

# 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 December 31, 2011. The next quarter goes from January 1, 2012 through March 31, 2012.

### BOARD OF DIRECTORS MONTHLY MEETING

ALL MEMBERS ARE WELCOME.

Check meeting times in store entrance for next meeting.

Check out the weekly deals for  
MEADE STREET MADNESS  
on our website:  
[www.eastendfood.coop](http://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 -GIFTS.....	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:

11/30 - 12/15 CO-OP DEALS  
12/16 - 1/3 CO-OP DEALS

### EAST END FOOD CO-OP

7516 MEADE STREET  
PITTSBURGH, PA 15208  
412-242-3598  
[www.eastendfood.coop](http://www.eastendfood.coop)

## 'Tis a Gift to be Simple

Co-op News Service

Voluntary simplicity is not a new concept — the term was coined by Richard Gregg in his 1936 book *The Value of Voluntary Simplicity* and popularized again by Duane Elgin in his 1981 book *Voluntary Simplicity*. But it's enjoying renewed interest, as people look for alternatives to consumption-driven lifestyles. Some are motivated by economic reasons, others by spiritual, social, and/or political concerns.

Voluntary simplicity means doing more with less, but it doesn't mean effortless or idle living. It is more self-sufficient living. It's a different lifestyle that requires a different kind of effort.

There are many possible ways in which voluntary simplicity could be integrated into our everyday lives. It might mean prioritizing family, friends, and community; living more frugally; respecting the environment; eating more healthily; and/or learning new 'do-it-yourself' skills. It's a purposeful approach to living that is founded on the belief that less external consumption can lead to a happier life. "The essence of voluntary simplicity is living in a way that is outwardly simple and inwardly rich," explains Elgin.

Voluntary simplicity needn't be an all-or-nothing proposition and the journey to greater simplicity can be as rewarding as the ends—even when that journey is imperfect, according to 'radical homemaker' Shannon Hayes. In her online article, "Moving from Envy to Inspiration," Hayes reflects on her family's successes and failures as well as their lack of having "mastered the lifestyle." Yet that doesn't dissuade Hayes and other voluntary simplicity advocates from their pursuit. And it needn't dissuade others from exploring it either, whether it be delving into it full-on or testing it out through baby steps.

Interested in trying out voluntary simplicity? Here are just a handful of possibilities to consider:

- **Increase your self-sufficiency.** This might be anything from putting up tomatoes or making curtains to beekeeping or installing your own solar panels. It often involves learning some new skills (like sewing, cooking or carpentry) that will enable you to do more for yourself and rely less on mass produced products or services. Becoming more self-sufficient can also reduce your carbon footprint and provide a sense of accomplishment and satisfaction.
- **Make do or do without.** Limit your material possessions and use of resources by

asking yourself if you really need something before buying it. Think about alternatives that are less costly and more eco-friendly (such as making a slipcover for an old couch instead of buying a new one or hanging out your laundry instead of running the dryer). When you do purchase items, look for items that are beautiful and have long-lasting value (quality vs. quantity) — handcrafted, rather than mass-produced, for example.

Doing with less can help de-clutter your life, too (if you haven't jumped on the de-clutter bandwagon, now's as good a time as ever).

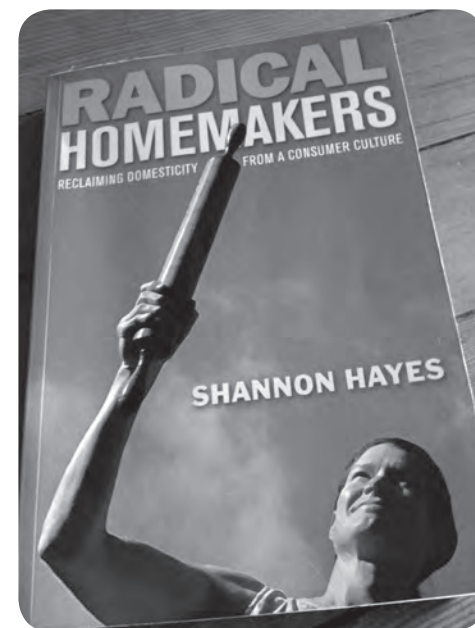
- **Eat more healthily.** For some people, living more simply means choosing more whole foods and fewer processed foods. Your local co-op and farmers market are good resources for finding food that's fresh, whole, local, and organic — food that's healthful and that helps support sustainable food producers as well as the local economy.

You don't have to cook every morsel from scratch, either. Picking up a loaf of freshly baked whole grain bread at the bakery counter is a tasty alternative to factory produced bread, for example.

- **Cut your debts.** Living debt-free is a goal of many people, whether they are thinking about it as voluntary simplicity or not. Not only will living within, or better yet, under your means increase your financial security; it can also decrease stress. This doesn't mean living a Spartan life. Driving an older but functional car rather than the latest model (or walking, bicycling, and using public transportation) is one example of a lifestyle change that might contribute to greater financial freedom. Another would be downsizing your housing or even your wardrobe (small changes add up!).
- **Join a network or interest group.** Some communities have regular meetings to discuss the topic and explore ways to live a life of voluntary simplicity. You may want to start your own group, in fact, if none exists in your area. Your local co-op might be a good place to meet people who may be interested.

voluntary  
simplicity

To learn more about voluntary simplicity, check out:



### ► Radical Homemakers Website

Shannon Hayes, author of the book *Radical Homemakers* (Left to Write Press, 2010), fuels a quiet revolution, changing the world by "reclaiming control of home and hearth." Find her collection of articles, news, and resources at: <http://radicalhomemakers.com/>

### ► Simple Living with Wanda Urbanska

Host of the PBS series on simple living, Urbanska offers a "Simple Living" newsletter as well as books with related themes. Visit: <http://www.simplelivingtv.net/>

### ► Simple Mom Website

Tsh Oxenreider, author of the book *Organized Simplicity* (Betterway Home, 2010) and contributing bloggers provide tips for homemaking, parenting, cooking, working from home, and more. See: <http://simplemom.net/>

### ► Voluntary Simplicity: Toward a Way of Life that is Outwardly Simple, Inwardly Rich by Duane Elgin (Quill, 1998).

This classic provides a solid base for understanding and appreciating the concepts behind the movement. Elgin also has a website: <http://www.duaneelgin.com>.

### ► Other titles of interest from the Co-op's shelves:

*Made From Scratch* by Jenna Woginrich  
*The Value of Nothing* by Raj Patel

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. Check meeting times in store entrance for next meeting.



WE OWN IT - CO-OP

Dated Materials — DO NOT DELAY

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

[www.eastendfood.coop](http://www.eastendfood.coop)



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▲ Rob Baran,  
General Manager

## rob's corner

Hello folks in member land. I've got a couple of things for you to know. Let's start with the upcoming remodel.

Many of you may remember we planned out a perimeter store remodel late last year that would have improved and grown the key categories where our core values live the most. These are the values that you said you wanted us to focus on from our long-term strategic planning process last year; healthy, local, sustainable, and organic. Those core values live the most in perishables, bulks, produce, meat, and Café/Deli. Those have also been the departments growing the fastest in recent years. Because we only plan to be in our present location another 5 or 6 years, the remodel has to be able to pay for itself from increased sales in the next 2 or 3 years for it to make sense. This is the primary constraining factor of the work.

Last year our previous Operations Manager Joe Coley (guided by me) did much of the work on the project. When Joe left suddenly at the end of the year, I found that the level of detail in the plan was not strong enough to ensure a construction process that would prevent many of the recurring problems we had with previous remodels in 2000, 2003, and 2006. At that point I decided it was best to wait until we hired a new Operations Manager to finish the planning in a quality fashion.

Late last spring we hired Justin Pizzella as our new Operations Manager. In addition to having a great understanding of the natural foods industry, Justin is a natural at store development. His first job after graduating from CMU was as a construction estimator for the Dick Corporation. After doing that for several years, he got into retail category management, and then spent the last several years building stores for Fisher Scientific. So as far as having someone in-house to run a quality remodel process, we hit the jackpot!

In October we got approval from the Board to move forward with a larger \$400,000 remodel, which will now include improvements to the Front End, as well as the HBA/Supplements isles. In past work, we have had many issues with contractors work in the store seriously disrupting the ability of our members to shop for what they need. This time around we have chosen one of the best in the region, Fazio Mechanical Services to do the work. Fazio handles the new store and remodel work for our two largest competitors, and specializes in keeping a store functional for shoppers while the work is being completed. Much of the construction will be done over-night, and barriers will be put up around construction sites to keep the store functional and friendly to shop. Work begins in December (our 2nd slowest month) and will continue through February as we complete the remodel in several stages to minimize your inconvenience. The toughest part will probably be when we have to close the Café/Deli for several days. We feel this remodel will significantly improve your shopping experience by increasing capacity and improving operations throughout the Co-op.

And let's be honest, the old store needs spruced up a bit before we begin serious work on a 2nd location. I can't wait to see what it looks like!

Next is a review of the Member Bonus Discount benefit. As you know, June was our last Member Extra Discount Day (MEDD). Changing MEDD was not an easy decision, and one I had avoided for years in the face of numerous member complaints. The decision was driven by some very specific things: falling participation levels, persistent member complaints over a half decade that this benefit did not work for many of you and was undemocratic, and the difficulty we as an organization and staff had serving your needs during a day we would try to be 3 times bigger than we were. As you have told us, we know that some of you reading this article strongly disagree with our decision, and feel MEDD was a great benefit the way it was. We also know that for every complaint we received about this change, we got about 3 positive comments from members who were very pleased with the new Member Bonus.

Ultimately, we do our best to serve the membership as a whole, and it was very clear MEDD was not working for the majority of the membership. This change was the best way we could come up with to improve the system for the majority of members who were not happy.

At the heart of the problem, or lingering, is the belief by some the Co-op should make member day available to every member every month. Here is some data from our financial records to help understand the situation fully. Keep in mind our first quarter runs July through September.

Last year in the first quarter, we had an average of 705 members shopping MEDD (most of which were repeat shoppers) at the cost of \$21,500 in discounts given. In the first quarter this year we had 2440 members utilize the new Member Bonus Day benefit at the cost of \$23,200 in discounts given. We succeeded in accomplishing our goal of making MEDD a more democratic process for our members and close to a majority of the active membership utilized the benefit, as opposed to an average a little below 15% last year. I know this is still a tough pill to swallow for some; however a much higher percentage of the membership is now using the benefit and it is now a much more equitable process for the Co-op as a whole.

If we had made the Member Bonus Day a monthly benefit as many desired, at the new participation rates, Co-op quarterly costs could have increased from \$21,500 last year to \$69,000 this year. That would not have been sustainable, especially given that we made about \$3,000 profit during this first summer quarter. In closing, if we had made Member Bonus Day a monthly benefit and not raised prices across the board (which we did not want to do), we could have lost close to \$50,000 in the first quarter; food for thought.

## member services message

# WINTERFEST 2011

SATURDAY, DECEMBER 17

6:30-8:30PM

JEWISH COMMUNITY CENTER IN SQUIRREL HILL  
LEVINSON HALL OF THE IRENE KAUFMANN BUILDING  
USE DARLINGTON ROAD ENTRANCE.  
PARKING AT 5738 FORBES AVENUE, PITTSBURGH, PA 15217

LIVE, TRADITIONAL IRISH MUSIC BY BURY THE CABBAGE ([www.burythecabbage.com](http://www.burythecabbage.com))  
VEGAN AND VEGETARIAN FOOD, BEER FROM EAST END BREWING  
AND LOCAL APPLE CIDER  
SWEET TREATS FOR ALL (EVEN GLUTEN-FREE)  
LIVE MUSIC AND DOOR PRIZES—

INCLUDING A BACKYARD RAIN BARREL COURTESY OF STORMWORKS,  
GIFT CERTIFICATES TO GARDEN DREAMS URBAN FARM AND NURSERY

LEARN MORE ABOUT THE 2012 YEAR OF COOPERATIVES AND PARTICIPATE IN OUR CO-OP  
"VIDEO BOOTH"—AND LET US KNOW HOW YOU BELONG AT YOUR CO-OP!

JUST A \$8 DONATION FOR MEMBERS, AND \$15 DONATION FOR THE PUBLIC  
(KIDS UNDER 12 ARE FREE).

BENEFITS THE COOPERATIVE FUND FOR HURRICANE IRENE

## PLEASE JOIN US!

DISCLAIMER: THIS EVENT IS NOT SPONSORED BY THE JEWISH COMMUNITY CENTER OF GREATER PITTSBURGH.

## You CAN cancel your bulk mail!

A conversation that we love to have over and over with new Black and Gold City Goes Green participants is about their mail. We're none too surprised when neighbors tell us that they never even knew that their bulk mail could be cancelled – they've always just assumed that they would eternally have information on holiday sales and credit card offers in their mailbox.

We understand. There are so many different kinds of bulk mailings that it's difficult to map out a plan of action. But taking action is important – the Postal Service says that bulk mail accounts for over 100 billion pieces of mail each year and 6.5 million tons of paper, so it has a huge environmental impact. It takes a little effort, but there are ways to cut your mail load.

- Advertising mail. Cancel a large portion of bulk mail by signing on to **DMA-Choice.org**. It's free, easy, and convenient – you can pick what mail you want to receive and cancel the rest. Expect a two- to three-month grace period before mailings stop.
- Credit card offers. If you're lucky enough to get tons of pre-approved credit card offers, visit **www.optout-prescreen.com** to securely clear your name. Sleep better knowing that your personal information is a little safer.
- Bills and bank statements. We wish we could give you a way to stop these

altogether - especially the bills! But you can contact your financial institution and your creditors about switching to paperless e-billing, which will also help you keep your personal information, well, personal.

- Catalogs. A great new service that makes cancelling catalogs easy is **www.catalogchoice.org**. This organization has worked with the Natural Resources Defense Council and the National Wildlife Federation and will cancel only the catalogs you don't want.

- Local and other mailings. These mailings may take some research and persistence but can keep you from receiving so many promotional materials week after week. Locate a number on the mailing or find a customer service number online to contact (mailers such as Publisher's Clearinghouse have readily available service numbers). Keep your mailing handy, as customer service may need your customer number or whatever crazy variation of your name that they have on file.

On average, cancelling your bulk mail saves 40 pounds of heat-trapping gases per year. Pass this information along to family and friends to help them make the change to a more secure, less cluttered, and much more environmentally happy mailbox.

Remember to report your actions at **www.theBlackandGoldCityGoesGreen.com**. Every action adds up to make a big difference!



# REDUCE, REUSE, RECYCLE





## 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



## Letter to the Editor

We love handwritten notes—especially when they are written on homemade art cards. **Virginia McBurney** took the time to respond to last month's **Black and Gold City Goes Green** article about tree planting. Her letter was written on a note card on which she'd drawn acorns and oak leaves.

Thank you, Virginia!

## Here is her advice:

- Plant fruit and nut trees—it's a double purpose: environmental gain and food. We moved here to an empty lot—only grass. After our house was put on the lot, I suggested to my husband that after he determined the size of his garden, we put in fruit trees. Not flowering pear or the like. The real fruit trees also flower, but also produce food. Fruit vines and bushes can also replace plain flowering bushes.
- Being raised during the depression taught us to gather all the food we could on our farm, and canning was very important. Freezing and dehydrating are now very important, also.
- Even vegetables and herbs can be planted in porch boxes, where land is very limited, or you live in the city. Try to be self-sufficient. Get outside and enjoy God's wonderful creation and opportunities to grow food.

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

# book review

SNUGGLING UP WITH SOME GOOD BOOKS FOR THE KIDS...

## A compilation of offerings from the Co-op's ever growing collection.

by Claire Westbrook

In my most recent perusing of the Co-op's book shelves, I was delighted with the number of titles that popped out at me for the kids. I decided to have a go with about a dozen of them and found, to my surprise, that some of the books that I thought I'd read already with my kids, I actually hadn't. I was delighted to discover that some of my favorites were in the mix, as well.

Of all the books I've read, William Steig's **Pete's a Pizza** is the one that I found the most charming. Having a two year old that loves to act out a book, I haven't quite steeled myself to actually getting this one because it's really about making little Pete into a pizza (without the real ingredients, but with amusing substitutes). For those of you interested in carrying on a little more with all things Italian, the classic **Strega Nona** by Tomie De Paola is not to be ignored, since everyone loves lots of pasta, right? Well, maybe not as much as when Strega's new helper Big Anthony gets involved. But a magic pasta pot is something I wouldn't mind having for myself!

And while I'm on the topic of classics, two of Margaret Wise Brown's books are available with their whimsical illustrations by Clement Hurd that many of us are familiar

with: **Goodnight Moon** and **The Runaway Bunny**. Admittedly, **Goodnight Moon** has been a hit with my girls, but **The Runaway Bunny** hasn't quite impacted my little one as much, as I think it's put her off a bit with the illustrations. I mean, even I'm a little unsettled by the images of mama and baby bunny transforming into various things in their relentless game of chase.

For those of you who've got multiple children a really nice book of games by Josette & Ba Luvmour titled **Everybody Wins** can make indoor wintry days more enjoyable with activities like Spaghetti and Blow the Ball, along with countless others. Or if you have kids that need a little gentle nudging on, oh, getting a grasp on reality let's say, then there are quite a few selections to help make growing up not quite so painful. **Fun Is a Feeling** by Chara Curtis and **I Like Me** by Nancy Carlson both serve to remind the young reader that life is what you make of it and even if they don't quite get it, the pictures throughout both books are encouraging and lovely to look at.

In the more dramatic arena are three works that vary rather significantly in imagery, but nevertheless have compelling messages to convey: **The Lorax** by Dr. Seuss,

**The Bear That Heard Crying** by Natalie Kinsey-Warnock, and **Born with a Bang: The Universe Tells Our Cosmic Story** by Jennifer Morgan. Granted, Dr. Seuss books don't rank super high in my house because my older daughter and I just found them too—well, not sure what—but with the message of taking care of the 99% in the world more or less screaming from every page, it's hard not to have a warmer place in my heart for this much beloved author. **The Bear That Heard Crying** is a story based on a true event of a little girl who gets lost in the woods near her home and is seemingly protected by a bear for the duration of the time that search parties are looking for her without any injury until she is found. And if that's not enough to get you off your seat and right down to the Co-op for stocking up on all these great reads, you'll no doubt be completely won over with the first of a three part series which is **Born With a Bang**. I personally don't have any struggles with my belief in where, or how, everything came into being, but for anyone who's trying to convey the message to a child of how things came to be, well then, this is the book for you!

Happy reading.

# board corner

## 2011 Annual Meeting and Nominations and Elections update

by Mark Frey, Chair, Nominations and Elections Committee

### ANNUAL MEETING

The East-End Food Co-op's 2011 Annual Meeting was held Saturday, October 15th at Montage Interior Design Gallery. The meeting began with time to enjoy both the unique space provided by Montage and the delicious vegetarian fare catered by the co-op's cafe. The meeting was called to order at 5:30, and the current Board of Directors introduced themselves to the approximately 50 people in attendance.

The meeting began by approving

the minutes of the 2010 Annual Meeting, which passed by a vote of 29 for, 0 against, and 5 abstaining among the member-owners in attendance.

The six Board of Directors candidates in attendance — Christine Allen, Cortney Seltman, Dennis Schauer, Jason Vallozzi, William Walker, and Jack English — each took a moment to introduce themselves and their vision for the Board and the Co-op.

Board President Torey Verts delivered the Board's report, touching on the Co-op's work with consultants

with regard to expansion planning, bylaws work in paving the way for a new store legally and financially, deliberation regarding a refresh of the current store, as well as plans for the future.

Board Secretary Sarah Aerni discussed the proposed changes to the bylaws and reincorporation of the Co-op in the Commonwealth of Pennsylvania, as well as the work that went into researching and drafting

— Continued on page 8

# THE FOOD YOU EAT

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



by Thomas Murphy, Café Manager

This recipe has been handed down through the generations and ended up in the hands of a vegetarian and beer buff. The result is the best stew this side of the pond. Perfect for sharing at raucous holiday bashes, or family get-togethers of all kinds.

### The famous, The Infamous -- Murphy's Drunken Seitan Stew

#### THE INGREDIENTS

You can use prepackaged seitan if making your own scares you. I recommend preparing it yourself. This allows you to customize the flavor of the seitan for an Irish- style stew.

#### SEITAN STOCK

- 3 cups water
- 1/2 cup tamari soy sauce

#### SEITAN

- 1/2 pound vital wheat gluten
- 1 Tablespoon onion powder
- 1 Tablespoon garlic powder
- 1 Teaspoon black pepper
- 1 Tablespoon tarragon
- 8 ounces of the beer
- 1/4 cup tamari soy sauce



1. Combine water and tamari in a pot and bring to a simmer
2. Combine all dry ingredients in a bowl
3. Combine the beer and soy sauce in a picture
4. Form a well in the middle of the dry ingredients slowly add the
5. Slowly add the water tamari mix to the dry ingredients stirring to
6. Incorporate try not to over mix because the dough becomes chewy
7. But be sure to get everything incorporated
8. Let rest 15 min then cut and put in tamari water and simmer for 30 to 45 or until a meaty texture
9. Drain the seitan and when cool enough cube the seitan.

- |   |                              |
|---|------------------------------|
| 4 medium sized potatoes washed and cubed  | 1/2 cup soy sauce            |
| 2 yellow onions medium diced  | 1/4 cup Worcestershire sauce |
| 1/4 cup olive oil   | 4 Tablespoons minced garlic  |
| 1 cup green peas (frozen work just great)   | 1 tablespoon thyme           |
| 4 large carrots peeled and chopped into half moon slices                                  | 2 Tablespoons Tarragon       |
| 24 ounces Samuel Smith Oatmeal Stout (Can be found at D's Six Pack Shop in Regent Square) | 2 teaspoons sea salt         |
|   | 1 teaspoon black pepper      |
|   | 1/2 cup chopped parsley      |

10. First prepare your seitan as instructed.
11. In large stock pot heat oil over medium heat.
12. Add garlic sauté for a couple minutes. Add onions and sauté until translucent. Add 4 cups beer and beer. Add rest of vegetables except for peas. Add rest of liquid and spices and bring close to boil.
13. Simmer until carrots and potatoes are tender. Add peas.
14. Make slurry with 4 cup arrowroot and 1/2 cup water. Add to stew to thicken.
15. Serve. Top with some fresh parsley and wash down with a nice stout.

## In for the Long Haul: Perennial Vegetables

By Hannah Reiff

Winter in Pittsburgh finds most gardens quiet under the snow. If you have asparagus planted however, you can look forward to tender stalks emerging in the spring before much else is growing. If winter finds you wrapped in a quilt with a mug of cider and seed catalogs, planning what you'd like to try growing next year, it's the perfect time to consider adding some perennial vegetables. Once established, perennials are less work for the gardener. If given enough space and a good site, they are stronger than annuals; their roots have had longer to build up nutrient stores and they are often able to withstand pest attack and drought. They require less time and maintenance than the planting, weeding, watering, fertilizing, pulling out and turning over soil that annual vegetable beds may require.

What do the terms **annual**, **biennial** and **perennial** mean? To clarify: annual plants live for one season. Some, such as arugula, are self seeders if allowed to flower, meaning they drop seed that will grow the following year. Biennials live for two years, beefing up their roots the first year and flowering the second; some are also self seeders. Parsley and most kales are biennials. Perennial plants come back year after year. Their deep roots protect and aerate the soil, and some can be divided after several years to create more plants. Both asparagus, which needs to strengthen its roots for a few years before it can be harvested, and chicory, which is harvested the first year, are examples of perennial vegetables.

I discovered perennial vegetables as a kid when my family moved from Michigan to California. We marveled at the size of the unusual, spiky, grey-green weeds in our backyard. My parents were the type to let wild plants grow as they may, so the weeds stayed. Imagine our surprise when the whole backyard erupted in artichokes. I became an instant fan of whoever had planted them and left them behind for us to enjoy. Perennial vegetables are here for the long haul, and there is meaning to be found in the commitment of adding something to the world that will produce food for many years to come.

#### FOUR COMMON PERENNIAL VEGETABLES

1. **Rhubarb** appears in records dating to 2700 AD China. The root was used medicinally for everything from the promotion of digestive health to its laxative properties and the stalk is now commonly used in pies and preserves. Grown from 1 year old crowns (roots) or seed, rhubarb is a tolerant, large plant that needs good drainage to avoid root rot. Quick growing arugula can be interplanted to utilize empty space while rhubarb becomes established. Don't eat the leaves; they are poisonous due to high levels of oxalic acid, which appears in lower amounts in many vegetables.

2. **Asparagus** appears in the oldest European collection of recipes, the 3rd Century Roman *De re coquinaria*. Asparagus plants are usually male or female; hybrid varieties are predominantly male, which are more productive. Crowns are planted into trenches and seedlings can be transplanted below soil level. The edible spears are shoots that when left unharvested, grow into tall, feathery ferns. Asparagus roots can stretch 10 feet underground, improving the soil structure, and can produce for 20 years.

3. **Sorrel** derives from a word meaning sour and adds lemony zing to salads, soup or sauce for fish and pasta. It has many medicinal uses and shares the roles of herb and vegetable depending on culture and locale; here in Wilkinsburg it is a favorite of neighborhood kids, who call it "sour leaf". The leaves contain a decent amount of oxalic acid, and should be used with caution by people with certain medical conditions such as rheumatoid arthritis. Hardy, easy to grow, and suited for deep pots, sorrel will produce more leaves if the flowers are removed when they appear and can be easily harvested the first year.

4. **Artichoke** is an antioxidant-rich thistle. The Greeks and Romans grew its relative, cardoon, in great abundance. The artichoke plant is quite large, with lovely, unusual, silver-grey foliage and produces a couple of edible flower buds per plant. As a tender perennial, in our local hardiness zones 5 and 6, it needs very thick mulch (think 2') to have a fighting chance for winter survival. Varieties such as Imperial Star produce artichokes the first year, while most varieties produce in the 2nd year.

Investigate perennial vegetables further by exploring the lesser known, easy to grow Chinese yam or water celery in Eric Toesmeier's book **Perennial Vegetables**. Patrick Whitefield's **Permaculture in a Nutshell** also contains helpful information and a chart of perennial and self seeding vegetables. Happy winter reading!

#### Garden Dreams Urban Farm & Nursery

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# IN YOUR COMMUNITY, ON YOUR PLANET

## the political shopper

By Eryn Hughes, Outreach Coordinator and Luke Ohlson, Member Services Coordinator

The Co-op is dedicated to upholding a “Triple Bottom Line” as part of our business practices. This means that we consider social, economic and ecological impacts of all our decisions. Meanwhile, not making a decision is also making a decision. From the in-store experience to the regional community impact, each decision lends itself to substantial research. When we talk about current issues like Marcellus Shale and GMOs and the effect on our health and our communities, it’s hard to delineate a food discussion from a political discussion. Just looking through the books available in our library or overhearing some of the discussions that go on in our aisles, one can see the way our political landscape is linked to our food landscape. While reaching out these last few weeks on behalf of your Co-op; there’s been an extended orientation with issues the Co-op has taken cause in, as well as timely political concern. Specifically, non-GMO month and Just Harvest’s labeling campaign, local farmers’ concern about Marcellus Shale drilling and even to some extent, the impact of Occupy movements across the country on our membership base.

In the film screening of “*The World Against Monsanto*,” it is shown that loads of PCBs have been contaminating the groundwater in the community of Aniston, Alabama, to a level of reckless hazard. Unlike the organic label, no government agency, certification group, or other independent entity defines the term “natural” on processed food packages or ensures that the claim has merit. While we provide signage throughout our store noting if produce is locally grown, organic, or gluten-free, our buyers make informed decisions about which distributors meet our criteria. **Look for the USDA certified organic label on our products in the store**, because the organic standards do not allow GMOs in certified organic foods. We also encourage you to contact



manufacturers directly with your concerns. In another effort towards transparency, we are also looking into highlighting partnerships with various local farmers and restaurants in upcoming events.

While tabling at the **Building Change Convergence**, it was apparent that many people felt there was an ironic cycle of dependence upon grants and funding from Marcellus Shale campaigns, designed to go back into the communities that are impacted, but do not address long-term environmental and economic impacts. For example, in discussing Marcellus Shale and its effect on local farmers, we have to take into account the fact that the reason why it may be more profitable for a farmer to contract out portions of their land rather than use it for food production may be because of the strong influence of agribusiness and large farms that rely on monoculture on the marketplace. We can’t discuss agribusiness without talking about a giant like Monsanto and the engineers of GMOs. The production of GMOs by agribusiness is made possible by lenient policing from governmental agencies. This lack of oversight of big business is one of the main issues of the Occupy movements happening around the country. At these same occupations, makeshift food kitchens are struggling to find local and organic food donations that are in line with many activists’ principles.

When we come into the Co-op throughout the week and see people waiting in line, checking out the hot bar, and reading and talking on their lunch break we can be — *Continued on page 7*

## NEW IN THE AISLES GIFT EDITION

### At Customer Service

#### East End Food Co-op Gift Certificates

Always a hit! They come in any amount, are good for up to a year after purchase, and we’ll even throw in a decorative envelope.

### Aisle 2

#### Cherry Valley Organics Herbal Teas

Locally -made, packed in decorative paper containers, 100% organic—what could make a better gift? Flavors include Happy Blend and Pineapple Sage & Rosemary.



#### Divine and Equal Exchange Fair Trade Chocolates

Pick out a selection of dark or milk chocolate bars from these two top-notch chocolate companies. Fairly traded cocoa, delectable flavors, classy packaging=great gift. Wrap three or four up with a bow, no further gift wrapping needed.

### Aisle 3

#### Natural Sweetener Sampler

How about a bag of local, natural sweeteners tempting enough to sway the biggest skeptic? Maxim Berry Farm Pure Pennsylvania Maple Syrup, Maple Valley Farms Orange Blossom Honey, and Latimore Farms Organic Raspberry Syrup—for breakfast, tea time, baking, or anytime.

### Aisle 4

#### Enviro Products Water Filters

Got some practical folks on your list? Give them the gift of water free from lead and other contaminants year round. Enviro 10 Stage water and shower filters say ‘Happy Holiday’ the natural way.

### Aisle 5

#### Aura Cacia Aromatherapy Bubble Bath

Everyone deserves a relaxing bubble bath! This one is the real deal, with quality aromatherapy oils and natural ingredients. Get taken away by Lavender Harvest or Tranquility.

### At the Registers

#### TABLE Magazine

Pick one up at the registers and then give a subscription for the whole year to the local foodie on your list. Each issue is packed with recipes, features and tips for great eating and food appreciating, all with a local twist.

#### Ananse Village Market Baskets

Large and small grass baskets made by Fair Trade artisans in northern Ghana. Fill it up with fresh, organic fruit from the Produce Department for the ultimate gift basket!



#### Pittsburgh Dining Cards

\$10 off coupons for 50 local restaurants—only \$20! You do the math. Support local restaurants, eat well, and be popular with your friends when you get them a deck, too

## Community Healing for the Winter SOULstice

by Heath Papinchak

### Salutations to all Beings!

Wholistic healing deals with more than recovering from illness. It cultivates an awareness of the subtle energetics that influence our health and quality of life. This type of healing is about an individually-tailored, balanced integration of the heart, mind, body, and spirit. The wholistic journey involves the embracing of each moment’s potential for integration and healthfulness. It is a matter of aligning with our body’s inner wisdom to create wellbeing.

Generally speaking, the wholistic perspective holds that ‘dis-ease’ originates from an unhealthy flow of energy in heart, body, mind, and/or spirit. Energy may be blocked due to poor diet, repressed emotions, non-acceptance of what is, mental suffering, lack of integrity, or misuse of energy, among other reasons. Various healing modalities can adjust energy flow and, in doing this, allows the body’s wisdom to create a healthier states of being. Some Asian bodywork techniques, for example, acupressure/puncture, Reiki and, Shiatsu, focus on the healthy flow of life force energy, or “qi.”

Aside from bodywork, other powerful healing methods include reflection and intention crafting. Reflection and intention crafting can be of use during any season of life. However, the darkening of the days and coldness of our winter encourage inward movement. Dark times summon us to investigate our relationships our shadows, to forgive ourselves and others, and to nurture ourselves in a healing way. Reflection can provide a pathway into crafting intentions for the future with a sense of empowerment.

These efforts can provide us with great personal insight. We might ask ourselves questions: How have I arrived here?; Who am I now?; Where I am heading? Looking at our challenges, supports joys and sorrows and aids in our realization. These efforts are about taking responsibility for our lives, in order to better love ourselves, our families, our communities, and our world. Through our reflections and intentions, we create our own life story. This process yields understanding of our individual, community, and cosmological evolution.

Inspired by the season, Co-op members **Heath Papinchak** and **Lindsay Papinchak**, along with **Becky Bickford**, are offering a **free Community Healing for Winter SOULstice, to encourage the quieting of minds, grounding of bodies, and opening of hearts**. The facilitators will offer support with reflection, intention crafting, health promotion, and emotional care. The following modalities will be called upon to provide care — life modeling technique, qi gong, Reiki, acupressure, and loving-kindness meditation.

## Community Healing for Winter SOULstice

Carnegie Library Squirrel Hill — Meeting Room A

Thursday, December 15 — 12:30 pm to 5pm

This event is neither sponsored nor endorsed by  
Carnegie Library of Pittsburgh.

Becky is a yoga teacher, Reiki practitioner, and West African dance performer and teacher. Lindsay is an emotional worker and intuitive. Heath is an aspiring homebirth midwife, doula, Asian body therapy practitioner, and environmental public health specialist.

For inquiries please contact Heath Papinchak at 412-722-9050 or [hpapinchak@gmail.com](mailto:hpapinchak@gmail.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

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**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

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**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. Murrysburg, PA 15668, 724-327-5604.

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Rob Baran

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Sarah Aerni, **Secretary** '13

Guy Miller '12

Mike Collura, **Treasurer** '13

Mark Frey '12

Dirk Kalp '12

Courtney Seltman '14

Christine Allen '14

Dennis Schauer '14

Torey Verts, **President** '13

### WHO WE ARE

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

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

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

### MANAGEMENT TEAM

Rob Baran, **General Manager**

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](http://www.eastendfood.coop)  
[memberservices@eastendfood.coop](mailto:memberservices@eastendfood.coop)



# 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](mailto: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.

## HOLIDAY HOURS

DECEMBER 17  
WINTERFEST CELEBRATION  
STORE CLOSSES 7 PM  
CAFÉ CLOSSES 6:30 PM

DECEMBER 24  
STORE CLOSSES 5 PM  
CAFÉ CLOSED

DECEMBER 25  
STORE AND CAFÉ CLOSED

DECEMBER 31  
STORES CLOSSES 7 PM  
CAFÉ CLOSSES 6:30 PM

JANUARY 1  
STORE AND CAFÉ CLOSED

## STAFF NEWS

### NEW HIRES...

**Rachel Halder, Co-op Café**—Rachel helped start a women's cooperative in Chimbote, Peru. She loves travel, photography, art and writing—and her family means the world to her.

**Christopher Joy, Front End**—Christopher reads a lot and enjoys travel when time and funds permit. He spends a lot of time with friends and family.

**Rebecca Kiernan, Front End**—Rebecca recently moved to Pittsburgh after working for a year in Indonesia where she worked with volcano victims. She enjoys photography, cooking and environmental activities, and hopes to get a degree in public policy.

**Vincent Rose, Stockroom**—Vince has shopped at the Co-op for years, and believes in its mission. He enjoys remodeling his house, and it takes up a fair amount of time.

**Christian Stahl, Stockroom**—Christian worked at a local library or many years, and is an avid reader and lover of music.

Welcome, all!

## Employee of the Month

Interview with **Dan McCaffrey**, Co-op's Employee of the Month for October 2011, written by Anne Johnson



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

**A.** Approximately 2 ½ months

**Q.** What are your favorite things about working here?

**A.** The diversity, character and work ethic of my co-workers.

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

**A.** Yes, change is the only constant, and I only want to go forward.

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

**A.** Grateful and surprised. To be honest, I was feeling a little depressed about not winning one of those Nobel things so this award came at a really good time.

Recipes, stories and  
Co-op community are  
available to you at

[www.strongertogether.coop](http://www.strongertogether.coop)

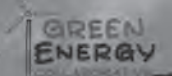
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\* According to the PA Power Switch website (11/15/11). Not including introductory offers.

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

## DID YOU KNOW...

The Twelfth and Final Step in the **Better Eating for Life Series** is "Plan to Succeed the Better Eating for Life Way"?

Over the last year we have offered the Better Eating for Life packets through the Customer Service desk. Each packet includes health eating tips, nutritional information and recipes.

The last installment pulls all of the previous information together so that you can succeed in making small changes over time.

Shopping tips based on the updated food pyramid, meal planning, and tips for dining out are just some of the topics covered. Fitness activities and goals are also discussed.

Web resources and cookbook suggestions round out the information in the packet.

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.

Starting in January 2012, we will again offer the Better Eating for Life packets, starting from the beginning.

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and

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— Continued from page 5

comforted by knowing a community exists that shares many of the same concerns. If we can't agree on every element of our political philosophies it's nice to know that food, and in our case mutual ownership of our food source, can be a place of common ground.

And while we may not think of it, the action of shopping in a space like the Co-op is a choice that values our environment and our community.

As a cooperative, we are committed to serving our member needs while supporting your right to make your own purchase decisions. We are interested in hearing your views on this issue. Please contact us if you'd like to share your opinions — our research is ongoing: [ehughes@eastendfood.coop](mailto:ehughes@eastendfood.coop) and [lohlson@eastendfood.coop](mailto:lohlson@eastendfood.coop)

**Glenn Greene's stained glass**  
will be featured in the  
Co-op Café seating area  
through the end of December—

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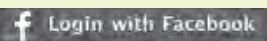
# BULLETIN BOARD



## NEW MEMBER BONUS QUARTER: thru DEC 31, 2011

**Don't forget to get your  
10% OFF discount on the  
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**The next quarter goes  
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community happenings!



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

**WE OWN IT-**



## December 2011 ... hot bar specials

sunday monday tuesday wednesday thursday friday saturday

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!

4 Chef's Choice	5 Gumbo	6 Tea simmered Chickpeas	7 Indian Kitchen	8 Tofu Thai Pumpkin Curry	9 Pizza Dairy & Vegan	10 Sweet & Spicy Tofu
11 Chef's Choice	12 Eggplant and Chick pea Stew	13 Tempeh Tagine	14 Middle Eastern Kitchen	15 Seitan Wings	16 Pizza Dairy & Vegan	17 Sesame Honey with Quinoa
18 Chef's Choice	19 Baked Chili and Cornbread	20 Tofu Loaf and Mashed Potatoes	21 Country Kitchen	22 Brown Sugar & Cider Glazed "Seit-Ham"	23 Pizza Dairy & Vegan	24 Closed for Christmas EVE
25 Closed for Christmas	26 Scallion and Red Pepper Quesadillas	27 Beer Braised Brats w/ Caraway Mashed Potatoes	28 Pittsburgh Kitchen	29 Seitan Stout Stew	30 Pizza Dairy & Vegan	31 Hoppin' John

## 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**

## fall classes

**TUESDAY, DECEMBER 13, 7PM**

### Stay Balanced For the Holidays

With Deborah Uttenreither

The holidays seem to speed up our lives and for some of us they seem to take a toll on our relationships, diets and health. This class will explore some tips and techniques that will help to eliminate some of the hustle, bustle and stress keeping us more balanced and focused.

## board corner, continued from page 3

these changes. The changes will allow for member loans to aid in financing expansion, which were not allowed by the previous Articles of Incorporation and bylaws.

Mike Collura, Board Treasurer, provided a report of the financial condition of the Co-op, including performance for the past year. Our financial condition is healthy, and the bylaws changes will allow for co-op members to individually fund an expansion project and earn interest on their investments, as opposed to the Co-op paying interest on a bank loan.

General Manager Rob Baran delivered the GM report, touching on the fact that it was a very financially successful year for the Co-op, paving the way for a second store as soon as 2013. Rob outlined the Co-op's outstanding productivity gains over the past year. He also touched on the Co-op's outreach and involvement with local communities and organizations, including Food is Elementary and Bridging the Busway. Rob spoke about Pittsburgh Food Policy Council, another group the Co-op is involved with, and the challenges of trying to energize the business community around being more sustainable, especially with food.

This year's guest speaker was Dr. Audrey Murrell of the University of Pittsburgh's David Berg Center for Ethics and Leadership, part of the Katz Graduate School of Business and College of Business Administration at the University of Pittsburgh. She presented on the social and policy implications of Food Deserts. A Food Des-

ert is defined as an area that has high rates of food insecurity due to limited access to affordable and nutritious food. Dr. Murrell started looking for tools to consolidate information on these areas into something universal and understandable, and created the Food Abundance Index, which takes into account access, diversity, quality, density and affordability of healthy food within a geographic area.

### BOARD OF DIRECTORS ELECTION

The election results were too close to call at the Annual Meeting. All valid ballots were subject to separate recounts by Mark Frey and Sarah Aerni, as well as a side-by-side joint recount. Subsequent to the announcement of the candidates and release of the ballots, candidate Ken Krynski withdrew his candidacy for the Board of Directors. Upon announcement of the voting totals (and the tie for the third Board seat), candidate Jack English also withdrew his candidacy. Final counts for the three open Board seats were as follows: **Cortney Seltman (225)**, **Christine Allen (141)**, **Dennis Schauer (112)**, William Walker (85) and Jason Vallozzi (74), with Ken Krynski (146) and Jack English (112) withdrawn, and write-in votes for Dan Denlinger (1) and Jeff Wagner (1). The Board welcomes Cortney Seltman, Christine Allen, and Dennis Schauer to terms through 2014.

### BYLAWS INITIATIVE

The changes to the bylaws of the EEFC were approved by a margin of 284 for to 20 against, with 37 abstaining.

## WINTERFEST 2011

**SATURDAY, DECEMBER 17 6:30-8:30PM**

JEWISH COMMUNITY CENTER IN SQUIRREL HILL  
LEVINSON HALL OF THE IRENE KAUFMANN BUILDING  
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DISCLAIMER: THIS EVENT IS NOT SPONSORED BY THE JEWISH COMMUNITY CENTER OF GREATER PITTSBURGH.

## ONE MONTH, TWO FLYERS, LOTS OF GREAT DEALS!

FIRST FLYER RUNS FROM  
**WEDNESDAY, NOVEMBER 30**  
TO **TUESDAY, DECEMBER 13**

SECOND FLYER RUNS FROM  
**WEDNESDAY, DECEMBER 14**  
TO **TUESDAY, JANUARY 3**

AND DON'T FORGET  
ABOUT

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TEN NEW ITEMS EACH WEEK,  
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