

THE CO-OPERATOR

a monthly newsletter of the East End Food Co-op

Pittsburgh, PA

STORE NEWS

MEMBER BONUS!

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The next quarter goes from April 1, 2013 through June 30, 2013.

BOARD OF DIRECTORS

MONTHLY MEETING

ALL MEMBERS ARE WELCOME.

The next meeting will take place on Monday, February 18 at 7pm.

YOUR CO-OP IN YOUR COMMUNITY

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CO-OP ORIENTATION

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

Call 412.242.3598 ext. 103 to register.

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1/30 - 2/12 CO-OP DEALS
2/13 - 2/26 CO-OP DEALS

EAST END FOOD CO-OP

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Bins of Beans and Why My Co-op Matters to Me

by Eve Adamson

My mother didn't know what a co-op was, and I grew up on processed food and the limited number of fruits and vegetables almost everybody ate: iceberg lettuce, trimmed carrots, bagged celery and potatoes, and tomatoes from far away. It's what she knew. She didn't realize she had a choice, but discovering the co-op when I was a freshman in college opened up a whole new world for me. That world became a way of life. My children grew up on whole-grain foods. They can name scores of vegetables. They can define the word 'organic.' They know exactly what a bulk bin is, and they can now operate the nut grinder without my help. They also know what real, fresh, local, vibrant, ethically produced food tastes like.

The first time I ever set foot in my local food co-op, I was a freshman in college. It was 1985. Like my mom, I'd never heard of a food co-op and I had no idea what it was or how it worked. When my new arty, intellectual, Birkenstock-wearing, neo-hippie university friends mentioned going there, I thought it sounded exotic and liberal and everything my supermarket-shopping parents weren't.

I went to the co-op with my roommate. We shared a funky old house about 8 blocks away, where we liked to sit around with our friends listening to King Crimson and Black Flag and Sonic Youth. We wrote poetry and made food from scratch. My friend had been to the co-op before. She even worked there occasionally and would bring home bags of dried beans or walnuts, freshly ground peanut butter dispensed into recycled jars she kept in the cabinet, and vegetables that looked completely different than the kinds of vegetables I grew up with: fresh carrots with all the greens still attached, big sacks of loose-leaf lettuce, and exotic things I'd never tried: beets, parsnips, shiitake mushrooms.

I could hardly wait to make my own purchases. I planned a glorious soup, unlike anything from a can (the only kind of soup I'd ever remembered eating). We walked the eight blocks, our tote bags filled with empty jars slung over our arms.

"Now, if you get something out of the bulk bin, you have to write the bin number on your jar or your bag," my roommate explained.

"What's a bulk bin?" I asked.

"You'll see," she said.

The co-op sits at the end of a street on the edge of the downtown, next to a creek. I'd driven by it hundreds of times and never even noticed it. But when I stepped inside, it was like stepping into a whole new way of life. I literally got a chill down my spine. I was home.

It was smaller than the grocery stores my parents shopped, and that wasn't the only difference. There were no fluorescent lights or massive freezer cases or slick displays of packaged produce. It was just food. Real food. Whole food. Lots of fresh food, everywhere I looked.

And then I saw the bulk bins. I couldn't believe the variety and abundance. White beans, black beans, kidney beans, pinto beans, lima beans. Dried lima beans! Nuts, seeds, buckwheat groats, oatmeal, bulgur, granola, veggie burger mix (just add water? Amazing!). I've always been that person who gets a little too excited about food, so I was probably acting like a major dork over there by the bulk bins, sighing and gasping to myself, but I couldn't help it, especially when I saw the vats of freshly ground peanut butter, cashew butter, almond butter, and sesame butter. I wanted to buy it all!

As I finally decided to try those exotic dried lima beans, I let go of my cart to take a bag from the roll and write the bin number on it with the grease pencil that was tied with a string to the bag holder. That's when my cart started to roll. Startled, I turned: There it went, down the aisle, where it crashed rudely into a young man with a very long beard.

"I'm so sorry!" I exclaimed, leaping forward, leaving the grease pencil to swing on its string.

He smiled serenely. "It's alright. The floors in here are a little crooked," he said. I looked down. The floors by the bulk bins



along the wall did indeed slope precipitously towards the center aisles. "You need to keep a hand on your cart by the bulk bins," he advised.

"Thanks," I said. I imagined what might have happened had my cart slammed into someone in my regular grocery store, where everybody was always in a hurry and slightly irritated. Of course, in my regular grocery store, the floors were totally level.

I went home that day with a bag of dried lima beans, a jar of cashew butter, a loaf of grainy, seed-filled rye bread, and enough celery, carrots, onions, and garlic to make a pot of bean soup so large that it fed us all for almost a week. It was the last time I ever bought dried lima beans—by the time we were done with that soup, I never wanted to see another one again—but it was only the first of thousands of visits to the co-op.

Almost 30 years later, I still get a little rush of excitement whenever I walk into that building. Sure, it's different than it used to be. They've got a bigger selection, a lot of packaged foods, a nice bakery, an impressive deli, and a lot of the modern conveniences one would expect from a grocery store today. Local foods are proudly marked throughout the store and the produce section is robust and inviting.

But the bulk bins are still there, just like they were in 1985. The peanut butter and almond butter are grind-your-own now, but they are still sold in bulk, and you can bring your own jars—for maple syrup, honey, and olive oil, too. Some shoppers still wear Birkenstocks and mingle happily with the old hippies, the young college students,

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ALL MEMBERS ARE WELCOME TO ATTEND THE CO-OP BOARD MEETINGS.

Check the bulletin board in the front vestibule for dates, times and agenda items. The next meeting will take place on Monday, February 18 at 7pm.



WE OWN IT - CO-OP

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Urban Agriculture: Open-Ended and Evolving

by Maura Holliday, RD, LDN, Grocery Manager

Urban agriculture does not need to be “about the 10-mile diet,” states Daniel Nairn of **Grist.org**. Rather, urban agriculture is about meeting the needs of a community in regard to food security, especially in areas like food deserts. Having food security means that “food is available at all times; that all persons have means of access to it; that it is nutritionally adequate in terms of quantity, quality, and variety; and that is acceptable within a given culture” (definition from Luc Mougeot’s **Growing Better Cities: Urban Agriculture for Sustainable Development**). A “food desert” can be explained many different ways depending on whom you ask, but generally speaking, it is a place, rural or urban, without access to healthy, nutritionally adequate varieties of food. Some schools of thought define food deserts in terms of distance to a grocery store, while others consider access—the ease or difficulty of getting to a store. Food deserts are frequently found in urban areas, and one way to remedy this situation is urban agriculture.

Agriculture is at the core of human civilization. When our nomadic hunting-gathering ancestors began to plant seeds intentionally thousands of years ago, they began to settle down and grow towns and cities as well. And until recent times, agriculture was valued by urban and rural people alike. The Egyptians and the Roman Empire both cultivated crops within cities limits. And our own country was founded by farmers—Thomas Jefferson often touted agrarian values. In the United States, though, around the mid-1800s, when big city life began to be seen as more exciting, more sophisticated and more lucrative, people started moving from the country to industrialized urban areas.

Since the mid-20th century, agriculture itself has become more and more industrialized. But with the food system we have today, many people are going hungry. Thirty million Americans cannot afford to buy food to maintain good health. So today, city dwellers are looking for a way to reap the benefits of

farming without leaving the conveniences of urban life. They have a strong desire to grow their own food amidst the asphalt and concrete, so they can provide a healthier diet for themselves and their families.

Urban agriculture has many different faces that range from growing food on a balcony to full-fledged farming in the middle of a city. It’s about growing plants and raising animals, tending beehives and processing honey... But



larger projects, like Grow Pittsburgh’s Brad-dock Farms, or the Shiloh Peace Garden a few blocks from the Co-op, are more complex than most people realize. The effort required to get the ball rolling, and then to keep it rolling, is considerable. Ventures like this take community buy-in and require maintenance and upkeep. Despite these challenges, urban agriculture has the potential to begin the process of healing our very broken food system. If nothing else, it can help us become more conscious of where our food comes from, so that children know what a fresh ear of corn looks and tastes like, and they know that milk comes from a dairy cow. In the wise words of Alice Waters, “Good food for all should be a right and not a privilege.”

So urban agriculture is one very important way urbanites can provide that good food for themselves. With the right initial goals in mind—based on the specific needs of a specific community (not the whole city or the whole world)—there is a great chance of success. If, however, these farming and gardening schemes are focused only on producing food for the sake of food security, they will always run the risk of wilting away. From what I’ve

Bins of Beans And Why Co-op Matters To Me

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and everybody in between who shops there.

The crooked floor is still there, and I’m now an expert at keeping my cart from escaping, but I recently heard the co-op will be moving soon, to a newer, larger building. I imagine the floors won’t slope from one end to the other. I imagine I won’t need a third hand or a jutted hip to somehow secure my cart while I fill my bag with dried beans. Strangely, I’ll miss that.

But the spirit will be the same. So will the fresh natural food, the jovial fellow shoppers, and that sense of camaraderie you can feel the moment you walk in the door. At the co-op, I’ll shop alongside others who also quest for health. I’ll find others who believe that what we put into our mouths matters, not just because of its nutritious value, but because of where it came from, who prepared it, how they were treated, and how far it travelled from origin to dinner plate. People who shop at co-ops want to eat something really good—in every sense of the word. This is why my co-op matters to me, and this is why I still shop there. I’ll never forget how much I’ve gotten out of co-op membership over the years. Food means more to me now that it would have if I had never shopped at a co-op. As far as I’m concerned, the fact that

my co-op is not only still standing, but growing, expanding, and competing with traditional grocery stores as well as other health food chains out there means the world is changing for the better. That’s reason enough to be a member. Count me in.



Eve Adamson is a freelance writer, book author, and collaborator who specializes in co-writing diet and health books with celebrities and experts. She’s also a food-obsessed co-op fangirl, CSA junkie, and aspiring locavore who has no problem following Michael Pollan’s advice to “eat food,” “mostly plants,” but still struggles with the “not too much” part. She lives in Iowa City with her equally voracious family.

Join the Board in Welcoming Justin Pizzella as Our Co-Op’s New General Manager!

The Board of Directors is proud to announce our appointment of Justin Pizzella as the next General Manager of the East End Food Co-op.

Prior to accepting the position as GM, Justin served as our store’s Operations Manager. He began that position early in 2011. Since the departure of our previous GM in April, Justin has been serving as part of our Transition General Management Team along with Jane Harter, and has been active in improving our Co-op over that time. Justin has also played a lead role in the remodeling project that has improved our store over the last year.

Justin brings a unique mix of retail and logistics/supply-side experience to the Gen-

eral Manager’s role, with skills in management and operations. He has also been an active participant in the Co-op community, attending professional development sessions, working with the Board on policy improvements at our annual retreat, and representing our Co-op in the National Cooperative Grocers Association.

We look forward to working with Justin in his new role, continuing to carry out our Ends within our Co-op community and the greater Pittsburgh region.

The Board would also like to thank both our Transition General Management Team (Justin Pizzella and Jane Harter) and the rest of the Co-op staff for their excellent work during our period of leadership change.

learned, for a neighborhood garden to keep on growing, the neighborhood must always be considered. And, according to philosopher Paul Thompson, we must see any sustainability project or movement as an “open-ended and always evolving task.” Urban agriculture is no different; once you have achieved one aspect of what you’re aiming for, you must rethink the idea and move forward from there—always with the community in mind.

Maura Holliday: Who am I?

I am the grocery manager at the East End Food Coop. I am also a registered dietitian and chef. Food has been important to me since I was a teenager. After high school, I attended Johnson & Wales University in Providence, Rhode Island, receiving a bach-

elor’s of science in culinary nutrition. Then I moved to Pittsburgh seven years ago for post-graduate schooling. For the past several years I have worked as a foodservice manager and clinical dietitian in healthcare facilities around the area. Most recently I worked at Magee-Womens Hospital of UPMC as their retail manager, running the coffee shop and the main cafeteria. I was also on the green team at Magee, working in the on-site organic gardens. I am currently enrolled in the online Master of Science in Sustainable Food Systems program at Green Mountain College in Poultney, VT. Urban agriculture has become a passion of mine since starting this program. I have researched the Pittsburgh local food scene and found all of the great urban agriculture projects throughout the city.

Bolivian Quinoa Stew

Makes 4 Servings



INGREDIENTS

- 1/2 cup quinoa
- 1 cup water
- 2 cups onions, diced
- 2 tablespoons fresh garlic, minced (about 3 cloves)
- 2 tablespoons vegetable oil
- 1 cup celery, sliced crosswise
- 1/2 cup carrots, diced
- 1 cup green bell pepper, diced
- 1 cup cooked garbanzo beans, rinsed

- 2 14.5-ounce cans diced tomatoes with juice
- 3 teaspoons ground cumin
- 1 teaspoon chili powder
- 1 teaspoon ground coriander
- 1 pinch cayenne pepper
- 2 teaspoons dried oregano
- 2 cups vegetable stock
- 1 bay leaf
- 2 teaspoons cilantro, minced
- 3 tablespoons red wine vinegar

INSTRUCTIONS

1. Sauté the onions in the oil for 5 minutes or until they begin to soften, add the celery and carrots and sauté for 5 minutes more. Add the garlic and sauté for 2 minutes, then add the cumin, chili powder, coriander, cayenne pepper and oregano and sauté for 2 minutes more. Add the garbanzo beans, bell pepper, tomatoes, bay leaf and stock and bring to a boil. Reduce heat and simmer for 15 minutes, adding the cilantro and vinegar towards the end.
2. While the stew cooks, prepare the quinoa. Rinse the quinoa, then combine with 1 cup water and cook over medium-low heat, covered, for 15 minutes. Remove from the heat and set aside.
3. To serve, divide the stew into bowls and garnish with two heaping tablespoons of quinoa. Remember to remove the bay leaf from the stew before serving.

SERVING SUGGESTION

This hearty South American stew is a delicious accompaniment to fresh seafood, or served as a main dish with warm crusty corn bread or corn tortillas.

NUTRITIONAL INFORMATION PER SERVING

Calories: 305, Fat: 10 g, Cholesterol: 0 mg, Sodium: 261 mg, Carbohydrate: 50 g, Dietary Fiber: 11 g, Protein: 9 g



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 or 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

Would love to see you offering the raw unsalted peanuts—whole—in bulk, as you have done in the recent past. They're great for snacking, cooking, etc., and we miss them. Thank you!

We do have plans to put the peanuts in a bin. For the time being, we have a box of peanuts below the peanut grinder. Ask staff for assistance if you have trouble locating it. Thanks for your suggestion.

— Ian, bulk

The green bulk bags are too thin. They tear easily and I hate to waste them.

We also have plastic containers, as well as brown bags (in produce). We will look into stronger plastic bags.

— Ian, bulk

Hi, I didn't see the non-organic Nairn's Oatcakes on the shelf. You used to carry them, just wondered if you still do.

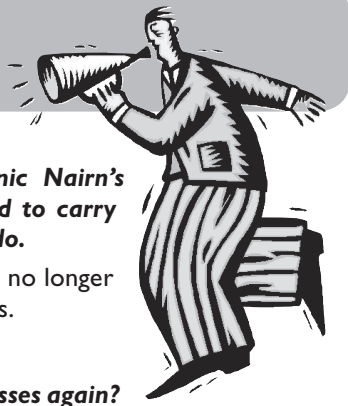
The non-organic oatcakes are no longer available from our distributors.

— Maureen, grocery

Are you going to stock bulk molasses again?

We were having an issue where the molasses was crystallizing before we could sell it. As a result, we were losing more than we were selling. So we do not have any plans to carry it in bulk. We do have ample options in our grocery department.

— Ian, bulk



book review

Mechthild Scheffer's *Bach Flower Therapy: Theory and Practice*

A review by Claire Westbrook, LMT

Sometime in the last 10 years or so, I started working with a homeopath to address challenges I was having with postpartum depression, and because I didn't want to use conventional medicine but wanted something to augment the homeopathic remedies I was taking, she referred me to a flower essence practitioner. Since that time I've become acquainted with a number of different remedies, ranging from flower essences to homeopathic preparations of plants, animals and minerals, and I have successfully learned to treat myself using these very gentle offerings from our planet.

In *Bach Flower Therapy*, Mechthild Scheffer writes about the 38 flower essences that Dr. Edward Bach formulated more than 50 years ago as a holistic approach to disease and healing. His work was based on the concept of the perfect unity of all things, and the utter uniqueness of every system contained within that whole. Subtle in their ways of healing, flowers essences are infu-

sions of flowers in water that are stabilized with brandy and diluted so that only minute traces of the chemical components from the original flowers remain. They are used mainly to promote awareness of mental, emotional and spiritual imbalances. Dr. Bach was interested in helping individuals to act more wholly in harmony with their souls.

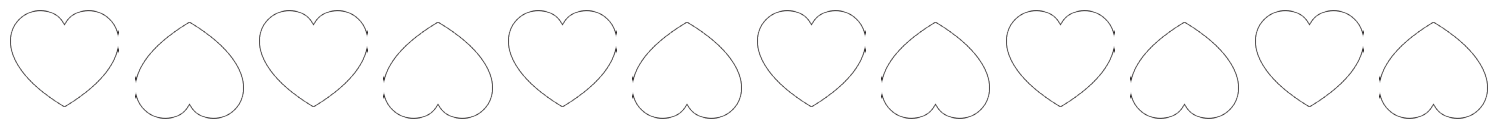
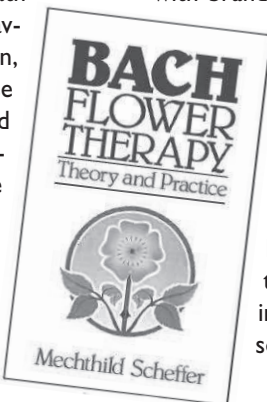
In her book, Ms. Scheffer includes detailed descriptions of each flower, with images, as well as the positive and negative states of each essence. There is a chapter devoted to finding the right remedy for specific diseases, with lists of symptoms to facilitate diagnosis. Scheffer offers supportive measures and positive statements to use in conjunction with the remedies. She also includes sections describing her experiences treating clients (she's been a practitioner for 40 years!), frequently asked questions + answers, and a chapter on prepa-

ration, storage, and dosage recommendations.

Given the state of our environment and the frenetic pace of everyday life, it's more important now than ever to be gentle with ourselves and to utilize all the support that's available. Flower essences have never been shown to do harm and are being used all over the world by medical professionals and laypeople alike.

For some, it may be hard to grasp the concept of healing with flowers. But if you've experienced challenges with your health that you haven't been able to resolve with traditional remedies, it may just be time to consider the alternatives. Pick up a copy of *Bach Flower Therapy*

and read for yourself. (While you're at it, you might want to peek at *The Encyclopedia of Bach Flower Therapy*, also by Mechthild Scheffer). Essences are available for purchase at the Co-op, and I offer consultations for flower remedies in my private practice. Feel free to contact me for more information at timespaceonemassage@gmail.com or call 412.725.0044.



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The Co-Operator reaches 10,000 homes per month and is posted online each month on our website. Call us @ 412.242.3598 or stop in to GET THE WORD OUT!



THE FOOD YOU EAT

Show Me the Data: GMOs and Science

by Theresa Sabatini

My brother the chemist loves to say, “show me the data” when we’re disputing a topic. Usually the dispute has to do with genetic engineering, which he, as a scientist, finds fascinating, but we’ve been known to butt heads on other topics too. Truth be told, though, I’m no scientific expert, and my brother knows it. So I usually retreat for a time and do what I’m good at. I read and dig, double-check facts and look up scientific terms and jargon, then call him back to pick up where we left off.

I sat down to this article knowing just what I wanted to write about: the September 2012 GMO feeding study by a group of French scientists, led by Gilles-Eric Seralini. This study shows a correlation between feeding rats genetically engineered corn served both with and without the chemical herbicide glyphosate (the stuff Monsanto’s Roundup is made of) and the occurrence of cancer as

damage.² Some critics of Seralini’s study cite his anti-biotech bias and the fact that his funding comes from anti-biotech sources to which he replies that nearly all GM studies are funded by pro-biotech companies and interests.³ Most of the criticisms made have to do with the makeup of the study – the number and type of rats used are mentioned frequently. Yet the same rats are used for most studies of genetically engineered seeds and the number and group size was standard for a toxicity study.⁴ But throwing these false arguments out there in big, splashy headlines creates doubt.⁵ Non-expert readers turn away believing the study was shoddy, just from the headlines.

I’m grateful for scientists like Michael Antoniou, who can dig into the material and give the non-experts among us more than headlines. Antoniou is a molecular geneticist from Kings College in London who recently published a review of hundreds of studies of genetically



well as liver and kidney damage. The study came out accompanied by sensational photos of grotesque looking rats with huge, bulbous tumors twice the size of their heads jutting out oddly from their bodies. Quite a story.

So I started reading and digging, and instead of finding information on the study itself, I found a lot of negative articles criticizing the study, the scientific methods used, the journal that published the study and its dismal failure to catch this fiasco, and so on. Big, bold headlines everywhere discrediting the scientist and his team and laying waste to their two-year study. I wondered if I should find another topic.

Then I remembered Arpad Pusztai, the scientist from Scotland who one day was a well-funded, well-respected scientist, working in service to European government to develop a system designed to prove the safety of and approve genetically engineered foods for the European Union. The next day, after he announced the surprising (to him) findings that the genetically engineered potatoes he was feeding his lab animals were damaging their organs and their ability to reproduce, he found himself de-funded, unemployed and professionally ruined. Scientists raced to discredit him and big media outlets ran articles attacking him, reporting that his studies were fundamentally flawed. His character and life’s work was decimated.¹ That’s the power of the biotechnology industry. And that’s the power we’re witnessing today.

Some more digging has turned up some interesting facts. The studies that companies like Monsanto use to prove the safety of their genetically engineered grains to the FDA and other regulatory bodies last 90 days, ending before the 4 month threshold at which Seralini’s rats began suffering cancerous tumors and showing clear signs of liver and kidney

engineered food and found that many of them “demonstrated possible adverse effects from GM foods such as liver and kidney toxicity and possible allergenic effects.” He concluded that genetic engineering is imprecise and the short-term studies funded by the companies producing the seeds gave “no insight into the long-term effects” and were inadequate to assure safety.⁶

Many of the scientists criticizing Seralini’s study and dismissing his results are scientists whose careers and funding are tied to Monsanto, Dupont, Dow, Syngenta, and other big agribusiness, chemical, and biotech companies. It’s hard to avoid these conflicts of interest nowadays, when scientific and medical journals, universities, research institutions, professional associations, and much more receive most of their funding from corporations. When government positions in the US and Europe are peopled with former (and future) corporate lawyers and officers, it’s hard to ignore the money and influence trails that lead to regulatory decision-making and legislative power.

It’s a real problem in our technological times that while we worship science and “objectivity” we find conflicts of interest at every turn and all-out media brawls over scientific studies that show anything contrary to the official line.

My brother the chemist loves data. But what he and other independent scientists don’t love is a scientific climate that quashes real scientific inquiry in the service of corporate interests. And with the incestuous bonds between corporations, universities, research institutes, and government, it’s hard to tell where the real data lies and where it leads.

Nine scientists, Arpad Pusztai among them, wrote an open letter: Seralini and Science. I’ll give them the last word:

When those with a vested interest attempt

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



With no gluten, dairy, soy, nuts eggs or legumes!



Beet Brownies

Makes 16 Brownies

INGREDIENTS

- | | |
|----------------------------------|-----------------------------------------------------------|
| 3/4 cup unsweetened cocoa powder | 1 cup roasted and pureed beets (4 or 6 smallish beets) |
| 3/4 cup granulated sugar | 1 Tablespoon apple cider vinegar |
| 1/2 cup sweet sorghum flour | 1 Tablespoon vanilla extract |
| 2 Tablespoons ground flax seed | 1/4 cup boiling water |
| 1/2 teaspoon baking powder | 1/3 cup gluten-dairy-soy-nut-and-egg-free chocolate chips |
| 1/4 teaspoon baking soda | |
| 1/2 teaspoon salt | |

INSTRUCTIONS

1. Ahead of time, roast the beets. Heat oven to 450. Rinse the beets, coat in olive oil and a sprinkle of salt, and wrap in a tinfoil pouch. Roast for approximately one hour, until fork-tender. Let cool before peeling. Sometimes peels will slip right off after roasting, but other times you may need a peeler. Puree the beets in a food processor or blender.
2. Preheat the oven to 350 degrees and lightly grease the bottom of an 8×8” glass baking pan with oil. In a large mixing bowl, whisk together the cocoa, sugar, sorghum, ground flax, baking powder, baking soda and salt. Stir in the pureed beets, the cider vinegar, the vanilla extract and the boiling water until the batter is thick and smooth. Pour the batter into the prepared pan and bake for 25 minutes. A toothpick inserted in the center will NOT come out clean, so don’t over bake. The brownies will feel firm to the touch when they are done.
3. Remove the finished brownies from the oven and immediately top with the chocolate chips. Spread them with a knife until they’re smooth. Let the brownies cool completely before cutting. You can put them in the refrigerator when they’re cool to harden the chocolate layer. For easy cutting, dip a sharp knife in hot water before slicing. The leftovers may be stored in the refrigerator, covered, for up to 3 days.

to sow unreasonable doubt around inconvenient results, or when governments exploit political opportunities by picking and choosing from scientific evidence, they jeopardize public confidence in scientific methods and institutions, and also put their own citizenry at risk. Safety testing, science-based regulation, and the scientific process itself, depend crucially on widespread trust

in a body of scientists devoted to the public interest and professional integrity. If instead, the starting point of a scientific product assessment is an approval process rigged in favour of the applicant, backed up by systematic suppression of independent scientists working in the public interest, then there can never be an honest, rational or scientific debate.⁷

1 http://en.wikipedia.org/wiki/%C3%81rp%C3%A1d_Pusztai

2 <http://www.dailymail.co.uk/sciencetech/article-2236219/GM-corn-variety-regarded-safe-Dr-Gilles-Eric-S-rali-ni-hits-critics.html>

3 <http://www.guardian.co.uk/environment/2012/sep/28/study-gm-maize-cancer>

4 <http://gmseralini.org/category/critics-answered/>

5 <http://independentsciencenews.org/health/seralini-and-science-nk603-rat-study-roundup/>

6 <http://rt.com/news/seralini-corn-cancer-monsanto-study-987/>

7 <http://independentsciencenews.org/health/seralini-and-science-nk603-rat-study-roundup/>

NEW IN THE AISLES

New Products on Our Shelves

Perishable

New Oat Smoothies by Relive

Grocery

Manuka Honey is back!

Wild Planet Tuna Pouches

Field Day GF Organic Brown Rice Penne and Elbows

King Arthur’s Organic Bread Flour

Farm Table Organic Oatmeals

Teecino Tee Bags: Hazelnut, Vanilla Nut, and Chocolate

Pro Bar Fruition Bars

Zuke’s Health Nutz, Made in USA Dog Biscuits

Field Day Organic Apple Juice in Gallon Size

Lily’s Stevia Sweetened Chocolate Bars

Zum Liquid Laundry Soap: Frankincense and Myrrh

Bulk

Organic Crystallized Ginger Medallions

IN YOUR COMMUNITY, ON YOUR PLANET

B Corp: A New Kind Of Corporation

from StrongerTogether.coop

A growing community of companies is seeking to redefine success in business. Profit is one measure of success, but increasingly more and more businesses are including their social and environmental impact as additional and important measures of success. How do businesses measure this and how do consumers, who may wish to support such organizations, know how businesses are doing? That's where B Corp comes in. B Lab, a nonprofit organization dedicated to using the power of business to solve social and environmental problems, certifies companies as B Corporations in much the same way the U.S. Green Building Council (USGBC) certifies LEED buildings.

B Lab's hope is that through developing this new type of corporation, individuals will have greater economic opportunity, society will move closer to achieving a positive environmental footprint, more people will be employed in great places to work, and we will



have built stronger communities at home and across the world.

So, why can't corporations do all this on their own? They can, but B Corp addresses a couple challenges many corporations face:

1. Current corporate law makes it difficult for businesses to take employee, community, and environmental interests into consideration when making decisions
2. The lack of transparent standards makes it difficult to tell the difference between a 'good company' and just good marketing. (B Corporations all have public B Impact Reports, so anyone can access performance data about the social and environmental practices that stand behind their products. (Find a searchable list of companies and their B Impact Reports at www.bcorporation.net/community/search.)

B Corp performance standards are comprehensive and transparent and B Corp's legal structure expands corporate account-

ability so corporations are required to make decisions that are good for society, not just their shareholders.

There are over 550 Certified B Corporations across 60 different industries—from food and apparel to attorneys and office supplies. And National Cooperative Grocers Association (NCGA), the organization that brings you this article, is proud to be a Certified B Corporation. (Your East End Food Co-op is a member of NCGA.) Find more info about B Corps on their website, www.bcorporation.net.

B Corps, unlike traditional businesses:

1. Meet comprehensive and transparent social and environmental performance standards;
2. Meet higher legal accountability standards;
3. Build business constituency for public policies that support sustainable business.

What's with whis Weather???

If you want to learn more about climate change, and want to share your concerns and ideas with others, please consider joining a discussion group based on readings put together by the Northwest Earth Institute, in a booklet called **Global Warming: Changing CO₂urse**. There will be an organizational meeting at the East Liberty Presbyterian Church on February 17, from 2:00-4:00PM. The course is 4 sessions and free; there is a nominal charge for the booklet. For more information contact Kate, at pghstillworkers@gmail.com.

When the Sugar Shack is Closed

by Eryn Hughes, Outreach Coordinator

On a trip to rural Buffalo last winter, I had the opportunity to visit a maple syrup farm and observe the various machines that work together to reduce the sap into syrup. I was in awe at the volume of sap it takes to make a gallon of syrup! As we walked around, we noticed it was a bit like a ghost town—no customers milling around despite the mild weather. As we entered the main barn and sales room, we realized there wasn't any staff on site either. Gallons of sap were left unattended, and the boiling machines were silent. Being February, I thought we would see the farm in full-production. I was concerned that the trees may not have produced enough sap to boil down into the syrup I enjoy on my vegan banana chocolate chip pancakes.

Considering this a learning opportunity, I interviewed a couple of people who supply the Co-op with syrup to get the skinny on how the climate change may affect availability for our shoppers. The guys I spoke with agreed that weather systems impact their production. Some northern latitudes have extended freeze/thaw periods in the spring, and they can have more freeze/thaw cycles than places farther south. Freezing at night pressures the root system, then warmer temperatures during the day allows the sap to run. Without this contrast in temperature, the sap will not flow. So if the weather turns warm after a week of freezing-and-thawing, and doesn't go below 32° F at night, you only have a one-week yield.

In most cases, it can take anywhere from 30-50 gallons of sap to produce a single gallon of syrup. As the sap is boiled down, it becomes the natural sweetener we all like to pour on pancakes or waffles. According to Citadelle, a maple syrup producer cooperative in Canada, sap must be boiled to evaporate water and concentrate the sugar content. As it boils, it goes through a complex series of chemical reactions that create the unique maple syrup color and flavor.¹ Syrup has numerous bene-



ficial qualities: significantly higher potassium, calcium and magnesium than other sweeteners like honey or corn syrup. It is also high in antioxidants.²

When asked if the farmers expected a shortage of product or an increase in prices, my sources said they couldn't predict this, as they don't know how long the freeze/thaw cycle will be, but they didn't expect a big change in prices. Further north, it remains cold enough at night for maple trees to continue to produce sap. Last year's milder, shorter winter greatly affected trees in Pennsylvania and even some parts of New York. Despite this challenge, though, local farmers were able to plan accordingly and focus on crops that benefit from the earlier warm temperatures.

So, for now, it sounds like there will be enough maple syrup to go around, and we all know a bit more about how weather systems impact our food supply. After last spring and summer passed, I noticed our selection varied. However, the prices didn't waiver and the quality remained the same. Hopefully, this year our regular suppliers will be able to reap their regular yield.

Thanks to Bruce Roblee of Adirondack Maple Farms, and Dan Neale from Citadelle, for their contributions to this article. Adirondack syrup is often found in the Co-op's bulk section, thanks to our local distributor, Frankferd Farms. Citadell supplies the Shady Maple Farms brand found in small bottles in the baking section.

1 <http://www.citadelle-camp.coop/maple-syrup/All-about-Maple/Production-Process.aspx>

2 <http://www.citadelle-camp.coop/maple-syrup/All-about-Maple/Nutritional-Value.aspx>

Seeds, Old and New

by Hannah Reiff

In February of 2012, 32,000-year-old seeds were discovered in Russia, defrosted, and used to grow a lovely plant with delicate white flowers. Now, those are old seeds! The previous record-holder for "oldest seed people could get to grow" was a 2,000-year-old date palm seed. The Russian team that discovered the flower seeds for *Silene stenophylla* determined that Ice Age squirrels buried them and then 124 feet of ice, along with the bones of woolly mammoths and other creatures of the day, protected them. The mature seeds had been damaged, but scientists were able to extract plant material from the immature seeds, germinate it in a vial, and grow a new plant that, in turn, produced its own seeds.

Here at Garden Dreams we store our seeds in the most optimal conditions we have access to, but nothing beats deep-freezing, I guess. Keeping seeds fresh means protecting them from moisture, heat, bugs and rodents, and temperature fluctuations. Large seed houses have temperature- and humidity-controlled rooms for this purpose. We keep ours in sealed containers in the fridge and always allow one hour for them to come to room temperature before opening the containers. (Otherwise, moisture from the air could condense on cold seeds.)

Some vegetable seeds just have a short life no matter how you store them. Onions, leeks, and spinach are usually only good for a year, and carrots and lettuce seeds expire within a year or two, generally. Flowers, on the other hand, are often good for many years—32,000 years, apparently, if conditions are right.

A seed is a packet of life, encased in a protective coating, waiting until the conditions are right—temperature, water, and light—to grow. Or, until the right scientist digs it out of the ice and brings it into the lab. In this day and age of altering plant



32,000 Year Old *Silene Stenophylla* Seeds

material in the lab, without regard for eventual consequences, it is somehow reassuring to see this really old flower grow. It is not a product of human interference. Well, humans did aid in its ability to grow, but the beautiful white flower it produced is the same as it would have been had it had the chance to grow on its own so long ago. The thought makes me happy.

In any case, I hope your seeds, both old and new, sprout well this year. A growing plant truly is a magical thing to watch as it unfurls its leaves. Happy Growing for 2013!

Garden Dreams Urban Farm & Nursery
806 Holland Ave
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Closed for the Season
www.mygardendreams.com

Teas and Herbals: A Crash Course in Delicious

by Mike Eaton, Stocker

Your Co-op provides a wonderful variety of teas and herbals, loose and in bags, and I'm so glad to see folks interested. At every opportunity, I'm eager to see what people are drinking, to see what they're using their beverage for (health, flavor or "just because"), and to answer any questions I can.

What I find often is that folks like their hot beverages, but haven't really considered the ins-and-outs of what they're drinking, or what to do with it. Also, many aren't familiar with some of the tea terminology.

So first, a little background. Properly speaking, "tea" only refers to those brews that come from the leaves (and sometimes buds, twigs and stems) of *Camellia sinensis*, the tea bush (not to be confused with the plant that gives us "tea tree oil," *Melaleuca alternifolia*).

When tea is harvested for consumption, it's treated in many different ways, which results in many different kinds of tea. As far as steeping times and temperature, different types of tea from different regions and harvest methods will "like" different environments to brew in!

Your Co-op carries almost every tea I'm going to mention. Check this out, and you'll be prepared the next time you stop in!

Green Tea

Green tea is *Camellia* leaves that have undergone minimal oxidation (the breakdown of chlorophyll and release of natural tannins, first appreciated by ancient Chinese herbologists). Hence, they are still varying shades of green. The flavor of many green teas can be described as "grassy" or "earthy."

Steeping: Less-than-boiling water (160-185°F), 30 seconds - 2 minutes. Overbrewed or overboiled green tea can leave your tongue feeling like you just drank cranberry juice.

Well-known green teas: *Sencha* (sun-grown, uncut, its production is said to be a close approximation of the original ancient process); *Matcha* (powdered leaves that dissolve in water, often found in restaurants); *Genmaicha* ("the people's tea," a mixture of green leaves and roasted brown rice).

White Tea

With white tea, the unopened buds and some leaves of *Camellia* are harvested while they still bear white hairs, which give this tea its name. When brewed, it is often a yellowish color. White tea has oxidized just a bit more than green. Because of the selection of specific leaves at specific times, white tea is often more expensive than other teas. It has a lighter and more delicate flavor.

Steeping: Less-than-boiling (175-185°F), 5-6 minutes. The buds need time to open! Overbrewed white tea doesn't always taste as harsh as other varieties, and you can often get multiple cups out of one bag/ a few teaspoons.

Well-known white teas: Silver Needle ("the finest white tea," it smells and tastes like naturally sweet water); White Peony (tastes fresh and clean, but not grassy or empty).

Oolong Tea

The wide variety of teas that are oxidized to a point somewhere between green and black are called *Oolong* (meaning "black dragon"). *Oolongs* vary from very light to very dark, and are often an orange-brown color, with a toasty and slightly fruity flavor. The tea served at many Chinese restaurants when you are seated is *Oolong*.

Steeping: Close to boiling (190-200°F), about 3 minutes. Overbrewed *Oolong* can taste bitter or even like burnt paper, depending on how oxidized it is.



Well-known *oolongs*: *Wuyi* (nutty and earthy, this tea has been said to promote weight loss); *Ti Kuan Yin* ("the iron goddess of mercy" has a light body but a strong, full, almost woody character).

Black Tea

The style that many of us grew up with, black tea is fully oxidized, dark, and rich. Black tea is the most popular style and can taste anywhere from dark and stormy to sweet and chocolatey, but can usually only be steeped once per batch for the best flavor. With honey, lemon, cream, sugar (but never all at once!), hot or on the rocks —however you like it, black tea is a classic example of the West appropriating a good custom of the East when it sees one.

Steeping: Close to boiling (190-200°F), 3-5 minutes. Overbrewed black tea can taste burnt and even peppery. If you're making iced tea and adding sugar or flavor, use boiling water or drink the tea the same day, before bacteria grow. (This goes for any iced tea.)

Well-known black teas: Darjeeling (dark and rich, "the red wine of teas"); *masala chai* (or simply "chai", this spiced Indian tea is traditionally taken with whole milk); English Breakfast (a blend of black teas from around the former British Empire, chosen to go well with cream and sugar and popularized by Queen Victoria); Earl Grey (spiced with oil from the bergamot orange, this tea has an iconic floral scent, and was probably invented

to mimic expensive, hard-to-produce Chinese teas).

Herbal

Any other herb, root, plant, or powder that you steep in water and think of as a tea can be considered herbal, or called a *tisane* (from a Greek word for barley water). The majority of herbals are caffeine-free, and can be steeped a few times without losing much flavor. Your Co-op's bulk herb section contains dozens of products that can be drunk for health and flavor.

Steeping: For delicate flowers and soft leaves, you can make an infusion by pouring boiling water (212°F) over the herbs and steeping 10-20 minutes. (Being from totally different sources, most herbals do not have *Camellia's* issues with bitterness.) To extract the deeper essences from coarser leaves, stems, barks and roots, simmer for about an hour to make what is called a decoction.

Well-known herbals: Chamomile and Lavender (both for relaxation); Peppermint and Spearmint; Ginger Root; *Yerba Mate* (the traditional South American drink, with a less abrasive caffeine jolt than coffee); and *Rooibos* ("red tea," from the South African *Rooibos* bush, a common caffeine-free alternative to tea).

Now, do you feel like you can take on the tea world? Stop in aisles 1 and 2, and make sure your next brew is a brew done right!



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- Guy Miller '12
- Mark Frey '12
- Dirk Kalp '12
- Cortney Seltman '14
- Christine Allen '14
- Dennis Schauer '14

WHO WE ARE

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

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

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

MANAGEMENT TEAM

- Justin Pizzella, **General Manager**
- Jane Harter, **Administrative Manager/HR**
- Eric Cressley, **Front End Manager**
- Thomas Murphy and Amber Pertz, **Café Managers**
- Allisyn Vincent, **Produce Manager**
- Maura Holliday, **Grocery Manager**

EAST END FOOD CO-OP

7516 Meade Street • Pittsburgh, PA 15208
Store 412.242.3598
Café 412.242.7726
Credit Union 412.243.7574

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The Co-Operator reaches 10,000 homes per month and is posted online each month on our website. Call us or stop in to GET THE WORD OUT!

THE CO-OPERATOR

Karen Bernard, Editor

Kaine Raden-Shore, LR Design, Design, Layout & Production

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

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

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

Send your message (250 words or less) to:

Member Services, East End Food Co-op,

7516 Meade Street, Pittsburgh, PA 15208

Or e-mail to: memberservices@eastendfood.coop
SUBMISSION DEADLINES

All submissions, articles and advertisements, must be received in the Co-op office by the first of each month for the following month. The East End Food Co-op does not endorse the views or products of the advertisers in this newsletter. Opinions expressed are the writers' own and do not necessarily reflect Co-op policy.

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

Correction:

Apologies to PAUL SMITH, December's Employee of the Month. While his photo and answers were published here, the name was incorrect. Congratulations, again, to PAUL SMITH!

Thanks to all of those who attended Winterfest this past November. We had a lot of fun and a record turnout! We were able to help the Food Bank at a time when they see a drop in donations.

With the transition in staff we've had this past year, some of the things that have come to be expected got missed. Also, with the event being held at the JCC, we need to ensure that all food is Kosher, requiring us to use an outside caterer. In hindsight, the menu we chose was not adequate. We have had a good debrief and identified a lot of ways we can improve the event. Look for changes next year!

Thanks again for all those who came and we look forward to seeing you next year!

~Justin Pizzella, General Manager

Cooperative Learning: What I Wish They Had Taught Me in Elementary, Middle, High School, and College

by Cheryl Sedlock

The word "economy" is fascinating. It's derived from two Greek words that translate to "the organization of the home." This definition makes it very hard to accept the current "economy" we participate in, where a few people think they own the world. I often wonder, How do we build our own economy, not theirs? When it comes to bureaucrats, corporate CEOs, banker billionaires, and the patriarchal classists, I know that I no longer wish to do business with them. Alternatively, I wonder, How do people work together as compassionate, flexible, creative, independent, self-motivated, sustainable-minded, equality-seeking individuals?

After doing some research and trying to start a bicycle delivery service on my own, a group discussion course magically came into my life and helped direct some of this entrepreneurial energy toward the concept of "cooperation." With no "teacher," members of the class took turns facilitating the conversation, based on excerpts from the book, A Discussion Course on Cooperatives

(compiled by members of the East End Food Coop and others). There were about eight of us who met at the Big Idea Radical Bookstore and Cafe in Bloomfield.

Each week, it was inspiring to talk with others about the ideals and framework behind cooperative businesses and cooperative organizing—within a class structure that allowed us to learn cooperatively. Figuring out how to best use our time together and give our opinions, while listening and respecting the opinions of others as both teachers and students, was a surprising challenge. But what better way to practice working and living cooperatively than to learn cooperatively? Our conversations ranged from exploring the question of *What exactly is a cooperative?* to *What exactly is capitalism?*... *What does Fair Trade mean and where did it come from?*... *How does globalization affect the economy?*... *our lives?*... *How do co-ops structure their meetings and make decisions?*... *How do we start cooperative businesses?*... *And What are the legal aspects of a co-op business?*

STAFF NEWS

New Faces...

Richard Calhoun, Café – Richard grew up on a dairy farm near Brookville, PA. He's interested in happiness, health and wellness, "inside and out." Spending time with loved ones is important to him, and he really likes the Co-op ambiance. He says that the people here feel like a family. Richard is an Eagle Scout and also works at the Duquesne Club downtown.

Employee of the Month

Congratulations to Clint Stalnaker, Co-op staff pick for January 2013 Employee-of-the-Month!



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

A. I've been working here for about 9 months now.

Q. What are your favorite things about working here?

A. The individuals who are drawn to our Co-op (whether to shop, work, or both) are almost exclusively positive spirits. When I clock out at the end of the day, I always feel like I've worked towards a noble goal with like-minded people. I have had the opportunity to make a lot of new friends along the way.

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

A. I have yet to find anything that's absolutely perfect in this life, but I can always count on the Co-op to embrace change and strive towards bettering itself.

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

A. I was both surprised and honored. Thanks everyone!



stronger together

I have learned that there is something about the cooperative structure that frightens people. It is an unfamiliar concept in our culture, and an unfamiliar practice that involves trusting the group process, being accountable to oneself and others, learning and practicing self-motivation, and being able to listen, participate, and speak out.

One thing we all seemed to agree on is that the corporate-for-profit business system is flawed and does not lend itself to equity or equality. Only when we believe that we can live cooperatively, and start doing so in our everyday working, earning, and learning, will we share equally in the earth's wealth. We

DID YOU KNOW...

The 2013 National Co-op Directory are now available for sale!

The only hard copy listing available focused on only Co-op Natural Food Stores/Supermarkets in the United States.

Most dependable directory – kept up-to-date by annual contact with the individual stores.

State and National Maps as well as directions are provided to help travelers plan trips or find co-op stores along your route.

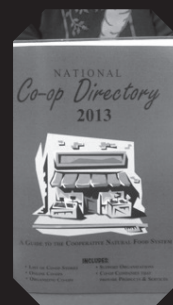
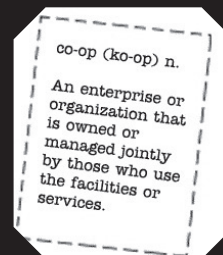
A free copy of the directory goes to the manager of each co-op to promote networking amongst co-ops and with co-op companies.

The directory is a convenient listing you can keep with you when you travel or in your desk drawer for easy networking. Updates throughout the year will be listed on their web site: www.nationalco-opdirectory.com/

The directory listings are organized by state and in alphabetical order that allow you to easily find co-ops throughout the United States.

All listings include: basic mailing information. Most listings also include telephone number, fax number, web page address, store hours and directions to the store.

Additional sections include listings of co-op products, services and organizations that support the co-op natural food system.



must figure out how to manage labor and resources so that everyone can contribute and benefit equitably. Only then can we protect our vital and plentiful planet rather than consume it voraciously.

The class has one more session and some folks hope to share their entrepreneurial ideas and get feedback from the group, while others are looking to organize a cooperative retreat. The retreat would serve as a space to connect, form support networks, brainstorm, and share knowledge and ideas on how to build a cooperative movement in Pittsburgh. If you would like to help organize this movement, or get involved in cooperative business discussion groups, please contact thebigidea+events@gmail.com or cheryl.sedlock@gmail.com.

A Discussion Course on Cooperatives is available at the East End Food Coop, for \$10.

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WE OWN IT-



February 2013 ... hot bar specials

sunday monday tuesday wednesday thursday friday saturday

Serving DAILY vegetarian and vegan specials, vegetable and grain side dishes — all made from scratch in the Co-op Café. Also featuring fresh soups, a salad bar, and deli sandwiches and salads. Don't forget your made-to-order smoothie, juice or Fair Trade espresso drink!

3 Chef's Choice	4 Buffalo Chickpea Potato Skins	5 Chimichurri Tofu	6 Burrito Bar	7 Apple & Squash Gratin	8 Pizza Dairy & Vegan	9 Cheesy Spinach Strata
10 Chef's Choice	11 Red Beans & Rice	12 Potato & Chickpea Masala	13 Indian Kitchen	14 Tempeh Adobo	15 Pizza Dairy & Vegan	16 Mean Green Pasta
17 Chef's Choice	18 Root Vegetable Creole	19 Gumbo	20 Country Chicken	21 Seitan Stroganoff	22 Pizza Dairy & Vegan	23 Ginger Cilantro Tofu & Kale
24 Chef's Choice	25 Orange Glazed Tempeh	26 Roasted Vegetable Mac & Cheese	27 Pittsburgh Kitchen	28 Seitan alla Diavola		



café hours

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

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

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Your February Co-op Events

WEDNESDAY FEBRUARY 6 - SATURDAY FEBRUARY 9

PASA Farming for the Future Conference

Our Co-op will be gathering with local farmers, beekeepers, cheesemakers, vendors and others at the 22nd annual conference hosted by our community partner, PASA, Pennsylvania Association for Sustainable Agriculture. The conference is open to all.

<http://www.pasafarming.org/events/conference>

SUNDAY FEBRUARY 10, 11AM-3PM

Youth and Family Wellness Fair

Look for our EEFC table supplied with educational materials during the Youth and Family Wellness Fair at the Jewish Community Center. The event is free and open to all!

<http://www.jccpgh.org>

SATURDAY FEBRUARY 23

TEDx GrandviewAve

Your Co-op will snack you at TEDxGrandviewAve, downtown. TED is a nonprofit organization devoted to "ideas worth spreading"; x = a local, independently organized event. If you didn't request an invite, you can still participate in the webcast parties:

<http://www.tedxgrandviewave.com/>

STAY TUNED FOR MORE EVENTS IN MARCH:

10: Venture Outdoors Soup Hike in Schenley Park

13: Center for Victims Peace Partner Awards

22-24: Farm to Table Conference

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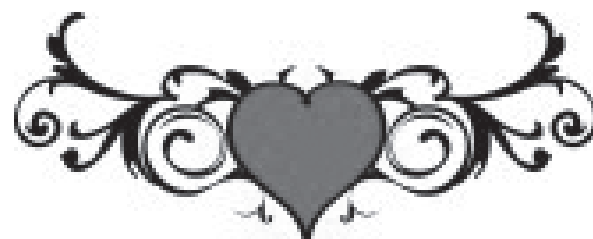
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S. RAND WERRIN, DDS — Holistic approach to oral health care. Patient comfort, preventive education and safe dental materials are a priority. Keep a beautiful, vital and healthy smile for a lifetime. Visit our Oakland office on line at: www.dentalpgh.com, 412-621-0200, 3506 5th Avenue, Pittsburgh 15213.

RESEARCH STUDY — MRI and two interview sessions seeks healthy adults age 35-60. Cannot have low blood pressure, hypertension, heart disease or diabetes. \$150 compensation. Call Kim at 412-246-6200 or email at novakkj@upmc.edu.

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