

January 2013

Volume 24: Issue 1

# THE CO-OPERATOR

a monthly newsletter of the East End Food Co-op

Pittsburgh, PA

## STORE NEWS

### MEMBER BONUS!

Get 10% off the order of your choice, now until March 31, 2013.  
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, January 21 at 7pm.

### YOUR CO-OP IN YOUR COMMUNITY

on Page 2

### CO-OP ORIENTATION

Join us for an orientation and learn the secrets every member wants to know — Tuesdays at 7pm.  
Call 412.242.3598 ext. 103 to register.

## INSIDE THIS ISSUE

CO-OP NEWS.....	2
MEMBERS SPEAK OUT .....	3
NEW IN THE AISLES .....	4
THE FOOD YOU EAT .....	4
IN YOUR COMMUNITY, ON YOUR PLANET .....	5
EMPLOYEE OF THE MONTH .....	7
CO-OP BULLETIN BOARD .....	8

#### SPECIAL INSERTS:

1/2 - 1/15 CO-OP DEALS  
1/16 - 1/29 CO-OP DEALS

### EAST END FOOD CO-OP

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

## Healthy Comfort Foods

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

We all know that food can nourish us in more ways than one. In fact, we have a special name for foods that feed our emotional well-being — comfort foods. Sometimes these foods comfort us by triggering positive memories of childhood favorites (think macaroni and cheese or mashed potatoes), and other times they soothe via indulgence (that big bowl of ice cream or apple pie).

More often than not, these are home-cooked foods (rather than “gourmet” foods) and, well, they’re not always wholesome. But that doesn’t mean they can’t be made more nutritious while still satisfying; in fact, comfort foods lend themselves remarkably well to healthful translations. It comes down to choosing (and adding) healthful, quality ingredients.

Here are some tips for boosting the nutritional value of some popular comfort foods that offer more nourishment for your body as well as your soul:

### Macaroni and cheese.

A popular favorite, this classic casserole is easily transformed into hearty, healthy fare. Choose whole grain pasta and bread crumbs and a variety of natural cheeses (how about Jarlsberg or goat cheese and fresh Parmesan?). Boost nutrition even more by adding vegetables, such as butternut squash puree, tomatoes, cauliflower, broccoli, or peas.

### Spaghetti and meatballs.

Again, choose whole grain pasta. Also choose a sauce that’s low in salt and sugar and without artificial ingredients. Or make your own sauce with fresh tomatoes and spices. Choose lean meat or experiment with vegetarian “meatball” recipes, made with bulgur and other grains or soy products. Cubed tempeh or tofu is another great way to add protein and heft to your sauces. For pastas with cream sauce, give nut-based sauces (such as those made with peanut butter or tahini) a try.

### Stews and soups.

Chicken noodle soup probably tops



this comfort food group (and some studies point to its ability to help relieve cold symptoms), but wrapping your hands around any bowl of soup or stew can satisfy even before the first bite. If you make your own, start with a quality, no-salt or low-salt broth (or broth powder). Make sure any meat or poultry is lean, and load it up with vegetables; this is one dish that can easily handle the day’s servings! Celery, onions, potatoes, sweet potatoes, bell peppers, chili peppers, cauliflower, broccoli, and squash are just some of the veggies that partner well with soups and stews. Include beans for added fiber and protein. For creamed soups, use low-fat versions of cheese and dairy products.

### Grilled cheese.

Here’s one comfort food that has gone gourmet lately, but it takes no more time or expertise to make a grilled sandwich with hearty whole grain bread and fine Havarti than with white bread and processed cheese. And by adding vegetables — mushrooms, onions, spinach, avocado, tomato — you’ll boost interest along with nutrition. Make it more “adult,” if you like, by spreading a grainy mustard or an aioli on the bread. To cut fat and calories, grease your griddle with a little olive oil (or an omega-3-enriched natural margarine) in place of butter on your bread.

### Pies.

If you’re still using lard or butter to make pie crusts, this might be a good time to try a recipe that uses a little vegetable oil instead. Fruits are full of nutrition, of course, so pack ‘em in your pie; just don’t over-sweeten. You might experiment with various sweeteners (like agave syrup and maple syrup or honey) and thickeners (like agar or arrowroot) in place of refined white sugar. (By the way, savory (pot) pies — very comforting! — are another great opportunity to eat your veggies.) Another comforting (and healthful) way to serve cooked fruit dessert is to skip the pie crust and opt for a crisp instead. Add dried fruits and nuts, and top with oats and spices. Again, go easy on the sweetener.

### Other baked goodies.

Muffins, rolls, and quick breads are easy to spruce up with the addition of vegetables (like carrots and zucchini), fruits (like apples and dates), and nuts (like walnuts and pecans). Add extra fiber, too, by using whole grain flours and

— Continued on page 2

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, January 21 at 7pm.



WE OWN IT - CO-OP

Dated Materials — DO NOT DELAY

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



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Volunteer Spotlight: Dan Fisher

by Eryn Hughes, Outreach Coordinator

As Outreach Coordinator, I've been managing Co-op volunteers for the past few months. Sometimes the Co-op participates in community events, and I've found that it impresses event participants to see a volunteer involved with the Co-op's outreach. Volunteer service distinguishes the Co-op from traditional business. It provides the Co-op with extra hands and allows greater depth of member participation.

One newly oriented volunteer, who just started helping regularly in the Front End with the cashiers, jumped in at the last minute to provide assistance for our Harvest Tasting at Bakery Square in November. Dan had already volunteered at the Animal Rescue league for six hours that day, then generously gave another four hours to the Co-op. I think this demonstrates a good understanding of Cooperative values.

- Q. Eryn: How long have you been a member of the Co-op?
- A. Dan: I was born and raised in Pittsburgh, growing up less than a mile away, so I have long been familiar with the East End Food Co-op. It wasn't until this past July that we committed to membership.
- Q. Eryn: What kinds of experience do you have with other co-ops?
- A. Dan: I spent four years in Columbus, Ohio. While I was there I would visit the local Clintonville Community Market. It's a smaller, down-to-earth co-op with an intimate atmosphere. I liked to try different local produce that they had to offer. Also, this past summer I had an internship with a rural electrical cooperative.
- Q. Eryn: What do you enjoy about volunteering?



- A. Dan: Volunteering is one of the few opportunities in society where one can give without some form of monetary reimbursement diluting the intention and sincerity. Volunteering at the East End Co-op, I enjoy learning about our food system, and hopefully passing on the things I've learned. One of my favorite places to volunteer is the Animal Rescue League. I'm crazy about those dogs and talk about them like they're people.
- Q. Eryn: Have you had any memorable interactions with staff or customers at the registers when volunteering at the Co-op?
- A. Dan: There are new experiences to look forward to every time I volunteer. With the atmosphere of the Co-op, I always come away with new knowledge and insights.
- Q. Eryn: Do you have a hobby or practice that you pursue when you're not volunteering?
- A. Dan: Cooking, and trying new healthy, nutrient-dense food. I'm also trying to meditate more.
- Q. Eryn: What advice do you have for someone considering volunteering for the first time?
- A. Dan: Getting started is the hardest part. After that first day of settling in, it becomes more enjoyable and is all downhill from there. Also, volunteering in the Front at the Co-op, I've found that if someone has already started bagging, it's best to just let them finish.

Healthy Comfort Foods

— Continued from page 1

adding bran or ground flaxseed. To cut fat and calories, substitute applesauce for some or all of the oil in your baked goods recipes.

Potatoes.

No matter how they're served, the economical, humble potato seems to easily please. When making mashed potatoes, leave the skin on, use milk (or almond or soy milk) instead of cream, and keep the salt in check (or try garlic, black pepper, and/or a salt-free spice blend in place of salt). You can also substitute olive oil for half of the butter.

Twice-baked potatoes are the perfect venue for a day's worth of vegetables (stuff them into the potato skins with the potato flesh) as well as a serving of cheese.

If French fries are your idea of comfort, try baking spears that you've tossed with a little olive oil and seasoning (and/or Parmesan cheese, if you like) in lieu of the deep-fried variety. Do the same with sweet potatoes.

Pizza.

Pile on those veggies! Start with a whole grain crust, of course, and a natural sauce (low in salt and sugars and sans artificial ingredients). Add natural cheese (mozzarella, but others, too, such as Edam and Gouda). Then top with fresh or grilled veggies, such as mushrooms (try a new variety in addition to the standard button mushroom), an array of colorful peppers, tomatoes, spinach, zucchini, broccoli...

Peanut butter and jelly sandwiches.

Here's an easy transformation. Whole grain bread, natural peanut butter and natural jelly or preserves or jam (you'll find an array at your co-op) deliver a nutritious lunch or snack. Try tahini (sesame seed butter) or almond butter in place of the peanut butter now and then. You might also enjoy the occasional addition of fruit (sliced apples or bananas).

Hot cocoa.

Make your own using quality dairy products (go skim to minimize fat and calories) and cocoa. (You'll find Fair Trade cocoa at your co-op.) Sprinkle with a little cinnamon and/or plop in a cinnamon stick stirrer. (Spices are more than just flavor enhancers — studies continue to show that many of them can boost health, too!) Experiment with a variety of sweeteners, like agave and maple syrups in place of refined sugar.

Even if your idea of the ultimate comfort food is more instant than homemade, you can find healthful options at your co-op for everything from boxed macaroni and cheese to natural ice creams to frozen pizzas. Don't forget to check out the deli and bakery departments for ready-to-eat options, too. With minimal effort, indulging in comfort foods can be downright healthy!

What is your favorite "go to" comfort food?

The Art of Eating

by Tara Powers

On Tuesday December 4th, the East End Food Co-op partnered with Grow Pittsburgh, the Homewood-Brushton YMCA and



Then everybody was given a shopping list, pen and tote bag and we were equipped to shop the store! Each list included the ingredients to make an organic meal from produce grown in local urban gardens, including parsnips, shiitake mushrooms, spinach, lemon, and Brussels sprouts! Most every student made dubious comments and turned their nose up at the idea combining all of these "weird" ingredients into pasta topped with walnuts and shredded Romano cheese, and washed down with local apple cider.

Justin Steel, chef at Bar Marco, was ready to change minds. He explained the dish he would prepare, and then quickly got to work filling our upstairs office space with an aromatic sauté. By now the students were beginning to look at least a little intrigued. Once the meal was prepared and ready to

Bar Marco. We presented a food focused field trip to Homewood youth enrolled in the Lighthouse program. The program works with students of George Westinghouse High School, providing hands-on, cultural education experiences throughout our community. To date, Lighthouse has integrated the subjects of media arts and urban gardening into their growing after school curriculum.



be served we had many tasting requests from students: "I'll take one with no walnuts, no mushrooms, and no cheese", "No apple cider for me", "Brussels sprouts, no way!" We encouraged everyone to try the meal first and then promised to subtract what they didn't like. I am happy to report that at the end of the tasting we had clean plates, smiling faces and requests for seconds! It was really satisfying to introduce the skeptical students to these raw, locally grown ingredients, create something delicious and completely change their minds! At the end of the field trip, the students got to prepare the same dish on their own and take leftovers home to share. Creating and sharing an experience like this, for me, is a great example of the amazing art of eating!

Coordinators Daniel Wade of the YMCA and Philip Thompson of George Westinghouse High School accompanied the students to the Co-op. Our goal was for them to learn about our food, its local sourcing and how we can make it taste good. I introduced everybody to our store with a brief history of how we interact with our local farmers and obtain healthy food to provide to our community.



Students:

Rayla Davis  
London McDaniels  
Shadai Robinson

Khaliya Andrews  
Darnell Jordan  
Ke'rysma Davis

Coordinators (back row):

Philip Thompson  
Justin Steel  
Daniel Wade





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.

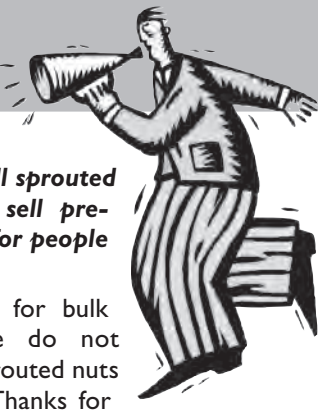
6: Cooperation among Co-operatives

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



Please make some information about senior citizen discount days more apparent at checkout. I've been eligible, and shopping for years without even knowing the discount existed, and no one ever mentioned it. How about a big announcement in the newsletter also?

Thank you for your comment. Sorry that you have not taken reaped the benefit of our senior discount. We can always do better in our communication and will strive to do so in this case. Please look for an announcement on this and other discounts offered at the Co-op, based on your suggestion.

— Tara, Member Services

Thanks for a great Cooperator issue! Thoughtful, good writing, and good info!

Thanks for the compliment; we are pleased you enjoyed it!

— Staff, East End Food Co-op

No chunks of TVP today. Has this been discontinued? If so, why?

The company that made them discontinued them. They did not give a reason why. We do not have a replacement source for this item.

— Ian, Bulk

It would be great if you could sell sprouted nut butters (almond, etc.) or sell pre-soaked dehydrated nuts in bulk for people to mash on their own.

There is no current source for bulk sprouted nut butters. We do not currently have a source for sprouted nuts but we might in the future. Thanks for the suggestion.

— Ian, Bulk

What happened to the delicious cheese biscuits? They were great in my soup!

Glad that you enjoyed them and we are happy to let you know that we are bringing them back.

— Dan, Café

Tonight the beans in my baked beans from the hot bar were not cooked long enough. They were a bit too crunchy. Thank you

Thanks for your feedback and I'm sorry that they weren't to your liking. We'll strive to do better in the future. Give them another chance and I bet we'll impress you.

— Dan, Café

book review

Love Soup

by Karen Bernard, Book Buyer

Love Soup, by Anna Thomas, makes me cry. I know that might sound weird. But when I encounter people who deeply understand the value of real food and the satisfaction of cooking — people who make nourishment into an art and who are intimately connected to their families, their communities and their land through food, well, sometimes I'm so thankful, I get verklempt.

Anna Thomas was grounded in hearty, homemade Old World Polish food as a child, but didn't start cooking, herself, until she left home. While she was in college, though, she started making meals with fresh, local produce and wrote her first cookbook, The Vegetarian Epicure. In grad school, she came out with The Vegetarian Epicure, Book Two. These works, born in the '70s, have sold millions of copies and inspired a generation to venture into new territory with whole-food vegetarian fare. In 1996, Thomas wrote The New Vegetarian Epicure, and Love Soup,

published in 2009, is her latest offering. "From my kitchen to yours," she says, "here are the best soups I've ever made." Apparently, many others have found her soups to be pretty tasty, too. The book has gotten rave reviews, and won a James Beard award, the country's most coveted honor for chefs, restaurants and other food professionals.

The 100 soup recipes cover a broad range, from broths and purees to potage, chili, bisque and gumbo. Sixty more recipes include accompaniments, like breads, salads, dips, hummus, pestos, sandwiches and sweets. Most of the soups are arranged by season: for the fall, there's Roasted Root Vegetable Soup, and Puree of Carrot and Yam with Citrus and Spices; in winter, you can make Caramelized Cabbage Soup or Cauliflower Bisque topped with buttered breadcrumbs. Spring soups are made with fresh peas, sorrel, fennel, asparagus and nettles. And for summer, how 'bout Smokey Eggplant Soup with Mint and

Pine Nuts? There's a good selection for each season, plus whole chapters on green soups, bean soups, cold soups, and "big soups and stews." I can't wait to try the Chestnut Soup, the Finnish Pea Soup with Apples...and so many more.

Most recipes are vegan or easily tweaked to be vegan; many are creamy without any cream added. And all of them make vegetables, no matter how healthy, taste like a treat. These are not fancy or showy dishes, just simple, vibrant, nourishing food with rich and subtle flavors. Soup, after all, is the ultimate comfort food, and the ones in this collection seem to be divinely inspired. It's clear that, as one reviewer said about Thomas, "she's truly, madly, deeply in love with soup," and, for Thomas, soup is love. You might want to get your copy of Love Soup now, to be ready for Valentine's Day. But, really, love soup is for any occasion.

Soup & Cheese with Caldwell

by Caldwell Linker, Cheese Buyer

As the temperature drops, nothing says comfort like a bowl of warm delicious soup, and cheese is the perfect compliment to soups. We have a number of wonderful local (and European) cheeses that will make your next soup-making adventure even better.

One of the most classic combinations of soup and cheese is French onion soup. It's just not the same without the delicious and enticing layer of wonderful melted cheese on top. It's traditionally made with Gruyere, a cheese from Switzerland that originated in the town of Gruyere. While we do carry the traditional European Gruyere, you could also try Gridley Gruyere made by the God's Country folks (Ulysses, PA). Clover Creek (Williamsburg, PA) also makes a great Gruyere-style cheese called Royer Mt.

Another favorite topping for French onion soup is Swiss cheese. And one of my favorite local Swiss-style cheeses is Tussey Mountain, a raw cow's milk cheese brought to you by the Rices of Clover Creek Cheese Cellars in Williamsburg, PA.

Broccoli cheese soup is another wonderful

soup and cheese combination. Some folks prefer the classic version using only cheddar cheese. Two that I recommend are Boondock's Cheddar by God's Country, and Nittany Valley's Raw Milk Cheddar. Also, Minerva (Minerva, OH) brings us cheddar in Mellow, Sharp, and Extra Sharp. If you want to experiment a little, using three or four different kinds is a wonderful way to try new cheeses and bring some complexity to your soup. Swiss, Gruyere, Havarti, Monterey Jack and Colby are all great additions to a broccoli cheese soup. If you want to add a little spice, one of our flavored cheeses can be a great addition. Check out Peppered Cheddar by Nittany Valley, Stone Meadow's Pepper Jack, or the Hellish Havarti from God's Country.

Another great way to use cheese in soup is to use the rinds of Parmigiano-Reggiano. These rinds (the harder, darker, exterior that you find on some pieces of cheese) make a great stock that's a wonderful vegetarian substitute for chicken broth. You can also throw them in a pot of just about anything that's gonna simmer for a while and they'll add wonderful flavor. I've heard folks suggest



Reggiano rinds as a way to bring extra life to minestrone, lentil soup, broccoli cheese soup, any pasta sauce, vegetable soup, chicken soup...the list goes on and on.

— Continued on page 5



# THE FOOD YOU EAT

## Sweet Potato and Greens Gratin

### INGREDIENTS

2 pounds sweet potatoes, peeled and sliced about 1/4-inch thick  
1/2 pound kale or Swiss chard  
1 teaspoon smoked paprika  
1 teaspoon chili powder  
Salt  
Black pepper  
4 tablespoons butter, melted  
1 1/4 cups heavy cream  
1/4 cup shredded Parmesan or smoked Cheddar cheese



### INSTRUCTIONS

1. Preheat the oven to 375°F., and butter or oil a 9 x 13-inch casserole dish.
2. Wash, shred and blanch the kale or chard for 3 minutes in boiling water; squeeze out any excess liquid. Line the bottom of the casserole dish with half of the sweet potato arranged in a single layer, with slices overlapping slightly. Sprinkle with half the smoked paprika, half the chili powder and a pinch of salt and black pepper. Spread half of the kale or chard evenly over the sweet potatoes. Drizzle with half the melted butter. Repeat with another layer of sweet potatoes, spices, kale or chard, and butter. Pour the heavy cream evenly over the top.
3. Cover with aluminum foil and bake for 30 minutes. Remove the foil, sprinkle the cheese evenly over the gratin, and bake another 10-15 minutes until bubbly and the cheese is just beginning to brown. Serve warm.

### SERVING SUGGESTION

A vitamin-rich alternative to scalloped potatoes, this casserole is a hearty accompaniment to roasted poultry or ham, or served atop baked polenta. If you're serving roast beef or turkey, try substituting smoky shredded Cheddar for the Parmesan.

## Bison Chili

A tasty chili made with ground bison, a flavorful and lower fat alternative to ground beef.



### INGREDIENTS

1 pound ground bison (optional: substitute grass-fed beef or vegetarian crumbles)  
2 tablespoons olive oil  
1 yellow onion, diced (about 2 cups)  
1 green bell pepper, seeded and diced  
3 garlic cloves, minced  
1 teaspoon dried oregano  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
2 teaspoons chili powder  
1 14.5-ounce can diced tomatoes  
1 7-ounce can diced green chilies  
1 15-ounce can red or kidney beans  
2 cups beef broth  
1/2 cup corn kernels  
Salt and pepper to taste

### INSTRUCTIONS

1. In a large stock pot, heat the oil over medium-high heat and sauté the onions, peppers, and garlic for 5-6 minutes. Add the oregano, cumin, coriander, and chili powder and cook for 1 minute more.
2. Add the bison and break it up into small pieces. Cook the meat, stirring frequently, for about 5 minutes until it is no longer pink.
3. Add the tomatoes, green chilies, beans, broth and corn. Stir well and simmer for about 15-20 minutes.
4. Season with salt and pepper to taste.

### SERVING SUGGESTION

Served over a scoop of steamed brown rice, this chili makes a lean, healthy meal. Add your favorite chili garnishes, like guacamole, sour cream, corn chips, oyster crackers or saltines.

## FDA Expands Irradiation Uses for Meat and Poultry

by Co-op News Service

Meat and poultry producers who use ionized radiation to kill pathogens in product now have expanded options, thanks to two rules published by the U.S. Food and Drug Administration Friday.

The first rule allows for the irradiation of un-refrigerated raw meat. Previously, only refrigerated or frozen meats could be irradiated, but FDA says research on the meat treated at higher temperatures shows that this application poses no health risk.

The second rule ups the dose of absorbed ionizing radiation in poultry from 3.0 kilo gray (kGy) to 4.5 kGy. While this higher dose is already allowed in meat and molluscan shellfish, the limit had remained at 3.0 kGy for poultry until now.

The two rules were issued in response to two petitions filed in 1999 by the U.S. Department of Agriculture's Food Safety and Inspection Service.

FDA says that since that time, it has received many comments from consumer advocacy groups – including Public Citizen and the Center for Food Safety – requesting the denial of both petitions, as well as the denial of another rule permitting irradiation of molluscan shellfish.

However, these comments “were of a general nature” and “did not contain any substantive information that could be used in a safety evaluation of irradiated poultry,” said the FDA in its new poultry irradiation rule. The agency reached the same conclusion for the comments urging denial of the new meat temperature rule.

Irradiation is considered a food additive because it is a process that “can affect the characteristics of the food,” explains the agen-

cy. The treatment therefore falls under the jurisdiction of FDA, which regulates all additives, even though FSIS oversees meat safety.

There are three safety issues to be considered when looking at food irradiation, says the agency. These include:

- Potential toxicity
- Nutritional adequacy
- Effects on the microbiological profile of the food

Irradiating un-refrigerated meat was not found to increase meat's toxicity, change the food's nutritional properties or increase the likelihood of certain bacteria thriving on meat; therefore FDA has determined that this is a safe application for the process.

As for a higher radiation dose for poultry, since absorbed doses of 4.5 kGy have already been proven safe when applied to other flesh foods including beef, lamb and shellfish, there is no reason for this dose not to be allowed in poultry.

“The Agency determined in the 1997 rule permitting the irradiation of meat, meat by-products and certain meat food products, that the conclusions regarding the irradiation of specific flesh foods can be used to draw conclusions about the irradiation of flesh foods as a class,” notes FDA in its poultry rule.

The two final rules went into effect November 30, 2012 – the day they were published.

FDA requires that all meat that has been irradiated must be labeled with a radura symbol on packaging and notes that the same requirement will apply to foods irradiated under these new rules.

## NEW IN THE AISLES

### New Products on Our Shelves

#### In the Juice Cooler:

Renew Oat Smoothies - 3 flavors:  
Coffee, Hazelnut, and Original

#### Aisle 6:

Tofurky Jumbo Dogs  
Earth Balance Sweet  
Cinnamon Spread  
Galaxy Strawberry Vegan  
Cream Cheese

Amy's Light Sodium  
Non-dairy Burrito

Cedarlane - Lentil Soup with Samosa  
Wrap; Minestrone Soup with  
Mediterranean Wrap

Jeni's - Black Coffee Ice Cream; Goat  
Cheese with Cherries Ice Cream

Talenti - Sea Salt Caramel Gelato;  
Toasted Almond Gelato

Are you aware of our great new resource for information on supplements, nutrition, diet, and a lot more? You can find the ihealth Kiosk in Aisle 6.



# REDUCE REUSE RECYCLE!



Nourishing the Soul (& Body) with Slow Cooked Pittsburgh

by Claire Westbrook

As winter settles over the city, most of us tuck a little deeper in, to warmer clothes, or thicker blankets in bed. Life grows quieter, slower, and perhaps even more nourishing than the other seasons of the year. There's a bit more opportunity for peaceful contemplation. And for me, there's a glorious feeling of freedom that comes with the transition of old to new again, with the death and rebirth that happens in winter.

Still, even with this kind of nourishment for the soul, one needs to sustain the body—with food—no matter what the season. This is where Elizabeth Schandlemeier Gilgunn, of Slow Cooked Pittsburgh, comes into the picture. Having known her and her cooking for a number of years, I've found it interesting to see how her services have grown. And I find it especially interesting to learn that she now works with people facing an often-challenging aspect of life: death.

Whahuh?!? Yes, that's usually the response folks have when thinking about the combination of food and death, the ultimate winter of our life. But, as Ms. Gilgunn reminds us, food and nourishment are just as much a part of the end of life as they are part of its beginning. She says that her most recent work, supporting people who are nearing death, has opened her eyes to the very real needs, hopes and wishes of not only those who are making the transition from this life to the beyond, but also to the needs and wishes of the community that surrounds them. In her conversations with people about food-and-dying, she's heard many kinds of "last food" stories. Even



if it's something we don't usually think about (or want to think about), food has a role in every season of our life.

Generally speaking, Slow Cooked Pittsburgh caters to whatever stage of life or situation people may be involved in. One client may have a newfound intolerance to wheat or dairy. Another may find himself caring for an aging parent, who has different dietary needs than the teenagers in the home. Ms. Gilgunn has been cooking professionally for several years, with a focus on preparing wholesome foods the right way: with time, care and dedication. Also, she buys meat, dairy and produce directly from local farmers. For a little comfort this season, stay warm with her recipe for Cranberry Applesauce. And for more info, contact Elizabeth Schandlemeier Gilgunn at [www.slowcookedpittsburgh.com](http://www.slowcookedpittsburgh.com).

Cranberry Applesauce

by Elizabeth Schandlemeier Gilgunn

INGREDIENTS

- 1 qt. cranberries

3 lbs. best-of-season apples, peeled and cut into chunks

½ c. apple cider

3 clementines/satsumas/mandarins, or 1 juicing orange, juiced and zested

3 Tbs. local honey
- ½ c. raw or brown sugar (sweetness to taste; will also depend on apple variety)

1 or 2 cinnamon sticks

3-4 whole cloves

¼ tsp. nutmeg

1 star anise (optional)

INSTRUCTIONS

1. Heat apples and cider in a pot over medium heat, watching to see if additional liquid is required to prevent apples from scorching (this will depend on the apple variety used).
2. When the apples begin to soften, add the sugar, cinnamon stick, nutmeg, cloves and star anise (if using) and stir until sugar begins to dissolve.
3. Add cranberries, stirring gently. Allow this mixture to cook until soft and slightly jellied (cook more and stir vigorously if a less chunky texture is desired).
4. Stir in citrus juice, zest and honey to combine just until heated.
5. Remove cinnamon sticks and serve warm, or chill for later.

Soup and Cheese with Caldwell

— continued from page 3

And finally, nothing goes better with a cup of soup than a perfect grilled cheese sandwich. Due to space limitations I can't go into all the different kinds of cheese that are fantastic in a grilled cheese, as I would have to list almost every kind of cheese there is. Basically, if you like a cheese, you'll like it even better when it's sandwiched between two pieces of bread, slathered with butter, then grilled to a gooey brilliance. I will say this though: Gouda is one of my favorite cheeses grilled. I love it with avocados and bacon, really great pears, or crisp apples. Both God's Country and Clover Creek

make great Gouda (Clover Creek calls theirs "Galen's Good Old") that should make their way onto your next grilled cheese sandwich.

I'm Caldwell, and I'm the new cheese buyer at the Co-op. I'm passionate about local and regional cheeses, and helping folks find the perfect cheese for any occasion. I look forward to meeting all our cheese-eating shoppers and members. I'm usually here on Wednesdays, Thursdays, Saturdays and Sundays, after 1pm. I spend a lot of my time in the kitchen, so if you have a question, or just want to say Hi, feel free to ask for me at the Cafe.

A World Full of Cucurbits

by Bob Madden, [mygardendreams.com](http://mygardendreams.com)

The history of the Cucurbit family is really amazing and mysterious. In the U.S. we commonly eat and grow Cucurbits such as cucumbers, summer squash, winter squash, melons, pumpkins, and gourds, but what we are familiar with is just a slice of the diversity of this family. A wide variety of them are grown and eaten worldwide, and only by finding wild plants that appear to be the original source can we identify where people began to cultivate them.



Long ago, humans were hunting and gathering all of their food. They had no pottery to carry or store liquids or solids, and they had not yet begun to cultivate fruits or vegetables. People spread all over the world, crossing from Asia throughout the Americas, finding all kinds of things to eat but not yet farming. Evidence shows that humans found wild gourds growing in southern Africa and started cultivating them. The practice spread rather quickly throughout Asia and the Americas. Since people around the globe had not yet invented pottery, the cultivated gourd was a huge storage breakthrough because of the hundreds of ways gourds can be used as containers and tools. Ancient pieces have been found in Africa, Asia, Mexico, Peru, Florida, and Kentucky, all of which were carbon-dated at around 9000 years old!

What's a gourd versus a squash? Well, it's really about what you use it for. Summer squashes are Cucurbit varieties that have been selected for their fine qualities and picked young and tender, for example the zucchini. Winter squashes are varieties that have been selected for their fine qualities, picked for eating once the fruit is at full size. They are tougher and store well. Gourds, on the other hand, include any member of the Cucurbit family that is grown to maturity and dried, not for food but as a container, instrument, or tool. To make things more confusing, some varieties that are grown as gourds are also eaten young by some cultures.

Squash

There is evidence of squash being grown in South America as least 12,000 years ago, which predates evidence of the earliest maize being cultivated, so squash might have been the first cultivated veggie. Squashes are awesome crops, and were especially so for our ancestors who lacked refrigeration and drive-thru. As mentioned earlier, you can eat them young as summer squash, or let them mature into winter squash which store well for up to six months and have a great deal of protein in the seeds. Pumpkins that you eat are also winter squashes. Squashes and pumpkins were an American secret until Columbus

took some seeds back to Europe.

Cucumbers

The wild cucumber is from India and was first cultivated at least 3000 years ago. It spread westward with trade and became popular with the Greeks and Romans, who then spread its cultivation to Europe. The Roman emperor Tiberius, born in 42 B.C., supposedly ate them every day of the year, which meant that somebody was carrying

the growing containers in and out each day during cold weather. (I'm assuming it wasn't Tiberius.) Cucumbers traveled with Columbus to Haiti in 1494 and became very popular with Native Americans. Within a short time, all the peoples from Florida to Canada that had contact with the European Americans were growing large amounts of cucumbers.

Melons

Wild melons are found growing in Africa and Asia. Cultivation started independently in western Africa and Southwest Asia. Fragments of a 5000-year-old melon have been found in Iran. During the rule of the Romans, melon cultivation spread to Europe, and seeds were brought to the Americas starting



with Christopher Columbus. Watermelons are a little different. They were first cultivated in South and Central Africa, where fragments of a 6000-year-old watermelon have been discovered. They didn't hit Europe until the Moors conquered parts of southern Europe in the early 700s. Watermelons have a very interesting ancient history, not just as food or containers but as...a cool drink. In the Kalahari Desert, watermelons are still today an important source of water for the people and animals.

Lastly, Luffas (or Loofahs)

Luffa (yes, that funky dried out thing) comes from China and India and can be dried for the all-purpose scrubby that we know and love, or it can be eaten young.



Meade Street Parking

by Justin Pizzella

Parking at the Co-op can be a challenge to say the least. It is common to find cars parked in the designated “no parking” areas across the street from the Co-op, parked on a sidewalk, or both.

With the recent unfortunate biking deaths on Penn Avenue, Meade Street has now become a designated bike route going to and from Regent Square. With this designation, the City has added additional signage and marked the street with a bike symbol and two chevrons (photo below). You may not



be aware, but it is illegal to park on these bike lane designations.

The Co-op has been informed by the City of Pittsburgh that they will begin enforcing the parking on Meade Street more strictly in the coming months. They have reached out to us to start informing our customers of this coming reality. Additionally, the City has asked the Co-op to help raise awareness of the bike lane designations and the restrictions they impose.

We recently met with the City to express our concerns about the traffic on Meade Street and the potential risks the bike lanes create. At the meeting, we shared potential ideas to help improve the safety of Meade Street. The City has committed to working with us to develop a solution the makes Meade Street safe for pedestrians, bikes, and drivers.

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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

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

www.eastendfood.coop  
memberservices@eastendfood.coop

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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](mailto:memberservices@eastendfood.coop)

## SUBMISSION DEADLINES

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

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

## Job Opening at the Co-op: Marketing and Member Services Manager

The Marketing and Member Services Manager develops the marketing and branding plan for the Co-op and coordinates the development of appropriate communications, advertising, and branding strategies for the store. In addition, this position involves developing and implementing educational, outreach and promotional activities. The Marketing and Member Services Manager supervises the Outreach and Member Services staff. This position reports to the GM and works cooperatively with all management team members. Familiarity with Co-operative model preferred.

### Qualifications:

- Strong project oversight and management skills (supervision, delegation, decision-making, manage budget.)
- Experience serving the public; friendly, outgoing personality.
- Ability to handle multiple demands; calmness under pressure.
- Community organizing experience or other experience working with volunteers.
- PR, branding, and/or marketing experience; considered familiarity with social media strategies.
- Ability to speak publicly and to convey the Co-op's message; familiarity with natural foods and Co-op issues.
- Demonstrated writing and editing skills.
- Familiarity with desktop publishing and graphics design software and concepts.
- Interest and capability to create new systems and processes.
- Willingness to work one weekend day.
- Regular predictable attendance.
- Willingness and ability to learn and to meet the changing requirements of the job.

All qualified candidates are welcome to submit their application with resume to HR-Administration asap. Applications are available on-line ([www.eastendfood.coop](http://www.eastendfood.coop)) or at the CS Desk.

# STAFF NEWS

## New Faces...

**David Demyan, Stock** — David is relatively new to the Pittsburgh area, studies at the University of Pittsburgh and was drawn to the Co-op by the variety of products offered and the mission of our organization. David is an avid outdoors man, enjoys rock climbing, hiking, biking and snowboarding.

**Charlotte Ross, Manager on Duty** — Charlotte is very excited for this new opportunity and is looking forward to meeting the co-op "family". Charlotte has previous management experience at Glutteny Bakery, loves Pittsburgh, great food, and serving the public. She has a keen interest in anything related to her cats and has future goals focusing on continuing her education, whether it be through further schooling, new hobbies, or new skills through her employment.

**Megan Reitz, Front End** — Megan recently moved to Pittsburgh from San Diego where she worked at a small health food store and lived in a student Co-op during college. She worked on organic farms while travelling throughout Chile and Argentina. When not working at the Co-op Megan can be found working on environmental/restoration projects in urban settings. She enjoys sailing, backpacking, and snowboarding and hopes to master circular breathing to play the didgeridoo.

## Employee of the Month

Congratulations to Dorral Hall who was chosen as the Co-op staff pick for November 2012 Employee-of-the-Month!



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

**A.** Almost 5 years.

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

**A.** My co-workers, the food, and the community

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

**A.** Sure, but I think the Co-op is doing great work.

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

**A.** Honored

# DID YOU KNOW...

the East End Food Co-op offers the following discounts:

## SNAP discounts are as follows:

- Non-member using an Access card: 10% discount
- Member using volunteer discount and Access card: 20%
- Member/senior using an Access card: 15%
- Senior/nonmember using an Access card: 10%
- Board member using an Access card: 20%

## Senior discounts are as follows:

- Member/senior: 5%
- Member/senior using an Access card: 15%
- Member/senior using their volunteer discount: 15%
- Senior/nonmember: 5%
- Senior/nonmember using an Access card: 10%
- Board member/senior: 15%

\*\*\*Senior discounts apply on senior discount days, which are Tuesdays and Thursdays. Persons 62 and over qualify as seniors.

## But wait — there's more!

- Member Bonus Discount (commonly referred to as 10% off day)
- Member/senior using quarterly discount/bonus: 15%
- Member/senior using an Access card and quarterly discount/ bonus: 20%
- Member/senior using their volunteer discount and quarterly discount/ bonus: 20%
- Member/senior using their volunteer discount, Access card and quarterly discount/bonus: 20%

All customer inquiries may be directed to a Manager on Duty.

Peacefully,

— Eric, Front End Manager



## un-classified ads

**EDDIE SHAW, MASSAGE THERAPIST** — New office space at Maxon Towers, 6315 Forbes Avenue, Across from the Starbucks at Forbes and Shady in Squirrel Hill. [es\\_message@yahoo.com](mailto:es_message@yahoo.com), 412-855-1532. My deep tissue massage and gentle stretching will relax and elongate tight muscles, leaving you feeling balanced and at ease. Mention this ad and receive a one-time \$20 discount.

**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](mailto:novakkj@upmc.edu).

**PAULA'S CLEANING SERVICE** — Loving, meticulous cleaning for your house or apartment! Also available for pet sitting. Excellent references for both services. Call Paula today at 412.377.2383 and avoid agency fees.

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## January 2013 ... hot bar specials

sunday	monday	tuesday	wednesday	thursday	friday	saturday
		1 Closed on New Year's Day	2 Hoplin' John	3 Pasta w/ Kale, Currants, Walnuts & Brown Butter	4 Pizza Dairy & Vegan	5 Tofu Tarragon Stew
6 Chef's Choice	7 Chickpea Curry	8 Tofu Turkey w/ Mole	9 Burrito Bar	10 Barley Risotto	11 Pizza Dairy & Vegan	12 Kale & White Bean Stew
13 Chef's Choice	14 Chinese "Beef" Noodle	15 Mashed Parsnips w/ Sausage & Apples	16 Country Kitchen	17 Black Eyed Peas w/ Butternut Squash	18 Pizza Dairy & Vegan	19 Tofu & Hard Cider Stew
20 Chef's Choice	21 Pasta w/ Beets & Greens	22 Charmoula Tempeh	23 Indian Kitchen	24 Red Lentil Stew w/ Vegetables	25 Pizza Dairy & Vegan	26 Broccoli & Mushroom Quiche
27 Chef's Choice	28 Cassoulet	29 Goulash	30 Pittsburgh Kitchen	31 Spicy Peanut Tempeh		

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!

## café hours

**weekends**  
WEEKEND BRUNCH BAR  
**9 AM - 1:30 PM**  
HOT FOODS  
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**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 January Co-op Events

**TUESDAYS, JANUARY 8, 2013 AND JANUARY 15, 2013**

### Reflexology

Learn what the Chinese have known and traditionally used for 5,000 years to stay healthy! In this workshop we work on your own hands, and the hands of your friends and family members! — as a means to relax, distress, improve organ function and learn how to heal yourself.

All workshops are FREE; just call 412-242-3598 to reserve your spot!

**WEDNESDAY, JANUARY 9, 2013, 6:30PM**

### Strategies for dealing with Seasonal Affective Disorder

Jeff & Cindy Berkowitz of New Life Kitchen

Do you feel run down? Do you lack energy? Do you feel more sluggish in the winter? Do you suddenly feel great when in the spring? Jeff and Cindy Berkowitz of New Life Kitchen will discuss strategies for feeling fabulous all year round.

Jeff and Cindy are Certified Health Coaches having studied at The Institute for Integrative Nutrition. Jeff and Cindy are passionate about helping people reach their health and wellness goals with a step by step approach that makes it easy to implement changes in diet and lifestyle. While no one likes to "diet", Jeff uses his 25 years of experience as an executive chef to coach clients to create delicious and nutritious meals for the rest of their lives. Cindy brings an innate talent to help empower women to find their passion and design their lives. In addition to one on one counseling, Jeff and Cindy also offer workshops, seminars, corporate wellness programs, and cooking classes.

All workshops are FREE; just call 412-242-3598 to reserve your spot!

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

FIRST FLYER RUNS FROM  
**WEDNESDAY, JANUARY 2 TO  
TUESDAY, JANUARY 15**

SECOND FLYER RUNS FROM  
**WEDNESDAY, JANUARY 16 TO TUES-  
DAY, JANUARY 29**

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# Happy New Year!

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