

The Co-operator

The monthly newsletter of the East End Food Co-op / Pittsburgh, PA



Celebrate Local Foods in September - and Every Day!

by Leah Smith and Alissa Matthews of Pennsylvania Association For Sustainable Agriculture

This is the season for cookouts, family gatherings, and finding creative ways to beat the heat. Did you realize that all the ingredients you need for your next get-together are produced right here in Western Pennsylvania? Now that’s something to celebrate! Join Pennsylvania Association for Sustainable Agriculture (PASA) and the Buy Fresh Buy Local® program for our eighth annual celebration of Local Food Month in Western Pennsylvania this September!

Local Food Month will include events for the whole family to explore and connect with the region’s vast agrarian offerings and help you get to know the farmers who grow your food. There is something for everyone, with programs and events to explore backyard gardening, homesteading, and cooking with sustainable ingredients, along with connecting to local farms in the region. Local Food Month will help you and your family to appreciate and understand what it takes to bring your meals from the farmers’ fields to your fork, with plenty of opportunities to eat delicious food and have fun along the way!

Upcoming Events

PASA and the Greater Pittsburgh Community Food Bank are organizing a Harvest for the

Hungry series of events at Pittsburgh-area farmers markets. You can also meet up with PASA at the 2013 Mother Earth News Fair in Seven Springs September 20-22. The Mother Earth News Fair is a fun-filled, family-oriented event featuring practical, hands-on demos and workshops on organic gardening, renewable energy, modern homesteading, and more. PASA will be hosting a stage all weekend, with workshops presented by our members on topics ranging from raising pastured poultry to using plants for healing.

Your Co-op will be joining us at Mother Earth News Fair on Saturday, September 21st. They also have a number of other activities planned in celebration of Local Food Month. The event programming for in-store events this September will focus on local foods and suppliers; best of all, the events are free and open to the public. Check out page 8 to learn more about your Co-op’s calendar of events and join both of our organizations in supporting local food all month long!

Buy Fresh Buy Local Every Day for Our Sustainable Future

Buying your food locally is good for your local economy, family farmers, your family’s health,

and the environment - not to mention how delicious fresh, local food tastes! Following are just a few of the many benefits of buying locally grown food.

Exceptional taste and freshness. Local food is fresher and tastes better than food shipped long distances from other states or countries. Local farmers can offer produce varieties bred for taste and freshness rather than for shipping and long shelf life.

Strengthen your local economy. Buying local food keeps your dollars circulating in your community. Getting to know the farmers who grow your food builds relationships based on understanding and trust, which contributes to strong communities.

Support endangered family farms. There’s never been a more critical time to support your farming neighbors. With each local food purchase, you ensure that more of your money spent on food goes to the farmer.

Safeguard your family’s health. Knowing where your food comes from and how it is grown or raised enables you to choose safe food from farmers who avoid or reduce their use of

chemicals, pesticides, hormones, antibiotics, or genetically modified seed in their operations. Buy food from local farmers you trust.

Protect the environment. Local food doesn’t have to travel far. This reduces carbon dioxide emissions and packing materials. Buying local food also helps to make farming more profitable and selling farmland for development less attractive.

When you buy local food, you ensure that family farms in your community will continue to thrive, and that healthy, flavorful, plentiful food will be available for future generations. The time is ripe to taste the season’s best right here at home! For more information about Local Food Month, please visit www.buylocalpa.org.



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CO-OP DEALS FLYERS:

September 4 – September 17
September 18 – October 1

MEMBERS ONLY:

Be sure to use your 10% quarterly discount by September 30th!
The next quarter goes from October 1 – December 31.

BOARD OF DIRECTORS:

Please use the ballot inserted in this issue to vote in the Board Elections.
The next meeting will take place on Monday, September 30th at 7 PM.

NEW MEMBER ORIENTATIONS:

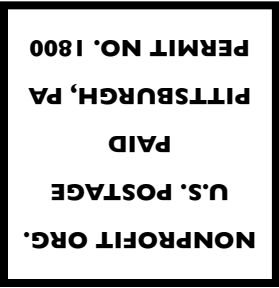
To register, call 412.242.3598 x 103
or email memberservices@eastendfood.coop

East End Food Co-op • 7516 Meade St. Pittsburgh, PA 15208 • www.eastendfood.coop • 412.242.3598 • Open to Everyone, Every Day 8 AM – 9 PM



DO NO DELAY
DATED MATERIAL:

East End Food Co-op
7516 Meade St.
Pittsburgh, PA 15208



GM Report

by Justin Pizzella, General Manager

In last month’s article I started to explore our new Ends Statement; this month I’d like to discuss our directive to create “An ethical and resilient food infrastruc-ture.” Since this is Local Food Month, I’d like to talk specifically about government regulations and the potential threat to local and national sustain-able agriculture production. Many feel that accessibility to clean, healthy food is at risk. There are numer-ous examples to support this assertion, here are but a few:



- Raw milk producers are be-ing persecuted throughout the country. In Pennsylvania, we have seen the USDA target Amish farmer Daniel Allgyer and Your Family Farmer (Family Cow milk). In the case of Your Family Farmer, they had a surprise inspection from the PA Department of Agriculture this sum-mer and the State lab produced a positive test result for Campylobacter; however a third-party state-certified lab and their on-site lab both pro-duced a negative result on the same batch. (By the way, we haven’t dropped Family Cow raw milk. Our distributor stopped delivering to us and we are working to get their milk back on the shelf as soon as possible.)

- Farmers are continually being sued by Monsan-to and other GMO manufacturers on the grounds of patent enforcement resulting from wind-blown seeds that contaminated their fields. A class-action lawsuit against Monsanto was recently filed by a group of organic farmers seeking legal protection from contamination, but was dismissed. From the Rodale News:

The judge dismissed the case on the grounds that none of the plaintiffs had actually been sued by Monsanto and therefore their reasons were “unsubstantiated.” According to a Monsanto press release about the case, the ruling also found that the plaintiffs had “overstate[d] the magnitude of [Monsanto’s] patent enforcement,” noting that Monsanto’s average of roughly 13 lawsuits per year “is hardly significant when compared to the number of farms in the United States, approximately 2 million.”

Yet, according to some, that number is a mere shadow of the legal cases against non-GMO farmers brought by the chemi-cal giant. According to a 2007 report from the nonprofit Center for Food Safety, Monsanto each year investigates 500 farms whose fields purportedly contain Monsanto’s patented crops, even going as far as trespassing illegally on one Indiana farmer’s land. As of 2006, about 10 years after the commercial introduction of GMOs, Monsanto’s internal records show that as many as 4,531 such cases may have been settled out of court. “And all of these proceedings have been kept confidential,” says Doug Gurian-Sher-man, PhD, senior scientist in the Food & Environment Program at the Union of Concerned Scientists. “They’re not saying what these agreements were about or what went on. In terms of its record in the past, the public doesn’t have a clear sense of what Monsanto has done.”

- In 2012, Michigan Department of Natural Re-sources adopted a new definition for invasive swine species that redefined “feral.” As a result, thousands of herit-age breeds being raised on farms were destroyed by farmers who had to choose between kill-ing their animals or going to jail.

What’s espe-cially troubling in these exam-ples is that the government is actively support-ing corporate agri-culture and big food at the expense of the small farmer. The regulatory environment is becoming more cumbersome and restrictive, making it harder and harder to be a small farmer. The upcoming November deadline for the FDA’s Food Safety Modernization Act policies to be released is likely to continue this trend. Brian Snyder, Executive Director of Pennsylvania Association for Sustainable Agriculture (PASA), offered his insight about this Act in a recent blog post:

[T]here is tremendous worry out there in the sustainable agriculture community that the rules as they stand are woefully inadequate to improve the safety of our food supply in any meaningful way, while also avoiding the near certainty that the implementation process will lead to fur-ther concentration in both the agricultural and processing sectors of the food indus-try. I am no government hater, but it does seem that, when it comes to agriculture, the good intentions of using regulation to rein in the excesses of corporate power often end up helping to consolidate and strengthen that power instead.

So where’s the Co-op in all of this?

- We continually strive to have the cleanest food on our shelves. We prefer local suppliers, however not at the expense of our standards.
- We work closely with groups like PASA to continue to advocate and educate about sustain-able agriculture.
- We donate extensively to organizations that are fighting to end GMOs and protect the environ-ment.
- We continue to emphasize education. For example, in October, we are hosting a GMO conference.
- We take direct action as needed. In the past, we’ve launched petitioning campaigns to get GMOs labeled. And this fall, I foresee the Co-op being very active in creating awareness about the Food Safety Modernization Act.

Great, clean food is the lifeblood of our Co-op. We are committed to doing everything we can to sustain our business and community.

References:

Benson, Jonathan. “As the Government Continues to Shut Down Family Farms, Your Ability to Make Good Food Choices Diminishes.” *Natural News*. July 26, 2013. http://www.naturalnews.com/041359_Big_Ag_small_farms_federal_government.html#ixzz2advKcZah

Booher, Senator Darwin. “Michigan Bans Heritage Pigs.” *Food Freedom News*. March 16, 2012. <http://foodfreedomgroup.com/2012/03/16/michigan-bans-heritage-pigs/>

Main, Emily. “Organic Farmers Lose Right to Protect Crops.” *Rodale News*. <http://www.rodale.com/research-feed/organic-vs-monsanto-organic-farmers-lose-right-protect-crops>

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Board Corner

by EEFC Board of Directors

Beginning September 1st, East End Food Co-op (EEFC) members will have the opportunity to cast their votes for Board of Director candidates. Every year, three seats go up for election. As a member, you have the right and responsibility to vote for the Board of Directors for your Co-op.

One voting ballot is allotted for each membership number. In the case of a household with multiple people on the same membership, only one vote will be permitted from that household. In the event that multiple ballots are received from one membership number, all will be disqualified. All voting ballots must be received or post-marked by October 19th, in order to be counted. Ballots will be available at the EEFC Customer Service desk, and are also provided as an insert in this month’s issue of *The Co-operator*.

You can read the candidate statements enclosed in this issue of *The Co-operator*, which feature candidates’ responses to ques-tions that are related to their interest in and qualifications for a Board position. If you’re interested in getting to know the candidates better, a table will be set up in the foyer at the Co-op in late September to allow members to meet the candidates and ask

questions. The date will be announced soon in the store and on social media, or you can email the Board for more information in the coming weeks.

The last chance to interact with candidates will be at the Annual Meeting where each nominee will give a brief presentation. The 2013 EEFC Annual Meeting will be held on Saturday, October 19th, at the Environmental Charter School, located at 829 Milton Street in Regent Square. All household members are invited to join us for free food and bever-ages, entertainment for adults and children, stimulating conversation, and a guest speaker. Following these festivities, the An-nual Report will be presented by the Co-op’s Board of Directors and the General Manager.

Your vote is more important this year than ever before, as the Co-op evaluates impor-tant issues related to growth and expansion. Exercise your right as a member-owner by electing Directors who are committed to ethically and efficiently representing the interests of the membership at-large. Your support is needed and very much appreci-ated. If you have any questions, please do not hesitate to email the Board at boarddir@eastendfood.coop. We hope to see you at the Annual Meeting!

GET OUT & VOTE!

Voting can occur
September 1st - October 19th

All fully paid members are eligible to participate!

SAVE THE DATES!

Know Your GMOs - October 13th
A Community Forum to Discuss the Impacts of GMOs

Location: Eddy Theater located on Chatham’s Campus
Woodland Road, Pittsburgh, PA 15232

Join us for this non-GMO Month event to learn more about the issues surrounding GMOs, what local organizations are doing to advocate for labeling laws, and how you can get in-volved! Be on the lookout for more information in the coming month!

Annual Meeting - October 19th

Hours: 5 – 7 pm

Location: Environmental Charter School
829 Milton Street, Pittsburgh, PA 15218

There will be music, food, children’s activities, and Co-op members can learn about the last year of business at their Co-op from the Board of Directors and the Management Team.



ENDS POLICY STATEMENT

East End Food Co-op exists to enhance physical and social health in our community. To these ends, we will create:

- 1. A sustainable member-owned business open to everyone
- 2. An ethical and resilient food infrastructure
- 3. A vibrant, dynamic community of happy, healthy people
- 4. A creative vision to transform the future

STATEMENT OF COOPERATIVE IDENTITY

Definition

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

Values

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

Principles

Most cooperatives around the world follow the core principles that were adopted by the International Co-operative Alliance in 1995. Cooperatives trace the roots of these principles to the first modern cooperative founded in Rochdale, England in 1844. These principles are guidelines by which cooperatives put their values into practice.

1. Voluntary and Open Membership

Cooperatives are voluntary organizations, open to all people able to use its services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

2. Democratic Member Control

Cooperatives are democratic organizations controlled by their members—those who buy the goods or use the services of the cooperative—who actively participate in setting policies and making decisions.

3. Member Economic Participation

Members contribute equally to, and democratically control, the capital of the cooperative. This benefits members in proportion to the business they conduct with the cooperative rather than on the capital invested.

4. Autonomy and Independence

Cooperatives are autonomous, self-help organizations controlled by their members. If the co-op enters into agreements with other organizations or raises capital from external sources, it does so based on terms that ensure democratic control by the members and maintains the cooperative’s autonomy.

5. Education, Training and Information

Cooperatives provide education and training for members, elected representatives, managers and employees so they can contribute effectively to the development of their cooperative. Members also inform the general public about the nature and benefits of cooperatives.

6. Cooperation among Cooperatives

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

7. Concern for Community

While focusing on member needs, cooperatives work for the sustainable development of communities through policies and programs accepted by the members.

Members Speak Out!

“A decision has been made by Co-op Management to not get Taste for Life magazine and put it in the rack for free. I can understand that but feel that the consumer should be given an option to buy it: singly or by subscription. The cut-off was abrupt!”

I’m sorry if the decision felt sudden to you, but offer my assurance that we did our homework first. The publication wasn’t free for us to provide, but we weren’t able to charge for it either. A number were being thrown away each month, which also heavily influenced our decision. You can still subscribe to their E-Newsletter online and read the archived issued on their site. Please visit <http://tasteforlife.com> for more information.

-Heather, Marketing & Member Services Manager

“Will you be getting in any baby bok choy? I haven’t seen it for a while.”

I’m sorry you missed it, but it’s been in stock very consistently. Next time you’re in, one of our produce clerks will be happy to point you in the right direction.

-Evan, Produce



SEPTEMBER’S ROUND UP RECIPIENT: SHADY LANE SCHOOL



Shady Lane



Shady Lane enjoys a reputation as one of the region’s most effective, nurturing, and fun-loving early learning environments.

As an early leader in the development of early childhood education, Shady Lane has emphasized the value, attributes and uniqueness of each child’s development as individuals and members of the community since 1966. Shady Lane focuses on the development of children as healthy, creative, and nurturing individuals within a diverse community.

Shady Lane enlists developmentally appropriate practices in the classroom to help children grow in a play-based environment that encourages learning through hands-on exploration with materials appropriate to each child’s developmental level. This includes frequent incorporation of the arts into the core curriculum, including music, painting, drawing, and movement. Shady Lane also emphasizes collaborative processes, empathy, and the principle that everyone can learn from everyone else.

Each year, Shady Lane allocates over \$80,000 in support to families who would otherwise be unable to afford full tuition. They are committed to raising this scholarship support every year and as a result they will be earmarking the funds raised through this month’s Register Round Up for their scholarship fund. If you want to support Shady Lane in its mission to “help all children realize their full potential,” be sure to tell your Co-op cashier that you want to Round Up your total this month!

Your spare change can result in positive change!

<http://www.shadylane.org/>

Growing in Cooperation

In the month of July we welcomed 38 new members to our Co-op!

We extend our gratitude to each and every member, whether you’ve been signed up for weeks, months, or years. We couldn’t do it without you - thank you for your support, your patronage, and your investment in this business!

We invite all of you new members to sign up for a Member Orientation with a member services expert. We will give you a guided tour of the store, explain the benefits of membership, and fill you in on the many ways you can become more involved in your Co-op. To reserve your spot, please call 412-242-3598 x 103 or email memberservices@eastendfood.coop.



YOUR CO-OP IS A PROUD SPONSOR OF:



Why Local Honey is the Best Food in the World

by Joe Zgurzynski of Country Barn Farm



Honey is an ancient food that has been referenced and revered as far back as Egyptian hieroglyphs and in every version of the Bible. From antiquity to the modern day, honey has been prized for its medicinal properties. Worldwide, honey is still used more commonly as a medicine than a food. In the United States we are blessed with access to the best honeys the world has to offer and we are privileged to have the ability to appreciate the wonderful food value of honey.

Honey is made by honey bees from nectar gathered from flowers. The general composition of honey is 40% glucose, 40% fructose, 18% water, trace nutrients, and plant pigments, with an average pH of 3.9. However, in nature there is endless variation. Every flower produces a unique nectar with a signature sugar content, aroma, and color. The National Honey Board recommends that to be labeled a true varietal honey, such as buckwheat, 85% of the honey must be derived from nectar from that flower. The majority of the local honeys

available in the US are a wildflower blend of the nectar sources available to the bees in that local area.

Every harvest of honey is unique. It is different from hive to hive, season to season, year to year. The weather and mix of flowers available to the bees determine the flavor of the honey. Some years nectar from basswood trees may be a major player, in other years it may be black locust trees. There are a host of minor nectar sources that can impact the flavor, which is almost always pleasing. However, everyone has their favorites. Some prefer the light colored, floral honeys of the spring, others prefer the darker colored, more robust flavored fall honey. The four major early season nectar sources in the Pittsburgh region are black locust, tulip poplar, blackberry, and basswood. Our major autumn nectar sources are knotweed, goldenrod, aster, and some years, boneset.

A lot of people will tell me they buy their honey at a big box store for some ridiculously cheap price. What they are buying is honey that is treated as a commodity from several different countries and thousands of different beehives all mixed together and crammed into a jar. Who knows what is in it? I don't.

The most reliable way to get the best honey is to shop local. There is nothing like the first taste of high quality local honey. You taste the best that the ecosystem in your region has offer. It can be a clear note of single varietal honey or a wonderful melody of flavors from the palette of wildflowers that grow in your location. Your community will also benefit from supporting local honey production, because the plants the bees visit become more fruitful. So be sure to support your local beekeepers!

Joe Zgurzynski is certified as a Master Beekeeper through the Eastern Apicultural Society. He teaches beekeeping classes, and sells honey as well as beekeeping equipment. If you missed his workshop at your Co-op this summer, you can learn more by visiting www.CountryBarnFarm.com

Pairing Cheese with Honey

by Caldwell Linker, Cheese Buyer

Honey and cheese are a classic combination. The sweet and savory blend to make something that is more than the sum of its parts. One thing to be aware of is that a little honey goes a long way, so don't go overboard no matter how good the honey is, or you will drown out the flavor of the cheese. Also, as with all pairings, it's not a science. The best pairing is the one that tastes the best to you!

Here are a few suggestions for pairing some of your Co-op's local cheeses with great local honey.

Goat Cheeses with Citrus Honeys

A soft, creamy goat chevre from one of our many local suppliers (check out Riverview, Mackenzie Creamery, or Go Lightly Farms) is outstanding with an orange blossom honey drizzled on top. You can put it on a baguette, or eat it straight off of a spoon.

Blue Cheese with Alfalfa or Clover Honey

The sweetness of a mild honey cuts through the spiciness of a great blue cheese. A milder flavor of honey is best, like alfalfa or clover, so it doesn't clash too much with the blue cheese. God's Country Blue Cheese is a great spicy local blue that would love some honey. Try it on top of a walnut bread.

"Nutty Cheeses" with Rich Honeys

Aged cheeses with a "nutty" flavor, like Parmigiano Reggiano and cellar aged cheddar go great with rich, nutty honeys like buckwheat or chestnut. Alpine style cheese, like Pleasant Ridge Reserve, or Tarentaise, also pair well. Some local cheeses to consider for this pairing are Clover Creek's Cave Aged Cheddar, and God's Country Aged Gouda.

Chevre, Fig, and Honey Pizzas

from Strongertogether.coop

Ingredients

- 4 small naan breads or pitas
- 8 large fresh or dried, moist figs
- 1 teaspoon red wine (if using dried figs)
- 2 tablespoons honey
- 1/2 teaspoon cracked black pepper
- 6 ounces crumbled chevre
- 1 tablespoon fresh thyme sprigs
- Pinch of salt

Preparation

Preheat the oven to 400 degrees F. Place the naan or pita breads on a sheet pan and set aside. Slice the figs across the fruit, making rounds. If you are using dried figs, and they seem dry, put them in a small bowl and sprinkle with the wine. Let soak for ten minutes. Drain any remaining wine and distribute the fig slices on top of the naan. Drizzle with honey and sprinkle with pepper, then top with crumbled chevre and thyme. Bake for 12-15 minutes, until the bread is crisp on the bottom and the cheese is melted. Serve hot.

Serving Suggestion

This pizza is a lovely mix of sweet and savory, and showcases the Mediterranean flavors of figs and tangy cheese. If you are looking for some nibbles to serve alongside wine, make a few of these. They will be a hit!

Total Time: 35 minutes (if using dried figs, less with fresh); 10 minutes active
Servings: 4



New in the Aisles

- DRY Soda All-Natural Sodas
- The Organic Coffee Co. Single Serve (Keurig) Coffee
- The Organic Coffee Co. Ground Java Love Coffee
- Field Day Organic Single Serve Fruit Cups
- Earth Friendly OXO Brite Laundry Booster Pods
- Earth Friendly Wave Automatic Dishwasher Pods
- Earth Friendly 2x Ultra Laundry Detergent Pods
- Penn Dale Farms Quail Eggs (Manheim, PA)

IN YOUR COMMUNITY, ON YOUR PLANET

Fresh Eating for Summer

by Erin Hart of American HealthCare Group



Pennsylvania’s number one industry is agriculture. According to the 2007 USDA Census of Agriculture, Southwestern Pennsylvania (the ten counties around Pittsburgh) is home to over 11,000 farms. Buying farm fresh products and preparing them at home is a healthy alternative to eating packaged goods containing preserva-

tives, and we are lucky to live in a place that can provide so much nutritious, locally grown food. Although our area farmers must contend with winter, it’s still possible to eat local goods year-round. The key to eating local is to make a commitment to eating seasonally. Eat greens, asparagus, and berries in spring. You can then progress to tomatoes, corn, zucchini, and melons throughout the summer. Move on to autumn crops, such as potatoes, more greens, and squash in the fall. And to overcome the challenge presented by winter months, you can easily acquire some techniques for food preservation.

Summer is the time to preserve the harvest. A simple Internet search will provide direction and know-how for canning, fermenting, drying, and freezing your favorite summer produce. Your Co-op also has a number of titles available in their book department to reference. Some folks can get pretty advanced at these preservation methods, but it can also be as simple as buying a few extra quarts of blueberries each week and freezing them. You will be rewarded in mid-winter when you’re consuming your local food smoothies.

The farm stands and stores, farmers markets, and retail stores that sell these local products are located throughout Allegheny County. You can also subscribe to a CSA (which stands for

Community Supported Agriculture). When you buy a CSA share from a farm, you get a box of seasonal products from the farm as they are harvested. Most CSAs provide recipes for the ingredients in the box. You can also usually buy additional products from the farm such as eggs, cheese, and extra produce.

There are also a number of retail stores that emphasize local sourcing, such as your Co-op. To learn more about local retailers and restaurants that buy their ingredients and products locally, you can check out the Farm to Table Local Food Resource Guide: <http://farmtotablepa.com/resources/local-food-guide>. This listing of local businesses includes restaurants, so you can eat locally-sourced goods even when you’re dining away from home. Ask your favorite restaurant if they buy from local farms. If you notice specials that contain seasonal ingredients, they are most likely getting these from a local producer.

Lastly, it’s not too late to start a garden and grow your own food! You can plant kale or other greens now and you’ll still be able to enjoy a harvest before the cold December temperatures end the growing season. No matter what you decide to plant, you will be rewarded with the freshest tasting ingredients for many delicious late-summer and autumn dishes!

Canning & Food Preservation

September is prime time for home gardeners to begin canning and enlisting other forms of food preservation and your Co-op is here to help! You will find a number of useful containers available for purchase in the store. And year-round you can find a number of helpful titles in our Book Department. Below is a list of the highlights to keep an eye out for:

Saving the Seasons: How to Can, Freeze, or Dry Almost Anything, by Mary Clemens Meyer and Susanna Meyer, \$24.99

Stocking Up: The Third Edition of the Classic Preserving Guide, by Carol Hopping and the Staff of the Rodale Food Center, \$22

The Complete Book of Small-Batch Preserving: Over 300 Recipes to Use Year-Round, by Ellie Topp, \$19.95

Independence Days: A Guide to Sustainable Food Storage & Preservation, by Sharon Astyk, \$19.95

The Pickled Pantry: From Apples to Zucchini, 150 Recipes for Pickles, Relishes, Chutneys & More, by Andrea Chesman, \$19.95

The Joy of Pickling: 250 Flavor-Packed Recipes for Vegetables and More from Garden or Market, by Linda Ziedrich, \$18.95

Making Sauerkraut and Pickled Vegetables at Home, by Klaus Kaufmann and Annelies Schöneck, \$11.95

Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods, by Sandor Ellix Katz, \$25

The Art of Fermentation: An In-depth Exploration of Essential Concepts and Processes from Around the World, by Sandor Ellix Katz, \$39.95

Fermented: A Four Season Approach to Paleo Probiotic Foods, by Jill Ciciarelli, \$29.95

Getting Local with Trevett Hooper of Legume & Butterjoint

A local profile by Claire Westbrook



It seems that more and more restaurants in Pittsburgh focus on offering menus with significant amounts of locally grown ingredients. The height of the season is a truly wonderful time to experience our area’s bounty at these local restaurants. One particular gem whose menu is ever-changing to reflect the ingredients available from our area’s farms was originally founded nearby in Regent Square: Legume.

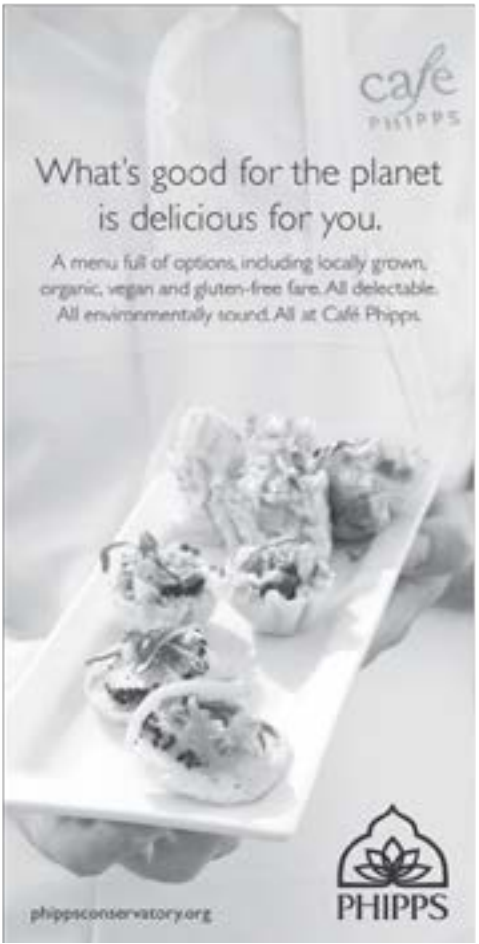
Restaurateur Trevett Hooper’s dream to stay connected as much as possible to our local foodshed stems from his desire to minimize the

use of industrially-farmed foods in his cooking. Legume’s Regent Square location, opened in 2007, was his first step toward realizing that dream. But the new, larger location that Legume now inhabits in Oakland offers a much larger floor plan and even more opportunities. Not only are they able to serve more customers, but they also recently founded Butterjoint (described as Legume’s “boisterous younger sibling”) in the adjoining space, which features a more casual dining experience highlighted by a full-service bar. Best of all, Legume’s new location is so spacious that they are now able to perform in-house butchering and have

ample storage for canned and fermented goods.

When I first met with Mr. Hooper, I was not surprised to learn that he’s quite affable, with an open and thoughtful manner. He hails from Maine, but spent quite some time cooking at various establishments in California. For the last two decades, though, he’s been a Pittsburgh resident and a member of the East End Food Co-op. In fact, his long-standing relationship with the Co-op is what forged the way to our store being one of the few retailers where you can purchase Legume’s raw sauerkraut. I was fortunate enough to try some on my visit to Butterjoint, along with some of their other fermented vegetables. All were as tasty as I could have hoped for!

Although the Oakland location Legume now inhabits is much larger and caters to significantly more diners, there is still something comfortable and pure about the food, the environment, and the staff that has kept me coming back for more. It’s clearly evident that the hard work of starting small and building slowly has paid off. Take a look at their website for a preview of the tastes they have in store for you. The menu is updated and posted daily, the bar is full-service and features a number of distinctive and unique specialty recipes, and the friendly staff are eager to please. For more info, visit www.legumbistro.com.





I was going to be cremated.
Until I learned about
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Volunteer Spotlight: Joni Rabinowitz

by Eryn Hughes, Outreach and Volunteer Coordinator

Joni Rabinowitz is a fixture in your Co-op community, involved in local issues and constantly sharing information with the public. Her discontent with many social and environmental policies is the catalyst for her pro-social activism—she is always working for the common good. Joni was one of the first 50 members of our Co-op and she tends to go above and beyond the call of duty with her personalized and generous contributions. She has helped to stock shelves, tag new shelves, and plant seedlings from her own garden in the window boxes, always engaging shoppers in discussion along the way.

She has also contributed to the larger community, beyond the East End Food Co-op. In fact, January 14th, 2010 was declared Joni Rabinowitz Day by the City of Pittsburgh. This was the day she retired from Just Harvest, a non-profit organization dedicated to improving food and hunger policy. Joni was co-director and one of its founding members.

Eryn Hughes (EH): When did you first hear about the East End Food Co-op?

Joni Rabinowitz (JR): I started shopping at the Semple Street Co-op in the '70s. East End Food Co-op started in 1978 in Garfield.

EH: What kind of stuff do you do, when volunteering at the Co-op?

JR: Before I started volunteering a few years ago, I was mostly just a member. In addition to helping stock the shelves and tending the window boxes in the summer, I've written articles for local media about the Co-op. In the '80s, I remember being interviewed by the Post-Gazette for a piece about "Pittsburgh's Biggest Secret" that highlighted the Co-op.

EH: What do you like most about the Co-op?

JR: First, it's the food—including, especially, the café. And next, it's the people. I feel like my food needs are met here. I especially love the Bulk Department and how the Co-op promotes reduced packaging. I feel strongly about the environment, and don't think we need all the packaging and processed food found in other stores. I like how the community and farmers work to provide food access to people.

EH: What do you envision for the future of the Co-op? What would you like to see at your Co-op?

JR: I'd like everybody in Pittsburgh to know about the Co-op. Also, we need a bigger store: it's too crowded, products are stacked too high on the shelves and it can be awkward at times. I like this location because I can walk here, but that may not be feasible for everyone. The parking situation also needs to be fixed. So I don't know, maybe moving the store or opening a second store would be better. Also, volunteers should have some lockers to store their belongings. And I think there should be more diversity in staff, all the staff should be paid higher salaries, and there should be a union. It would be a major improvement if the administrative offices were in the store, as well.

EH: You've been involved in a lot of activism. What issues do you think the Co-op community would be interested in?

JR: The movement against fracking is very important to me, and I think most of the Co-op community has a lot of awareness about this, really, worldwide issue. Senator Ferlo's bill calls for a moratorium on fracking in the state of Pennsylvania. We should prevent fracking in our county parks, too. People should also work to influence government policy about hunger and food: the Supplemental Nutrition Assistance Program (SNAP), the school breakfast and lunch programs, and WIC are all important government programs. I'd also like the Co-op to get involved in the campaign for a Community Bill of Rights, which would give individuals more power to control our local food supply.



DID YOU KNOW... That Your Co-op is Committed to Local Foods All Year Round?

Our Board of Directors has created an Ends Statement that drives the activities of our Co-op and one of the objectives states that "We will create an ethical and resilient food infrastructure." We believe that one of the most effective ways we do this is by supporting our local suppliers, which we accomplish in a number of ways:

- The Product Guidelines Policy that guides our Buyers in their product selection states that we will strive to promote products that are local.

- We work with over 150 local suppliers.

- During our last fiscal year we purchased nearly \$820,000 worth of products from local suppliers.

- We support and assist local farmers that are working to achieve organic certification.

- We actively participate in and contribute resources to community organizations that support the local food infrastructure, such as:

- ▶ Pittsburgh Food Policy Council
- ▶ Grow Pittsburgh
- ▶ American HealthCare Group
- ▶ Pennsylvania Association for Sustainable Agriculture (PASA)

The Co-op also supports local farmers and local distributors by promoting them and actively encouraging our customers and staff to be mindful of the sources of their food.

- We identify every local product with a "Local" tag.

- We identify the dollar-value of each customer's local purchases on their receipt.

- We created a Local Product Guide that we offer to customers that highlights, aisle-by-aisle, the locally made products that we carry.

- We list all of our local suppliers on our website, including a weekly update of the local items available in our Produce Department.

- We frequently host demos and workshops presented by local suppliers here at the store.

Join your Co-op this month in celebrating Local Food Month:

- All of our in-store events programming this month will be focused on Local Food Month. Best of all, the events are all free and open to the public! (See page 8 for more information.)

- Our Outreach Coordinator will be all over town celebrating Local Food Month with other organizations at events such as Hometown-Homegrown and the Mother Earth News Fair. (See page 8 for more information.)

- Our Social Media Coordinator will be highlighting information about our local suppliers all month long. You can follow us on Facebook, Google+ and Twitter.

- Our Buyers are lining up an increased number of demos with local suppliers, ensuring that our customers can get to know their farmers and suppliers better through direct interaction here at the store.

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Unclassifieds:

It's the "Return of the Zucchini"! Join Chris Fennimore for QED Cooks' 20th anniversary show. Saturday, September 14 at 10 AM on WQED-TV

Are you satisfied with your last massage? Still having neck and shoulder or lower back pain? Contact Eddie Shaw: 412-855-1532. Licensed Massage Therapist – 14 years experience, specializing in Deep Tissue Massage and MFR. Mention this ad and get \$15 off your first massage. Squirrelhillmassage.com

THE CO-OP

The East End Food Co-op is Pittsburgh’s only member-owned natural and organic food market, serving the community since 1980. 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 and perishable 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.

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

7516 Meade St. Pittsburgh, PA 15208
www.eastendfood.coop

Store:
412.242.3598
8 AM - 9 PM Daily

Café:
412.242.7726
8 AM - 7 PM Daily

Credit Union:
412.243.7574
Wednesdays 6-8 PM
Saturdays 3-6 PM

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Produce Manager: Allisyn Vincent

THE CO-OPERATOR

Editor: Heather Hackett
Design, Layout & Production: Katy Nevinsky
Printed By: Typecraft Press, Inc.

The Co-operator is a monthly publication mailed to members of the East End Food Co-op. Additional copies are available at Customer Service, the store’s entrance area, and at outreach events. The Co-operator is also available online at www.eastendfood.coop.

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

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NEW FACES

Annah Darling

Front End

Annah values sustainability, healthy eating, and supporting the local community, and she tries her best to live according to these values in her everyday life. Originally from Michigan, she received a psychology degree in Indiana before serving a year with AmeriCorps VISTA at a non-profit housing organization in Lancaster, PA. She enjoys cooking vegan cuisine, reading, watching movies, and traveling.

Rachel Jones

Front End

Rachel is excited about life, and the joy that comes from overcoming obstacles. A personal trainer and a raw foods enthusiast, she majored in fitness and wellness at college. She enjoys singing and songwriting, in addition to bodybuilding, running, biking, and all things outdoors. Her dream is to open a self-supporting school for the underprivileged in a rural area.

Marcy Napier

Administration

Growing up on a farm, Marcy appreciated local foods from a young age. Her family always shopped their Amish neighbors’ products, like eggs, milk and churned butter. She has sung semi-professionally all her life, including in several rock and country bands. She also enjoys playing softball. Her biggest hope and dream is for her children to live a full and successful life.

Frank Salati

Front End

Before coming to the Co-op, Frank worked as an arborist for the AmeriCorps NCCC, planting trees and community gardens, and developing educational and other environmental projects. He has played the guitar for over 20 years, and in his spare time he enjoys playing or listening to music. He also enjoys going to concerts and watching movies.

Molly Sheedy

Front End

Molly comes to us from Buffalo, NY, where she was an art teacher. There she worked in a neighborhood of locally-owned businesses, and says she applied at the Co-op because of the similar environment. She likes to paint and crochet, and will be starting grad school in the fall for art therapy. She is really enjoying decorating her new place and getting to know Pittsburgh!

Curious About Working at the Co-op?

We are always looking for quality-minded “Co-operators!” Available positions range from entry-level to management. You can find the application along with more information on our website at http://www.eastendfood.coop/co-op/employment.



EMPLOYEES OF THE MONTH



CHRISTIAN SHAKNAITIS

HARRY DUVALL

Congratulations to Christian and Harry, who were both chosen, due to a tie in votes, as the Co-op staff picks for August 2013 Employees of the Month! Christian was a customer for quite some time before he came to work here as a stocker almost a year ago, and Harry began working here in February doing Café prep and assisting with cheese-packing and production.

Q. What’s your favorite thing about your job?

A. I love organizing things. I like finding out about new products and sharing that with our customers.

Q. What wouldn’t you ever change about the Co-op?

A. The goal. I think the look of the store will change over time, but the end result will always stay the same, which is what we’re trying to provide for the community.

Q. What is your favorite thing about the Co-op?

A. I really like the atmosphere. There’s a lot of positive energy here.

Q. What’s your favorite thing about the Co-op?

A. By working here and being a member, I can maintain an entirely organic diet without any extra effort or expense.

Q. What is your favorite cooperative principle?

A. Autonomy. I think it’s important that we don’t make too many compromises to economic and commercial pressures. Shopping at the Co-op seems like what buying your food should feel like.

Q. What wouldn’t you ever change about the Co-op?

A. The integrity put into ordering, and the quality of the products.

Café Specials / September 2013

SUN	MON	TUE	WED	THU	FRI	SAT
1 CHEF'S CHOICE	2 BUFFALO CHICKPEA POTATO SKINS	3 BLACK BEAN & CABBAGE ENCHILADAS	4 BURRITO BAR	5 SOUTHWEST QUESADILLAS	6 PIZZA DAIRY & VEGAN	7 CACCIATORE w/ EGG NOODLES
8 CHEF'S CHOICE	9 CURRIED LENTILS, SWEET POTATOES & CHARD	10 SEITAN VINDALOO	11 INDIAN KITCHEN	12 GOLDEN BEET, GREENS AND POTATO TORA	13 PIZZA DAIRY & VEGAN	14 SPINACH MUSHROOM QUICHE
15 CHEF'S CHOICE	16 BAKED FARRO RISOTTO	17 CHICKEN FRIED SEITAN	18 COUNTRY KITCHEN	19 QUINOA PENNE w/ GOLDEN BEETS & GREENS	20 PIZZA DAIRY & VEGAN	21 SPICY RED TEMPEH
22 CHEF'S CHOICE	23 BEER BRAISED "BRATS"	24 POTATO, TURNIP AND SPINACH BAECKEOFFE	25 GERMAN KITCHEN	26 TOFU & BROCCOLI w/ PEANUT SAUCE	27 PIZZA DAIRY & VEGAN	28 LEMON PASTA w/ WHITE BEANS & GREENS
29 CHEF'S CHOICE	30 VEGGIE STACKS					

Café Hours

Soup, Juice & Salad Bar:
Daily 8AM-7PM

Hot Bar:
Daily 11AM-7PM

Weekend Brunch:
9AM-1:30PM

September Co-op Events

SEPTEMBER 4 - 6:30 PM

THE VALUES OF THE SMALL LOCAL FAMILY FARM
Philip Lehman, Swiss Villa Dairy Farm

Local dairy, meat, and cheese provider Philip Lehman will share his ideas on the positive relationships produced by a family working together on a small farm. Philip sees the small family farm as an ideal place for children to relate to their parents in a healthy atmosphere, with the goal of serving others quality goods, learning to properly care for animals, and thereby learning care toward fellow human beings. He will also speak to the social benefits of folks working together in small farming communities, and the practical experience one gains from such a lifestyle. This event will include a sampling of the products that Swiss Villa has to offer.

SEPTEMBER 11 - 6:30 PM

FALL & WINTER HARVEST:
GROWING YOUR VEGGIES YEAR ROUND
Bob Madden, Garden Dreams Urban Farm & Nursery

Winter gardening is more appropriately called "winter harvest." Plants are mainly planted and grown in the fall, yet with the cooler temperatures and proper protection, we can hold crops in the garden until we are ready to eat them. Outdoor educator, urban farmer, and self-proclaimed plant nerd Bob Madden will share his tried and true methods for fall and winter gardening success in this Local Food Month workshop. Join us to learn more about the best plant options for keeping homegrown produce flowing into your kitchen all year round. It doesn't get more local than your own backyard!

SEPTEMBER 18 - 6:30 PM

FARM TO TABLE: KEEP IT REAL, KEEP IT LOCAL
Erin Hart of American HealthCare Group

American HealthCare Group is a family-owned health benefit and wellness company whose goal is to bridge the gap between local producers and consumers. The organization, which created the annual Farm to Table Conference, feels that eating locally grown food benefits our physical health, as well as our local economic health. Some ways to increase your consumption of local foods is by eating seasonally and learning food preservation techniques. Attend this event to learn more about the benefits of eating fresh, local foods and some methods to increase your consumption of locally grown foods.

SEPTEMBER 25 - 6:30 PM

IN PURSUIT OF BEAUTY:
FARMING NATURALLY AND WORKING COOPERATIVELY
Zeb Bartels, Clarion River Organics

Clarion River Organics is a cooperative of 13 family owned and operated farms located in nearby Sligo, PA. The farmers all work together with a shared vision to protect the watershed, produce high quality foods, and maintain a natural agrarian family life. Founder, manager, and fourth generation farmer Zeb Bartels will explain how the farming methods and organizational structure of this local growers' cooperative are designed to create beauty in the lives of its farmers, co-workers, customers, and neighbors. Attendees will also have an opportunity to munch on a sampling of in-season produce and local farmstead cheeses.

These Local Food Month events are FREE; just call 412-242-3598 to reserve your spot!

Look for your Co-op at these upcoming events:

- Saturday, September 7th,
10 AM - 3 PM: Hometown-Home-grown is a celebration of local foods. Enjoy activities and food samples from nearly 50 local vendors throughout five floors of the Heinz History Museum, including your Co-op! More information can be found here: <http://www.heinzhistorycenter.org/events.aspx?EventID=314>
- Saturday, September 7th,
12 PM – 8 PM: The Big Pour, Construction Junction's annual fundraiser, is already sold out. Those lucky enough to have tickets will be able to enjoy live music and art, alongside a wide selection of the city's finest quality craft beers and food. Your Co-op Café will once again be represented at this event! More info: <http://www.constructionjunction.org/>
- Saturday, September 21st,
9 AM - 6 PM: Your Co-op will be joining Pennsylvania Association for Sustainable Agriculture at their table at the Mother Earth News Fair in Seven Springs, PA. The festival highlights natural and organic products, community and sustainable living. Learn more at <http://www.motherearthnews.com/fair/info.aspx#axzz2ajyEMLxr>

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