

The Co-operator

a monthly newsletter of the East End Food Co-op

Pittsburgh, PA

STORE NEWS

Members' Extra Discount Days
Sundays: 1/17/2010 & 2/21/10
Shop 8 am - 9 pm

Board of Directors Meeting
All members are welcome.
Next Meeting:
Monday, January 24 ~ 7-9pm

The Co-Operator Deadline
All submissions and ads are due 1/2 for the February 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:	
January Co-op Advantage	
Co-op Pages Winter 2010	

EAST END FOOD CO-OP
7516 Meade Street Pittsburgh, PA 15208
412-242-3598
www.eastendfood.coop

The Global Cooling Diet

Eat the change you wish to see in the world — Part 1

by Rachel Greene

Science tells us clearly that global warming is a reality. The rise and fall of global temperature is cyclical, but temperatures are now rising beyond anything seen within this cycle for hundreds of thousands of years. It appears that global temperature will increase exponentially and, unless we take actions to prevent it, climate change will eventually enter into an irreversible self-perpetuating cycle. Some of the predicted effects of global warming are already being seen. They include irregular and more dramatic weather patterns, flooding, drought, rising sea levels and mass extinction caused by the degradation of our ecosystems.

Global warming appears to be chiefly, if not entirely, the result of greenhouse gas emissions produced by certain human activities. The burning of fossil fuels is well known for creating greenhouse gasses. Two things that generally come to mind when we think of burning fossil fuels are factories and transportation. A lesser known contributor to climate change is agriculture. Actually, you might include agriculture in the factories category because it is being ever more industrialized. Industrial agriculture contributes far more to climate change than traditional farming. All types of agriculture inherently contribute to some degree, but this is true of nearly everything we humans do, right down to the carbon dioxide we release every time we exhale. In a 2004 briefing addressed to the European Parliament, independent researcher/writer Peter Saunders stated that industrial agriculture was responsible for 25% of world wide carbon dioxide emissions, 60% of methane gas emissions and 80% of nitrous oxide. He also stated that, "It has been estimated that to produce a ton of cereals or vegetables by means of modern agriculture requires 6 to 10 times more energy than by using sustainable agriculture methods."

What is it about industrial agriculture that requires so much energy and produces so much waste? The answer to this question is complex. It starts with a discovery made by German Jewish chemist Fritz Haber in 1909. Haber discovered a way to "fix" nitrogen. When chemists talk about fixing an element, they are referring to the process of taking that element from the atmosphere and combining it with other elements to create a molecule

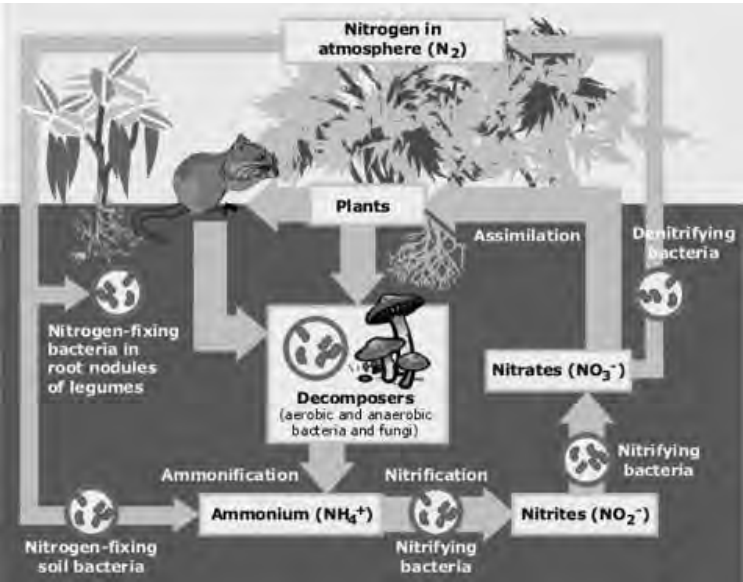
fixed nitrogen. Population growth itself contributes to global warming because more people exhale more carbon dioxide, cut down more trees, drive more cars, use more electricity, et cetera.

The Haber-Bosch process is energy intensive and consists of combining nitrogen with hydrogen gas. The hydrogen is supplied by oil, so nitrogen fertilizer is a form of fossil fuel consumption. Synthetic nitrogen fertilizer releases nitrous

oxide, an extremely potent greenhouse gas, which has 300 times the heat-trapping power of carbon dioxide. Since industrial agriculture is responsible for 80% of the world's nitrous oxide emissions, and nitrous oxide is 300 times more potent than carbon dioxide, it seems we have reason enough to shine a spotlight on agriculture in an effort to stop climate change. (Nitrous oxide also happens to be the largest ozone-depleting substance emitted through human activities.) Furthermore, the use of synthetic nitrogen fertilizer is the root of a string of industrial practices which contribute additionally to global warming, as well as to environmental degradation in a variety of other forms.

Traditional, farmers rotate crops, alternately planting legumes as a way of building up the nitrogen in the soil for non-leguminous plants. These farmers use waste produced by their livestock as additional fertilizer. Crop rotation enriches the quality of soil over time, whereas synthetic fertilizer degrades it. With the use of synthetic fertilizer, a variety of crops in rotation, along with farm animals, becomes unnecessary and monocultures are able to flourish, greatly diminishing biodiversity in many regions of the world.

Monocultures are more susceptible to diseases and insects than crops benefiting — *Continued on Page 7*



that is useful to living things. Nitrogen is very useful to living things. In fact, it is essential. Nitrogen is the building block from which nucleic acids, amino acids and proteins are assembled.

Before the Haber-Bosch process for fixing nitrogen (Carl Bosch being the person who popularized synthetic nitrogen) there were only two ways for nitrogen to find its way into the soil, where it could act as a fertilizer. The first was for bacteria, which live on the roots of leguminous plants, to naturally fix the nitrogen. The second, and less common way, was a reaction caused by lightning. Before synthetic nitrogen, the number of human beings Earth could support was limited by the amount of nitrogen that could be naturally fixed. It is estimated that two out of every five people would not be alive today without synthetically

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, January 24 ~ 7-9pm



Dated Materials — DO NOT DELAY

East End Food Co-operative
7516 Meade Street
Pittsburgh, PA 15208
www.eastendfood.coop



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Rob Baran,
General Manager

rob's corner

Speaking for myself, January is always the first real month of winter. A month when the air is cold and the sky is gray, the ground is white, and we hunker round the hearth with family and friends, and a nice home cooked meal. It's a time for eating in, not out, a time for supplements to combat those winter illnesses, and a time for grocery shopping, and creativity in the kitchen. Usually, January sales take a big jump here at the Coop, so I would imagine many of you are in a similar space. January is about food.

But this January I must admit to having my focus split. Not only am I thinking of sales, and margins, and costs here at your Co-op, but I am also thinking a lot about the regional food economy, and the role the city of Pittsburgh can play in its development. This is the month a year's work comes into focus as the Pittsburgh Food Policy Council gets busy with the mayor and city council.

We have been working for many months now here in our board room with stakeholders such as Just Harvest, the Larimer Green Team, Penn State, and the Pennsylvania Association for Sustainable Agriculture, just to name a few. The goal has been to develop an advisory council to support local government in addressing

some of our local and regional food issues. We have been using models from highly successful food policy councils in cities like Philadelphia, Portland, and San Francisco.

Our work to organize this commission has borne fruit, as we have developed a cohesive vision of what we want to see here in Pittsburgh, and have recently begun the process of engaging City leadership. This project comes under the Co-op Ends Policy, and is a direct outcome of our mission to "grow a strong local food economy, beyond simply purchasing products," and "support the sustainable development of ourselves and our region."

I have included the Council's vision document so that you can see just what this is about. We also have written a charter that takes the vision document, and develops it into concrete ideas, tasks, and changes to things like the city's zoning codes, that are necessary if we are to have local government as a partner, instead of the hindrance it sometimes is, in the development of our regional foodshed. If you are interested in learning about Food Policy Commissions and Councils, please visit the following site, it lists many of the commissions around the country, including a couple of my favorites from Portland and San Francisco. <http://www.foodsecurity.org/FPC/council.html> *

member services message

by Kara Holsopple, Member Services

In years past, our One Percent Wednesday partners have been organizations that have contributed to our community in a variety of ways. From trying to mitigate the suffering of area homeless cats(The Homeless Cat Management Team), to providing a network of support to those who need someone to talk to(Contact Pittsburgh), to trying to improve our local air quality(Group Against Smog and Pollution), they promote a diverse set of causes, services and action which make our community stronger and healthier.

As our One Percent Wednesday program enters its seventh year, we have taken a step back to admire the work of all of our partner organizations over the years. This stepping back also allows us to figure out how best to maximize our donation dollars to support their work.

Over the years we have pledged one percent of our sales on a given day to our One Percent Wednesday partners. We would like to do more. Though we know

that the money we have donated over the years has been appreciated and put to good use through our partner organizations, with your cooperation, we would like to make a bigger impact on their bottom lines and to their missions.

In 2010, we will begin taking applications for a new quarterly 5% day which will replace the monthly donation days. The application process will be the same. Applications will be available at our website or here in the store, and anyone can nominate a group who they think will benefit from a donation day partnership.

We hope this new, revised program will serve our partners better and give our members and shoppers an opportunity to contribute as a Co-op to community groups in the most meaningful way. We are looking forward to choosing our 2010 5% donation partners, and welcome your suggestions at memberservices@eastendfood.coop. *

PITTSBURGH FOOD POLICY COUNCIL

STATEMENT OF PURPOSE

The Pittsburgh Food Policy Council envisions a food system that benefits our community, our economy and our environment in ways that are equitable and sustainable. The group is a coalition of organizations and individuals that welcome participation from the public. The Council serves as a collaborative advisory organization, bringing together people from diverse food-related sectors to examine, develop and improve Pittsburgh's food system. The council is committed to working with City officials and residents of Pittsburgh to develop food and urban agriculture policy. The council will provide the City with technical assistance, education, momentum and support on issues related to food production, food access, food distribution, health/nutrition and urban planning.

- Our vision is that a sustainable food and urban agriculture system will:
- ☛ Enable Pittsburgh to develop and improve the regional food system.
 - ☛ Make positive contributions to our region's economy, health and sustainability goals
 - ☛ Encourage personal, commercial and government food practices that foster local food production, access and distribution
 - ☛ Promote food security through the elimination of hunger
 - ☛ Protect our natural and human resources
 - ☛ Create infrastructure support for the growth of community gardens and urban farming
 - ☛ Create economic and job growth opportunities for neighborhood residents
 - ☛ Promote food equity for all neighborhoods through conscientious city planning and development
 - ☛ Create opportunities for collaboration throughout the community.
 - ☛ Celebrate our region's multicultural food traditions and recognize the importance of diverse cultures.

And, you are always welcome to contact the board. The easiest way is via email (boarddir@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. *

BOARD CORNER

by Jesse Sharrard

What is a cooperative? Why does it have a board of directors? What should the board do for the cooperative? What shouldn't it do? Why does it matter, and to whom?

In short, a cooperative is an entity that is member-owned, exists to assert certain core principles and values, and governs itself according to policies and procedures designed to uphold, reinforce, and advance those beliefs through everyday actions.

The board of directors is a group of members elected to oversee the management of the cooperative and ensure that the operational decisions of the managers are aligned with the cooperative's values, and that they fall within appropriate policy boundaries. The board should represent the interests of *all* members to the best of its ability by using transparent processes to guide policy in such a way that the organization progresses as a vibrant, relevant, and democratic coalition that continues to produce benefits for and meet the needs of its member-owners.

The board should not direct the day-to-day operations of the co-op. We should not tell the managers or staff how to do their jobs. We should not have any more sway as individuals than any other member-owner of our collective.

The board matters because in a coalition (especially one that consists of 8,000+ members, the current membership tally for the East End Food Co-op), not every member can or wants to be involved in policy concerns. Some members realize the benefits of membership by buying bulk items; others in volunteering; others by participating in educational opportunities. Therefore, the membership elects the board to serve in an oversight and planning capacity.

It is a responsibility that we as board members take seriously. Our due diligence involves ongoing reading, research, discussion, and training—in addition to attending our monthly board meetings. It is our goal to verify that our Co-op is being run in an ethical, sustainable, and forward-thinking manner that allows all of our members to reap the benefits of being a member.

On December 5 and 6, the East End Food Co-op's board of directors participated in a two-day training retreat to help us to understand our roles and responsibilities more clearly. As a result, we enter 2010 with an increased sense of purpose and responsibility to all of our member-owners, and a greater understanding of how our participation can help the Co-op to do more and do it better.

We hope that you are happy with your cooperative (it is yours—as a member, you have an ownership share), and we hope that our service will help to make your cooperative experiences even better. But, if you would like to see the East End Food Co-op do something differently, you have the opportunity to help in a variety of ways. You can volunteer and have a direct hand in meeting the store's operational needs. You can attend open board meetings (held at 7:00 pm the third Monday of each month in the Co-op's administrative offices). You can make suggestions to management via email, letter, suggestion box, or by conversing with the appropriate store manager. *



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 ...

It would be great if you guys could figure out a reusable spoon system for the Bulk spices. I love using them but always feel bad that the spoons are simply recycled.

Thank you for your comment. You will be happy to know that those spoons are washed and re-used!

— Hope Anne Nathan, Herb Buyer

I find the smaller carts to be so difficult to use. I end up buying less because I would rather do that than go through the check out twice.

I understand your concern, and am sorry for the inconvenience. We now have some larger carts (the same size as our previous ones) available, as well.

— Allisyn Vincent, Front End Manager

Last Sunday's security guard was very careless. Hundreds of dollars of groceries—he flung the bags into my truck without regard to crushing things. Please give them some training.

I am sorry that you had a bad experience. Our guards are not trained for customer carry-outs. Their sole role is for safety concerns of customers who feel uncomfortable walking to their cars at night and safety in the store. I will be sure to communicate to the staff that Co-op employees should be called if help is needed for customers with groceries. Thank you for bringing this to our attention.

— Allisyn Vincent, Front End Manager

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



On the Book Shelves

By Karen Bernard

Eating Animals is a book in the news recently, by popular fiction author, Jonathan Safran Foer (*Everything is Illuminated*, *Extremely Loud and Incredibly Close*). Here's what Kathy Freston, health and wellness expert and *New York Times* best-selling author, had to say about it on AlterNet:

Eating Animals takes a bold and fresh approach to our most important relationship with the world around us—our food. The originality of the thinking and depth of research establishes Foer as a major player in the national discussion of the ethics of eating. He is the Michael Pollan of a younger generation: grittier and more daring, more insightful and decisive. And as we would expect from Foer, the stories he tells explode off the page and into our hearts.

We also now have:

Harvest for Hope: A Guide to Mindful Eating, by Jane Goodall, Gary McAvoy, and Gail Hudson;

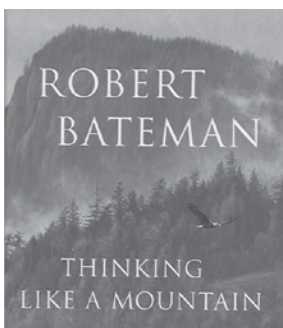
Full Moon Feast: Food and the Hunger for Connection, by Jessica Prentice;

Stocking Up: The Third Edition of America's Classic Preserving Guide, by Carol Huppig;

Preserving Food without Freezing or Canning: Traditional Techniques Using Salt, Oil, Sugar, Alcohol, Vinegar, Drying, Cold Storage, and Lactic Fermentation, by The Gardeners and Farmers of Centre Terre Vivante; and

Home Cheese Making: Recipes for 75 Delicious Cheeses, by Ricki Carroll.

Published in 1988 but new to the co-op is *Thinking Like a Mountain: Towards a Council of All Beings*, by John Seed, Joanna Macy and Pat Fleming. The title was inspired by Aldo Leopold when he said in his 1949 *Sand County Almanac*, “unless we attempt to connect with our ecosystem by thinking like a mountain, disaster is inevitable.” So remember, “We are the rocks dancing.”



Also remember *Your Inner Fish — A Journey into the 3.5-Billion-Year History of the Human Body*, by Neil Shubin, 2008.

And take a look at *Nature and the Human Soul: Cultivating Wholeness and Community in a Fragmented World*, by Bill Plotkin.

More new books, recently released:

You Are Here: Discovering the Magic of the Present Moment, by Thich Nhat Hanh, and

The Green Collar Economy: How One Solution Can Fix Our Two Biggest Problems, by Van Jones.

Also, *Wave Rider: Leadership for High Performance in a Self-Organizing World*, a relatively new book on open space technology, by Owen Harrison;

The Cob Builders Handbook: You Can Hand-Sculpt Your Own Home, by Becky Bee;

Chicken Coops: 45 Building Plans for Housing Your Flock, by Judy Pangman;

Suicide By Sugar: A Startling Look at Our #1 National Addiction, by Nancy Appleton;

Why Stomach Acid is Good for You, by Jonathan Wright;

Bach Flower Therapy, by Mechthild Scheffer.

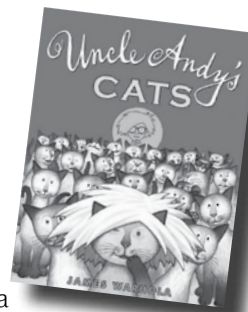
For children of all ages:

A Handful of Dirt, by Raymond Bial,

The Lorax, by Dr. Seuss,

And, just published in July:

Uncle Andy's Cats, by James Warhola



many, many thanks ...

... to all of our members and friends who braved the snowy weather to attend Winterfest 2009! In spite of the ice, we raised over \$400 for our Co-op Community Fund.

... Special thanks to Najat's Lebanese Cuisine, Tallulah's, East End Brewing and our own East End Food Co-op Café for the delicious food at the event.

... Big, big thanks to our Employees of the Months and other staff who were recognized for their work this year at Winterfest. THANK YOU!

... Also thanks to those who contributed to our door prize basket: The Union Project Ceramics Studio (courtesy artists John Jurewicz, Saeeda Brown, and Justin Rothshank), PASA, Giovanni Lotions, World's Best Cookie Company and Maple Valley Farms.



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

Whole grains are where it is at for fiber and nutrients. Quick cooking whole wheat cous cous is a favorite for its versatility and price. This dish makes a great side dish for just about any meat or vegetarian entrée. Look for whole wheat cous cous, as well as a host of other wholesome grains, in the Bulk department. Enjoy!



Apple and Sage Cous Cous

- | | |
|------------------------------|--|
| 4 cups cous cous | 1 1/2 granny smith apples, medium dice |
| 4 cups vegetable broth | |
| 1 Tablespoon garlic, chopped | 1/2 cup curly parsley, chopped |
| 2 Tablespoons sage, dried | 1/4 teaspoon salt |
| 3 pieces celery, medium dice | 1/4 teaspoon pepper |
| 1/2 onion, medium dice | |

1. Sauté garlic, sage, apples and vegetables in olive oil until they're tender.
2. Bring vegetable broth to a boil and remove it from heat.
3. Add cous cous and cover with a lid.
4. When cous cous is tender, add sautéed vegetables, chopped parsley and enjoy!

Serves about six to eight people.

Stay in, Spice up Dinner and Save Money

(ARA) – With more and more of us cooking for ourselves to save money, it makes sense to assemble an assortment of basic herbs and spices. It's an easy, economical way to add fun to your cooking and flavor to your food.

Before we get started, you may need to freshen up your spice rack and now is the perfect time to reorganize and restock. Bottled herbs and spices have a long shelf life, but after they've been unsealed, they lose their robust flavor and color intensity usually within a year, even if they're kept in a closed-door pantry. Bulk herbs and spices also have a similar flavor and color timeline.

Perhaps you're setting up your seasoning supplies for the first time. In any case, just a few common spices will enhance almost any dish you make. "Simple dishes become deliciously elegant when paired with the right herbs and spices," says Kendall McFarland, research and development director at Frontier Natural Products Co-op. But which spices should you choose as basic staples for your kitchen?

The spices you'll reach for the most will depend on your personal preferences, of course. To discover your favorites, you may want to buy from bulk bins, so you can experiment with small quantities. Combine herbs and spices to complement each other and perk up the flavor of other ingredients. Most spices and seasonings are available in organic versions — use them to boost the flavor and nutritional value of your meals. Always use a light touch — your seasonings should accent dishes, not dominate them.

"The question of which spices are the best to keep on hand has as many different answers as there are cooks," says McFarland. But there are some constants. Here are her recommendations for eight spices no kitchen should be without:

* Garlic is compatible with virtually every savory food and is available in a number of convenient dried forms. Just the aroma of garlic can speed guests to your table. Use it in tomato-based dishes, dressings, sausage, and spice blends. Or sprinkle it on buttered bread before broiling.

* Onion seasons cuisines world wide. The many varieties play various roles — primary ingredient, vegetable accompaniment, or seasoning. The earthy aroma and taste of onion comes in several convenient dried forms. Use onions in casseroles, soups, sauces, vegetable dishes, relishes, breads and stuffing.

* Paprika is a sweet and sassy relative of the chili pepper. It's used to add warm, natural color and mildly spicy flavor to soups, grains, and a variety of hors d'ouvres. A shake or two livens up cheeses and garlic bread. Try it in spreads, salads, egg dishes, marinades and smoked foods.

* Parsley leaf brightens up soups, dressings, salads, casseroles, and stuffing — any dish that might gain from fresh green color and clean, vegetable taste. It's especially good with fish, egg, and grain dishes.

* Cinnamon wins the spice world's popularity contest. Use it to add depth of flavor to sweet and savory dishes alike. It's a key baking ingredient and vegetables — especially carrots, spinach and onions — are enhanced by cinnamon's pungent sweetness.

* Basil has a warm, sweet, mild mint/peppery flavor is delicious with vegetables, especially tomatoes. Add to soups and stews, sauces and dressings. Basil pairs well with many other seasonings.

* Oregano has a strong personality, but it partners well with other seasonings. Use in any tomato sauce, and on baked chicken and fish. Earthy and pungent — it has a special affinity for basil. Team them up in vegetable, cheese, pasta and tomato dishes, and especially pizza.

* Celery seed adds interesting texture and taste to side salads, dressings, breads, and casseroles. Potato salad is lost without it. Try this distinct, pungent taste in egg salad and stir fries, too. It even enhances soups.

Here's a simple recipe that uses a few of these basic seasonings to make ordinary pasta special:

Penne with Tomato and Herbs

Preparation time: 10 minutes

Cooking time: 40 minutes

- 1 pound penne, cooked al dente
- 1 tablespoon vegetable oil
- 1 large onion, finely chopped
- 2 teaspoons garlic flakes
- 1 28-oz. can chopped tomatoes, with liquid
- 2 teaspoons dried basil
- 1 teaspoon dried oregano
- 2 tablespoons dried parsley
- Freshly grated Parmesan cheese (optional)

1. In large non-stick skillet, heat oil over medium heat. Add the onion and cook, stirring occasionally, until soft, 5 to 10 minutes.
2. Add the garlic, tomatoes, basil, oregano, and parsley and simmer, stirring occasionally, until the herbs have plumped and the flavors have blended nicely, about 30 minutes. Season to taste with salt and pepper.
3. Toss pasta with the hot sauce to re-warm, and serve immediately. Pass cheese separately.

For more on cooking with basic spices, visit www.frontiercoop.com/basicspices. Courtesy of ARA content

ENJOYING THE FLOUR POWER WITH A LOCAL PRODUCER:

Frankferd Farms

by Claire Westbrook

My second daughter was born at 6:18 in the morning, and since then has been consistently waking around that time. My husband and I have often discussed whether the time of our birth affects when we like to be up (fortunately we were also born in the morning hours) and it seems as though it does, but who knows? All I do know was that I was up at five- something this morning making my favorite brown bread recipe with baby watching approvingly (and sleepily) in her chair nearby. I've played very little with the recipe over the years, perhaps using half whole wheat pastry flour and half whole wheat bread flour instead of all one kind, or substituting buttermilk for whole milk. But the BRAND of flour that I've used for at least the last ten years is from T. Lyle Ferderbers' family farm just "down the road" from the Co-op in Saxonburg, PA.

When T.Lyle and his wife Betty decided to try their hands at farming, they were fortunate enough to have quite a large amount of acreage to work with (the same farm that T. Lyle had grown up on and was now renting from his parents). They decided that flour milling was a quick way to utilize the grain crops they had planted (the first was buckwheat) immediately, rather than wait for the following year to sell them. It also gave them a way to make as many pancakes as they could feed to their parents on Sunday mornings!

Once networking with other local farmers had occurred, and corn, wheat, and soybeans were being bought and ground, as well as the buckwheat that the Ferderbers were growing, the idea for making a pancake mix was born. In the end there wasn't just one, but five mixes, and a cornbread and scone mix, as well. The seven grain is our favorite, but if the scone mix becomes available at the Co-op anytime soon, that could very well be the end of our pancake days!

As the years passed and the flour mill grew, the decision they made to have a buying club as part of their business did, too and the building you can see in the picture no longer fit their needs. A new location just down the road from the farm, with a portion of it designed for retail sales, was established and the continued growth of Frankferd Farms became even more of a reality as word continued to spread about the bevy of products that the Ferderbers were offering.

When I arrived at the retail location to meet T. Lyle for this story, he was sitting in his car listening to himself being interviewed on WISR's (680 on the AM dial) show "PA Proud," which may have answered a number of my questions for this piece, but then I wouldn't have had the enjoyment of seeing the farm. What an idyllic place it is, too. Even though the property is split around a couple of miles, it's all still generally close together and consists of gently sloping hillsides with some wooded areas sprinkled in.



Once ground, these wheat berries can be made into the staff of life. Mmmm!

My tour of the various buildings kept the stories spilling out from my host about everything from how the grains are processed (dried enough to still be sprouted, but not so much that they're completely dead like most commercial manufacturers offer) to where the phrase "keeping ones nose to the grindstone" came from (stones are set close together to grind the grains but if they're too close then the grains get burnt while being ground). The only thing I'll need to be sure that doesn't get burnt, however, are my pancakes when I'm making them. Hopefully that does not happen at five in the morning like today!

If you'd like to experience the tastiness of Frankferd Farms products, you can visit them at www.frankferd.com or at 717 Saxonburg Blvd (call (724) 352-9500 for hours) or pick up some of their pancake mix in the bulk department and also in aisle 3 at the Co-op.

Oh, and here's that Brown Bread recipe (direct from an older Irish friend, hence the peculiarity of the measures) that tastes good at any time of day, enjoy!

Brown Bread

- 2 c. Whole Wheat Flour
- 1 1/2 c. Oats
- Fistful of Bran
- 2 Tbs. Sugar
- Good pinch of salt
- Good Tsp. Baking Soda
- Buttermilk, Sour Milk, or Regular Milk

1. Mix dry ingredients and add enough milk until you have the texture of thick oatmeal.
2. Pour into a well greased large bread pan and use a second inverted one as a top.
3. Bake at 400° for 45-50 minutes.
4. Test with a skewer (clean after inserting) and if necessary turn oven off and leave in for 10-15 minutes more.



Frankferd Mill

Food is Elementary

Imagine a school nutrition program, which is almost completely based on nutrient dense plant foods like brown rice, bulgur, lentils and collard greens AND is readily eaten by children! Yes, such food is being prepared and devoured by children in three schools right here in Pittsburgh!

The **Food is Elementary Curriculum**, developed by Dr. Antonia Demas, is a unique program integrating the academic disciplines with food, nutrition, culture and the arts. It has won national awards from the USDA as well as the Society of Nutrition Education.

Dr. Demas first began taking healthy food to her own children's classrooms more than 30 years ago. She discovered that when children helped with the preparation, they would try anything. She went back to school to receive her PhD from Cornell in 1994 for which she wrote the pioneering doctorate, "*Food Studies in the Elementary Classroom*." The curriculum is now in more than 1500 schools nationwide.

The wonderful thing is — it works! Children at **Colfax Elementary (Squirrel Hill), Kentucky Avenue School (Shady Side), and Faison Elementary (East End, and sponsored by East End Food Co-op)** get excited about foods like brown rice, black-eyed peas, kale and collard greens when they learn about them in a fun way that allows them hands-on participation. After learning about the food guide pyramid, vitamins and hygiene, children participate in creating entrees from various cultures: Apple/Squash Pudding for Thanksgiving, Rice Pudding for Christmas in Sweden, Soul Stew for Martin Luther King Jr. day, Stir Fry for the Chinese New Year, Pasta Primavera for the First Day of Spring. They sample the entrée in class and take the recipe home to their parents.

We all know the health hazards facing children today: obesity, ADD, ADHD, behavior problems as well as diabetes, arteriosclerosis, high blood pressure, high cholesterol, cancer and other diseases previously seen only in adults! The Food is Elementary program is a practical, innovative approach to addressing these problems.

If you are interested in teaching or would like to see this program in your school and would like to attend a workshop with Dr. Demas, please contact Rosemary Traill at 412-741-5167 or email: macrorose@msn.com. Rosemary holds a BS in Early Childhood Education and was certified by Dr. Demas as a Food is Elementary Educator in 2003. She has the privilege of teaching the program to Colfax Elementary, Kentucky Avenue School and Faison Elementary, to which the coop graciously donates the food. Or contact Chris Farber at the coop: outreach@eastendfood.coop.

For more information on Dr. Demas, go to www.foodstudies.org.



Dear Dr. Demas,
I really loved your Tofu. It made me get hooked on it. It made my cheeks tingle. The only thing I think about is Tofu. When I'm bored I think of Tofu.

Beekeeper Training for 2010

Burgh Bees is proud to announce its beekeeper training class!

BURGH BEES BEEKEEPING IN THE CLASSROOM 101

Saturdays, January 30 and February 6
8:00 am to 12:30 pm

This classroom-based, two-day course offers beginning beekeepers an introduction to honey bee biology and basic approaches to beekeeping. In addition to the life cycle of the honey bee, the course will include: an overview of honey bee castes and races, a discussion of bee biology in order to understand the challenges facing honey bees, and an overview of the basic equipment necessary for successful beekeeping. Seating is limited.

Instructors: Robert Steffes, President of Beaver Valley Area Beekeepers' Association
Joseph Zgurzynski, Master Beekeeper.

Location: Beechwood Farms Nature Reserve
614 Dorseyville Road, Pittsburgh, PA

FOR MORE INFORMATION ABOUT THE COURSE, OR TO LEARN HOW TO RESERVE YOUR SEAT, please email Joe Zgurzynski (Joe@CountryBarnFarm.com)

Depending on demand, a second class in the spring may be offered.

NOTE: *Burgh Bees Beekeeping in the Classroom 101* is a prerequisite to *Burgh Bees Introduction to Beekeeping in the Apiary 102* which offers hands on training in the apiary with a mentor beekeeper.



THANK YOU FOR YOUR INTEREST IN BEEKEEPING!



Re-weaving Life

by Sheila Caffrey

Part Two in a Five Part Series on Depression

Last month I talked about recognizing and anchoring to the true self. This month I will discuss how to rebuild a broken or dis-integrated life by resting the awareness of peace, collecting the moments of peace that arise, and then weaving those moments together.

If you are suffering, I am sorry. Can you remember ever having been peaceful? If you cannot, I want you to know that there is peace, and that it is available to you. It is too painful to believe that there is no peace for you. And, even if it feels that way right now, the truth is that there is peace. All you have to do is reconnect with it.

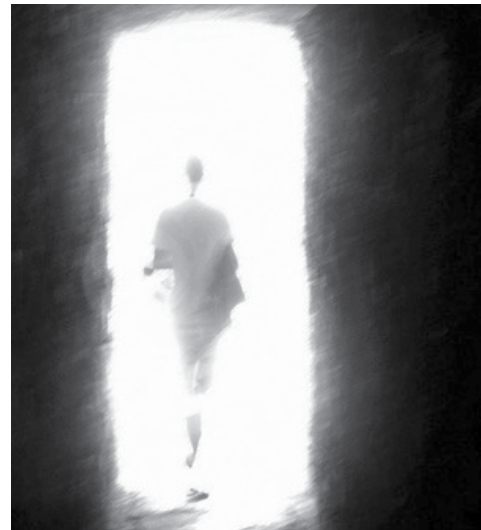
Start by taking a few deep breaths. It's easy to breathe shallowly when you're sad, but you must deepen your breath anyway. Breathing is essential.

Now, soften your body and your mind and become quiet enough to simply listen to yourself. How connected to yourself do you feel? Can you anchor yourself by resting your awareness at whatever part of your body seems right? If you don't know where to begin, choose the brow center, the deep space between your eyebrows, and rest your awareness there for a little while, just breathing naturally. Now, think Peace. Ask for peace to come. You might consider it a prayer. I need peace. Show me peace. Peace.

If this is as far as you can go right now, that is fine, that is enough. If you can focus for only one single moment, that is also fine. Practice this. It will take as long as it takes, but if you keep trying, a moment of peace will arise, and then, with that single moment you will be able to rebuild your whole life. You are peace, and you are simply calling yourself back home.

We live within a web of light, of energy. It is not only around us, it is also inside of us. We are a field of energy within a field of energy, and that energy is peace, is love, is joy. It is for us. It is ours. It is available to us at all times. Every single moment offers another opportunity to step back into the full flow of that life energy. Each moment contains within it everything we need to rejoin the continuous stream of living, no matter how tired we are, no matter how discouraged. We have unlimited access to life.

When you feel ready to move forward, strengthen the awareness at the brow center, or at that part on which you are focusing by imagining that you are physically moving your mind to this place. Feel it as deeply and as strongly as if you were walking there. By focusing in this way you are creating an opening through which peace



can enter. As you hold your awareness here, continue thinking, Peace.

Even before you start to feel the peace you seek, these quiet moments will have become for you an oasis, a sanctuary. Rest in your sanctuary as often as you like. Gather your awareness and hold it and ask for peace. That is all. At some point in time, when you are soft enough, when you are open enough, when you feel safe enough, you will experience a moment of authentic peace. Breathe it in as deeply as you can, connect with it fully, and do not worry if it fades. Another such moment will arise when you can be soft and open. Being soft and open helps the peace to come.

As you continue to rest your soft and open mind on peace, the moments of peace will continue to arise. As they do, continue to connect with them, one moment at a time. Little by little you will collect these moments and weave them together. In this slow and methodical way, you will reweave and recover your joyful life.

If anyone ever tells you that single moments at a time are not enough, that they do not offer an adequate foundation upon which to build a life, that we need something more substantial, something guaranteed to last longer than single moments, do not believe him. Even one single moment of joy or peace or love is a solid enough foundation upon which to build. I want it to be known that even in the darkest time, even in the most painful time, the briefest moment will, when embraced, grow into and recreate a whole life, and maybe even a whole world. A single moment is all we ever get. And it is quite enough.

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

What's New ... in the aisles

Aisle 2

- Ines Rosales Sweet Olive Oil Tortas

Aisle 3

- Canterbury Naturals Mediterranean Savory Herb Flatbread Mix
- Genuine Bavarian Gluten Free Gingerbread Cookies
- Jo-Sef Gluten Free Square Vanilla Cookies and Chocolate Graham Crackers

Aisle 4

- Lesser Evil Potato Krinkle Sticks
- Terra Chips Exotic Harvest with Kabocha, Carrots and Blue Potatoes
- Pro Bar Fruition Bars

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SOYUMMI Pudding \$2.99 reg. price: \$3.69	EARTH'S BEST Org Teething Biscuit \$1.99 reg. price: \$2.29	ORG KASHA BUCKWHEAT \$2.19/# reg. price: \$2.49
	NATURALLY CLEAN MildewSprays \$4.49 reg. price: \$6.29	ORG MUNG BEANS \$1.39/# reg. price: \$1.69
	THAI KITCHEN Coconut Milk \$1.59 reg. price: \$1.99	ONCE AGAIN Peanut Butter \$3.99 reg. price: \$5.29

January sales exclusively for East End Food Co-op members, all month long!



and Vegetarian Café

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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
 Joe Coley, Operations Manager
 Jane Harter, Administrative Manager/HR
 Aaron Young, Interim Produce Manager
 Kara Holsoapple, Marketing and Member Services Manager
 Allisyn Vincent, Front End Manager
 Thomas Murphy and Amber Pertz, Café Managers

EAST END FOOD CO-OP

7516 Meade Street
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Store 412.242.3598
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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

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.

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

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

Congratulations are in order! **Maureen Girty**, who has been working as the Point of Sales Assistant, has been named the new Grocery Buyer. And **Jim McCool** has accepted the position of Manager-in-Training.

Also congratulation to member and volunteer **Karen Bernard** who will be joining the Co-op staff as Book Buyer. Karen says that she has always been interested in food and nutrition. She likes to grow things and cook, and likes to share hopeful and inspiring stories and ideas.

And the Co-op welcomes **Ryan Ference** to the Grocery department. Ryan has shopped at the Co-op since he was in high school, and he enjoys camping and bike touring. *

Employee of the Month

Congratulations to **Eric Cressley**, one of our **Employees of the Month for October 2009**.

by Jessica Johnson



How long have you worked at the Co-op?

i have been a member of the co-op for about ten years, and i have been an employee since may 2007.

What are your favorite things about working here?

it's true—the co-op is big enough to meet your needs and small enough to meet your neighbors. i believe that how food is grown, sold, and prepared deeply impact one's physical and spiritual well-being, and the staff of the the co-op do their best to make the retail aspect of food a positive experience for everyone. we are a force for good, and i look forward to coming to the co-op everyday.

Are there things that you wish you could change?

the co-op is an incredibly considerate employer. i don't have a list of grievances but i suppose if i wanted to changed one thing, it would be the slow speed of change at the co-op.

How did you feel when you were told you had won?

i felt humbled to be nominated and honored to be recognized alongside Ian Ryan, who is so hard-working and dedicated.

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Give to your Co-op
Community Fund

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

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our 4 locations:
2010 murray ave/squirrel hill
2401 smallman st/strip district
5417 walnut st/shadyside
the grant building/downtown

DID YOU KNOW...

What's in a Serving? The Better Eating for Life Plan — Grains

The Grains group includes all foods made from wheat, rice, oats, cornmeal, barley and other grains, and includes bread, pasta, oatmeal, breakfast cereals, tortillas and grits. Choose whole grains for at least half the grains you eat.

In general, the following servings each count as a one-ounce equivalent from the grains group —

- 1 slice bread
- 1 cup of ready to eat cereal
- ½ cup cooked rice or pasta or cooked cereal

Each month this year you can pick up new recipes from the Better Eating for Life Plan that can help you to get and stay on the right track with healthy eating. Some of the recipes featured will include:

- Whole Wheat Biscuits
- Amaranth Kale Italiano
- Veggie and Cheese Quesadillas
- Doubly Good Onion Rings
- Banana Breakfast Muffins
- Spinach Dip
- Gingered Strawberry Sauce

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

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

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The Global Cooling Diet, *continued from page 1*

from the dynamics of biodiversity. Diseases spread more quickly through fields where only one variety of seed is grown. When farmers practice traditional seed saving, different varieties develop on different farms, so that some are more or less susceptible to a particular disease and there is less risk of wide spread contamination. The susceptibility of monocultures is part of the reason why pesticides are so liberally applied by industrial agriculturalists. Pesticides are also made with the use of fossil fuels. They poison ecosystems and, along with nitrogen fertilizer, contaminate the water cycle. By contrast to the synthetic-fertilizer — and

pesticide-filled soils from which monocrops spring — organic soils have been shown to actually absorb greenhouse gases. Research by the Rodale Institute shows that organic soils capture carbon dioxide from the atmosphere and convert it into useful soil material. So, not only does sustainable agriculture contribute far less to climate change, it can actively prevent climate change.

Corn is a monocrop that thrives especially well on a synthetic nitrogen diet. This allows it to be sold at very low prices, which is why it now serves so many functions in processed foods, from sweetener, thickener and oil, to leavening, coloring

and preservative. More than 25% of the items in an average supermarket include some form of corn. Corn has also found a function as cattle feed. While cows are naturally grazing animals, feeding them corn is cheaper. All cows release the greenhouse gas, methane, as waste. However, corn-fed cows release far greater amounts. And since the widespread use of nitrogen fertilizer, cattle manure is no longer absorbed by plants and soil as fertilizer. Instead, it accumulates as unwanted waste, which leaks into the surrounding environment, poisoning our water and warming our planet. *

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	1.50	2.00	2.50
(SEASONAL)			

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 Lattes!

Pumpkin Spice and Egg Nog

*Vegan and Dairy -
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Also serving

Spiced Local Cider

8 oz \$2.00
12 oz \$2.50
16 oz \$3.00

WE OWN IT-



January 2010 ... hot bar specials

sunday	monday	tuesday	wednesday	thursday	friday	saturday
WEEKEND BRUNCH BAR 9 AM to 1:30 PM WHEAT-FREE PANCAKES, EGGS, TOFU SCRAMBLER, VEGAN FRENCH TOAST, ROASTED POTATOES AND MORE!					1 CO-OP CLOSED FOR NEW YEAR'S DAY	2 Yam & Black Bean Quesadillas
3 Chef's Choice	4 Barley Risotto	5 Chimichurri Tofu	6 Burrito Bar	7 Spicy Red Tempeh	8 Pizza - Dairy & Vegan	9 Cassoulet
10 Chef's Choice	11 Baked Chili & Corn Bread	12 Lentil & Vegetable Korma	13 Indian Kitchen	14 Penne w/ Greens, Feta, Walnuts & Olives	15 Pizza - Dairy & Vegan	16 Red Curry Tofu
17 Chef's Choice	18 Bbq Seitan & Mac N Cheese	19 North African Stew	20 Middle Eastern Kitchen	21 Indonesian Satay	22 Pizza - Dairy & Vegan	23 Mock Tuna & Noodles
24 Chef's Choice	25 Roasted Vegetable Lasagna	26 Peking Seitan	27 Stir Fry Bar	28 Sausage w/ Apples, Yams & Greens	29 Pizza - Dairy & Vegan	30 Casablanca Stew
31 Chef's Choice	HOT FOODS BAR 11 AM to 7 PM - DAILY 1:30 PM to 7 PM - WEEKENDS					

Starting the New Year with Diversity

by Ela Slai

In my search to find various observances celebrating diversity for this month, I never ceased to be amazed at how fast time seems to pass. With 2010 upon us and the whole year to look forward to, I spoke to a couple of our more than 8,000 co-op members about what diversity means to them both in and out of the Co-op, and how it will be a part of this month, as well as the ones that follow.

For Sheila Caffrey, celebrating diversity not only includes feeling the newness of the year on the January 1st, but enjoying the Chinese New Year in February as well as Rosh Hashanah in September. In her words, "I like to celebrate the flow of life in whatever joyful form it takes." She's also glad that there isn't any lack of diversity at the Co-op, but hopes that if anyone feels excluded or dismissed that they would express that to the management so the issue could be resolved.*

Banita Johnson will be rounding off the last day of Kwanzaa, which is on January 1st, and stretching all the meaning of it through to the month of February, when she'll be celebrating Black History Month. A former employee of the Co-op, Banita loves the change in lifestyle that she made after learning about different ways of eating, and has become healthier as a result. As for others, national mentoring, glaucoma awareness, cervical cancer screening, birth defects prevention, AND blood donor month — to observe, just keep on reading!



1-7: Celebration of Life Week – The International Society of Friendship and Good Will, USA. Check out their objectives at www.friendshipandgoodwill.org

13th: St. Knut's Day – Sweden/Finland
This king who ruled from 1080-1086 was honored as a saint for his virtue and generosity. He declared that Christmas celebrations last for 20 days, thus commencing on this day. So keep on celebrating!

17th: World Religion Day – Worldwide
The aim of World Religion Day is to foster the establishment of interfaith understanding and harmony by emphasizing the common denominators underlying all religions. Talk about embracing diversity! www.worldreligionday.org

18th: Martin Luther King, Jr. Day – USA
This day honoring the man who was the chief spokesman for nonviolent activism in the civil rights movement always falls on the 3rd Monday of January.

25th: Tatiana Day – Russia

Named after Saint Tatiana, the Russian Orthodox Church declared her the patron saint of students, and Tatiana Day has become celebrated as Russian Students Day.

27th: Holocaust Memorial Day – UK

Since 2001 this day has been dedicated to remembering the victims of the Holocaust and is the date that the liberation of the Auschwitz concentration camp occurred in 1945.

30th: Martyrs' Day – India

Celebrating those who have died in service to the nation, correlating with the death of Mahatma Gandhi — "The Father of the Indian Nation"

* Is there a day in the future that you'd like to see listed in this article?

Email me! elaslaidiversity@gmail.com

Outreach Events

January and February

Join the Co-op at these community events!

Martin Luther King Day in the Park

Sponsored by Venture Outdoors

MONDAY, JANUARY 18

1:00 pm – 4:00pm

Schenley Park Ice Rink / Schenley Park

Free and open to the public!

MLK Volunteer Day in Wilkinsburg

Hosted by KEYS Service Corps

MONDAY, JANUARY 18

Registration and continental breakfast

8-9am | Service projects from 9-12 |

Lunch and keynote speaker from 12-1 |

Service projects from 1-4 | Light dinner,

reflection, keynote speaker, and

performance from 4- 5:30

To volunteer, contact Ruby Nobles at 412-853-1273 or at blushinglily83@yahoo.com

Farming for the Future Conference

Hosted by Pennsylvania Association for Sustainable Agriculture

FEBRUARY 4-6 | Penn State Conference Center, State College, PA

Registration rates vary, visit www.pasafarming.org for more info.

Regional Mini-Summit for Social Change

Hosted by Three Rivers Community Foundation

SATURDAY, FEBRUARY 6

9:00am – 3:00pm

Indiana University of Pennsylvania, Indiana, PA

Free! Registration required. Visit www.trcf.net for more info.

For more information, you can contact Chris Farber, Outreach Coordinator at extension 208 or at outreach@eastendfood.coop.

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.

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EDDIE SHAW, MASSAGE THERAPIST — 5801 Beacon Street, Sq. Hill (next to Giant Eagle parking lot), 412-855-1532. 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.