

August 2012

Volume 23: Issue 7

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 September 30, 2012. The next quarter goes from October 1, 2012 through December 31, 2012.

BOARD OF DIRECTORS

MONTHLY MEETING

ALL MEMBERS ARE WELCOME.

The next meeting will take place on Monday, August 20 at 7pm.

Check out the weekly deals for

MEADE STREET MADNESS

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.

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SPECIAL INSERTS:

8/1 - 8/21 CO-OP DEALS
8/22 - 9/4 CO-OP DEALS

EAST END FOOD CO-OP

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

Preserving Your Organic Harvest

Co-op News Service

Want to eat the most healthful food — like local, organic fruits and vegetables — year round? Stocking up on produce you've grown yourself or purchased from a neighboring farmer—perhaps via a farmer's market, your local co-op, or a **Community Supported Agriculture (CSA)** program — makes it possible. Rather than purchase corn that's been shipped across the country mid-winter, you can open the freezer and grab a bag of organic kernels that you froze yourself (easily, by the way!) at peak harvest time. As a bonus, putting up your own food can cut not only your food's travel miles, but your own, too, by saving trips to the grocery store. It can help you maximize your food dollars, support local agriculture, and nurture a healthful relationship with the food you eat and serve your family.

Produce Possibilities

Here are just some of the fruits and veggies you'll often find fresh at the end of the summer/fall season: apples, beets, broccoli, cabbage, carrots, cauliflower, celery, corn, cucumbers, eggplant, garlic, grapes, green beans, greens (like chard, Chinese cabbage, head lettuce, kale), kohlrabi, melons, onions, pears, peas, peppers, potatoes, pumpkins, raspberries, snap peas, snow peas, spinach, string beans, summer squash, tomatoes, tomatillos, turnips, melons, onions, potatoes, pumpkins, raspberries, snap peas, snow peas, spinach, string beans, summer squash, tomatoes, turnips, and herbs (like basil, dill, marjoram, tarragon, and oregano).

A Few General Food Preservation Tips:

- Round up your ingredients and equipment ahead of time. Whether it's the pickling salt or a ring for your canning jar, you won't want to have to hunt it up mid-process.
- Label all of your preserved foods with the product name, date, and, if appropriate, recipe. (You'll want to be able to duplicate favorites!)
- Keep an inventory of items in storage, particularly your freezer, where it's hard to tell at a glance what's what. And rotate your stored food so the oldest product gets used first.

You Can Can

It's an idyllic vision of plenty: jars of pickles and chutneys, green beans and tomatoes, all lined up on the pantry shelf. If you're industrious, you might can enough fruits, vegetables, sauces, and condiments to nourish your family throughout the winter months. Or you may simply want to try your hand at canning your signature salsa or a handful of preserves to give as gifts. Canning takes a little time and know-how, but it's a skill well worth cultivating. Here's some background info by way of introduction:

- Use canning salt, not regular table salt; the additives in table salt can cause caking and clouding.
- Choose a good quality vinegar with 5 to 6 percent acidity.
- For high-acid foods like fruits and pickled vegetables and recipes containing vinegar, use a boiling-water bath.
- For low-acid foods (all vegetables except tomatoes, sauerkraut and pickles), pressure canning is your best bet.
- Raw (or cold) pack means that the uncooked fruits or vegetables are packed in jars, then covered with hot liquid and processed.
- Hot pack means that the food is precooked, then put in jars for processing.
- Even though you'd probably rather show them off, your canned goods will keep best if stored in a cold, dark place.

Curing Kraut

Curing food by salting and fermenting is an ancient food preservation method. It yields a product that's crisp but tender, salty and acidic. Sauerkraut is the classic example. But did you know you can also cure lettuce, Chinese cabbage, turnips, rutabagas, green tomatoes, snap beans, cukes, and other veggies? All it takes is pickling salt, produce, a heavy-duty crock, and some patience (5- to 6-weeks worth to ferment kraut, but it's fun to watch for the gas bubbles that tell you the process is working!) Once the product is ready, simply pack into clean hot jars and process in a boiling water bath.

Freeze in a Flash

Freezing is often the easiest method of



preserving produce. It's an especially good choice for asparagus, blueberries, broccoli, Brussels sprouts, cantaloupe, cauliflower, corn, eggplant (in a casserole), green beans, lima beans, peas, peppers, pumpkin (puree), raspberries, rhubarb, snap beans, spinach, strawberries, summer squash, and wax beans.

- Choose fully ripe fruit and vegetables that are slightly immature.
- Blanch veggies before freezing by steaming or immersing in boiling water. This sets the color, retains vitamins, and stops ripening.
- Let cooked items (like sauce) cool to room temperature before freezing. When you first place in freezer, leave room around the container so air can circulate. Once frozen, stack with rest of items.
- To "flash freeze" berries, place on a metal sheet, freeze, and transfer when solid to freezer containers or bags. This method retains the shape of the fruit nicely.
- Prevent freezer burn by squeezing excess air out of freezer bags (but leave head room at the top of bags or containers for expansion of liquids).
- To freeze pitted fruit, rinse and gently dry. Cut unpeeled fruit in half, remove pit, and slice into wedges. Place in freezer containers or bags.
- Freeze fresh corn kernels simply by placing in a container or resealable plastic freezer bag.
- Freeze tomato sauce or juice (rather than tomatoes).
- To defrost fruit, run under cool water.
- Store frozen foods at 0 degrees F or less.
- Keep your freezer full for maximum energy efficiency (fill empty spaces with ice, if necessary).

Continued on Page 2

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. The next meeting will take place on Monday, August 20 at 7pm.



WE OWN IT - CO-OP

Dated Materials — DO NOT DELAY

East End Food Co-operative
7516 Meade Street
Pittsburgh, PA 15208



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Preserving Your Organic Harvest

Continued from Page 1

Stay Cool with “Root Cellaring”

What could be simpler than placing fresh produce—no preparation necessary—in cool, covered conditions for the long haul? An old-fashioned root cellar is great, but all you really need is a cool, dark space that won't freeze. A barn, a box built of hay bales, an unfinished basement or cellar, or a trash-can sunk partway into the ground will work.

You can even just dig a hole, line it with straw, and place vegetables in the hole, in layers, with straw on the bottom, top, and between the layers. (Of course, you might need a secure lid to keep animals from helping themselves.)

The best candidates for “keeping over” produce in its natural state are: apples, cabbage, green tomatoes, pears, potatoes, pumpkins, root crops (like beets, carrots, parsnip, turnips, and rutabaga), sweet peppers, sweet

potatoes, and winter squash.

- Store only crops that are disease- and damage-free.
- Wipe, but don't wash the produce before storing.
- Place a thermometer in your storage area, to keep close tabs on the temperature.
- Allow potatoes to cure for a week or two at 60- to 75-degree temperatures before placing in storage.
- While most produce prefers temperatures just above freezing, winter squash likes the temps hovering around 50 degrees.
- Keep most produce dry, but root crops do well when stored in wet sawdust.
- Separate different crops to keep flavors from melding.
- Use straw on the bottom and between layers of produce to keep dry and separate.
- Wrap tomatoes (green keep best) separately, in newspaper.

Dehydration

No added ingredients necessary! Air circulation and heat—from the sun or a dehydrator—are all you need to dry many fruits and veggies for storage. The dehydrated product is easy to store, too.

- You can make simple drying racks out of untreated wood and screen. The racks, which can be stacked, are designed to keep the food off the ground and allow air to circulate underneath.
- Placing cheesecloth on the screen under the produce will help absorb the moisture.
- When drying produce in the sun, also cover with cheesecloth to protect from insects and birds.
- You can purchase a dehydrator, which evaporates the moisture. These are made up of stackable trays that sit over a heating element. Stovetop dryers are also available. (While our ancestors would dry produce in the warming oven of a wood stove, using your oven isn't an energy savvy method of

dehydration, no matter how low the setting.)

- Don't dry food in the microwave; the food will usually burn before it dries.
- To make fruit leather, dry thin sheets of fruit purée.
- Another simple dehydration method is to string and hang herbs, onions, and garlic.
- To dry veggies, blanch them first, then dry in the sun or a dehydrator.
- Store dried produce in an airtight container in a dark place.

To learn more about food preservation, contact your local county extension service, find a good food preservation book (there are dozens, like *Putting Food By*, by Janet Greene, or *Keeping the Harvest*, by Nancy Chioffi and Gretchen Mead) or ask a local expert (find one through your food co-op!)

Check Page 8 for August Workshops in food preserving at your Co-op!

JOB POSTING:

General Manager for Our Cooperative!

The East End Food Cooperative is seeking a driven, experienced General Manager for our co-operative.

We are looking for an enthusiastic, executive-level manager with demonstrated ability to oversee a dynamic \$8.5-million operation. Our organization is poised to expand. We need a leader who is a capable visionary to help us.

Job description and details at www.eastendfood.coop/co-op/employment

bottom line with the board

An Update on the GM Hiring Process

by Sarah Aerni

Hello fellow Members of the EEFC!

As you may remember from all my articles from last year, I am the VP of your food co-op board. Thank you for voting in the last election regarding the bylaws changes and for our excellent new board members. Our board continues to be regarded by many in the co-op community as one that functions well and we hope this continues for years to come. I really enjoy working with this group and we are constantly trying to fulfill our roles as fiduciaries (stewards) of the Co-op, the membership, and the resources that our organization holds.

Additionally, this is a time of transition for us. Rob Baran no longer works for our Co-op, and we have two excel-

lent managers who have stepped into the interim role of GM in the meantime. Justin Pizzella and Jane Harter have been doing their old jobs as well as many executive duties in the interim to keep our Co-op running and to continue the progress that has been made in the past few years. We are grateful for their willingness to put in long hours and for their dedication to our organization. In addition, we value all of the Co-op staff who continue to work through changes in their routines and tasks while the Cooperative is in this state of flux. It is in times like these that you see what people are made of, and we appreciate all the staff who work cooperatively and who are stepping up as needed.

Having commented on our arrangement for interim management and continuous operations, I wanted to update you briefly on the GM hiring process. I am tasked with running the search committee, which consists of two other board members and Jane Harter, our Admin & HR Manager (and co-interim GM).

Some of the steps we have taken in the past months to get ready for a GM search include:

1. Research the process and our own hiring processes to understand the scope and challenges ahead;
2. Create a budget and timeline for the search committee;
3. Met with the most renowned Co-op consultant who has helped with numerous GM searches over the past 25 years to discuss how we could potentially use her services if necessary;
4. Wrote a job description for the position. We are currently in the process of posting the job description everywhere we can think of in order to solicit candidates.

The next steps for this process will include:

5. Receiving candidate feedback, acknowledging responses and screening the materials;
6. Conducting a visioning session with staff to solicit feedback into the hiring process;
7. Choosing candidates with whom we'll have initial phone interviews;
8. Checking references, verifying credit records and conducting a criminal background check;
9. Determine a short list of 2-3 candidates to bring to Pittsburgh for the final round of interviews;
10. Host these candidates and have as many people as possible meet them;
11. Choose one candidate and make a job offer;
12. Train this person and welcome them to our community!

As we are posting the job description now (around 15 July 2012), we hope to have phone interviews within a month or so and bring candidates to Pittsburgh sometime in early Fall. This is all contingent, of course, on getting good candidates to apply! So in terms of your role in this, please read the job description which has been posted in the store and on the Co-op's website. Think about anyone you know that may be interested and qualified, and get our description in front of them. We appreciate your interest and your help in the process, and are open to any feedback you may have.

The board would also like to thank Kara Hol-sopple for her many years of service to the Co-op, and wish her well in all future endeavors!

Volunteer Spotlight — Shining the light on Luke Kambic

by Eryn Hughes

Q. How long have you been volunteering for the Co-op?

A. Around three months.



Q. How did you hear about the Co-op's volunteer opportunity?

A. I've been shopping at the Co-op for decades, so I picked up on it at some point. I had figured there was a surplus of hip cats already signed up, but I filled out an application and you guys let me onboard!

Q. You volunteer with our stock department — is there anything you've been surprised to see on our shelves?

A. Definitely- you're bound to miss a thing or two while shopping. Olive oil tortas, red palm oil, bottled lime juice and glutinous rice flour. And most importantly, local pig fat in the freezer! It's amazing what the Co-op's able to stock, and I can't recall ever seeing an item look dusty on the shelf.

Q. What are you most likely to eat at home, from the Co-op?

A. I've bought at least 40 pounds of whole rye grain from the bulk section over the past year. I turn it into a dense bread that provides most of my carbs. It's tasty, low-GI, and just plain makes me feel good. I eat a very simple high-fat diet, but rely on the Co-op for specialties and luxuries like brewer's yeast, dependable avocados, and top-notch sardines and sauerkraut.

Q. What other volunteer efforts or hobbies keep you busy in your free time?

A. Normally I make functional sculptures (you can see them on my website, lukekambic.com) but this summer I'm applying to horticulture schools and gardening. It's looking like a good year for my hardy kiwi vines and pawpaw trees.



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

Love the redesign! How about a graphic on the wall where the Customer Service desk was?

Thanks for the suggestion! As we complete the renovation project, we are developing plans for signage and art work throughout the store.
— Justin Pizzella, Operations Manager

Would love to go on farm tours where I could pick my own vegetables and fruits from places that supply the Co-op.

Frankferd Farms and Blackberry Meadows do independent tours. PASA (Pennsylvania Association for Sustainable Agriculture) also has Field Days(www.pasafarming.org).
— Eryn Hughes, Outreach Coordinator

Are the vegan marshmallows coming back? Missing them.

I'm sorry we've been out. Our distributor has been out of stock for weeks. We will continue to order them, and hopefully we'll have them back again, soon.
— Maureen Girty, Grocery Buyer

Please give info in weekly ads regarding regular prices as well as sales price. Could increase sales!

Agreed! We're looking into this as we consider new approaches to signage. Thanks for your idea!
— Jane Harter, HR/Manager Administration



book review

Getting Creative with Jonah Lehrer's *Imagine*

by Clair Westbrook

In the beginning there was, some say, nothing. Then, of course, there was something. A creation occurred, through some sort of collision of particles that then led to more creations until we found ourselves in the present moment. What an amazing story, right? Well, even if you're not a believer in the theory, there are still plenty of interesting bits throughout *Imagine*, which seeks to explore the inner workings of creativity, be it the kind that bring life into being or a daydream into a highly successful product.

I haven't read either of Lehrer's other two works, but from what I've gleaned by a few searches, he has tended toward the neuroscientific approach, without the pomposity that could go along with that. I'm always inspired, and at the very least, amused, by anyone who is interested in examining the delicate intricacies of the brain. Lehrer makes it quite easy for folks to enjoy his adventures into our imaginations.

I agree with some of the other reviewers' opinions about not being entirely sold on how much of the actual scientific material is correct, or about whether the book clearly demonstrates how to hone more creative skills. Though I don't really care one way or the other how creative I am (perhaps if I didn't already feel like I am creative, it'd be a different story). And while it's the first thing mentioned on the inside of the cover flap, being more creative may not be what it's about — but rather noticing that we are creative, whether or not we're really trying to be.



For example, in the second half of the book exploring creativity as a collective result, Lehrer says Elizabethan England and its culture are the only way Shakespeare could've become Shakespeare. He points to a population loving and supportive of theatre, lax copyright infringement laws (the Bard probably stole more of his lines than he created himself), and an increase in printed books which afforded him the education he never received at university. All these factors helped shape Shakespeare and his work just as every age (it could be argued) shapes each and every one of us to produce our own masterpieces in life.

Now, they may never be experienced by anyone but ourselves (the vision I've had growing in my mind for years is something I enjoy immensely) but only time will tell what we'll make of all the energy and ideas that surround us every day, just waiting to happen. This is where some readers may benefit from personal stories in *Imagine*, whether it's the guy from 3M who invented Post-it Notes while he was trying to figure out a way to keep all the pages marked in his church choir hymnal, or how the I <3 New York logo came into being.

Still, it does all come back to the individual and that something is happening in the brain when ideas are born. Call it whatever you want, but it does seem at this point pretty much undeniable that creativity comes from within and isn't just a gift from, umm, up above. No matter the time or place (well, at least for the last several thousand or more years), we all have had the incredible ability to create something out of nothing. To imagine something that's never existed before. Ideas come and go like other transient forms of expression in our minds. What we do with them is a whole other story.

Dairy Co-ops Keep Farms and Families Together

by www.StrongerTogether.coop

Jacques and Pauline Couture purchased their Westfield, Vermont dairy farm in 1970, and have been raising a family and contributing to their community ever since. Besides dairy farming, they also produce maple syrup and run a bed and breakfast. The Coutures truly love what they do, and their passion for producing the "World's Best Cheddar" as part of the Cabot Creamery Co-op helped them earn Vermont's Outstanding Farm of the Year in 2004.

The Coutures value the support and trust that comes with the cooperative way of doing business, and are proud to contribute to the wide range of products that Cabot Creamery Co-op produces, including cheddar, jack, mozzarella, American and Swiss cheeses; yogurt; cottage cheese and butter. Through Cabot, the Coutures are connected to over 1,200 other farmer-members who are active in their local communities, helping to revitalize small town economies and protect the environment. Take a virtual tour of Cabot farms at: http://www.cabotcheese.coop/pages/about_us/farmer_stories/index.php.

Thousands of other small family farms around the country are also benefiting from the scale, training, marketing and other support that dairy co-ops offer.

Organic Valley is a dairy cooperative created with a mission to save family farms through organic farming. They have been hugely successful in helping to keep small, sustainable farms in business. Organic Valley has 1,762 farmers in 35 states and three Canadian provinces, producing certified organic milk, eggs, cheeses and meats. It is now America's largest co-op of organic farmers and one of the country's most recognizable organic brands, sold in food co-ops and beyond. Organic Valley's members produce and

package their food products regionally, in order to support local economies and ensure there are fewer miles from farm to table. Be sure to visit www.organicvalley.coop for recipes, information and great facts about organic food and eating.

Rochdale Farms products, produced in the coulee region of the upper Mississippi River, are another example of cooperation in action. Populating the landscape of Wisconsin's Driftless region, Amish farmers who practice traditional grass-based dairying and hand-milking bring their product to market. The milk is turned into cheese and butter, labeled as Rochdale Farms, and delivered exclusively to food co-ops throughout the upper Midwest by the Co-op Partners Warehouse. Several creameries are involved in making different cheeses, and four of them are co-ops. Rochdale Farms products include organic cheddars, baby Swiss, cellar-aged grass-fed Gouda, string cheese, mozzarella, provolone, cave-aged blue and hand-rolled butter.

Bentley Lein, one of the owners of Farmhouse Kitchens, the worker co-op that markets Rochdale Farms, says their purpose all along has been to source products that meet the values of food co-op consumers. This includes strongly supporting the cooperative economy. Rochdale Farms is named after the Rochdale Pioneers, the group of people who launched the first consumer-owned grocery co-op over 150 years ago. "Our modern co-ops are part of that heritage," Lein said. "Through Rochdale Farms we are building the food system we want."

What's unique about Rochdale Farms is that from the day the cows are milked to the day a consumer purchases the cheese and butter, a cooperative has nurtured the food's journey from beginning to end. What's not to love about that?

THE FOOD YOU EAT

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



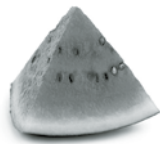
When it comes to summertime recipes, salads can't be beat. The Co-op Café features fresh, house-made salads in the Deli, and it's a seasonal rotation of items. Salads are also featured on the self-serve bar. This salad uses Deli olives and cheese to spice up fresh watermelon and herbs. Local ingredients are easy to incorporate here. If you aren't into dairy, it's just as tasty without the feta. Enjoy!

Co-op Café Watermelon Salad

Serves 4 - 6 People

INGREDIENTS

- | | |
|--|----------------------------|
| 4 cups watermelon, seeded and cubed into one inch pieces | ¼ cup fresh basil, chopped |
| ¾ cup feta cheese, crumbled | ¼ cup fresh mint, chopped |
| ¾ cup red onion, julienne | ½ cup lime juice |
| 1 cup kalamata olives | ¼ cup olive oil |
| ¼ cup fresh Italian flat leaf parsley, chopped | salt, to taste |
| | pepper, to taste |



INSTRUCTIONS

1. Mix melon, feta, onion, olives, and herbs together in a bowl.
2. Whisk together the olive oil, lime juice, salt and pepper.
3. Pour over melon mixture, toss, and serve.

NEW IN THE AISLES New Products on Our Shelves

Aisle 1

Coconut Secret Raw Coconut Vinegar
Loriva Rice Bran Oil

Aisle 2

Roland Garden Vegetable and Toasted Sesame Ginger Quinoa
Coconut Secret Raw Coconut Aminos
Healthy to Go Green Energy Teas Fusion

Aisle 3

LOCAL PRODUCT! Pittsburgh, PA--Gluteny Pizza Crust, Brownie and Muffin Mixes

Deli

LOCAL PRODUCT! Williamsburg, PA—Clover Creek Cheese Cellars, Pirate Blue and Scary Monster

Aisle 5

Mineral Fusion Natural Makeup and Accessories

Aisle 6

Green Valley Organics Lactose Free Kefir
Toy Cow Creamery Low Fat Mango and Blueberry Smoothies
Luna Burger Artisan Veggie Burgers, Classic and Farmhouse Chili flavors
Luna Burger Kickstart Herb Breakfast Veggie Patties

Gifts

East End Food Co-op "You Make It a Co-op" Tees
We Add Up Positive Impact T-Shirts and Magnets, Join the Count!



The Hunt for Wild Mushrooms

by Melissa Sokulski

Mushrooms are an interesting entity: neither plant nor animal, fungi are their own kingdom and upon close examination actually have more in common with animals than plants. Their cell walls contain chitin, found in shells of crabs and exoskeletons of insects but absent from plants. Plants make their own food but like animals fungi digest their food with enzymes they produce. Fungi also take in oxygen and release carbon dioxide like animals, while plants do just the reverse.

Nevertheless, as a vegetarian I am comfortable eating mushrooms and wild mushrooms are a true culinary delight - a feast for the forager - if you know what you are looking for.

When my husband and I first decided to learn about wild mushrooms, we were extremely fortunate to stumble upon the amazing and generous Western Pennsylvania Mushroom Club (www.wpamushroomclub.org). We decided to go on one of their free weekly walks, open to members and guests. They meet at parks all over Allegheny County and beyond, there are now chapters of the club in Indiana county and Washington/Greene counties. Usually led by club mycologists and attended by experts as well as amateurs, this is a great way to learn about the fungus among us (I just had to!)



On our way to Deer Lake to meet the club one Saturday in August, my husband Dave and I promised each other that no matter what they said we would not eat any wild mushrooms. Wild mushrooms are dangerous, I proclaimed, mimicking the warnings of my herbal mentor who told me, "Native Americans didn't even eat wild mushrooms," (untrue) and "The number one cause of death among mycologists is mushroom poisoning!" (also not true.) But apparently a promise made is a promise broken in our household because before long we were filling our basket with golden yolk-colored chanterelles, a prized culinary mushroom.

One mushroom expert pointed out the false gills of the mushroom, and further explained

that chanterelles grow singly from the ground unlike the poisonous (but rarely deadly) Jack O'Lantern, a common look-alike which often grows in clusters on wood. "But sometimes the wood is buried," he warned, "like an underground root, so you have to be careful." Another distinction is that Jack O'Lanterns are bio-luminescent, they glow in the dark. I was beginning to learn that edible or not, mushrooms are endlessly beautiful and fascinating.

We got the mushrooms home and prepared them, slicing them and noticing the apricot smell. We sauteed them (most edible wild mushrooms need to be cooked or can make you sick) and were hooked.

Filling out the application to join the club, one question asked, "How many wild mushrooms can you confidently identify?" I confidently filled in the blank with a zero. The thought of being able to identify wild mushrooms daunted me. Now I can identify over thirty, from delicious morels to the deadly Destroying Angel, both of which do indeed grow in this area.

The late summer into the fall is a great time to learn about wild mushrooms. There are a lot of beginner-friendly edible mushrooms to identify all throughout the city parks including the chicken mushroom or sulfur shelf (one of my favorites), chanterelles, giant puffball, black trumpets, lions mane or bear tooth, and the hen of the woods. The best way to learn to identify these mushrooms is by walking with experts like those in the mushroom club and attending their monthly meetings at Beechwood Farm Nature Preserve, which are also free and open to guests. Their annual foray is coming up in September. There will be walks and talks by experts, as well as a mushroom feast: dozens of dishes made with wild mushrooms by members of the mushroom club.

You can also find identification information and wild mushroom recipes on our website www.FoodUnderFoot.com. Adding mushrooms to your foraging basket is as fun as it is delicious, and can be safe with care and knowledge. As I've heard many times from many people in the mushroom club, "There are old mushroom hunters and there are bold mushroom hunters, but there are no old bold mushroom hunters."

Melissa Sokulski is an acupuncturist and herbalist at the Birch Center on Pittsburgh's South Side. She is also the owner of www.FoodUnderFoot.com, a website about edible and medicinal uses of wild plants. See her website for walk schedule, pictures, harvesting tips and recipes. You can also sign up to receive her informative monthly newsletter and ebooks. She can be reached by email: Melissa@FoodUnderFoot.com.

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IN YOUR COMMUNITY, ON YOUR PLANET

Asian Greens for Fall Gardens

Article and Illustration by Hannah Reif

I look forward to fall gardening every year. The temperature is cooler, the pests seem to have diminished, and it's time to grow greens! Kale, collard greens, arugula, lettuce, and chard are excellent for late summer planting but if you have tried these and are looking for something new, consider growing some Asian greens.



Tatsoi

Asian greens are packed with Vitamin C, calcium, and Vitamins A and K. They include Mizuna, Bok Choy (also called Pak Choi), Napa Cabbage, Tatsoi, and lesser known edibles such as Chinese Broccoli (Gai Lan) and Garland Chrysanthemum (edible chrysanthemum). If you are not familiar with eating Asian greens, they are quite easy to prepare! Both red and yellow mizuna can be substituted for arugula in salads if planted close together and picked when young and tender. Just cut all the leaves, leaving 1" of stem above the soil to re-grow. Light cooking of Asian greens takes the edge off the slight bitterness many of them have. Tatsoi is delicious in soups. Add it at the last minute to avoid overcooking. Pac Choi stems can be finely diced and cooked in dumplings or chopped and added to stir-fries for a nice crunch.

Growing asian greens is similar to growing Swiss Chard. However, Asian greens will often bolt in the heat of summer or even if planted too early in spring. This means they shoot up a flower stalk and put all their energy into flowering, degrading the quality of the leaves and stalks you want to eat. Luckily, when planted as seedlings August through September, they will grow into the cool weather and provide good harvests through the fall. If you cover them with row cover (mesh, breathable fabric) to keep off the snow, you can enjoy them even longer.

There is a catch with growing asian greens. The tiny flea beetle may eat tiny holes in your crop, as it loves the Brassica family which most are members of. One solution is to grow you greens under row cover that will also offer winter protection as mentioned above. If the beetles can't get in, they won't munch and can't overwinter. Catnip is also said to repel the flea beetle and I have had good results placing potted catnip nearby. Often, the damage from flea beetles is cosmetic and the greens are still perfectly good to eat.

If you are curious to read more about the dazzling array of greens used in Asian cooking, check out the website of Kitazawa Seed Company at www.kitazawaseed.com. Happy Fall Gardening!

Garden Dreams Urban Farm & Nursery

806 Holland Ave

Pittsburgh, PA 15221

www.mygardendreams.com

Please check website for our summer and fall hours

10% OFF FALL SEEDLINGS!

Bring this coupon to Garden Dreams for 10% off your Garden Dreams Fall Seedlings. This discount applies to all Garden Dreams herbs, vegetables, and ornamentals. Happy Fall Gardening!

Valid August 1, 2012 – Sept 30, 2012

www.mygardendreams.com

We're looking for a few good artists...



The Co-op Art Harvest is BACK!

Sunday September 23, 2012

12-5pm

Handmades, Art-making, Local Food, and Live Music — right in front of Your Co-op!

2012 East End Food CO-OP ART HARVEST REGISTRATION

Name _____

Name for Promotion _____

Address _____

Phone # _____

E-mail _____

Circle one: Member/Non-member

Member #: _____

Describe items to be sold _____

Please attach a photograph or example of your work.

Sunday September 23th, 2012 12-5pm

In front of East End Food Co-op

7516 Meade Street Pittsburgh, PA 15208

412.242.3598

Registration Deadline: Monday August 20, 2012

Participation fee: \$25 EEFC members/\$35 non-members

Fee due with registration. Make checks payable to "EEFC"

Fee includes one table and chair under the big Art Harvest tent

Vendors bring all table coverings and signage, and change needed- Co-op cannot provide change.

All arts for sale must be handmade, and participation will be based on quality of work.

Artists will be notified by August 31st about participation.

East End Food Co-op reserves the right to determine product acceptability. No cancellations after September 10, 2012. East End Food Co-op is not responsible for stolen or damaged artwork.

Please return this form to Customer Service, mail to EEFC, 7516 Meade Street, Pittsburgh, PA 15208, or e-mail to coopartharvest@gmail.com by Monday August 20, 2012.

Questions? Call 412.242.3598 or e-mail coopartharvest@gmail.com

Ice Tea Tips

by Fronteir Natural Products Co-op

Combine herbs for interesting combinations. Good options include: chamomile or alfalfa and mint; lemon herbs (like lemon verbena, lemongrass, lemon balm) and mints; sage and lemon herbs; peppermint and elder flowers; hibiscus and lemon verbena or rosehips; alfalfa and mint; clover and spearmint; licorice root or spearmint and rosemary.

Other good combos include green teas and apple juice; raspberry tea and orange juice; and lavender with mint and grape juice.

Use iced teas to boost your immunity or address health issues. Sipping iced teas throughout the day is a great way to reap the most health benefits from the herbs.

Include spices in your teas for added depth. Cinnamon, cloves, cardamom, allspice, and ginger are good bets.

Citrus enlivens almost any iced tea. Use fresh lemon or lime juice, slices, or peels, and/or granulated lemon.

Chill your serving glasses ahead of time, and prop a piece of fruit (a strawberry, lime, orange, or lemon slice) on the edge.

Add frozen fruit to your drink. Whole strawberries, raspberries, or blueberries are fun.

Add edible flowers (organic violets, nasturtiums, rose petals, and scented geraniums, for example) to your ice cubes.

Combine an herbal tea with your favorite black, green, white, or oolong tea—like Darjeeling and peppermint, Earl Grey and lemongrass, green tea and chamomile. Of course, all teas are delicious iced! (You may want to pour any left-over warm tea into a pitcher in the refrigerator to serve iced another time.)

To dissolve your sweetener, you can make a syrup by »»»cooking the honey or sugar in a bit of water (or juice) and stirring for a minute or two. Then add the syrup directly to the batch of sun tea, once brewed.

Serve herbal iced teas with complimentary treats, like lavender cakes or cardamom scones, anise cookies or gingersnaps.

Try this herbal iced tea recipe from your Co-op's Bulk Herbs Department, Aisle 1.

Citrus Hibiscus

THIS COLORFUL BEVERAGE BRINGS A VACATION ON THE BEACH TO MIND.

- 1 tsp. peppermint 2 cups water
- 1 tsp. rosehips 1 cup orange juice
- 1 tsp. orange peel 1 cup cold sparkling water
- 2 tsp. hibiscus 2 Tbsp. honey (or to taste)
- 2 tsp. lemongrass



1. Steep peppermint, rosehips, orange peel, hibiscus, and lemongrass in the two cups of water. Strain.
2. Add orange juice and refrigerate.
3. When ready to serve, pour over ice cubes and add a splash of sparkling water to each glass. Sweeten if desired.

Renovations News

New, improved Bulk Department shelving! You may have noticed there is also a new nut butter grinder in town. Fresh ground, almond butter is now available.

Don't see your favorite granola or package of dried fruit? Please ask a staff member — some bulk items have shifted a little.

Next up, Co-op Cafe renovations — a new service counter, updated self-serve bar, and a new cheese case! Let us know what you think about the renovations by filling out a comment card at Customer Service. Your opinion matters to us!



Learn about trees!

Become a Tree Tender to learn about urban forestry practices, tree biology and health, proper planting, pruning, and maintenance, and organizing tree plantings and tree care events. Tree Pittsburgh is offering three Tree Tender classes this summer:

September 15, 8am to 4pm

Western Pennsylvania Conservancy

800 Waterfront Drive, Washington's Landing

To pre-register or find out more, please visit <http://treepittsburgh.org/become-tree-tender>.

un-classified ads

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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.





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WHO WE ARE

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

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

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

MANAGEMENT TEAM

Justin Pizzella, **Operations Manager**
Jane Harter, **Administrative Manager/HR**
Tara Powers, **Marketing and Member Services Manager**
Allisyn Vincent-Skolnik, **Front End Manager**
Thomas Murphy and Amber Pertz, **Café Managers**

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THE CO-OPERATOR

Tara Powers, 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:

Tara Powers, 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.

STAFF NEWS

Employee of the Month

Congratulations to Dominic Vizzo who was chosen as the Co-op staff pick for July 2012 Employee-of-the-Month!



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

A. Since December 2011.

Q. What are your favorite things about working here?

A. The people are really nice and I like my job- working in the deli.

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

A. No, it's Perfect!

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

A. I felt kinda surprised.

DID YOU KNOW...

Step Eight in the Better Eating For Life Program is "Fit in Fun Foods?"!

Eating healthily doesn't have to mean feeling deprived. A healthy eating plan is balanced to allow for occasional and well-timed snacks and desserts. Instead of denying these foods, the Better Eating for Life Program focuses on eating consciously and mindfully, planning for these "fun" calories as part of a nutritionally balanced daily caloric intake.

Step Eight provides a convenient chart for budgeting how many calories, based on your optimum daily calories, you could use on fun foods each day. The packet also describes the smart ways to use your fun food calories without being taken in by misleading labeling and hidden fat and sugar calories, including those in alcohol. Some ideas are making French fries in the oven instead of frying them in fat, and mixing fruit juice with club soda for a fizzy refresher.

The Step Eight Better Eating for Life packet includes treat ideas under 100, 200 and 300 calories, as well as ways to burn additional calories so that you can enjoy more of the fun foods you like. Web resources are also part of this packet and other reading material on "no diet diets" and balanced eating is recommended.

You can find a new installment of Better Eating for Life at the Customer Service Desk each month. Previous months' installments are also available by request.

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

New Faces...

The Co-op welcomes new employee **Caldwell Linker**! Caldwell is the new Cheese Buyer — passionate about cheese and sustainability. Caldwell also loves photography, and has been documenting the queer and trans community for 15 years.

And congratulations to **Jackson Barlow-O'Connell** — he's been promoted to **Supplements Buyer**!

Welcome & Congratulations Staff members!

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End Food Co-op boards!

WE OWN IT-



August 2012 ... hot bar specials

sunday	monday	tuesday	wednesday	thursday	friday	saturday
			1 Burrito Bar	2 Baked Miso Tofu	3 Pizza Dairy & Vegan	4 Hoppin' John
5 Chef's Choice	6 Charmoula Seitan & Potatoes	7 Chickpea Curry	8 Indian Kitchen	9 Stuffed Cabbage	10 Pizza Dairy & Vegan	11 Cannellinis In Summer Tomato Ragu
12 Chef's Choice	13 Millet Vegetable Medley	14 Garden Vegetable Tofu	15 Sandwich Bar	16 Grandma Annie's Spinach Balls & Pasta	17 Pizza Dairy & Vegan	18 Quiche Loraine
19 Chef's Choice	20 Fanesca	21 Seitan Tagine w/ Prunes & Cinnamon	22 Taco Bar	23 Potato Dumplings	24 Pizza Dairy & Vegan	25 Mean Green Pasta
26 Chef's Choice	27 Mango Mojo Tempeh	28 Paelia a la Vegetarian	29 Mediterranean Bar	30 Ginger Cilantro Tofu & Kale	31 Pizza Dairy & Vegan	

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



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More at <http://social.un.org/coopsyear/>

Summer Workshops at the Co-op

Eat Local, America! Workshops

THURSDAYS IN AUGUST, 6:30PM

All FREE, just call 412-242-3598 to
reserve a spot!

August 2 - GARDENING: Need
tips on getting your garden ready for
Fall, (and keep it productive)? Join
Robert Madden from Garden Dreams
Urban Farm.

August 9 - FILM SCREENING: Vive la good food! Join us
for a screening of the French film, "Food Beware", about what
happens in once French town when organic food comes to the
school cafeteria.

August 16-PRESERVING: How do you preserve your sum-
mer harvest without canning? By fermenting, of course! Debo-
rah Uttenreither will show you how.

August 23-CHEESEMAKING: Sponsored by PASA, learn
how to make Middle Eastern cheese balls and quark from local
raw milk with Jackie Cleary from Aubrey Meadow Farm. This is
a beginner's class: focus is on dairy products easily replicated at
home with no expensive or specialized equipment. Take home
cheese-ready milk, recipes and ideas for making your home-
made cheese part of everyday meals. \$5 suggested donation.

August 30-POTLUCK!: Bring a dish made with your favorite
local ingredients, and share a meal with other shoppers who
have been participating in Eat Local, America! Events. Please
name your dish when you call to reserve. Prizes for most origi-
nal creation, and best dish using most local ingredients. Bring a
copy of your recipe if you can!

Learn more about co-ops joining in and going local around the
country at <http://strongertogether.coop/fresh-from-the-source/eat-local-america-celebrates-local-foods-2/>



**REDUCE
REUSE
RECYCLE**

Look for your CO-OP at these FREE upcoming events:

FRIDAY, AUGUST 10

Bike Fest Kick-Off Party

- Opera House in the Strip District

Your Co-op is sponsoring yet another bike-friendly fund-
raiser with Bike Pittsburgh for their Bike Fest Kick-off
party, showcasing local rides, advocacy and events. The
Co-op is partnering with Local Chef Kevin Sousa to provide
ingredients that he will be preparing for the VIP dinner at
the party, and we'll be donating a Cyclists' Fuel Gift Basket.

SATURDAY, AUGUST 18TH

Community Day at CJ

- Construction Junction in North Point Breeze

Our partners at Construction Junction are at it again, coor-
dinating a Community Day at their warehouse to encourage
reducing, recycling and reuse of various building materials.

SATURDAY, AUGUST 25TH

Run Around The Square

- Fern Hollow, Frick Park

Look for the Co-op table in the Hollow, we'll have some
refreshments and energy snacks for you. This year the race
will take place on Saturday, August 25, 2012. The 1.5 Mile
Fun Run/Walk will start at 8:15 a.m. The 5K Run will start
at 9:00 a.m. Dogs can participate in the 1.5 Mile race, too!

FRIDAY - SUNDAY, SEPTEMBER 21-23RD

Mother Earth News Fair

- Seven Springs, PA

We're collaborating with our partners at Pennsylvania
Association for Sustainable Agriculture to share informa-
tion about sustainable lifestyles and food practices. The
Seven Springs Fair features practical, hands-on workshops:
Renewable energy, Small-scale agriculture, Gardening,
Green building and more.

ONE MONTH,
TWO FLYERS,
LOTS OF GREAT
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FIRST FLYER RUNS FROM
WEDNESDAY, AUGUST 1 TO TUESDAY, AUGUST 21

SECOND FLYER RUNS FROM
WEDNESDAY, AUGUST 22 TO TUESDAY, SEPTEMBER 4

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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