

# The Co-operator

a monthly newsletter of the East End Food Co-op

Pittsburgh, PA

## STORE NEWS

### Members' Extra Discount Days

**Sundays: 2/21/10 & 3/14/10**

**Shop 8 am - 9 pm**

### Board of Directors Meeting

*All members are welcome.*

**Next Meeting:**

**Monday, February 22 ~ 7-9pm**

### The Co-Operator Deadline

*All submissions and ads are due 3/10 for the April 2010 issue.*

*For more information, call Member Services at 412.242.3598.*

### Join us for a Co-op Orientation Night

*Learn the secrets every member wants to know — Tuesdays at 7pm.*

*Register with Outreach Coordinator Chris Farber, at 412.242.3598, ext 208, or outreach@eastendfood.coop.*

## INSIDE THIS ISSUE

Co-op News .....	2
Members Speak Out .....	3
The Food You Eat .....	4
In Your Community .....	5
Staff News .....	7
Co-op Bulletin Board .....	8
Special Inserts:	
February Co-op Advantage	

## EAST END FOOD CO-OP

7516 Meade Street Pittsburgh, PA 15208  
412-242-3598  
www.eastendfood.coop

## XOXOXO from a local producer: Love Street Living Foods

By Claire Westbrook

Mmmm, wow! This month of love (why celebrate just on the 14th?) found me thinking it quite fitting to profile the brainchild of Jon-Michael Kerestes, currently located in several places throughout the city. While most producers I've visited operate from one location, Love Street's kitchen is in one area of town while the warehouse and offices are in other parts of the city. I was ready to traipse all over the 'Burgh checking it out, but in the end I settled for tea and conversation with Jon-Michael about what it takes to make what I'm now boasting is "The Best Chocolate EVER!"

With just a sampling of the flavors — cacao, agave nectar, lucuma, cayenne, coconut, maple sugar, vanilla bean — all organic and raw, it doesn't get much purer than this, or healthier, or tastier! What sets Jon-Michael's chocolate products apart from others is his personal experience with the ingredients (he had to learn how his own body responds to things like maca and goji berries when "making weight" for a number of Judo trainings throughout his life) and it's this attention to the development of his products that really spoke to me when I met with him to discuss how he got started.

As anyone who's interested in his or her overall health and diet is aware, you'll only go as far as what you put in. Whether it's concentration, dedication, or effort, the amount of time it took (and is still taking) Jon-Michael working with different individuals to formulate the recipes for the aforementioned DELICIOUS chocolate spread, as well as the chocolate bars, bon bon's, and chocolate coconut clusters, is enormous. Add to that the challenge of keeping the integrity of the ingredients and flavors intact (nothing is heated above 115 degrees so that nutritional elements can be retained) and it's easy to see why being in the best physical and mental shape is crucial. Of course the hard work is paying off (even

though he has become the official Love Street chef in addition to the other hats he wears) as a number of retail outlets around the country have begun carrying his products, and *VegNews* magazine reviewed his chocolate spread.

As we discussed the other items he's sourced out from around the world to offer customers through his website, [www.lovestreetlivingfoods.com](http://www.lovestreetlivingfoods.com), I admired his thoughtfulness in creating a comprehensive business for assisting people who are interested in increasing their health as well as their knowledge about "super foods" and the overwhelming positive affect they can have (he offers personal fitness training and coaching as well).

I was also glad to see on a more recent trip to the Co-op even more products in the raw section of Aisle 4 (including Love Street's raw, organic, Botija olives from Peru). I must admit that even while some of the items that are offered don't necessarily LOOK like the most appealing foods to eat, the TASTE of anything that I have tried that's raw absolutely astounds me, EVERY TIME!

Something else that I find interesting is the idea that Jon-Michael shared about "overdosing" on super foods, as I wondered how that would fit with being healthy while imagining myself eating an entire box of bon bon's. One of the great qualities with

foods that are good for you and that your body needs is

that there is no overdosing. If you feel you need to eat an entire jar of Love Street chocolate spread, go right ahead, but when your body has had enough you simply won't want to eat any more than what's needed. Even if you do eat the whole jar because you're the world's biggest glutton and aren't tuned into your body at all, you'll ONLY be consuming around 700 calories!



Jon-Michael: Living foods are a cause for smiles all around.

## 5% WEDNESDAY ~ February 24 ~ RELIEF FOR HAITI

Five Percent Wednesday, on February 24, will benefit the COOPERATIVE EMERGENCY FUND'S RELIEF FOR HAITI.

When a 7.0 magnitude earthquake shook the island of Haiti on January 12, the world responded with a flood of donations, food and medical relief. But the relief work and the need will continue for many months. Most of Haiti's capital, Port-au-Prince, was destroyed and millions of people have lost their homes, workplaces, and family members. The extent of the devastation is severe; many of Haiti's co-ops have been severely damaged and many of those they serve are in severe need.

The Cooperative Development Fund has a fund strictly for the purpose of assisting people in times like these — the Cooperative Emergency Fund. Over the last twenty years, CDF has raised over \$275,000 for cooperative relief and rebuilding efforts for ten different disasters. The CEF was founded to give stability and constancy to CDF's emergency relief efforts, many of which are of a longer-term rebuilding nature. The Cooperative Emergency Fund will be donating all monies received from here until July 2010 to help the rebuilding efforts in Haiti. CDF will be collaborating with international cooperative relief efforts in this endeavor to rebuild those co-ops afflicted by this disaster.

The East End Co-op's first 5% day will benefit the CEF. You may also donate through the front page of CDF's website, [www.cdf.coop](http://www.cdf.coop).

Your support is extremely appreciated.

But from my experience the other morning when I made waffles for the family topped with some of the chocolate coconut spread, just a couple spoonfuls on top was the most that we could scarf down thanks to all the love packed into a couple free sample jars from Jon-Michael.

For more info call (412) 381-1867 or email: [jon-michael@lovestreetlivingfoods.com](mailto:jon-michael@lovestreetlivingfoods.com) 🌱

**All members are welcome to attend the Co-op Board Meetings. Check the bulletin board in the front vestibule for dates, times and agenda items.**  
**Next meeting: Monday, February 22 ~ 7-9pm**



**Dated Materials — DO NOT DELAY**



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Rob Baran,  
General Manager

## rob's corner

Several years ago, working in partnership with Construction Junction, The Co-op led an effort to redevelop the local blocks into a cutting edge diverse carbon-neutral green neighborhood. This was called the Green Block Initiative, and as many of you may remember, we came pretty close to making it happen. The stumbling block was the URA (Urban Redevelopment Authority). They wanted to do something larger, that would benefit many more people, and help to zipper Homewood and Point Breeze back together in a fashion that would benefit both communities. The key concept, and opportunity, was leveraging the East Busway to create a socially and environmentally equitable Transit Oriented Redevelopment of the communities. We signed up as core partners to help make this happen, and have been working with the URA, City Planning, Councilman Burgess, and community leaders of both neighborhoods to make it happen.

TODs (Transit Oriented Developments) such as this are really a matter of the past and the future coming together in the present. Back in the day, recreation, housing, retail, and jobs were often clumped together around transit stops along rail, rivers, and canals. You could live, work, and play in and around the hub-community, or nearby via the transit. This is a much more sustainable model for living than what we have been doing since the automobile became paramount in the 50's, and the model most communities are moving back to these days as TOD's are becoming popular all over the country, emulating what many European countries never really stopped doing in their community developments.

There are several key points at the heart of this project: the untapped potential of the Homewood Station on the East Bus Way; the need for a market driven development that is not overly reliant on government money; creating 21st Century environmentally and socially sustainable development solutions; negative perceptions in the communities around gentrification, and social equity, or the lack thereof historically, in other past and present city redevelopment efforts. For example, what happens to the people already living in these neighborhoods when things change for the better? Will solutions be found to ensure they can really share in success of the redevelopment?

As leaders of this effort, your Co-op's focus has been around finding solutions to the social issues that have plagued other past developments in our city. The interesting thing throughout this process

is a perception I have developed over the last few years. It is that the communities themselves, including us, have been looking to the city and URA to find these solutions. Another interesting thing is that if you look at the charter of an entity like the URA, there is nothing there about addressing social issues; the mission is simply to increase property values. Here lies a huge disconnect within the development community of Pittsburgh, in my opinion, and an opportunity as well.

This is where a business like a Co-op can potentially make a difference. Since social equity is such a challenging issue, let's try doing something about it ourselves. After all, self-help is one of our core values. While we do not have anyone on staff qualified to do a major research project such as--Social Equity Solutions for Market Driven Urban Redevelopments--some of you do. One such person, a long-time Co-op member/volunteer, and former magistrate and judge specializing in urban housing justice issues, is undertaking a multi-month project for the Co-op as a volunteer. A report will be presented at the end of the process, detailing successful solutions from redevelopment projects in other cities, and other countries. This is a very exciting development, and another example of how co-ops truly are different animals.

So here is where we are right now. The URA, Mayor, and Councilman Burgess have secured close to 100K in funding for the initial planning study. We sit on the steering committee of community leaders and government officials that developed the RFP (request for proposal) for a planning study to get this redevelopment going, and we have received a dozen bids from firms all over the city and country. The winning firm will work with our group and the community as a whole, to articulate a vision for the future of Point Breeze and Homewood that will meet our needs, and attract the private redevelopment dollars we so desperately need.

In our last meeting here at the Co-op Board Room (the Bridge), we were able to effortlessly select the final three firms to interview for the job. This was a breakthrough, as our group has not exactly been cohesive to this point. Now, things are trending in a positive direction. We will be interviewing the remaining firms as you are reading this article, and hope to select someone to do the planning study in February. I like a couple of the proposals, and believe the possibility exists to have some really fine work done on this study. In addition, hopefully, your Co-op will be able to produce some ideas for solutions to some of the social problems this project faces. Look for a follow-up story in a few months. 🌱

## member services message

by Kara Holsopple, Member Services

As of the middle of January, the Co-op had over FIFTY new members for 2010. That is an average of two new member-owner households per day, and well over our usual average. Go Co-op! That is a boon to our cooperative ownership model, and a credit to our staff, board and members. We are doing something right here, and more people in our community are noticing and becoming a part of it.

We are on the right track for a strong membership year, and to keep our membership strong, we are developing new tools. One tool that we rolled out late last year was the Member Owner Guide. All new members have been receiving a copy of the guide in their new member packets, but it may be new to our existing members. Copies are available at the Customer Service Desk.

The Member Owner Guide provides the information that most members need to be participating members at their Co-op. Co-op hours, discount structure, and

customer services are all explained. Members can find the names and contacts for managers and buyers in the store. Our Co-op privacy policy, which covers your membership information, as well as our Point of Sales system and website, is also spelled out in the guide for your reference.

Some new information for members includes the Co-op's purchasing policy for products we will and will not carry, by department. Our sustainability goals for the store are also included. Your right and responsibility as a member to vote in yearly board elections claims some space in the guide as well.

The Member Owner Guide will always be a work in progress, as your Co-op grows and adapts to yours and our community's needs. But as our owners grow by number, we hope it will serve as a starting point for each member's relationship to his or her Co-op.

memberservices@eastendfood.coop. 🌱

## BOARD CORNER

by Eric Milliron

### A Quick Reflection on Self-Responsibility as a Cooperative Value

As I write this I am in the whirlwind of the Holiday season, a time of reflection. It is common to pause and consider the accomplishments and challenges of the past year while looking forward to a new beginning as the calendar turns the page. As a Board Member of the East End Food Cooperative (EEFC) it is critical to do the same for the organization and its membership. Therefore, as a Board we sought to reflect on the Coop Values (Self Help, Self-Responsibility, Solidarity, Equality, Equity, Democracy, Honesty, Openness, Social Responsibility and Caring for Others) and evaluate the meaning of each in our own personal way. I think of it as a yearlong audit on our belief in cooperative philosophy, the Co-op as a place and its membership. I chose Self-Responsibility.

First, I will not be pontificating to the membership about individual acts of self-responsibility except to say that I hope that everyone who holds an East End Food Co-op card on their person respects the role they have in our cooperative and chooses to act on it. I will be making some allusions to that selfish desire of mine. Mostly I will be exploring my sense of what this value means to me as I act on behalf of those who elected me to the Board. I have tried to narrow this examination to three broad concepts – accountability, self-reliance and engagement.

#### Accountability

As both an EEFC member and Board member accountability plays large in the idea of self-responsibility. It is my decision as a consumer to join the EEFC and spend my dollars where I know my values are practiced and promoted; however, as a Board Member I am also accountable to insure that the coop that I love and believe in flourishes. As the Board moves towards some of the most serious and exciting deliberations in some years the values set forth in our Ends Policy will be a guiding light. A prime example of a looming opportunity for deliberation is the exploration of expanding the coop into new markets. This analysis shall demand focus, clear data and the best interests of our mission

to provide wise decision making. Further, as a Board Member I feel it is equally critical to evaluate the wishes of our existing membership in regards to a matter such as the 'physicality' of the place we know as the East End Food Coop. I am accountable to myself and the membership through this process.

#### Self-Reliance

One act of responsible Board Membership is cultivation of existing talent. To thrive the EEFC must rely on its members to contribute to our mission not just by shopping, but lending a hand. It is my understanding that our membership is comprised of some of our region's best and brightest. It is critical that this talent aspires to taking leadership positions in our coop. So, I along with every member of your Board will be taking action to inspire more members to become leaders and support our mission and operation through service. In the coming months the Member Linkage Committee in partnership with Nominations and Elections shall be exploring better methods to encourage existing and new members to step to the plate on shaping the success of the Co-op. No one knows the coop better than its members who shop here, dine here, plan a day around visiting here and consider it an intrinsic part of their life. As a Board we need to seek kindred spirits to assume the notion of self-responsibility and apply it to serving the larger good.

#### Engagement

A final component of self-responsibility is educating all about the values and principles of cooperatives and asking people to act on them. Pittsburgh is lucky to have a vibrant Coop which is aggressively adding more to its menu than groceries and a hot meal. The Co-op is reaching out to leaders in the city and region to advance matters of import to EEFC's community, partnering with likeminded organizations to chant the mantra of sustainability and is educating citizens about everything from urban farming to rain barrels via our work-

— Continued next page

### Local Food Showcase: a Grower/Buyer Event

March 11, 2010 1-4pm

Bringing together • Western Pennsylvania Farmers • Value Added Producers  
• Food Industry Purchasers • Consumers

Chatham University, Mellon Board Room

Find local sources of **fresh and processed foods, demonstrations and tastings,** and displays about **local farms, biofuels, composting and gardening.**

Farmers and vendors can register for this event by contacting Heather Mikulas at 412-473-2540 or hem12@psu.edu.

Registration deadline is February 26, 2010.

Co-sponsored by Penn State Cooperative Extension, Allegheny County and Chatham University.

OPEN TO PUBLIC — \$5 ENTRANCE FEE

MORE INFO AT <http://yumpittsburgh.com/>





#### ENDS POLICY STATEMENT

East End Food Cooperative, a member-owned business, exists to create, promote and sustain a healthy, strong, and vibrant local community that serves the need for physical well-being, mutual respect, social connectedness and economic vitality while ensuring sustainability in the use of all resources toward this end.

Adopted by the EEFC Board of Directors, January 24, 2005

#### STATEMENT OF COOPERATIVE IDENTITY Definition

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

#### Values

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

#### Seven Principles

The co-operative principles are guidelines by which co-operatives put their values into practice.

##### 1: Voluntary and Open Membership

Co-operatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political and religious discrimination.

##### 2: Democratic Member Control

Co-operatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and Women serving as elected representatives are accountable to the membership. In primary co-operatives members have equal voting rights (one member, one vote) and co-operatives at other levels are also organized in a democratic manner.

##### 3: Member Economic Participation

Members contribute equitably to, and democratically control, the capital of their co-operative. At least part of that capital is usually the common property of the co-operative. Members usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing their co-operative, possibly by setting up reserves, part of which at least would be indivisible; benefiting members in proportion to their transactions with the co-operative; and supporting other activities approved by the membership.

##### 4: Autonomy and Independence

Co-operatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their co-operative autonomy.

##### 5: Education, Training and Information

Co-operatives provide education and training for their members, elected representatives, managers and employees so they can contribute effectively to the development of their co-operatives. They inform the general public-particularly young people and opinion leaders- about the nature and benefits of co-operation.

##### 6: Cooperation among Co-operatives

Co-operatives serve their members most effectively and strengthen the co-operative movement by working together through national, regional, and international structures.

##### 7: Concern for Community

Co-operatives work for the sustainable development of their communities through policies approved by their members.

Source: ICA News, No. 5/6, 1995.

Last updated: 2 June, 1996.

# members SPEAK OUT



## Comment Cards ...

Would you consider purified or filtered water when making the coffee? Tap water is so polluted.

We are working on installing a new water filtration system in the Café in the first half of 2010. Thank you for the suggestion.

— Rob Baran, General Manager

The track lights in the Café area glare right into the diners' eyes, exacerbating the already very hard-edged feel to the place: uncomfortable.

We have readjusted the lights and are changing the lighting to something nicer in January.

— Rob Baran, General Manager

Will you be carrying Farmer's Cheese again? I thought I used to buy it here. Low fat, spreadable...

There are no plans to carry that cheese currently. It can be special ordered by the case, however.

— Justin Caputo, Cheese Buyer

Love the new carts! We can use whatever size fits our shopping needs that day. So easy to "drive".

Thank you! We love positive feedback.

— Allisyn Vincent, Front End Manager

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

## Staff Recognition!

The following staff members were recognized at our annual Winterfest party for their extra achievements and contributions to the Co-op that went above and beyond!

#### Chris Farber

Taking on the special project of organizing tours for our CCMA visitors from other Co-ops.

#### Jen Girty

Exceptional efforts in Accounts Payable. Payroll and additional HR responsibilities, enabling Administration in general to maintain its high quality of service.

#### Julie Smith

Julie enters approximately 160 invoices each week, matches paid invoices to the checks every week, EEFC averages 75 checks each week; EEFC has approximately 550 active vendors. Julie helps to maintain the vendor records, as well as reviews vendor statements and fields calls from vendors.

#### Erin Myers, Maureen Girty-Risk, Julie Smith

Managing the integrity of our pricing systems. Keeping the shelf tags and pricing correct. Completing a seamless transition to new tags throughout the store in December.

#### Leo Kowalski

Accurate balances. Accuracy.

#### Joe Romaniak, Eric Cressley, Doug Johnson, Jim McCool

Patience and exceptional work over the past year. We worked most of the year understaffed and they all postponed vacations, came into work while not feeling their best, and still maintained a positive attitude. Doug and Eric will both be recognized for no tardiness. I believe there was going to be recognition for Jim for his interim run in Grocery and then still contributing a significant amount to Grocery while maintaining hours in the front end. Joe may be more of a general Thank you from me though he hasn't taken on any special projects he has gone above and beyond on several occasions.

#### Christine Stanton

Covering call-offs when no one else would and volunteering to do cleaning tasks that no one else wanted to do.

#### Jared Evanoski

The most productive cook. Making more deli salads than anyone else and making more hot cook dishes than anyone else over the past year.

#### Maura Jacob

Going above and beyond in her commitment to the Co-op. As an active member of the staff Task Force, for training counter staff, writing out drink recipes, and giving endless input on counter operations.

#### Kevin Bollman

No call-offs since Aaron has been in charge of Produce.

#### Angela Orkins

Volunteering on a local farm and helping Najat's with flood clean up.

#### Jim McCool

For above and beyond the call of duty as Interim Grocery Buyer.

#### Ian Ryan

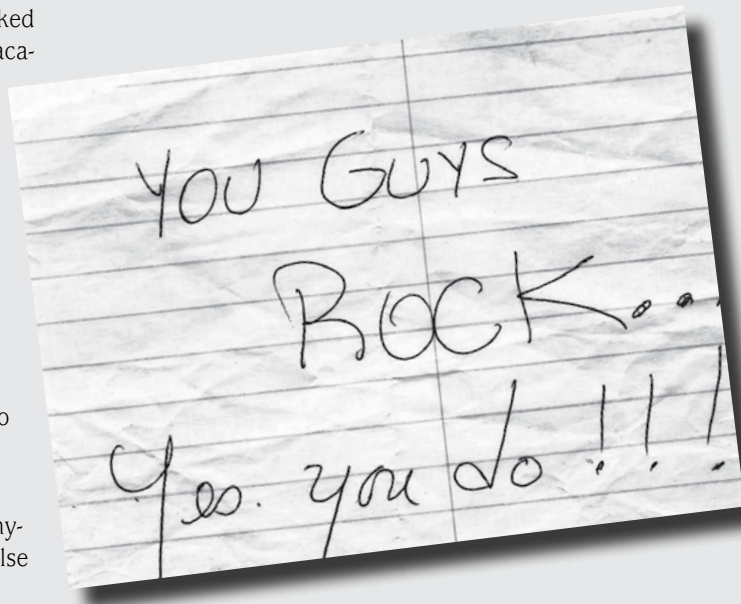
Exceptional performance as Buyer of Bulk Products, Top CoCoGap performer.

#### Brian Yeagle, Wendell Smith

Exceptional performance as Grocery Stocker.

#### Eric Cressley, Debbie Folino, Doug Johnson, Hope Nathan

Never late in the past year.



## BOARD CORNER

— Continued from page 2

shops. We need to and will ramp up these efforts. I feel strongly that the East End Food Cooperative is a stirring giant which when fully roused will be a titan of change in the Pittsburgh region. Again, to do this the Board must lead by example and challenge membership to learn more about what philosophies drive our work, and more importantly ask that members ask themselves what more they can do to serve their fellow cooperative members.

The notion of self-responsibility requires

reflection from each of us. The aforementioned concepts are presented to offer an architecture in which I personally make decisions that affect this organization and its constituents. There are nine (9) other values which also beg similar consideration and other Board Members will expound on those in subsequent issues of *The Co-operator*.

It is my honest hope that 2010 will witness a surge in self-responsibility. A year where many of you ask: "what can I do

for my Coop?" Let's be a national example of accountability, self-reliance and engagement. I am eager to live up to my end of the bargain.

You are always welcome to contact the board. The easiest way is via email ([board-dir@eastendfood.coop](mailto:board-dir@eastendfood.coop)). We will respond to your interests and ideas in the best way that we know how—even if that may be helping you to contact the appropriate member of the Co-op managerial staff. 🐼



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

What better way to warm up your sweetie than with a savory tart that uses delicious local cheese? You can find Allegheny Chevre in our Cheese Department, and pine nuts in the refrigerator in the Bulk Department. All this tart needs for tarding up and serving is a side salad or side of roasted vegetable like golden and red beets. Enjoy!



Cherry Tomato Tart with Allegheny Chevre and Winter Pesto

Pesto	Tart
2 1/2 cups lightly packed Italian parsley leaves	1 sheet frozen puff pastry (half of 17.3-ounce package), thawed
3/4 cup olive oil	1 to 1 1/2 cups cherry or grape tomatoes, halved
1/2 cup toasted pine nuts	1 clove of garlic, minced
2 teaspoons fresh thyme leaves or 3/4 teaspoons dried, crumbled	1 Tablespoon fresh thyme, minced
1 teaspoon minced fresh rosemary or 1/2 teaspoon dried, crumbled	2 Tablespoons extra virgin olive oil
1 medium garlic clove	Pinch of salt and pepper
1/3 cup freshly grated Parmesan cheese	4 oz Allegheny Chevre or any soft goat cheese that you prefer

1. Process all ingredients together in a blender or a processor. Makes about 1-1/3 cups. You can freeze any extra.

2. Position rack in center of oven and preheat to 375°F. Roll out pastry on lightly floured surface to 13-inch square.

3. Transfer pastry to 9-inch-diameter tart pan with removable bottom, pressing pastry firmly onto bottom and sides of pan. Trim overhang to 3/4 inch. Fold overhang in and press, pushing crust 1/4 inch above pan. Pierce crust all over with fork; chill 30 minutes.

4. Line pastry with foil; fill with dried beans or pie weights. Bake until crust is set, about 20 minutes. Remove foil and beans; bake until crust edges are golden, piercing with fork if crust bubbles, about 12 minutes longer. Cool crust 10 minutes.

5. Reduce oven temperature to 350°F

6. Mix tomatoes, garlic, thyme, oil, salt and pepper and set aside while crust is cooling.

7. Once crust is cool, spread it with pesto. Break the Chevre into tablespoon-sized pieces and spread on top of pesto. Scatter tomato mixture on top.

8. Bake until filling is puffed and set, about 35 minutes. Cool 5 minutes. Push up pan bottom, releasing sides.

Serve tart warm. Serves 6-8 people.

The Global Cooling Diet

Eat the change you wish to see in the world — Part 2

by Rachel Greene

IN SUSTAINABLE FARMING, energy and fertility originate with the sun. Often, the waste that is produced by one species acts as a valuable source of energy for another, so that the resulting amount of unusable waste is minimal. Industrial agriculture, however, relies on fossil fuel as its primary source of energy and fertility. And, as Michael Pollan puts it, “*Since the farm no longer needs to generate and conserve its own fertility by maintaining a diversity of species, synthetic fertilizer opens the way to monoculture, allowing the farm to bring the factory’s economies of scale and mechanical efficiency to nature....Fixing nitrogen allowed the food chain to turn from the logic of biology and embrace the logic of industry.*”

In his briefing, Peter Saunders lists nitrogen fertilizer, farm machinery and pumped irrigation as the most energy-intensive components of industrial agriculture. It must be noted that the latter two components are manifestations of what Pollan calls “the factory’s economies of scale and mechanical efficiency.”

Industrial agriculture is dependent on cheap and abundant fossil fuels; as we all know, these won’t be available forever. Even without the effects of climate change, industrial agriculture would not be able to survive the dwindling of our fossil fuel supply. Saunders maintains that transitioning from industrial to sustainable agriculture need not involve any decrease in our food supply. As a solution, he suggests that the kind of funding being put toward genetic modification ought to be directed toward scientific research on ways to improve traditional farming practices. Saunders points out that this has already been done successfully, but that there have been relatively few attempts. Funding for research on genetic modification is abundant, because GM seeds can be patented by the corporations that develop them and are therefore extremely profitable. Traditional farming favors small business over corporatism, and therefore lacks funding.

Very little research has been done on the safety of genetically modified organisms. No one really knows what effect they might have on our bodies or our ecosystems. We do know, however, that genetic engineering is profitable for biotech corporations. It may be cheaper, and therefore more profitable, to grow produce using synthetic chemicals and fertilizer, but produce that is grown in this way contains fewer nutrients and more unhealthy chemicals. It seems clear that industrial agriculture is harmful to us as humans and the entire planet. The only beneficiary appears to be corporate industry.

So what are we to do?

Well, we could get out our pens and papers and facts, and start lobbying our government to regulate the corporations, change their policies around agriculture and wake up to the reality of climate change. There are people who are already doing just that. Many thanks to them for their good work and, by all means, join them if you wish. But I am skeptical that we will see real change come from the government in a timely way. And we do need to see change happen in a timely way, because scientists are telling us that we need to start significantly reducing our greenhouse gas emissions yesterday.

So let the push for government action be a part of the plan, but let us go beyond that and look at how we can have a more immediate impact on the situation, in our daily lives. Ultimately, the best thing you could do to help would probably be to become an organic farmer. But I under-

stand if that’s not your thing, or if it feels impossible. It is not, however, so difficult to support sustainable farmers by purchasing the food they produce. We can speak directly to the corporations in the language they know best—the bottom line. Farmers’ markets are increasingly popular all across the United States. McDonalds stopped using genetically engineered potatoes for their French fries because of customer concern. We can vote with our dollars and our stomachs. We can go on a global cooling diet.

What does the global cooling diet look like? What can we put in our bodies that has not contributed to climate change during its journey to our plate? What is cool food? Essentially, local and organic—or leaning toward organic.

Local food is super cool because the energy that has gone toward its transportation is far less than the energy it takes to ship products to the supermarket from all around the world. Part of industrialization is globalization. So if a particular crop can be purchased more cheaply half-way across the world, that’s probably where it will be imported from, even if the same kind of crop is being grown just a mile away.

Organic food is excellent for global cooling, but certified organic is not the only way to go. Some plants are grown on small-scale farms, without synthetic chemicals, but are not certified organic. Likewise, some animals eat these plants and become meat which is not certified organic. Although beef would not be a large part of the global cooling diet, grass-fed is much cooler than grain-fed.

A simple goal for cool eaters is to know where your food comes from. The tomato that came from Farmer Kelly down the way is infinitely cooler than the mysterious, shrink-wrapped substances available at the supermarket. Farmers’ markets and natural food stores are great places to find cool food. But watch out for the posers that like to hang on the shelf with the cool eats. Not every unbleached-brown bag holds a product that is as natural as the style of its packaging. Plant a garden if you can. What could be more local than your back yard? Avoid highly processed foods. Processed foods are energy-intensive. They often contain many ingredients, which will have been shipped to a central location, run through a lot of machinery, and shipped out again, to widely dispersed supermarkets. Whenever possible, it is coolest to start with whole foods and do the processing yourself. Try to include a wide variety of species in your diet. More biodiversity in the kitchen means more biodiversity on the farm, which, in turn, means less monoculture and less industrialization.

“But wait a minute, this is sounding expensive and time-consuming!” Well, yes. Not everyone in America can afford to be a super cool eater, but most of us can. And let’s take a moment to question the assumption often made in our culture, that food should be quick, cheap and easy. In a 2007 article, “Unhappy Meals,” published in The New York Times Magazine, Michael Pollan tells us that, “Americans spend, on average, less than 10 percent of their income on food, down from 24 percent in 1947, and less than the citizens of any other nation.” Fast and cheap are the values of industry. And if we want to contradict industrialization, we can begin with ourselves and our own personal values.

You may have noticed that the global cooling diet is extremely healthy, whole—

— Continued on page 7

DEPARTMENT NEWS:

Supplements

by Dan Denlinger

**Ginkgo Biloba**, made from the leaves of the ginkgo biloba tree, has been touted as a beneficial supplement for improved brain function. But a recent long term study of ginkgo biloba published in the *Journal of the American Medical Association* did not find any positive effect on cognitive decline in the elderly.

Several years ago East End Food Coop began de-emphasizing ginkgo as

an herb for cognitive enhancement, and recommending it as an anti-oxidant for circulatory benefits, instead. Ginkgo is reputed to bring more oxygen into tissues, which can be useful for conditions like erectile dysfunction, even though it does not translate into improvement in mental function. For memory, the Co-op has been recommending rosemary herbally, and in the supplement section, phosphatidyl serine and glyco phosphocholine. Fish oil, particularly DHA, is also preferred for cognitive enhancement.

However, criticism of the ginkgo study has been published in *Natural Foods Merchandiser*. About 40% of the participants left the study during the six year period. Also, the advanced age of the participants, 72 years and older, left open the question of whether younger individuals might have responded better.





## Become a Tree Tender in 2010

Join over 600 Pittsburgh Residents in GREENING THE CITY, ONE TREE AT A TIME

Friends of the Pittsburgh Urban Forest (Friends) announces the return of their popular *Tree Tender Course*, with six opportunities to participate city-wide in 2010.

According to the 2005 *City of Pittsburgh Street Tree Inventory*, the city has approximately 30,000 street trees, and over 3,000 of those trees have been removed due to disease, vandalism or neglect. Thousands more trees are at risk of being removed if they do not receive much needed care. FPUF and the City Forestry Division are working to improve the urban forest, but residents can play an important role in increasing its health and reversing its decline.

After completing the course, Tree Tenders work in their communities to plant, care for, and prune young trees with Friends, and can participate in upcoming workshops that cover tree identification and pruning in more detail. The course will be held in five different areas of the city in 2010, including the Strip District, Larimer, Greenfield, Mount Washington, and Riverview Park.

Friends of the Pittsburgh Urban Forest is an environmental non-profit organization dedicated to enhancing the City's vitality by restoring and protecting the urban forest through tree maintenance, planting, education and advocacy. The course trains residents in basic tree biology, structure & function, and teaches the basics of tree planting, pruning, and tree care. Local tree professionals provide instruction.



Wednesdays — February 17, 24 & March 3  
Rothschild-Doyno Collaborative  
2847 Penn Ave, Strip District

Wednesdays — March 24, 31 & April 7  
Kingsley Association  
6435 Frankstown Ave, Larimer

Tuesdays — May 11, 18 & 25  
CitiParks Magee Senior Center  
745 Greenfield Ave, Greenfield

Registration is open now at <http://www.pittsburghforest.org/treetendercourse>. The cost of the course is \$40 and includes materials, a meal at each session, and a t-shirt upon completion. A reduced rate option is available for those on a limited income. Contact Caitlin for details at [Caitlin@pittsburghforest.org](mailto:Caitlin@pittsburghforest.org).

Thursdays — September 16, 23 & 30  
Riverview Park Activities Building  
Riverview Drive, Perry North

One Day Course: Saturday — June 19  
9am-4pm, Rothschild-Doyno Collaborative  
2847 Penn Ave, Strip District

One Day Course: Saturday July 17  
9am-4pm, St. Mary on the Mount Church  
403 Grandview Ave, Mount Washington

## REDUCE, REUSE, RECYCLE!

### LOCAL PET FOOD DRIVE



**Bring your Wet and/or Dry Pet Food Donations to the Co-op February 1-28, 2010**



**Benefits CHS Pet Food Drive**

On December 3rd, 2009, Community Human Services (CHS) opened a new food pantry in South Oakland to help feed an increasing numbers of seniors, adults, families, children and local university students who are facing hunger, economic challenges and complex barriers related to growing rates of poverty, loss of jobs and rising costs of living.

Many neighbors are confronted with the daily concern of feeding themselves and their families. In addition, families with pets must also consider the expense of feeding their four-footed friends.

Recognizing that pets are part of the family, too, CHS has partnered with *Animal Friends "Chow Wagon"* to provide a supply of pet food. Your donation of pet food will help us continue to help families to stretch their resources to keep their beloved pets in good health.

Community Human Services believes that no one should be hungry, no one should be without help, and no one should think that no one cares about them. To address this urgent community need, CHS operates a food pantry at St. Hyacinth's located at 3201 Craft Avenue Extension, Pittsburgh PA 15213. For more information, visit [www.chscorp.org](http://www.chscorp.org) or call 412-246-1600.



**THANK YOU FOR YOUR SUPPORT!**

## Time and Trustful Surrender

by Sheila Caffrey

### Part Three in a Five-Part Series on Depression

SO FAR IN THIS SERIES I have spoken about anchoring to the true self, and about embracing moments of peace. Today I want to address the reality of time, and the beauty of trustful surrender.

I heard many kind and encouraging things during my months of depression and anxiety, but perhaps the most helpful of all came from my meditation teacher. After listening to my story and witnessing my anguish, he quietly said, "Sheila, anti-depressants are not anti-yogic. Take some time. Do your practice for a while, and repeat your mantra, very slowly, very gently, very sweetly. Let it be like a healing salve for you. And breathe. Do all the things you know how to do. Give yourself time. Time is the great healer. In a few more months, if you are still feeling this sad and this lost, then you can think about taking an anti-depressant. That would be the kindest thing to do for yourself." Then I asked about my mantra and we discussed the meaning of trustful surrender.

I was still sad, very, very sad, and I would remain very sad for many months to come, but I knew then that finally I would be okay. I had something concrete to work with. Surrender. That's what held me for all those months to come. Trustful surrender.

I was far away when I had that talk with my teacher. I had traveled to my spiritual sanctuary because I knew that I was in trouble. The shock I had suffered and the grief I was feeling had left me a dim shadow of myself. I was unable to eat, unable to smile, unable to sing, or laugh, or breathe deeply. I was a mess. When I arrived at that sanctuary I had lost twenty pounds and wasn't sure I wanted to live anymore. Before that I had been such an alive person. But not anymore. Not then.

Surrender. I wondered if I would have to surrender to anti-depressants, if taking them would be the kindest thing.

If you are suffering, if you are depressed or have anxiety, I want to repeat that anti-depressants, anti-anxiety medication, these things are not anti-yogic. They are not anti-anything really, except depression and anxiety. If you need them for now, you need them for now. If you do not, you do not.

I did not. I was lucky. What I surrendered to was the divine. Actually, what I surrendered to was the suffering, but I kept on saying, "I trustfully surrender into the Heart of God. I trustfully surrender into the Heart of God." I said it all the time. That became my mantra. I love Sanskrit, but for a little while I just needed English. And, I needed to say, "God." It had to be God's heart into which I surrendered. Someone else might not need to say that. Someone



else might surrender into the Heart of Kindness, or into the Heart of Love, or into the Heart of Compassion. It all means the same thing to me. It was the surrender that mattered to me. And it was the trust.

Surrender is not submission. Please understand that. Submission has no power, no serenity, no peace. Submission is weak. It carries only a feeling of collapse. I am not advocating submission. Nor am I suggesting that you surrender to an abusive situation, or to the couch, or to TV, or to alcohol, or cigarettes, or drugs, or to a behavioral pattern that has harmed you or anyone else, or to any other form of collapse. That is not surrender. That is submission. Healing from depression and anxiety requires energy, commitment, strength, power. Healing from depression for me required surrender, powerful surrender, beautiful surrender, trustful surrender.

And, it required time. Time and trustful surrender.

Of course I didn't want it to take time. I wanted to feel better right away. I wanted to smile and laugh again. I wanted to notice the flowers and the birds and the sky. I didn't understand why I couldn't just get over it, as some people suggested I do. Each day I would wake up and do my practice, and try to eat something nourishing so that I could make serotonin, and look outside hoping that the trees would make me feel glad, and try to listen to music, and wonder when I would feel like myself again. And, I would trustfully surrender into the Heart of God, over and over and over again.

Time did pass. I have fully recovered. Time and trustful surrender. I give you these from my teacher. Peace.

*Sheila Caffrey teaches yoga and practices spiritual counseling, massage, and CranioSacral Therapy in Pittsburgh. She can be reached at 412-363-4991 or at [sheila.caffrey@verizon.net](mailto:sheila.caffrey@verizon.net)*

### What's New ... in the aisles

#### Aisle 3

- Newman's Own Organic Chocolate Bars

#### Aisle 2

- Le Vrai Pain Francais Baguettes(in the basket!)

#### Aisle 6

- Evol. Burritos, Skillet Breakfast flavor
- PJ Madison's Organic Kashmir Cinnamon Ice Cream
- Soy Boy Tofu Breakfast Links
- Field Roast Vegan Sausages



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<b>AVALON</b> Vit C Facial Products <b>\$7.79</b> reg. price: \$10.99 other Avalon products on sale	<b>EDWARD &amp; SONS</b> Miso Cups <b>\$1.99</b> reg. price: \$1.29	<b>JASON</b> Smile Brightening Kit <b>\$9.99</b> reg. price: \$14.99	<b>MEDITERRANEAN ORGANIC</b> Grape Leaves <b>\$3.49</b> reg. price: \$4.59
<b>BIOKLEEN</b> Bac Out Foam Spray <b>\$6.49</b> reg. price: \$9.29 other Biokleen products on sale	<b>ENJOY LIFE</b> Gluten Free Cookies <b>\$2.99</b> reg. price: \$3.69	<b>Kinnikinnick</b> Gluten Free White Bread <b>\$3.99</b> reg. price: \$5.29	<b>NATURE'S GATE</b> Deep Clean Liquid Soap <b>\$4.99</b> reg. price: \$6.49
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February sales exclusively for East End Food Co-op members, all month long!

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For advertising rates and details,  
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Or e-mail

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**WHO WE ARE**

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

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

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

**MANAGEMENT TEAM**

Rob Baran, General Manager  
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 Jane Harter, Administrative Manager/HR  
 Aaron Young, Produce Manager  
 Kara Holsoapple, Marketing and Member Services Manager  
 Allisyn Vincent, Front End Manager  
 Thomas Murphy and Amber Pertz, Café Managers

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# The Co-operator

**Kara Holsoapple**, Editor/Advertising Sales

**Linda Raden, LR Design**, Design, Layout & Production

The Co-operator is published twelve times a year and mailed to members of the East End Food Co-op. Additional copies are available at the Customer Service desk and at the entrance area to the store.

We welcome letters to the editor.

Send your message (250 words or less) to —  
Attn: EEFC Member Services, 7516 Meade St. Pittsburgh,  
PA 15208 or e-mail to: [memberservices@eastendfood.coop](mailto:memberservices@eastendfood.coop)

## Submission Deadlines

All submissions, including articles and advertisements, must be received in the Co-op office by the first of the month for the following month.

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

For information about submissions and advertising, please contact Member Services at 412.242.3598.

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WRITE TO US: The Editor of *The Co-operator* welcomes your letters! Send your 250 words or less to:  
Kara Holsoapple, Member Services, East End Food Co-op,  
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## staff NEWS

### NEW HIRES

The Co-op welcomes **Olivia Gleser** to the front end! Olivia recently moved to Pittsburgh from Santa Barbara, CA, and long before that, was raised on a commune in Tennessee called "The Farm." Passionate about nutrition, health and local eating, she hopes to become an acupuncturist/herbalist or nutritionist.

Following what he describes as a "primal lifestyle," **Aaron Fraser** fits right in on the POS (what is that?) staff. He is also a bike enthusiast, writer, and massage therapist -in-training. Aaron loves to play guitar and sing, and wants to study kendo in Japan. Welcome, Aaron! 🌱

## Employee of the Month

Congratulations to **Germaine Gooden-Patterson**, our **Employee of the Month for November 2009**.

Interview by Jessica Johnson

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

13 years.

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

The people, the people, the people, the wonderful people.

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

Bring back the free staff lunches.

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

Grateful.



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**Give to your Co-op  
Community Fund**

Information at <http://community.coop/cct/>

### Food is Elementary Educator Training

**March 6 - 7, 2010 9am - 4pm both days**

Located at the Center for Victims of Violent Crimes  
5916 Penn Circle, Pittsburgh, PA 15206

The Food is Elementary Curriculum, developed by Dr. Antonia Demas, President of Food Studies Institute, ([www.foodstudies.org](http://www.foodstudies.org)) is a nutritional program for children. Based on the USDA Food Pyramid, it integrates academic subjects with food, nutrition, culture and the arts.

\$100 includes workshop materials, food samples, and certification as a Food Is Elementary Educator. Space is limited! To register call Rosemary Traill at 412-741-5167 or email [macrorose@msn.com](mailto:macrorose@msn.com). Reserve your spot by making a check payable to Food Studies Institute and mail to Rosemary Traill, PO Box 211, Sewickley, PA 15143.

## DID YOU KNOW...

**You can find new recipes and great tips at the Customer Service Desk every month — part of the Better Eating for Life Program!**

This month the focus is on **PORTION SIZE**.

The current packet includes valuable information for changing old eating habits sensibly and gradually, including portion sizes and daily serving recommendations for each of the food groups, depending upon your age, gender and activity level.

- Did you know that 4 large olives = ½ tsp oil = 2 g of oil?
- Building on last month's **Step One: GRAINS**, Choate includes information on everything from quick and easy breakfast choices to how chocolate can still be eaten and enjoyed on a healthy diet.
- This month's **Step Two: PORTION SIZE** packet also includes recipes for Cold Weather Soup, Double Lemon Poppy Seed Muffins, and Ricotta Treat Spread.

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, MS, RD, LD, Food and Nutrition Educator at Co-op Food Stores, Hanover and Lebanon, NH.

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## The Global Cooling Diet

— Continued from page 4

some and nutritious. You could consider cool eating as an investment in your own health, as well as the health of Earth. As in so many other cases, what's good for the rest of the planet is also good for us, and vice versa.

Here's something else to consider: it tastes great! Better quality food means better quality taste and better quality energy. When you eat real, live food, that has been cared for with integrity by real, live people, and that gathered its energy from the real, live, vibrant Earth and Sun, you will feel more real, alive, vibrant, connected, cared for, healthy, whole and full of integrity. Whole food means whole people, means a whole planet. Whole people are ready to make the change we need for a whole planet. As Gandhi might say if he were with us today, eat the change you wish to see in the world! 🌱



# bulletin BOARD



## CAFÉ HOURS

### DAILY

JUICE BAR  
8 AM - 7 PM

SALAD BAR & SOUP  
8 AM - 7 PM

HOT FOODS  
11 AM - 7 PM

### WEEKENDS

WEEKEND BRUNCH BAR  
9 AM - 1:30 PM

HOT FOODS  
1:30 PM - 7 PM



### ESPRESSO DRINKS

	Single	Double
Espresso	1.75	2.50
Cappuccino	2.75	3.50
Latte	3.25	3.75
Mocha Latte	3.50	4.00
Macchiato	2.25	3.00
Americano	2.00	2.75
Shot in the Dark		

### COFFEE

	12 OZ.	16 OZ.	20 OZ.
Coffee	1.25	1.50	1.85
Café au Lait			

### HOT DRINKS

	8 OZ.	12 OZ.	16 OZ.
Hot Chocolate	1.75	2.25	2.75
Steamed Milk	1.50	2.00	2.50
Honey Milk	1.50	2.00	2.50
Maple Milk (SEASONAL)	1.50	2.00	2.50

### TEA

	12 OZ.	16 OZ.	20 OZ.
Chai (regular or decaf)	2.50	3.00	3.50

**Choice Teas** price per bag **1.25**  
Green: Classic Blend, Moroccan Mint, Ban-cha  
Black: English Breakfast, Orange Spice, Darjeeling  
Decaf: Earl Grey, Mango Ceylon  
Herbal: Peppermint, Chamomile, Wild Berry

**Bija Teas** price per bag **1.50**  
Caffeinated: Yerba Mate  
Caffeine free: Cold Stop, Cranberry Rooibos, Double Ginseng, Lemon Ginger

Add hazelnut, caramel, amaretto, French vanilla or raspberry syrup for an extra 50¢

Milk is available in hormone-free nonfat, 2%, and whole as well as organic soy and almond

Not in the mood for hot? Ask for it iced!

## New Café Latte!

### Pumpkin Spice - YUM!

Vegan and Dairy -  
Flavor subject to availability

Also serving —

## Spiced Local Cider

8 oz ..... \$2.00

12 oz ..... \$2.50

16 oz ..... \$3.00

## February 2010 ... hot bar specials

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	1 Rustic Vegetable Cobbler	2 Tempeh Adobo	3 Burrito Bar	4 Kale & White Bean Stew	5 Pizza Dairy & Vegan	6 Winter Pesto Pasta
7 Chef's Choice	8 Cheesy Spinach Strata	9 Indian Spiced Potato & Mustard Green Quesadillas	10 Indian Kitchen	11 Sausage & Mushroom Lasagna	12 Pizza Dairy & Vegan	13 Broccoli & Mushroom Quiche
14 Chef's Choice	15 Long Winter's Casserole	16 Mock Chicken & Biscuits	17 Country Kitchen	18 Sicilian Broccoli & Cauliflower Penne	19 Pizza Dairy & Vegan	20 Seitan Stroganoff
21 Chef's Choice	22 Millet Risotto	23 Coconut Lemongrass Tempeh	24 Stir Fry Bar	25 Curried Seitan Stew	26 Pizza Dairy & Vegan	27 Spicy Black Bean Casserole
28 Chef's Choice	<b>WEEKEND BRUNCH BAR 9 AM to 1:30 PM</b> WHEAT-FREE PANCAKES, EGGS, TOFU SCRAMBLER, VEGAN FRENCH TOAST, ROASTED POTATOES AND MORE! <b>HOT FOODS BAR</b> 11 AM to 7 PM - DAILY 1:30 PM to 7 PM - WEEKENDS					

## Celebrating a Love of Diversity All Month Long

by Ela Slai

February. When we all start to really tuck in under the covers with our loved ones and wonder if winter will end a little sooner. Hopefully you'll be warm when you're reading this, and if you're out and about, perhaps in the Café at the Co-op, look around you and give the first person you see a warm smile, a friendly look, or even a welcoming word or two. Love all the diversity that's around you this month, each and every day!

If you ever wondered why February is the shortest month of the year, well, basically it had to with the Romans considering winter a monthless season. Since they were agriculturalists, there wasn't much going on during the times we now know as January and February. When they did get around to adding it to the calendar, it was only 23 or 24 days long, and was followed by a 27 day intercalary month to realign the year with the seasons. But when reforms that instituted the Julian calendar went into effect, "Intercalaris" was eventually abolished and leap years (where a day was added to February, which now had 28 days) occurred every four years. Crazy, but there you have it.

Other happenings in the world this month are as diverse as ever, including that the whole month is celebrating Black History, responsible pet owners and jobs in golf (I?!) as well a New Year beginning in China on the 14th.

### 2nd: Imbolc, Wiccan & Pagan

Falling halfway through the winter solstice and the spring equinox this festival of the return of the light is celebrated throughout the northern hemisphere and is also a time of watching to see if serpents or badgers would come out of their dens, sounds like another more commonly known event... Punxsutawney, anyone?

### 5th: Nutella Day, Worldwide

A younger holiday but this fourth year of celebrating the famous chocolate hazelnut spread couldn't be more fun unless you spread it all over well, toast, or something like that. [www.nutelladay.com](http://www.nutelladay.com)

### 12th: Maha Shivaratri, Hindu

"The Night of Shiva" is celebrated in honor of Lord Shiva, one of the deities of Hindu Trinity. Some believe that it was on the auspicious night of Shivaratri that Lord Shiva performed the 'Tandava,' the dance of the primal creation, preservation and destruction.

### 15th: President's Day, USA

Originally honoring our first president, George Washington, this holiday was celebrated on his birthday, February 22nd. It was subsequently changed to the 3rd Monday of the month so that other presidents could be celebrated and was the first federal holiday to honor an American citizen. Go Obama!

### 16th: Mardi Gras, Catholic/Worldwide

The translation from this French term is literally "Fat Tuesday" and relates to the last day of celebrations before the fasting season of Lent that begins on the 17th so get all your gluttonous deeds out of the way today!

### 28th: Lantern Festival, Asia

Celebrated on the 15th day of the 1st month of the lunar New Year this festival of lanterns officially ends the series of celebrations of the Chinese New Year and is when lanterns that are hung outside can be appreciated by the bright light of the first full moon.

Is there a day in the future that you'd like to see listed in this article?  
Email me! [elaslaidiversity@gmail.com](mailto:elaslaidiversity@gmail.com)

## february lectures

Thursday February 18, 7pm

### Good Grains and Your Health in Winter

with Deborah Uttenreither, CHHC, AADP Certified Nutrition, Health and Lifestyle Coach from LIFEFUEL Nutrition

Are you bored with rice and potatoes?

Have you ever wondered what to do with all those other grains you have heard about?

Come learn why grains can actually be good for you and what grains are best for metabolic and intestinal balance.

Class recipes will be Quinoa Cakes (pronounced *kween-wa*) and Quinoa salad.

This is a quick and delicious way to prepare this healthful grain giving warmth, health and satisfaction in these cold winter months.

Thursday March 11

### The Safety and Efficacy of Vaccines

Christopher Powell D.C., Powell Chiropractic, LLC  
[www.WellnessPittsburgh.com](http://www.WellnessPittsburgh.com)

Come to hear about the history of vaccines, their relative safety and efficacy, what the law says, and how you can increase your immunity naturally.

NOTE: Workshops are free, but please register in advance at 412.242.3598.

### EMPTY BOWLS DINNER

Sunday, March 7, 2010

#### 15th Annual Empty Bowls Dinner

A simple meal of bread and soup, to benefit Greater Pittsburgh Community Food Bank and Just Harvest, and raise awareness about the problem of hunger in our community. At Rodef Shalom Congregation, 4905 5th Ave, Oakland, 2-7 pm. Celebrity soup-servers, live entertainment, children's activities, silent auction of world-class ceramic art. Ticket holders choose a beautiful hand made bowl to take home. Tkts: \$20.00. (412) 431-8960 or [www.pittsburghfoodbank.org](http://www.pittsburghfoodbank.org)

## un-classified ads

GUITAR LESSONS in Point Breeze, just two blocks from the Co-op. Let's tug on the roots of American music together! Call David at 412-589-3209.

TIME TO FEEL GREAT- Start today with Deep Tissue massage or Shiatsu. Co-op member discount. [www.bodyharmoniypgh.com](http://www.bodyharmoniypgh.com) Marcia Smith. 412-871-5388.

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

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

EDDIE SHAW, MASSAGE THERAPIST — 5801 Beacon Street, Sq. Hill (next to Giant Eagle parking lot), 412-855-1532. [www.squirrelhillmassage.com](http://www.squirrelhillmassage.com). Relaxation and deep tissue massage. Increased flexibility and deep tissue work—there is nothing like it. \$15 off the first visit for Co-op members.

YOUR MESSAGE COULD GO HERE. An unclassified ad is an incredible value at \$20 AND... co-op members save 10%. 25-word limit (loosely enforced). Add up to 10 additional words for 25 cents each.

WE OWN IT-



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