

The Co-operator

a monthly newsletter of the East End Food Co-op Pittsburgh, Pennsylvania

STORE NEWS

Members' Extra Discount Days
Sundays: 7/12 & 8/16
Shop 8 am - 9 pm

Board of Directors Meeting
All members are welcome.
Check the front entrance for dates and times.

The Co-Operator Deadline
All submissions and ads are due 8/1 for the September 2009 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.

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July Co-op Advantage	

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

Fire Up the Grill — Naturally!

by NCGA News Service

WHY ARE GRILLED FOODS SO DELICIOUS? Certainly the summer weather enhances our appreciation of them, and the celebratory ambiance that surrounds any cookout—from a backyard family picnic to a Fourth of July neighborhood bash—doesn't hurt either. But foods taste great grilled because the flavor is sealed in and intensified (especially when a conscientious cook tends to marinating and basting). In addition, grilling caramelizes the natural sugars in produce, making everything from peppers to pineapple livelier and sweeter.

GRILL TO PERFECTION TIPS:
Grilling is easy—and forgiving. But here are a few tips that will insure your time at the grill is wisely invested:

- YOUR GRILL should be clean and lightly oiled. Consider environmental factors, but remember that there are tradeoffs. A gas or electric grill will burn cleaner than a wood or coal grill, for example, but will use nonrenewable resources. Charcoal and wood are renewable and thought to infuse the best flavors, but will contribute to air pollution. If you're using charcoals, choose those with no chemicals or fillers; clean-burning, all-natural charcoal briquettes made from plant sources are available. For additional smoky flavor, combine various woodchips (like hickory or mesquite) with coals. And if you prefer woods, select those from well-managed forests. Don't use easy-light charcoal, which emits volatile organic compounds (VOCs). Opt for chimney starters and electric probes instead.

You might also want to invest in a grilling pan for smaller food items, like cut-up vegetables. And of course you'll want to stock up on kabobs! (Soak them in water for an hour or so before using, to prevent them from burning.) When turning food on the grill, use tongs or a spatula, not a fork. (A fork will drain the juices onto the grill.)

- MEATS AND POULTRY are most healthful when they're lean and organic. If you're using frozen foods, defrost them in the refrigerator, not at room temperature. Marinades and meat rubs enhance any cuts of meat, but especially larger steaks like London broil and skirt steak, which they serve to tenderize as well as flavor. To prevent meats from curling, slash the edges with a knife.

Most items can be cooked right above the heat, but grill larger pieces of meat and poultry, like whole chickens and roasts, on indirect heat, next to the fire or coals. If you're cooking a whole chicken, ask the meat department to butterfly it (cut so that it has increased surface area); this will allow for quicker cooking.

To prevent food-borne pathogens, make sure you cook meats and poultry thoroughly (and keep them warm until served). There should be no pink in the center of meats, and no pink juices. But don't rely on your eye; use a meat thermometer to make certain that beef and pork reaches 160° F (or 145°F for medium rare) and poultry is grilled to 165°F. (Place the meat thermometer in the thickest part of the meat, making sure it doesn't touch the bone, fat, or grill.)

Also be sure to use different plates and utensils for raw and cooked meats and poultry.

- Seafood's delicate flavor is easily overwhelmed, so use a light touch when marinating and seasoning it. Speaking of marinades, don't leave fish in a marinade for longer than 15 minutes or the fish will become mushy. Brushing a little oil on the surface will keep the fish moist during grilling, though. After placing the fish on the grill, leave it for several minutes before turning, so that a crust will form. (This crust will keep it from sticking to the grate or crumbling apart.)

Skewers or an oiled grill basket are good tools for cooking some seafood, like shrimp (opt for the jumbo varieties, which are easier to handle than the little shrimp). If you do cook seafood directly on the grill, it can be placed right above the heat.

- An array of SOY FOODS are delicious on the grill. Choose extra-firm tofu, or press before grilling. Use a kabob for tofu cubes, or place slabs directly on the grill. Marinade tofu or tempeh before grilling. Or try a meat rub (just sprinkle on -- don't rub too vigorously or your tofu will fall apart!) Cook veggie burgers and soy hot dogs as you would any meat burgers and hot dogs, though some won't take as long to cook through.

By the way, if you're serving vegetarians as well as meat eaters, two grills will be appreciated. At the very least, use a separate part of your

— Continued on page 4

DON'T MISS MEMBERS' EXTRA DISCOUNT DAY – JULY 12
MEMBERS RECEIVE 10% OFF SHELF PRICE ALL DAY! SAMPLES AND TASTINGS 8AM TO 4PM

All members are welcome to attend the Co-op Board Meetings. Check the bulletin board in the front vestibule for dates and times.





Rob Baran,
General Manager

rob's corner

Hi folks, welcome back to Rob's Corner. Sorry about last month, I missed a bunch of time down sick and had to focus my energies in other directions, but enough of that... Lets talk about CCMA.

We just hosted the 53rd Annual Consumer Cooperative Management Association Conference, here in Pittsburgh. This is the annual conference administered by the University of Wisconsin's Cooperative Institute. We were their partner in the project, and had the honor of being selected over the other final candidate cities of Philadelphia and Boston. We were responsible for helping to select the venue (the Westin Convention Center Hotel), planning a number of bus tours around the city, planning the conference closing dinner party Saturday night, and many other administrative and support duties.

The hotel was great, the Westin is the greenest hotel to ever host the conference, and the food was wonderful. The location — downtown during the Arts Festival — was just perfect.

The tours were some of the most popular ever, as we sent nearly 200 people on bus tours to places such as East End Food Co-op, Baird and Boyd Vodka Distillery, Blackberry Meadows Organic Farm, Construction Junction, the Cathedral of Learning, the Incline, Urban Dreams Farm, the Church Brew Works, and the Strip District. Former Co-op Board President Ray Schinhofen guided an architectural tour that was exceptionally well received, and of course,

they loved our East End Food Co-op, one of the more unique co-ops in the country.

The dinner party was just spectacular as we hosted a local foods dinner on the roof of the Convention Center, the largest green building in the country, with one of the best views you will ever see of downtown. Local community bands, Cellofourte and Soma Mestizo, put on a great show that had dozens of co-operators dancing into the night. Many people enjoyed an evening on the roof simply admiring our fair city; the beautiful skyline, the boats and kayaks moving up and down the Allegheny, a Pirates game at PNC Park, an especially dramatic sunset... "One of the best CCMA events ever" was heard to be uttered from many participants, they just loved our conference, our city, and our co-op.

And finally, we finished the whole thing off with a tour of Falling Water for those who stayed late into Sunday. The group once again had a wonderful time as we closed out one of the great conferences in recent memory, and made nearly 350 new fans of one of the great cities on the continent. They just could not get over how their preconceptions of Pittsburgh were so far from the truth.

In closing I would like to thank the staff, managers, and volunteers of the Co-op who did such a great job planning and running the conference. We had very few glitches, and absolutely no breakdowns as the conference was smooth, smooth, smooth. Until the next time...

member services message

by Kara Holsopple, Member Services

It's the little things. **Westbrae Naturals** places a recipe on each can of their organic beans — a different recipe on each variety, from kidney beans to black beans. I stock up on organic canned beans so that I always have them in my cooking supply cupboard when I need them. Especially in these times, when finances and money are moved to the front of my mind more often, their solid presence behind the glass cabinet is reassuring. They represent good nutrition, economic value, and a tradition of vegetarian eating. Westbrae, which grew out of the natural foods movement of the 1970s, was bought by the Hain Celestial Group in the 1990s. But their heritage is to provide food and information to promote a healthy vegetarian lifestyle. The little suggestion on the side of their can, for example, to consider a Dijon Dinner Salad for dinner tonight, has saved my peace of mind and saved me from my tendency to reach for something less healthy, on more than one occasion.

There are little things that matter here at East End Food Co-op, too. If you have shopped in the store you will have noticed a fresh coat of paint here and there. We are working on improving the informational hallway leading to the restrooms, so that business cards and flyers are more accessible. They are little things, but not superficial ones. They indicate that we care about your shopping experience, about our neighborhood, and about the community of which we are a part. The same values that we, as co-ops, grew up with are still here for you. We hope that they will continue to be reassuring to you, even as we make changes to grow and meet new needs and challenges.

one percent wednesday



July 29

Three Rivers Bioneers

Founded in 1990, Bioneers promotes "practical environmental solutions and innovative social strategies for restoring Earth's imperiled ecosystems and healing our human communities." The Bioneers believe in a systemic, solve-the-whole-problem approach. "Taking care of nature means taking care of people, and taking care of people means taking care of nature." Bioneers connect the dots among most areas of human endeavors: environment, health, justice and spirit.

The annual conference held every October has grown so large and so popular that two dozen cities throughout the country are now holding satellite conferences in tandem with the main conference in California. Members of the Urban Ecology Collaborative have been collaborating with a number of organizations and individuals to ensure that Pittsburgh becomes the next city to host our own satellite conference this coming fall, October 16-18.

This first ever **Three Rivers Bioneers conference will take place at the Pittsburgh Project**, one of Pittsburgh's own gems. Located on the North Side, this organization has been building community, repairing homes, and instilling youth with values for 24 years, and is a true example of a "Bioneer".

What will participants experience during the conference? You will hear from local citizens who are part of the solution and doing work in your own communities. You will learn from and be inspired by national and international leaders who are leading the ecological health, social justice, and human health movements. You will share a locally-grown and cooked meal with your neighbors, get tools to create change in your communities, and be a part of the visioning process of how to make Pittsburgh the city that you want it to be.

To see a sneak preview of the event, check out a Bioneers Monday, a series of events that showcases local organizations and past Bioneer speakers, while engaging residents in discussion. These events are funded by the Sprout Fund, and are open to the public. Full details of these events are on the web at www.3riversbioneers.org.

For more information on the conference, contact co-coordinators Chris Farber or Maureen Copeland, visit our website: www.3riversbioneers.org, check out the national Bioneers website: www.bioneers.org, or come to a Bioneers Monday!

Chris Farber:
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outreach@eastendfood.coop
Maureen Copeland:
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LEARN MORE ABOUT BIONEERS AT THE CO-OP ON JULY 29!

BOARD CORNER

by Inna Nirenberg

The opportunity to serve on the board of the East End Food Coop (EEFC) comes with great potential to contribute and make a difference, yet it also comes with a steep learning curve. Returning directors (i.e. members of the board of directors) often forget just how much there was to learn when they first started about the governing process we employ, and new directors currently often take their whole first year on the board to acclimate to fully ramp up. This year, the board has taken on the challenge to greatly decrease that learning curve.

You likely have noticed over the past several years our GM, Rob's, great efforts to professionalize and streamline the operations of the co-op. He's done a fantastic job in installing the point-of-sale scanning devices at the registers so the store can keep better and more accurate track of sales and inventory; resetting the front end and café areas of the store to better accommodate customer needs; improving customer service; as well as many other back-end process improvements that help the co-op to operate more efficiently and effectively.

Likewise, the board of directors has this year taken on an initiative to professionalize and streamline the operations of the board itself: namely, the creation of a Directors' Manual and Board

Process Manual. This will not only help newly elected directors ramp up much more quickly, but will also serve as a reference and guide to current best practices for returning directors.

This project is no small task. First, we determined the different areas of knowledge and information needed, and broke these into two groups: background information (to be part of the Directors' Manual), and board process information (to be part of the Board Process Manual).

Next, we fleshed out each document with the topics that would be most useful and add the most value. In the Directors' Manual we included topics such as: history and facts about co-ops in general, history and overview of the EEFC in particular, a brief market overview of the natural food market, roles and commitments of directors, legal issues, an overview of policy governance, and information on understanding and evaluating financials.

The Board Process Manual we broke into three sections, based on the urgency with which a new director will need to become familiar with each. In the first section we included topics with which a new director would need to be familiar right away, such as an introduction to Robert's rules of order, and how to perform our monthly policy monitoring. The next section contains processes such as how to

include documents in the monthly board packet, how to run an effective meeting, how to utilize the board wiki, and so on. Finally, the last section contains even more specific topics, such as how to run a nominations and elections process, how to run a survey, as well as topics specific to the roles of the board president, vice president, treasurer, and secretary.

The challenge, aside from simply writing and compiling all this information, is to provide the most useful information in the least amount of space, so as not to overwhelm new directors with too much at once, while still communicating all that is needed.

Our goal is have the first version of the Directors' Manual and the Board Process Manual completed in time for the seating of the next board in November. So, those of our members who are considering running for the board of directors this coming year, we welcome you and are excited to, for the first time, be able to provide you with such rich and helpful resources. And, as we continue to evolve our documents and processes, we are looking forward to having a board as streamlined and efficient as our store operations. That, in turn, will allow us to focus more of our time and efforts on the big-picture visioning and ends-related work that makes the co-op such a special place.



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



The vegetables with the pearl onions was so good — just yummy fresh vegetables. Why don't you serve that everyday? I could eat it everyday!

Thanks for your compliments! We will rotate it through the menu more often!

— Thomas Murphy, Café Manager

Did not receive the newsletter by Member Extra Discount Day in June.

I am sorry that your newsletter arrived late. We try to have it out in the first week of the month. Sometimes it reaches non-city residents later. I am sorry, too, that you missed June's Member Extra Discount Day because of it. The June date was earlier than usual because of Father's Day and our hosting of the CCMA conference. We do announce the Member Extra Discount Days a couple of months in advance in each newsletter. Check at the top left of the front cover of your newsletter to see this and next month's Member Extra Discount dates. Sorry, again, for any inconvenience.

— Kara Holsopple, Member Services Manager

Could you please carry edamame NOT made in China?

I have found an edamame grown in the United States from Sunrich foods and will carry it. Thanks for the suggestion.

— Fran Bertonaschi, Perishables Buyer

Please stock Silk Soy milk in Chocolate Lite flavor.

We just do not have the shelf space for all of the Silk varieties. At this point, there are 14 in half gallon size. This is a problem for us with many manufacturers, as they keep adding flavors.

— Fran Bertonaschi, Perishables Buyer

Your Green and Black's Chocolate bars are still 20 cents cheaper than the competitor, but why no mint?

The Green and Black's Mint Chocolate bar was accidentally omitted during our reset of the grocery aisles. It is now back on the shelf. Thanks for bringing this to our attention.

— Jim McCool, Grocery Manager

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



BOOK REVIEW

More on Meditation

by Sheila Caffrey

If you were to close your eyes and choose any book on the Co-op's shelves, you would probably find something that would, in some way, support a meditation practice. Meditating is a full body-mind-spirit activity. Reading any book about living consciously would be a step in the right direction. To meditate, we start where we are and go on to live mindfully. Here, though, I will focus on only a few that offer direct meditation instruction.

A book on the why's and how's of meditation seems an appropriate place to start. For this I recommend Rolf Sovik's poetic book, *Moving Inward*.

"At its core, meditation is a blossoming of spirit, an individual reply to a call from within... meditation asks us to take a seat and quiet ourselves. Then it whispers to us about how to heal and how to mourn, and about the joys that come from simply being."

So begins this lovely book. With each step carefully spelled out for us, we gather pillows and blankets if we need them and then sit as securely as possible so that we can also gather the body, the breath and, finally, the mind, which, we are told, is "the lens through which we experience the world around us as well as the world within."

Throughout his book, Dr. Sovik explains what it means to sit comfortably, to still the body, shape the breath, and calm the senses. He tells us how to move with gentle patience through the habitual waves of the outer mind so that we can awaken the deeper mind and begin to remember the Self within, the Self beyond our habits. The process of medi-

tation offered in this book is arranged in such a logical way that we find following it to be easy, even effortless.

If you desire more detail about how to become comfortable in a sitting posture, *Yoga - Mastering the Basics* would be a good choice. Co-authored by Rolf Sovik and Sandra Anderson, this award-winning book guides the reader through yoga postures with clear illustrations and precise, easy-to-follow written instructions.

For someone wishing to explore meditation from a Buddhist perspective, *A Path With Heart*, written by Buddhist meditation teacher, Jack Kornfield, provides a beautiful presentation. *A Path With Heart* is perhaps the most compassionate book on approaching meditation that I have ever read.

"Meditation can be thought of as the art of awakening," we are told by the author. "The key to this art is the steadiness of our attention. When the fullness of our attention is cultivated together with a grateful and tender heart, our spiritual life will naturally grow."

With light-heartedness, Jack Kornfield encourages us to be gentle with ourselves as we learn to focus the mind in meditation. He likens the mind to a puppy, even entitling one of his chapters, "Training the Puppy: The Breath in Mindfulness."

"Concentration is never a matter of force or coercion. You simply pick up the puppy again and again and return to reconnect with the here and now."

For a book which itself reads as a meditation, *Being Peace* is an elegant choice. If you are not yet familiar with

Thich Nhat Hanh, here is an opportunity to meet this Buddhist Monk whose very writings are an experience of love, beauty, joy, and peace. Reading any of his books reawakens a calmness of mind.

If we are peaceful, if we are happy, we can smile and blossom like a flower, and everyone in our family, our entire society, will benefit from our peace... Each minute, each second of our lives can be like this... Meditation is to be aware of what is going on."

This wonderful little book is filled with the peace that Thich Nhat Hanh tells us is always present within ourselves in every moment. Reading it reminds us how to be what we truly are — awareness, joy, peace.

Finally, I would like to point to, *The Heartmath Solution*, a scientific exploration of meditation with excellent and unique directions for its readers. Written by Doc Childre and Howard Martin, *The Heartmath Solution* addresses stress and relaxation with the goal of inner peace and joy through the understanding of the heart's intelligence. I recommend this book to anyone who might benefit from a more research-oriented approach to meditation.

So, here I have offered good starting places on your journey toward meditation. But, as I said in the beginning, you could simply close your eyes and choose any book as a starting place.

Sheila Caffrey began her own yoga and meditation practice in 1975 and has been teaching for the past fifteen years. She is certified through The Himalayan Institute. In addition she is a massage therapist and the mother of two young men.

the food YOU EAT

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

This month, it is not so much what is *cooking*, but what is prepared *cold* — and is *hot* anyway! This sweet and spicy Thai Cucumber Salad is colorful, and makes the most of those local, early July cucumbers. There is no extra heat during the hot months for your kitchen, either. This dish looks great along side grilled meats or tofu. Enjoy!



Co-op Café Thai Cucumber Salad

- | | |
|--|------------------------------------|
| 2 cucumbers, peeled and cut into half moons | 1/4 bunch cilantro, chopped |
| 1 small red pepper, diced | 1/3 cup apple cider vinegar |
| 1 small yellow pepper, diced | 1 Tablespoon evaporated cane juice |
| 1/2 red onion, diced | 1/2 teaspoon sea salt |
| 1 serrano or 1/2 jalapeno pepper, seeds removed & minced | |

Place all chopped vegetables into a serving bowl.

Whisk together vinegar, cane juice, and salt.

Pour vinegar mixture over veggies and stir well.

Can be served immediately, but tastes better after marinating for at least 30 minutes.

Serves 6-8 people

Fire Up the Grill — Naturally!

— Continued from page 1

grill and a separate spatula or tongs for the vegetarian fare.

- Fruits and veggies should be brushed with a high-quality oil or marinade. You can also sprinkle them with fresh herbs or dried herb and spice blends. To keep fruit juicy on the grill, first soak it in cold water for about half an hour. (Add a teaspoon of lemon juice to each cup of water to keep the fruit from discoloring. Or use a mixture of rum and spices, like cinnamon and nutmeg, or apple pie spice, for soaking.)

Because the skins (and husk in the case of corn) seal in nutrients as well as moisture, don't peel produce before grilling. To shorten grilling time, precook hearty vegetables like winter squash, beets, broccoli, artichokes, carrots, parsnips and potatoes by steaming or blanching until barely tender. When placing produce on a kabob, alternate shapes to keep the kabob from rolling off the grill.

FLAVOR ENHANCERS

The grill tends to enhance flavor on its own, but experimenting with herbs and spices, marinades, rubs, and sauces is what creative grillers most enjoy. There are some delicious marinades and marinade mixes available. Or you might concoct your own signature mix. Try a variety of liquids, like oil and vinegar, citrus juices, tamari, yogurt, or your favorite dressings, seasoned with spices that will compliment your fare (dill for fish, potatoes, and carrots; and garlic, oregano and basil for tomatoes, for example).

Use a non-reactive container, like glass (not aluminum or plastic), for marinades, and store food that's marinating in the refrigerator until you're ready to grill. You can baste with your marinade throughout cooking, but if you're using a marinade for raw meat, poultry, or seafood, don't apply it during the last few minutes, because it needs to cook thoroughly. If you want to use leftover marinade as a sauce, boil it for at least a couple of minutes if you've had raw meat, poultry, or seafood in it. And never reuse a marinade for other food.

Dry rubs are perfect for meats like pork chops and chicken breasts, as well as tofu, fish, and even vegetables. Purchase dry rubs made specifically for grilling or experiment with making your own using your favorite spices. Don't forget ethnic options, too, like Chili Powder or Italian Seasoning. Garlic powder, coarse black pepper, and lemon pepper are always good choices. Using about 2 tablespoons of rub per pound of food, simply sprinkle the rub over the food, then rub it into the surface with your clean hands. Place the food in the refrigerator for several hours or overnight before grilling.

ARE GRILLED FOODS UNHEALTHY?

In many ways, grilling is a healthful cook-



ing method. Because grilled foods use no additional oils (as in sautéing or frying), they tend to be naturally low in fat. But in recent years, studies have pointed to two dangerous ingredients that are generated during grilling: PAHs and HAAs. PAHs, or polycyclic aromatic hydrocarbons, form as a result of grease flare ups. The smoke carries the chemical to the food, and charred grilled foods contain the most PAHs. Heterocyclic aromatic amines, or HAAs, are formed when the amino acids in muscle meats react to the heat of the cooking flame. Both PAHs and HAAs may increase the risk of cancer. There are specific ways to reduce the dangers of carcinogens at the cookout, though:

- Avoid fatty meats, which drip and contribute to flare ups.
- Trim excess fat from the outer edges of meats and skin from poultry.
- Marinade foods first. The acidity of marinades helps prevent the formation of HAAs.
- Consider precooking meat in the microwave to cut down on time on the grill. (The longer you cook meat, the more HAAs will form.)
- Keep flames from touching meats (let the flames die down before cooking).
- Avoid sugary glazes, which can promote charring. If you do use them, baste at the end of grilling time. This will also allow the charcoal flavor to penetrate the food first.
- Cook on medium heat. Too-high temperatures can char meat on the outside while preventing the inside from becoming fully cooked.
- Don't eat the blackened parts of grilled foods.
- Consider grilling under a broiler in the oven, which won't carry smoke to the foods.
- Choose hardwoods rather than soft woods, which burn at higher temperatures.

What's New ... in the aisles

In the front of the store

- LOCAL Product! Look for Mastro Ice! Real cold, real local ice made in Pittsburgh!

Aisle 1

- In Bulk Herbs, Damiana, \$15.80/pound, PLU 44

Aisle 3

- Revolution Foods Grape Jelly
- Shiloh Farms Organic Sprouted Whole Grain Baking Mixes — Butterscotch Brownie, Graham Cracker, Pizza Dough

Aisle 4

- LOCAL Product! Give Water, in biodegradable, recyclable plastic bottles. 10 cents from each bottle purchased goes to local causes. Learn more at www.drinkgive.com
- Pa's Foods Inc. Salsas — Artichoke Garlic, Papa Don's Salsa
- Zevia Cola, Natural Diet Soda sweetened with Stevia — Root Beer, Ginger Ale, Cola

Deli

- LOCAL Product! Pasture Maid Creamery raw Milk Cheeses, New Castle, PA

CALL FOR ARTISTS...

Join a FRESH CROP of local artists at the FOURTH ANNUAL

CO-OP art Harvest

presented by

EAST END FOOD CO-OP and Vegetarian Café

Display and sell hand-made artwork at our FOURTH ANNUAL CO-OP ART HARVEST!
A day of community, local food, music and, of course, art!

Sunday September 20, 2009 12-5 PM

Registration forms and details available online at
www.eastendfood.coop and the EAST END FOOD CO-OP
7516 Meade Street, Pittsburgh, PA 15208 In the Factory Building, Point Breeze
412-242-3598
DEADLINE FOR REGISTRATION • Friday, August 14, 2009

many, many thanks

... to our staff and volunteers who worked extra hard to get
our Co-op ready for CCMA visitors from out of town!



in the COMMUNITY

Local Producers Profile: Maple Valley Farms

by Claire Padgett



Ah spring. Cool mornings turning to warm afternoons, everything blooming and smelling lovely. We all know how the waking of the flora and fauna affect us, perhaps no other as bees, whose very life depends on the blossoms of a number of plants, trees, and flowers.

And as we also know, where there are bees, there's usually honey. Not just one or two different kinds, but about as many blossoming things that there are in the world. Clover, apple blossom, wildflower, locust, buckwheat- the list goes on and delightfully on.

But I discovered something recently on a trip to the North Hills headquarters of Maple Valley Farms, a supplier of honey to the Co-op. Bees (the workers in particular) have just 6 weeks or so to reap the benefits of spring or summer offerings so that we may enjoy their life's purpose when there is an excess of that glorious golden sweetener that many of us wouldn't want to live without. I also didn't know just it takes to actually make enough honey for their own survival with some left over for the rest of us.

According to Kathy Guthry, who, along with husband Mike, own & operate Maple Valley Farms, the average hive has about 60,000 bees and a good production from a healthy hive will yield about 200 lbs. of honey. As one can see from the snapshot, a production hive looks quite different than what many of us may envision, but bees will set up shop just about anywhere the queen chooses to land (or where Mike, more the beekeeper than Kathy, chooses to put her).

While 200 lbs. sounds like a lot, they know just how precious a commodity their honey is. They've seen some changes over the last several decades in the production of 75 hives that they tend to throughout Allegheny County. In the last couple years especially, the amount of honey excess has decreased to about 100 lbs. per production cycle. This has happened for a variety of reasons, one of the more mysterious ones being Colony Collapse Disorder or CCD.

CCD is more or less what it sounds like- a worker bee will travel back to the hive and infect the rest of the bees with a disease or toxin that causes the entire colony to die, often times leaving no way for the beekeeper to know what exactly was the causative factor. Other issues that affect the health of a hive are drought or too much rain and even overcrowding.



While these are all concerns, the Guthrys say they will continue to tending their hives as long as there is a demand (and a supply) to accommodate the twelve different locations where they sell in the area. If more folks get a taste of even one of the many varieties they offer, my hunch is the demand will just continue to increase. Check aisle 3 for packaged honey or the bulk department for an array of choices from this sweet and local supplier.

Outreach Calendar

Join the Co-op at these community events!



Venture Outdoors Gazpacho Soup Hike

Sunday, July 12, 2009 | 10:00 AM - 1:00 PM | Boyce-Mayview Park | Difficulty: Easy

Go on an easy hike through the light trails of Boyce-Mayview Park and afterwards enjoy the summertime Spanish soup that's served cold. Gazpacho is a blend of tomatoes, peppers, onion, garlic, and bread served with fresh, diced veggies and herbs. Ingredients provided by the East End Food Co-op. www.ventureoutdoors.org

The Surprising Story of Milk: Dairy Tour, Milk Tasting, Organic BBQ Lunch

Saturday, July 11 | 10:00 am - 2:00pm | Independence Park in Aliquippa
\$12 members, \$15 nonmembers of Slow Food Pittsburgh

Meet the cows at Brunton Dairy in Aliquippa then head to Independence Park pavilion for a formal milk tasting, mini-lectures and lunch. Reservations required: Mail a check made out to Slow Food Pittsburgh to Jack Neemes, 265 Morrison Drive, Pittsburgh PA 15216

Bioneers Monday with STARTUP!

Monday, July 27 | 6:00 - 8:00pm | Located at GTECH, inside the Construction Junction complex at 214 Lexington Ave, Point Breeze
Free! Refreshments provided

STARTUP!, a new social enterprise guild, will explain its work and the movement for local economy, followed by a screening of a talk by Michael Shuman, author of SmallMart Revolution.

Bioneers Mondays are monthly events leading up to the Three Rivers Bioneers conference on October 16-18. Bioneers is a forum to connect social justice, ecology, the arts and spirituality. Visit www.3riversbioneers.org for more info.

Bioneers Monday with Grow Pittsburgh

Monday, August 17 | 6:00pm | Located at Braddock Farm, 1000 Braddock Avenue in Braddock
Free! Refreshments provided

Tour of Braddock Farm, followed by a screening of a talk by Wil Bullock of Boston Food Project, which will take place at neighboring Unsmoke System Gallery, 1137 Braddock Ave.

Bioneers Mondays are monthly events leading up to the Three Rivers Bioneers conference on October 16-18. Bioneers is a forum to connect social justice, ecology, the arts and spirituality. Visit www.3riversbioneers.org for more info.

Heirloom Tomato Festival

Saturday, August 22 | 10am - 6pm | West Overton Museums | Scottdale, PA

Doug Oster will be speaking on Heirloom Tomatoes, Faith Starr will do a talk on Edible and Medicinal Weeds, David Lemaster will be talking about Seed Saving with demonstrations throughout the day.

Hothouse: Sprout Fund's Annual Summer Benefit

Saturday, August 29 | Bakery Square, East Liberty |

WYEP's Rock the Block

Saturday, September 12 | Bedford Square, Southside

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

One-Percent Wednesday, July 29,
will benefit Three Rivers Bioneers!

About the East End Food Co-op's

Eat Local, America! CHALLENGE



Eat Local, America! is a national initiative designed to inspire consumers to learn more about and experience the health and economic benefits of eating locally grown and produced food. East End Food Co-op has provided local food to the community for over 30 years and is excited to launch this fun event in the Pittsburgh community.

While traditional conventional grocers are just beginning to offer local foods and products, East End Food Co-op has supported local producers for years in response to consumer demand and to support the benefits a vigorous local food system provides to the community.

Your Co-op cultivates truly reciprocal partnerships and friendships with local growers and producers. Together, the co-op and local producers create viable market opportunities for high-quality local products, while giving co-op shoppers a convenient connection to fresh, delicious food of the highest quality.

Local food benefits people, their communities and the environment. It's also fresher and tastes better, because it retains more nutrients than food shipped from overseas

or across the country. And it's eco-friendly. With a shorter distance to travel, local food uses fewer natural resources during transportation.

Co-ops — like East End Food Co-op — support the local economy and family farms. Locally owned by members of the community, the Co-op keeps its investment dollars in the vicinity by supporting local farmers and artisans and providing fair-wage jobs for people in the Pittsburgh area. In addition, by keeping jobs in the community, much of the income earned and taxes paid are fed back into the local economy.

For all of these reasons and more, **East End Food Co-op** has joined **National Cooperative Grocers Association** and many other food co-ops nationwide in hosting the second, national **Eat Local, America!** Challenge.

Watch for tips on eating local and local foods events in the next issue of *The Co-operator*. **THE EAST END FOOD CO-OP CHALLENGE BEGINS IN SEPTEMBER.**

In the meantime, to learn more about eating local and the Eat Local, America! initiative, visit <http://www.eatlocalamerica.coop>.

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

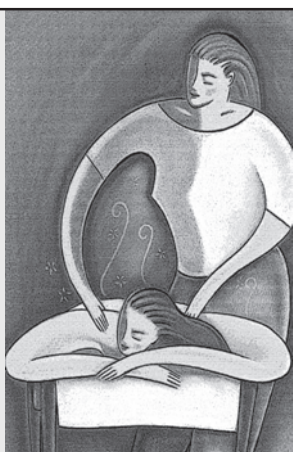
EAST END FOOD CO-OP

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GIVE WHERE YOU LIVE



Support the efforts of great non-profits working in our community by contributing to the Co-op Community Fund

The Co-op Community Fund is an endowment sponsored by the East End Food Co-op and the Twin Pines Cooperative Foundation to make awards for social and environmental organizations with a focus on developing cooperatives

Donate today at the Customer Service Desk
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The Co-operator

Kara Holsopple, 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: 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 Holsopple, Member Services, East End Food Co-op,
7516 Meade Street, Pittsburgh, PA 15208.
Or e-mail to: memberservices@eastendfood.coop

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Thank you

for supporting FED UP! in June. When you shop on One-Percent Wednesdays, your dollar goes farther by supporting organizations in our community.

staff NEWS

NEW HIRES

The Front End welcomes two new employees, *Erica Adamson* and *Jason Clearfield*!

Erica is new to Pittsburgh, and loves to try new foods, so she is looking for local restaurant suggestions. She loves cooking, gardening, cycling and travelling, and she is passionate about a healthy lifestyle.

Jason has a goal to see every borough of Pittsburgh and write a haiku or something like it for each one. He loves poetry, stories and new ideas, and believes that everyone has at least one tremendous story- and he wants to hear them.

Employee of the Month Correction

Many apologies to April Lazorchik, our Employee of the Month for April. The interview printed in the June newsletter was from the previous winner. Below are April's words — and we thank her for her service to the Co-op, as well as her graciousness!

Employee of the Month

Congratulations to April Lazorchik, who was chosen as the Co-op's staff pick for April 2009 Employee of the Month!

The staff member nominating April noted that *"She's productive in every department where she works. She closes stock like a pro and she's probably not been there three months. She's basically a Lazor-Chik!"*

April will be receiving a \$50 gift certificate to the store.



Interview with the Co-op's Employee of the Month for April, 2009 April Lazorchik, by Jessica Johnson

How long have you worked at the Co-op?

2 years or so.

What are your favorite things about working here?

I like that I can be myself. Freedom of expression is important to me.

Are there things that you wish you could change?

I'd like to see improved communications.

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

<smiling> I was happy. And hungry for food!



DID YOU KNOW...

STEP SEVEN in the *Better Eating For Life* Program is "Got Calcium?"!

Depending on age and stage of life and health condition, everyone has different needs when it comes to calcium intake. From dairy, fortified products and supplements and foods like beans and leafy greens, most people can get all of the calcium that their bodies need for everything from strong bones to keeping blood pressure in a healthy range.

The Step Seven *Better Eating for Life* Packet contains recommendations for daily calcium intake based on information from the Institute of Medicine, as well as a chart of calcium "heavyweights," foods naturally rich in calcium, like Romano cheese, sardines and tofu prepared with calcium sulfate.

Also included in the packet are tips to fit more calcium dense foods into your existing diet and calcium absorption and lactose intolerance information. There are also recommendations about how to get enough calcium without eating dairy.

The recipes in the "Got Calcium?" packet are Amaranth with Kale Italiano, Spinach Dip and Berry Fruity High Calcium Bread Pudding, among other tasty takes on traditional favorites. Web resources and information on cookbooks is also provided.

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.

EAST END FOOD CO-OP 2009 ART HARVEST REGISTRATION

ART HARVEST GENERAL INFORMATION:

Date/Time: Sunday, September 20, 2009 12-5pm

Location: In front of East End Food Co-op
7516 Meade Street Pittsburgh, PA 15208
412.242.3598

Registration Deadline: Friday, August 14, 2009

Participation Fee: \$20 EEFC members \$30 non-members
Fee due with registration.
Make checks payable to "EEFC"
Fee includes one table and chair under the big Art Harvest tent

More info for you:

- * Vendors bring all table coverings and signage, and change needed — Co-op cannot provide change.
- * All items for sale must be handmade, and participation will be based on quality of work.
- * Artists will be notified by August 22, 2009, about participation.
- * East End Food Co-op reserves the right to determine product acceptability.
- * No cancellations after September 13, 2009.
- * East End Food Co-op is not responsible for stolen or damaged artwork.

Complete this form and return it, along with your check, by Friday, August 14, 2009, to:

Customer Service, EEFC, 7516 Meade Street. Pittsburgh, PA 15208

or e-mail to memberservices@eastendfood.coop

Questions? Call Kara at 412.242.3598 or e-mail memberervices@eastendfood.coop

Name	
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Please attach a photograph of your work.	

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summer lectures

Thursday July 23, 7pm

Summer Uncooking

Deborah Uttenreither CHHC AADP

Come and enjoy some super nutrient packed budget friendly cooling uncooked summer recipes with Deborah Uttenreither CHHC AADP Certified Nutrition, Health and Lifestyle Coach from LIFEFUEL Nutrition.

UNLESS OTHERWISE NOTED, ALL LECTURES ARE FREE, BUT PLEASE CALL 412.242.3598 TO REGISTER.

Cooks Wanted

Your Co-op is looking for home or professional cooks for cooking demonstrations or workshops for members and other shoppers.

Please contact Kara at 412.242.3598, ext. 103, or memberservices@eastendfood.coop to discuss the details!



ESPRESSO DRINKS

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

COFFEE

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

HOT DRINKS

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

TEA

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

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

Bliss 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!

July 2009 ... 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! 11 AM TO 7 PM — DAILY 1:30 PM TO 7 PM — WEEKENDS			1 Burrito Bar	2 BBQ Seitan with Mac and Cheese	3 Pizza, Vegan and Dairy	4 Closed for Holiday
5 Chef's Choice	6 North African Stew	7 Roasted Vegetable Lasagna	8 Pasta Bar	9 Hunan Tofu with Broccoli	10 Pizza, Dairy and Vegan	11 Seitan Stroganoff
12 Chef's Choice	13 Barley Risotto	14 Seitan Indian Vindaloo	15 Indian Kitchen	16 Mock Tuna and Noodles	17 Pizza, Dairy and Vegan	18 Buffalo Tofu
19 Chef's Choice	20 Tempeh Tagine with Cinnamon	21 Kung Pao Tofu	22 Stir Fry Bar	23 Spotted Rooster Quesadillas	24 Pizza, Dairy and Vegan	25 Honey Dijon Seitan
26 Chef's Choice	27 Roasted Red Pepper Mac and Cheese	28 Haluski	29 Pittsburgh Kitchen	30 Tofu Tarragon Stew	31 Pizza, Dairy and Vegan	

un-classified ads

GUITAR LESSONS in my Point Breeze home. Tug at the roots of American music with Uncle Dave. 412-589-3209 or sgtearly1@yahoo.com.

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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.

CAFÉ HOURS

DAILY

JUICE BAR
8 AM - 7 PM

SALAD BAR
9 AM - 7 PM

HOT FOODS & SOUPS
11 AM - 7 PM

WEEKENDS

WEEKEND BRUNCH BAR
9 AM - 1:30 PM

HOT FOODS & SOUPS BAR
1:30 PM - 7 PM

WE OWN IT-



COMING IN
SEPTEMBER

See page 5 for details about the

EAT LOCAL, AMERICA! Challenge

~ featuring cooking demos, recipes and inspiration from local producers to fellow Co-op shoppers!

CALL FOR ARTISTS

4th Annual Co-op Art Harvest,
Sunday, September 20, 2009!

See Application on Page 7...

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