTELL, MD, ND, Natural Health Solutions, Treats All Cancers. Wholistic Approach for Optimum Health with 30 years of experience in wholistic medicine. 3495 Greensburg Rd. Murrysville, PA 15668, 724-327-5604.

EDGAR CAYCE, Father of Holistic Medicine in U.S. — Lectures, classes and study groups on holistic health, dream study, meditation and spiritual growth. (412) 661-5947 or (724) 443-2576.

GOT CLUTTER? Get organized with the non-judgmental help of In Its Place...Specialists in organizing your stuff, optimizing your space, transforming your life. Call Jody Adams, Certified Professional Organizer® at 724.850.7282 or visit www.in-its-place.biz

EDDIE SHAW, MASSAGE THERAPIST — New office space at Maxon Towers, 6315 Forbes Avenue, Across from the Starbucks at Forbes and Shady in Squirrel Hill. es_massage@yahoo.com, 412-855-1532. My deep tissue massage and gentle stretching will relax and elongate tight muscles, leaving you feeling balanced and at ease. Mention this ad and receive a one-time \$20 discount.





Look who's raising
a new standard in green.

Taking root at Phipps is a revolutionary new building, the Center for Sustainable Landscapes, conceived to achieve the world's highest green building and landscape standards. Learn more at phippsCSL.org.





fresh.local.milk.




*Our local farmers pledge:
NO ARTIFICIAL GROWTH HORMONES

*Proud to bring fresh, local, "rBGH free" milk to the Co-op.

www.turnerdairy.net




BOARD OF DIRECTORS

Torey Verts, **President**
Sarah Aerni, **Vice-President**
Mike Collura, **Treasurer**
Mark Frey, **Secretary**
Guy Miller '12
Mark Frey '12
Dirk Kalp '12
Cortney Seltman '14
Christine Allen '14
Dennis Schauer '14

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

Justin Pizzella, **Operations Manager**
Jane Harter, **Administrative Manager/HR**
Kara Holsopple, **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
memberservices@eastendfood.coop

**SHAKE IT UP,
BABY.**

Introducing

MANCHESTER-FARMS

LOCALLY PRODUCED, ORGANIC
**CREAM-ON-TOP
MILK**



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.

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

WRITE TO US ... We welcome letters to the editor!

Send your message (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
SUBMISSION DEADLINES

All submissions, articles and advertisements, must be received in the Co-op office by the first of each 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.



Specializing in Heathy Dishes, Raw Vegan Cuisine and Fresh Juices
Open for dinner
Mon, Wed-Sat and Sunday Brunch

735 Copeland st. Pgh Pa 15232
412 802 7070
edenpitt.com

Happy Anniversary, Pittsburgh Tote Bag Project!

Our friends at the Pittsburgh Tote Bag Project are celebrating one year of a great idea and putting it into practice. They've been organizing tote bag drives that benefit clients of the greater Pittsburgh Community Food Bank, and tabling in the community to educate about the need for reusable tote bags. In 2011, they collected 11,000 tote bags!



Their unique combination of green sensibility and hunger relief has sparked partnerships all over the local area. And while their mission remains the same, their operation has grown to include a Totester newsletter, smart couponing that can benefit those in need, and a children's activity page.

To learn more about them, or find out how you can volunteer, check out their website, <http://tote4pgh.com>, or follow them on one of their social media profiles.

BermanChiropractic

Our office offers both:

Traditional Spinal Adjustments

and

non-manipulative procedures as well.

We work with you to provide a safe and comfortable Chiropractic experience.

Give us a try!

Next to the Squirrel Hill Library
Most insurances accepted

412-521-3632

**5819 Forbes Avenue
Squirrel Hill**

STAFF NEWS

NEW HIRES...

John Crabtree, Stockroom—Worked at a natural food market in Columbus, OH, and hopes to own a pizza shop with an attached greenhouse someday.

Susan Drake, Stockroom—Moved back to Pittsburgh after 30 years in Montana, and loves to learn new things and be challenged.

Jena Gardiner, Co-op Café—Frequently can be spotted performing or attending classical music concerts, and is a lover of whole and natural foods.

William L. Gaston, Stockroom—Is easy to talk to, and enjoys helping people, including volunteering in soup kitchens.

Terry James, Stockroom—Has travelled to India, New Zealand, Nepal and Austria, and hopes not to worry about the small things in life.

Jordan Smith, Front End—Is a social person who is open to meeting new and exciting people, and is heavily involved in Pittsburgh fashion and hip hop.

Employee of the Month

Congratulations to Jared Evanoski who was chosen as the Co-op staff pick for April 2012 Employee-of-the-Month!



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

A. About 5 years.

Q. What are your favorite things about working here?

A. The people I work with. I like buying really good food for a 20% discount.

Q. Are there things that you wish you could change?

A. I wish the kitchen was twice as big and had a window. I also wish everything would stop breaking.

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

A. Elated!

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 2012!

— Continued from page 2

The Amazing Food Fact Machine, a kid-friendly website by Natural News that generates surprising food facts with the click of a button, with PDF downloadable facts too.

Water Quiz from Food and Water Watch:

True or False: Students across the U.S. are being taught about water and bottled water from a Nestlé-sponsored water curriculum.

Answer: True. Nestlé sponsors a school curriculum to teach students about water, even though they are a major abuser of our water, bottling it and selling it back to us for a huge profit.

Food and Water Watch has created their own curriculum called Take Back the Tap. Check it out here: <http://www.foodandwaterwatch.org/water/take-back-the-tap/curriculum/>

What do all these news bites have in common? They're all symptoms of the Corporate Buyout of America! Find out how to strike at the root of the problem:

www.rootstrikers.org

www.citizen.org

www.democracyisforpeople.org

www.unitedrepublic.org

www.fundfortherepublic.org



SAVE MONEY! SAVE THE EARTH!



Join the Green Energy Collaborative (it's free) and switch to a 100% Wind Energy Plan offered by TriEagle Energy. It's the lowest electricity price available in Pittsburgh.*

LowCostWind.com

* According to the PA Power Switch website (3/15/12).

The Green Energy Collaborative is a program of Citizen Power, Inc.
For more information call 412-421-7029.

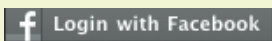
BULLETIN BOARD



NEW MEMBER BONUS QUARTER: thru JUNE 30, 2012

Don't forget to get your
10% OFF discount on the
order of your choice!

The next quarter goes
from July 1, 2012 through
September 30, 2012.



Show how much you "LIKE" us
on Facebook. Find our Fan Page
by searching for East End Food
Co-op, and give us the thumbs
up today!



Follow us on Twitter
@EastEndCoop for special
deals, store news and Co-op
community happenings!



Find us on Google+ and add
us to your circles!

WE OWN IT-



April 2012 ... hot bar specials

sunday	monday	tuesday	wednesday	thursday	friday	saturday
1 Chef's Choice	2 Sweet & Spicy Tempeh w/ Quinoa	3 Roasted Vegetable Lasagna	4 Burrito Bar	5 Fanesca	6 Pizza Dairy & Vegan	7 Quiche Lorraine
8 Easter Café Closed	9 Sicilian Broccoli & Cauliflower Penne	10 Channa Masala	11 Indian Kitchen	12 Roasted Root Vegetable Gratin	13 Pizza Dairy & Vegan	14 Herb Roasted Eggplant w/ Chickpeas
15 Chef's Choice	16 Black Bean & Yam Quesadillas	17 Peking Seitan	18 Stir Fry Bar	19 Tempeh Curry	20 Pizza Dairy & Vegan	21 Sundried Tomato Cream Pasta
22 Chef's Choice	23 Roasted Squash w/ Lentils	24 Spiced Seitan w/ Leeks & Apricots	25 Middle Eastern Kitchen	26 Pasta w/ Beets & Greens	27 Pizza Dairy & Vegan	28 Coconut Curry Tofu
29 Chef's Choice	30 Goulash	Serving DAILY vegetarian and vegan specials, vegetable and grain side dishes — all made from scratch in the Co-op Café. Also featuring fresh soups, a salad bar, and deli sandwiches and salads. Don't forget your made-to-order smoothie, juice or Fair Trade espresso drink!				

café hours

weekends
WEEKEND BRUNCH BAR
9 AM - 1:30 PM
HOT FOODS
1:30 PM - 7 PM

daily
JUICE BAR
8 AM - 7 PM
SALAD BAR & SOUP
8 AM - 7 PM
HOT FOODS
11 AM - 7 PM

We're on Pinterest!
Follow us there, and re-pin
what you like.

**We've started with local
producers, and we'll add
more boards each month.**

Spring Workshops at the Co-op

TUESDAY, APRIL 17, 6:30 - 8:30 PM

Backyard Composting With Pennsylvania Resources Council

Composting is nature's way of recycling. By utilizing the natural process of decomposition, organic materials often considered "waste," such as grass clippings, food scraps, autumn leaves and even paper, can be recycled back into a rich soil conditioner. Through this transition, soil organisms, many of which are too small to see, break down the organic material in a compost pile so that valuable plant nutrients can be released for future generations of plants to use. Composting helps you reduce your waste stream, it improves the health of your gardens, and most of all it's easy to do and enjoyable.

CLASS DETAILS:

This workshop thoroughly covers the importance of composting, setting up a compost pile, proper maintenance and ways of using finished compost. Participants will receive an Earth Machine Compost Bin with attendance. This bin, approved across the state as an ideal bin for urban and suburban areas, has an eighty-gallon capacity.

Cost: \$50 Single/\$55 Couple (Includes one compost unit per registration)

Call 412-488-7490, x 247 to register.

THURSDAY, MAY 3, 7 PM

Huna Healing Class

With David Park

Huna is a system for gathering information and effecting change and healing in the physical world derived from ancient Hawaiian traditions. It was constituted in its present form by an American named Max Freedom Long from extensive studies of the Hawaiian language.

Although Long was never able to gain acceptance as an apprentice by a practicing kahuna, he was able to discern a consistent and remarkable system of knowledge by studying the secondary or shadow meanings of common words in the Hawaiian language. He realized that although traditional practices were held as a closely guarded family of secrets, practitioners still needed a way to talk about them amongst themselves. Through his studies, he was able to "crack the code." "Huna" is the Hawaiian word for "secret."

IN THIS HOUR, WE WILL DISCUSS:

- the history of Huna and what it offers
- a brief overview of major concepts, such as the tripartite self, mana (breath or animating energy), and aka (thought or spirit substance)
- how Huna can illuminate things as varied as the operation of memory and the Law of Attraction

- Ho'oponopono – a healing technique of remarkable power (which many are familiar with in its simplest form) whose true potential only becomes evident and fully available as you appreciate its deeper philosophical foundations

Time permitting, we will end with a simple and effective meditation technique to cultivate awareness and energy.

David Park holds two BS degrees from MIT and an MS in Social and Decision Sciences from Carnegie Mellon University. He has over 25 years of study and practice of leadership in academia and various organizations from small startups to large, well established firms, as well as in the US Army, and is currently pursuing a PhD in Positive Psychology.

His work combines his abiding interests in human potential and spirituality. He leads weekly meditation circles and workshops on various topics and is the organizer of the Pittsburgh Metaphysics Meetup Group (meetup.com). His blog, offering commentary and insights into life and spirit, can be found at dchpark.com.

He also offers personal and spiritual coaching services for individuals, couples, and groups. As a coach, his approach is at once deeply spiritual and eminently pragmatic. He can be reached at david@dchpark.com.

This class is free, but please call 412-242-3598 to register.

ONE MONTH, TWO FLYERS, LOTS OF GREAT DEALS!

FIRST FLYER RUNS FROM
**WEDNESDAY, APRIL 4 TO
TUESDAY, APRIL 17**

SECOND FLYER RUNS FROM
**WEDNESDAY, APRIL 18 TO
TUESDAY, MAY 1**

AND DON'T FORGET ABOUT
**MEADE STREET MADNESS
WEEKLY SALES** —

TEN NEW ITEMS EACH WEEK,
AT DELICIOUSLY LOW PRICES!

CHECK THEM OUT IN-STORE
OR IN THE NEWS FEED ON
OUR WEBSITE —

www.eastendfood.coop



Renovations Continue... Thanks for your Co-operation!

So far you've seen improvements in Produce and the Perishable aisles — we're offering MORE product, MORE efficiently.

Customer Service is more central, and we reused most of the old materials (and most of those were re-used, too!)
And there's a fresh coat of low VOC paint in many departments.

Next, look for a larger selection in the Cheese department, including more local selections!
The Co-op Café gets some sprucing up, and the Bulk Department gets a make-over, too.

And this summer, we'll have more outdoor seating where you can sip your favorite organic smoothie or chat with other shoppers.

Thanks for your business and your support as we make these improvements to your Co-op!

And as always, please let us know if you have questions or concerns.

SHOP CO-OP EVERY DAY — 8 AM - 9 PM / 412-242-3598 CREDIT UNION — WED 6 - 8 PM / SAT 11 AM - 3 PM / 412-243-7574