

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 June 30, 2013.

The next quarter goes from July 1, 2013 through September 30, 2013.

BOARD OF DIRECTORS

MONTHLY MEETING

MONDAY, JUNE 17

AT 7PM

YOUR CO-OP IN YOUR COMMUNITY

on Page 2

CO-OP ORIENTATION

Orientations are held every Tuesday at 7 PM.

To register, call 412.242.3598 x103 or email memberservices@eastendfood.coop

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SPECIAL INSERTS:

6/5 - 6/18 CO-OP DEALS
6/19 - 7/2 CO-OP DEALS

EAST END FOOD CO-OP

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GMOs and Pennsylvania's Labeling Laws

by Kate Safin of Food & Water Watch

Genetically modified organisms (GMOs) are plants and animals whose DNA has been scientifically altered through the use of biotechnology to give them traits that could not occur through natural processes, such as crossbreeding or hybridization. Currently, GMOs exist in 80% of processed foods in the US, and nearly 90% or more of the United States' crops of corn, canola, cotton, soy, and sugar beets have been genetically altered.

Proponents of genetic engineering claim that GMO crops produce higher yields for farmers and provide additional food for hungry populations in developing countries. However, a growing number of consumers and scientists have become concerned about genetically modified food's effect on human health, the environment, and the agricultural industry.

A Brief History of Genetically Modified Food

Genetically modified crops are relatively new; they began making their way to the consumer market in the early 1990s. Three companies are the primary producers of genetically modified crops: Calgene, Monsanto, and Syngenta. These companies hold powerful patents that protect the scientific formulas behind their GE seeds, which they sell directly to farmers. Over the course of 10 years, genetically modified tomatoes, soybeans, canola, corn, cotton, papaya, alfalfa, and sugar beets were brought to the consumer landscape with the approval of the Food and Drug Administration, with 80% of these crops developed specifically for herbicide resistance. Currently, genetically modified salmon and hogs are under consideration for approval by the FDA.

GMOs and Human Health

There is growing concern among consumers who suspect that genetically modified food is causing illnesses like food allergies and intolerances, gastrointestinal disorders, cancer, and autism. There are few studies that can confirm consumers' suspicion and this particular aspect of GMOs is the most hotly contested. GMOs have only been on the market for about a decade so it is difficult to measure

their long-term effect on human health. GMOs are also protected by patent laws so the creators of GE seeds can block the ability to test GE crops.

Anecdotal evidence provided by people who have removed GMOs from their diet and seen remarkable improvements in their health are the only evidence most consumers can point to at the moment. The producers of GE crops stand by their assertion that genetically modified foods are no different than those that are conventionally grown.

GMOs and the Environment

Genetically modified crops require 26% more pesticides than conventionally grown crops. As plants that have been genetically engineered to resist herbicides (e.g. Roundup) are drenched in chemicals, the surrounding plants that are supposed to die off are building a higher resistance to the chemicals. This is causing a growth of super weeds and super bugs that require increasingly stronger doses of herbicides in order to be killed. The increased use of these chemicals erodes soil and kills off native plants species that pollinators like honey bees and butterflies depend on. As the use of pesticides increases, the populations of these important pollinators decrease.

GMOs and the Food Industry

The United States is the world leader in genetically modified crops. The handful of biotech firms who produce GE seeds have tremendous power over the farm industry and they are not reluctant to wield that power for their benefit. For example, Monsanto has sued over 140 farmers whose fields had traces of GE crops, but who did not purchase seeds from Monsanto. The crops often made their way into these fields unintentionally through cross winds or animal droppings, but the farmers were still held liable for breaking patent laws because they grew seeds that they did not buy.

GMOs: A Case for Labeling Laws

Worldwide, over 60 countries have banned or heavily restricted GMOs, including: Italy,



France, Germany, Austria, Portugal, Spain, the United Kingdom, Switzerland, Norway, Australia, Thailand, Saudi Arabia, Egypt, Brazil, New Zealand, Asia, and parts

of Africa. The United States has no bans or restrictions on genetically modified food, nor is there any requirement for labeling on foods that contain GMOs.

California became the first state to attempt to change that with the introduction of Proposition 37, a law that would have required the labeling of genetically modified food. Proposition 37 gained national attention as multi-million dollar campaigns were launched by both supporters and opponents of the law. Proposition 37 ultimately did not pass. Since then, several other states have introduced similar legislature including Vermont, Washington, New Mexico, Ohio, New Jersey, Connecticut, Florida, and Colorado.

In March, Pennsylvania joined the growing list when Senator Daylin Leach (17th District - Montgomery & Delaware counties), introduced SB 653, which would mandate the labeling of all genetically engineered foods, or foods made with genetically modified organisms. The law does not ban or restrict the use of GMOs, but simply asks that food containing GMOs be labeled for the sake of transparency so consumers can decide if they want to purchase and consume the product.

Organization like Food & Water Watch and GMO Free PA are part of a grassroots effort to educate consumers about GMOs and the Pennsylvania labeling law. To learn more, visit www.foodandwaterwatch.org or www.facebook.com/GMOFreePA. You can also join me at your Co-op for a presentation about GMOs, along with a screening of the short documentary, *Seeds of Change*, on June 19th at 6:30 PM.

Resources:

"Genetically Modified Food: An Overview." FoodandWaterWatch.org. Food & Water Watch. Web. 26 Apr 2013.

"GMO Facts." NonGMOProject.org. Non GMO Project. Web. 21 Apr 2013. <<http://www.nongmoproject.org/learn-more/>>.

Poikilos, Pandora. Genetically Modified Foods vs. Sustainability. Amazon Digital Services, Inc. 2013. eBook.

Smith, Jeffrey. "Spilling the Beans: Unintended GMO Health Risks." OrganicConsumersAssociation.org. Organic Consumers Association, n.d. Web. 28 Apr 2013. <http://www.organicconsumers.org/articles/article_11361.cfm>.

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, June 17 at 7pm.



Dated Materials — DO NOT DELAY



Outreach Spotlight: Food Is Elementary

by Eryn Hughes, Outreach Coordinator

Your Co-op supports the development of a resilient food infrastructure through our involvement in regional policy initiatives and community education. Over the past four years we've been sponsoring a Food is Elementary (FIE) program at Lincoln Elementary School in Larimer, with certified food educator Rosemary Traill. Since I've joined the Co-op staff I've had the pleasure of assisting Rosemary in most of the classes, providing ingredients for the recipes from the Co-op, and helping with the demonstrations.

Food is Elementary touches on the value of local, healthy, and organic foods. Based on FDA guidelines, the program incorporates cultural and agricultural history lessons, and uses recipes like Spring Rolls, Lentil Soup, Indian Dahl, and Fried Rice. The students have been very receptive, often sharing their enthusiasm with other students and their families. We wanted to share the experience with you, too! Here is a short interview I had recently with Rosemary.

Eryn Hughes: When did you receive Food Educator training with Antonia Demas of the Food Studies institute?

Rosemary Traill: Dr. Demas came to Pittsburgh to do a weekend FIE training in March of 2009.

EH: What type of materials and cost were involved with that training? Did you do any food-raising for the training?

RT: Both East End Food Co-op and Whole Foods supplied the food for the training. The Center for Victims of Violence and Crime (CVVC) donated the space, keeping the costs down. Each participant paid a nominal fee of \$100, which paid for Dr. Demas's honorarium and travel expenses. Each of us also bought a copy of the FIE Curriculum, which was an additional \$30.

EH: What made you decide to initiate the Food Is Elementary program at Lincoln Elementary School?

RT: I was doing a special parent/student event at Colfax when Mrs. Arrington, then vice principal, stopped by the booth with her daughter when we were serving Black Bean Soup. She loved the soup! Several months later, Scott Mandarino (phys. ed teacher at Faison) told me the new principal at Lincoln, who turned out to be Mrs. Arrington, might be interested in the FIE program. Chris Farber (Outreach Coordinator for the Co-op at that time) and I were able to set up an appointment with her in the summer of 2009. From there, we designed a schedule to begin teaching the



2nd graders at Lincoln in the fall of 2010.

EH: How do you think the school and community have received the program?

RT: The teachers and students who have been exposed to the program, as well as Mrs. Arrington, seem to love it! Often teachers will comment on the wonderful aroma emanating down the hall. Mrs. Arrington has encouraged me to cook some healthier dishes for several parent/teacher events at the school. We ran out of the Black Bean Soup I made for the last one because so many people asked for seconds! And, as you know, the children especially love the cooking process. They love to help and are willing to try almost anything. They seem to really like the food and often ask for second and third helpings.

EH: Do you have any examples of the impact that this has had on students?

RT: Besides tasting the food in class, the children take the recipes home. It's wonderful when they come back to tell me they made the dish with their parents. After taking the Soul Stew recipe home, one little boy said his grandmother asked him to make sure to get the recipe from the next class. She liked making healthy dishes.

EH: What would you recommend to parents, teachers or others interested in getting involved with this program, or starting one in another school?

RT: In June the classes will be on break, but will resume in the Fall. For those who may want to get involved with the program or create one in their school, they can visit me anytime in class, as long as they have a current criminal background check and child abuse clearances. They can also visit Dr. Demas's site: www.foodstudies.org or contact me at 412-741-5167 or macrorose@msn.com.

Rosemary's personal page is <http://www.rosemarysnaturalkitchen.com/id5.html>



June's Register Round Up Recipient:



Clean Water Fund's goals include clean, safe, and affordable water; prevention of health-threatening pollution; creation of environmentally safe jobs and businesses; and empowerment of people to make democracy work. Clean Water Fund is a national organization with offices in 17 states. The Pittsburgh office has been a leading voice for local policies that protect the Western Pennsylvania environment and the funds raised through the Round Up will be used to support this local work.

CWF has done a lot of work protecting our local water supplies from contamination caused by fracking. Recently CWF took legal action against the McKeesport Sewer Authority for dumping Marcellus waste water in the Monongahela River. CWF's local chapter has also sought to address the city's stormwater and sewage overflow issues. With even just a little bit of rain, millions of gallons of raw sewage get dumped into our beloved three rivers, and

our region is under a federal court order to fix this problem. CWF believes that a green approach investing in trees, roof gardens, permeable pavement, and other strategies that catch the water where it falls will have the most benefit to our region. Clean Water Fund brought hundreds of ALCO-SAN rate payers to hearings last year and ALCOSAN has now asked for more time to evaluate a green approach.

Water is one of PA's premier natural resources, with 83,184 miles of streams and rivers, 161,445 acres of ponds and lakes, over 403,000 acres of wetlands, and 47 trillion gallons of groundwater. If you want to support Clean Water Fund in their mission to protect this natural resource, be sure to tell your Co-op cashier that you want to Round Up your total this month! To learn more about Clean Water Fund, check out: www.cleanwaterfund.org and its sister organization <http://www.cleanwater.org/pa>.

PRODUCT GUIDELINES

East End Food Co-op believes that you have the right to know how we choose the products on our shelves. That's why our buyers and management team recently formalized the Co-op's purchasing guidelines. These guidelines reflect the core values expressed in our Ends Policy Statement and allow us to make conscious choices that return value to our members, our community, and our planet.

We strive to promote products and methods that are:

- Whole* and minimally processed*
- Local*
- Certified Organic
- Certified Naturally Grown and/or Biodynamic
- Non-GMO Project Verified/Specified Non-GMO
- Certified Fair Trade
- Certified Humane
- Minimally packaged or in recyclable &/or

returnable containers

- Produced using humane and ecologically sound methods that don't exploit people, animals, or our environment

We will not knowingly carry products that:

- Contain artificial ingredients, such as colorings, flavorings, preservatives or additives
- Contain known harmful ingredients such as nitrates or nitrites, synthetic chemicals, hydrogenated or partially hydrogenated oils, high fructose corn syrup, or MSG
- Contain antibiotics or growth hormones
- Have been tested on animals

*local = within a 250 mile radius of Pittsburgh extending to all of Pennsylvania

*whole = having only one ingredient: itself

*minimally processed = using traditional, low-tech methods of processing or preservation, for example: smoking, roasting, freezing, canning, drying, or fermenting. These techniques do not fundamentally alter or separate whole foods.



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ENDS POLICY STATEMENT

The East End Food Co-op exists to enhance physical and social health in our community. To these ends, we will create:

1. A sustainable member-owned business open to everyone
2. An ethical and resilient food infrastructure
3. A vibrant, dynamic community of happy, healthy people
4. A creative vision to transform the future

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

In bulk: can you please move gluten-free flours/mixes to top row so contact from falling gluten items can be avoided?

Thanks for bringing this to our attention. We will reorganize them. Due to many different staff working within the department, the bins occasionally end up in the wrong spots. We will try to police this better in the future. Don't hesitate to tell us if there are any further problems.

— Ian, Bulk

Please order herbal flea collars for dogs.

Thanks for the reminder. Pet Guard Herbal Flea Collars for dogs are now in Aisle 5.

— Maureen, Grocery

Please get back in the Pet Guard Chicken with Wheat Germ wet cat food at \$1.59 per can. You've been out of it. My cat loves it. Thank you!

Pet Guard Chicken with Wheat Germ has returned to Aisle 5!

— Maureen, Grocery

Perhaps tongs rather than a scoop in the fig newton/peach newton bins? Thanks!

We will try to ensure that tongs are placed in the fig bar bins. But, sometimes new staff members or other customers may place scoops in. Feel free to let us know and we'll switch them out for tongs.

— Ian, Bulk



Attention All Dads!

Your Co-op thinks you all deserve a treat this Father's day, which is why we've created a gift basket filled with goodies that we are going to raffle off! This raffle does not require you to be a member. To enter for a chance to win, simply email a picture of you and your child or children to **member-services@eastendfood.coop**. We plan to post this photo on Facebook when we announce the winner on Father's Day, so please specify if you do not wish your photo to be publicly posted. All entries must be received by midnight on Saturday, June 15th. **Happy Father's Day!**



New Community Partner: Changin' Time Laundry Service

Changin' Time Laundry Service offers a cloth diaper service as well as wash and fold laundry services. They even offer free delivery! Changin' Time avoids using harsh bleaches and chemicals, washes items in cold water, and their mission is to extend the life of your garments. The company uses Ruby Moon soaps, a scent-free, dye-free detergent, and instead of dryer sheets, they use LooHoo felted wool dryer balls.



Your Co-op gives a warm welcome to this addition to our list of community partners. Co-op members who buy 3 weeks of service with Changin' Time receive their 4th week free of charge! The business is located at 405 West Eighth Avenue in Homestead and you can reach them at (412) 445-4552. Their hours are 8 AM – 8 PM. To learn more, visit their website at **www.changintime.com**.

Growing in Cooperation



In the month of April we welcomed 79 new members to our Co-op!

We extend our gratitude to each and every member, whether you've been signed up for weeks, months, or years. We invite all of you new members to sign up for a Member Orientation with a member services expert. We will give you a guided tour of the store, explain the many perks of membership, and fill you in on the many ways you can become more involved in your Co-op. Most orientations occur on Tuesday evenings at 7 PM, but exceptions can be made to fit your schedule. To reserve your spot, call 412-242-3598 x 103 or email **memberservices@eastendfood.coop**.



Wellness Workshops at Your Co-op

by Heather Hackett, Marketing & Member Services Manager

Many of you are probably familiar with the Farm to Table Conference that occurs each year at the David Lawrence Convention Center, but you're probably not as aware of American HealthCare Group, the organization that created Farm to Table. This family-owned health benefit and wellness company based here in Pittsburgh is focused on providing a leadership role in the healthcare industry to bring preventative services to corporations, school districts, municipalities, and other employers around the city.

American HealthCare Group created the Farm to Table Nutrition Program to educate consumers about real, local food. They provide Local Food Programs for schools, employers, senior residencies, and community groups. The program started as an annual spring conference in 2007 and has grown to include corporate fruit bowl deliveries, a Farmers Market on Wheels program for senior buildings, and education sessions. Their goal is to bridge the

gap between consumers and local food producers. Eating locally grown food benefits both our physical health and also our local economic health.

Erin Hart, director of Farm to Table Pittsburgh, says, "Agriculture is Pennsylvania's #1 industry. If everyone ate from local farms we would solve a lot of health problems."

One way American HealthCare hopes to improve the health of Pittsburgh businesses and promote shopping local is through Wellness Workshops and soon they'll be hosting a series of these workshops here at your Co-op. With the Co-op's emphasis on local suppliers, it's a perfect pairing.

In these workshops, American HealthCare Group will speak about the importance of buying local and incorporating healthy lifestyles into the workplace. They will also explain the tailored wellness programs they create for workplaces around the city and what



components are covered (such as nutrition, fitness, and stress management). Then, our Café will present a demonstration on smoothie-making as an easy and refreshing way to promote good health even in the midst of the

workday rush. And finally, the workshop will conclude with a tour of the Co-op that highlights the many ways we aim to keep you healthy by stocking our shelves with plenty of organic products, a wide variety of whole foods, as well as options for special diets.

If you'd like to learn more about how you can integrate wellness programs into your workplace, be sure to check out one of the workshops at your Co-op kicking off at 8:30 AM on June 4, June 12, or June 20. You can register for the free workshops online at **www.pathway-swelnessprogram.com** and learn more about American HealthCare Group at **http://www.american-healthcare.net**.

THE FOOD YOU EAT

Fire Up the Grill! Tips for Grilling to Perfection

from **StrongerTogether.coop** and adapted by Jessica Santacrose, Café Cook

The Co-op has everything you need for grilling season, including meat, produce, marinades, rubs, charcoal, and environmentally safe fire starters. Perhaps the joy of cooking outdoors in warm weather explains part of the appreciation of grilled foods. But, in general, grilled foods taste great because the flavor is sealed in and intensified. In addition, grilling caramelizes the natural sugars in produce, making everything from peppers to pineapple livelier and sweeter.

Meats and Poultry

Here at the Co-op, we work closely with our providers to ensure that our meat and poultry have been raised on a pasture and haven't been given any hormones or antibiotics. Our meat department also offers a number of alternatives to the typical grilling fare, such as ground lamb, ground goat, or ground bison. Ground bison is a particularly lean red meat, making it ideal for those trying to lessen their fat and cholesterol intake.

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. Just be sure that you don't over-marinate because after about an hour the meat will begin to break down.

Some other tips for grilling meat include slashing the edges with a knife to prevent them from curling on the grill. When turning meats on the grill, be sure to use tongs or a spatula instead of a fork; using a fork causes punctures, which will drain the juice from the meat. It's also important to use different plates and utensils for raw and cooked meats and poultry.

To prevent food-borne pathogens, make

sure you cook meats and poultry thoroughly and keep them warm until served. When checking the temperature, it's important to insert the meat thermometer into the thickest part of the meat, making sure it doesn't touch the bone, fat, or grill. A rare steak is cooked to 130° F, a medium steak to 150° F, and well done to 165° F. Since eating raw or undercooked meat can increase your risk for food borne illness, it's advised that grilled beef and pork should be cooked to at least 145° F and grilled poultry should always reach 165° F.

Seafood

Seafood's delicate flavor is easily overwhelmed, so use a light touch when marinating and seasoning it. Also make certain you don't leave fish in a marinade for longer than 15 minutes or it will become mushy. If you forego a marinade, even just brushing a little oil on the surface will help keep the fish moist during grilling.

Skewers or an oiled grill basket are good tools for cooking some seafood, like shrimp. But if you do cook seafood directly on the grill, it can be placed right above the heat. Once you've placed 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.

Vegetarian Options

A number of soy foods are delicious on the grill. Use a kabob for tofu cubes or place slabs directly on the grill. If you opt for kabobs, you'll want to soak the skewers in water for at least an hour before use so they don't burn.

Choose extra-firm tofu for grilling, otherwise you'll want to press the tofu before use.



You can marinate tofu or tempeh or try a meat rub, but be careful not to rub too vigorously or your tofu will fall apart. You can also 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.

Fruits and Veggies

Veggies should be brushed with a high-quality oil or marinade. A simple blend of olive oil, sea salt, and freshly ground pepper will never go amiss. You can also use a sprinkle of fresh or dried herbs and spice blends. 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.

Fruits also grill well, but you don't want to leave them on the grill for too long to avoid them becoming mushy. 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 alternately, you can use a mixture of rum and spices, like cinnamon and nutmeg, for soaking.

Are Grilled Foods Unhealthy?

In many ways, grilling is a healthful cooking method. 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.
- Marinate foods first. The acidity of marinades helps prevent the formation of HAAs.
- The longer you cook meat, the more HAAs will form, so consider precooking meat in the microwave.
- Keep flames from touching meats by letting 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.
- 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.

NEW IN THE AISLES

New Products on Our Shelves

Aisle 1:

Spectrum Mesquite Flavored
"Grill It Up" Spray Oil
Authentic West African Red Palm Oil

Aisle 2:

Lotus Foods Organic, Heirloom, and
Jasmine Rices

Aisle 3:

Glutenfreeda Gluten Free
Instant Oatmeal Cups
Madecasse Madagascar Vanilla Beans

Aisle 4:

Fruit Bliss Soft Dried Fruit Medleys

Aisle 5:

LuLu's Glamour Wash - made in Pgh
Biodegradable Hard Water Formula
Endangered Species Dark Chocolate
Covered Cherries & Almonds

Refrigerated:

Wild Brine Miso Horseradish Kimchi
Vegan Gourmet Mozzarella
and Fiesta Blend Shreds

Cheese:

Venus Havarti (available in
plain, horseradish parsley,
& olive oil) (Local)
Mars Marble (available in smoked
or tomato basil)

Grilled Chicken with Roasted Red Pepper Coulis

by **StrongerTogether.coop**

Serves: 8

INGREDIENTS

**2 1/2 pounds boneless, skinless
chicken breasts and/or thighs**

COULIS

2 large red bell peppers
**3-4 marinated or oil-cured
sundried tomatoes, chopped
(about 2 tablespoons)**
3 tablespoons olive oil
2 tablespoons balsamic vinegar
12-14 fresh basil leaves
Salt and pepper
**Pinch of cayenne pepper
(optional)**

PREPARATION

1. Preheat the oven to 400 degrees F. Place the peppers on an oiled sheet pan. Bake, turning occasionally, until the peppers are blackened and soft, about 50 minutes (or roast over an open flame on your grill until blackened and blistering). Let the peppers cool and remove and discard the skins and seeds. In a food processor, puree the peppers with the rest of the ingredients. Add salt and pepper to taste.
2. Preheat grill to medium-high heat. Sprinkle the chicken with salt and pepper and a little oil. Grill the chicken about 10-15 minutes on each side until thoroughly cooked to 165 degrees F. when tested with a meat thermometer. Baste the chicken with a bit of the coulis during the last few minutes of grilling. Serve with more coulis on the side or drizzled on the plate.

NUTRITIONAL INFORMATION

Per Serving: 402 calories, 7g fat, 120 mg. cholesterol, 22 g. carbohydrate,
10 g. dietary fiber, 49 g. protein, 121 mg. Sodium



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Honeybee Life

by Hannah Reiff of Garden Dreams Urban Farm & Nursery

My article this month is not about growing plants, but is instead about the honeybee. Bees pollinate some of our garden flowers in their quest for food and they're a definite friend to the gardener and grower. A renewed interest in keeping honeybees is supported here in Pittsburgh by Burgh Bees, an organization that operates a community apiary and offers beekeeping classes. For those unfamiliar with the European honeybee, *Apis mellifera*, it is a fascinating creature to study and watch at work. Below are just a few interesting aspects of "life in the hive."



her, but make no mistake, her life is hardly easy. She has no free will, her task is never-ending, and her daughters are out to get her. If the queen's daughter bees detect that she is faltering or growing old, they will plot to replace her with a new queen from an egg they themselves have laid.

The eggs that the females lay are courtesy of male bees called drones. When a queen is young, she takes a single trip out of the hive to find some drones. When she does, those that

are lucky enough to mate with her in mid-air immediately drop dead to the earth. After the queen tires of mating she returns to the hive capable of laying eggs for the rest of her life, which can be several years.

Worker Bees

Most bees are female and called worker bees. The moment a worker bee pops out of her cell, she busies herself cleaning it out so the queen may lay another egg there. Then, the young worker bee might take up duties as a nurse bee, feeding other young bees. She may become a guard bee and stand at the entrance of the hive, ready to fight off any unwelcome bees that may be coming to steal her hive's honey. Or she may be an undertaker bee, dragging out any bees that have expired in the hive.

Eventually, at the end of each worker bee's brief, month-long life, she will take on her hardest and most dangerous job. She will leave the hive to become a forager. Every day she will fly out to gather the materials the hive needs, including flower nectar as a carbohydrate food source, pollen as a protein food source, or water if the hive is hot. Forager bees labor so much during the busy summer months that they often literally work themselves to death.

Sweet, Sweet Honey

If one bee finds a huge field of goldenrod, she will go back to the hive and tell all her sisters and they will join her to collect the goldenrod. As different flowers bloom throughout the season, bees collect different nectars. As a result, the time of year impacts the colors and flavors of the beekeeper's harvested crops of varietal honey, dependent on what nectars are available to the hive.

Within the hive, the queen and her brood tend to stay towards the bottom of the hive while forager bees store extra honey towards the top of the hive. To make honey, the bees fan their little wings and dehydrate the stored nectar until it attains a perfect moisture content that will not spoil. Then they cap it with wax to prevent it from reabsorbing moisture.

It's important when harvesting honey that a beekeeper only take the surplus the bees will not need in winter. During the colder months the bees will eat their way through their honey and shiver their wings to stay warm. They also huddle close together into a ball within the hive, constantly rotating so no one bee gets stuck on the chilly outside. Then in the spring when temperatures warm up, they will venture out and start collecting nectar again.



Raising the Democratic Educational Bar

by Claire Westbrook



THREE RIVERS VILLAGE SCHOOL

While plenty of us are celebrating the end of the school year and anticipating a summer full of fun, a small but growing group of individuals are hard at work in preparation for the debut of a democratic school in Stanton Heights. The school is slated to open this fall for students age 5-19. As with other democratic schools, Three Rivers Village School (TRVS) will offer students the opportunity to explore their childhood at their own pace without tests, classes, or homework. Instead of the conventional format, the students will learn through their pursuit of any safe activity both in and out of the school environment based on their own internal motivations.

TRVS has developed its program based on inspiration from other democratic schools in the country including Sudbury Valley School in Framingham, MA, The Circle School of Harrisburg, PA, The Free School in Albany, NY, and even the River Valley School that used to operate here in Pittsburgh nearly a decade ago. Jancey Rietmulder-Stoner, one of the founders of TRVS, is an alumnus from The Circle School who went on to work as faculty at the school. Her background, in combination with the experience of the other founders, resulted in the enthusiasm for this idea that's taken shape over the past year.

I had a chance to explore the school, which is in the United Methodist Church at 4721 Stanton Avenue. The space already featured a separate section that was designed for use as a school, which made it an ideal environment for TRVS. It also has a commercial kitchen so students will be able to utilize another aspect of learning that is often not available in a traditional school setting. A spacious and fenced-in area for gardening, playing, and building adds to the charm of the setting. And on top of that, the main social hall (that will be shared with other community groups) features a large stage with enough space for musical instruments. There's already a piano awaiting the pounding of excited fingers!

TRVS is still accepting students for the 2013-14 school year and they offer financial aid for those who qualify. If you're considering alternatives for your child's education and want to explore the option of democratic education, then the Three Rivers Village School may just be the missing piece in the increasingly challenging academic puzzle all contemporary parents encounter. If you want to learn more, the school's website can provide answers to many of your questions (www.threerivers-villageschool.org) or you can attend one of the information sessions they offer.

Birthing Practices: To Catch or Retrieve?

by Kate Pendlebury

In response to the increasing popularity of homebirths, the American Academy of Pediatrics recently published a set of standards for planned home deliveries. The AAP guidelines may help to legitimize home delivery as an acceptable choice for pregnant women. But the publication tacitly maintains that homebirth is risky and restricts women's choice of birth attendants, clearly indicating that the medical establishment regards "assisted birth" as preferable.

Inductions, episiotomies, anesthesia, and caesarian deliveries can help to make delivery more predictable, controllable, and even painless, plus many mothers appreciate the technological support. But hospital birthing can sometimes require patients submit to pressures from their doctors, who may be motivated by tight schedules, profits, and the threat of litigation.

For women who prefer to give birth the old fashioned way, birth centers represent a compromise between hospital and home birth. And fortunately for those who choose this option, new healthcare protocol requires that insurance companies cover the costs of Center births. However, there are still some grey areas in the regulation of birth. According to Ann McCarthy, Clinical Director of The Midwife Center in the Strip district, Certified Nurse Midwives (CNMs) are the only practitioners other than medical obstetricians who are licensed to attend births in Pennsylvania.

State laws are hazy regarding midwives with other types of educational background, such as Certified Professional Midwives (who lack a nursing degree, but are qualified in midwifery) and lay midwives. CPMs and unlicensed birth attendants are barred from carrying and dispensing pharmaceuticals, but might otherwise be regarded as "alegal." These technically unlicensed midwives – who are usually just as competent as the endorsed practitioners – are known to exist and to function "below the radar" of the medical authorities, delivering the infants of women who reject the models of pregnancy as medicine as a business.

At the The Midwife Center, mothers deliver in home-like suites, where they can labor in water and give birth in the company of their partners, friends, and even older children. However, a pregnancy that qualifies as "high-risk" – presenting with preeclampsia, medicated gestational diabetes, fever, twins, or babies in the breech position – remain subject to hospital delivery. Such a candidate is usually accompanied by her midwife to Mercy hospital, but in many cases the midwife will still be permitted to "catch" the baby (a word used to foreground the passive, responsive role of the attendant of a natural birth).

Center midwives are also permitted to deliver the infants of women who have had previous caesarian sections vaginally. Until recently, VBAC (vaginal birth after caesarian) was considered a risk category and women advised "once a caesarian, always a caesarian." Authorization of VBAC suggests progress to natural birth enthusiasts, but most birth attendants (or their insurers) are reluctant to allow babies in the breech position to be delivered vaginally. According to McCarthy, CNMs are trained to deliver breech babies only as an emergency measure – and standard hospital procedure retrieves these infants by caesarian section. Still, there are other options for such cases: a Center midwife may turn a breech fetus in utero, and if all else fails, the midwives at Magee hospital are licensed to attend vaginal breech deliveries.

I have never given birth, but from my outsider's perspective it seems peculiar that a normal biological occurrence should be treated as a medical (and often, surgical) procedure. At the same time, it makes sense that an expectant mother may be more interested in meeting her new child than in quarrelling over the procedures that allow the meeting to occur. Yet, in an area that is cluttered with commercial, legal, and ideological interests, many women may struggle to separate fact from incentive in order to choose the sanest form of pregnancy care.

un-classified ads

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

ARE YOU SATISFIED WITH YOUR LAST MASSAGE? Still having neck and shoulder or lower back pain? Contact Eddie Shaw: 855-1532. Licensed Massage Therapist—14 years experience, specializing in Deep Tissue Massage and MFR. Mention this ad and get \$15 off your first massage. squirrelhillmassage.com

JEANIE ANDERSON, CNHP — Now accepting clients at the strip district office. With over 30 years experience, Jeanie offers Nutritional Counseling, Total Body Modification, Natural Healing, plus many other modalities and is "Dedicated to keeping your body in natural harmony." 724-368-2098. andersonhealthemporium.com

Building for the Future: Passive Houses

by Lucyna de Barbaro

I grew up in Krakow, Poland, behind the Iron Curtain. Then and there, an individual did not have much opportunity or choice for the bigger decisions of life. Now that I live in America it seems that the choices are abundant, yet so few people make them. Mainstream ways of doing things persist without much question. This holds especially true in regards to the construction of the homes that we live in.

Before I moved to Pittsburgh, I lived in a dreadfully sprawled American suburbia where the daily routine included burning excessive amounts of gasoline to get from place to place. Farmland gave way more and more to paved roads and strip malls. And the oversized, poorly constructed homes required a lot of energy to heat and cool.

Pittsburgh has been a saving grace to my environmental conscience. My husband and I live in a small apartment in a big building located in a densely populated neighborhood that allows us the luxury to walk or bike most places we want to visit. While we enjoy this, we realize that our living arrangements don't make a significant environmental impact when compared to what is going on elsewhere in the country.

Being from Europe, we are well aware of the advances in building construction that are spreading widely there, but remain almost unknown here. Buildings are an important part of the sustainability puzzle: they currently use 70% of the country's electricity and contribute 40% of all the emitted greenhouses gases. In our opinion, these practices are not sustainable and are out of line with taking care of the Earth. So my husband and I are now on a quest to help improve the built environment in the US!

As a model for both the local and national community, we are planning to build a "passive" house on two vacant lots we have acquired in Squirrel Hill. This building project will be constructed in compliance with the Passive House Institute definition and we will seek certification (www.passivehouse.us). This house will adhere to strict and measurable standards of energy use; it will require 80% less energy to operate compared to

current standard new construction and will cost only 10% more to make.

Passive houses were pioneered in the 1990s in Germany and Sweden. They are so well constructed and insulated that they don't require a furnace — they are kept cozily warm simply by the waste heat from appliances and body heat from occupants. There is a small electric heat-pump system as a backup that's needed only for the coldest days of the year. As a result, these houses consume about 70,000 cubic feet less natural gas than standard new construction and typical Pittsburgh houses that use up to as much as 150,000 cubic feet per year.

About a thousand Passive Houses would make one whole fracking well obsolete. With energy use in the Passive House so low it is very feasible to offset all of its electricity use by solar power generation, which makes the path to Net-Zero homes available to many, rather than a few. In the European Union, all new buildings will be required to be near zero in net energy use starting in 2021 (public buildings, in 2019).

Super-insulated and solar passive homes sprung up around the US in 1970-80, but they didn't fare very well on account of moisture and mold problems. Since that time, many advances have been made: there are now triple pane windows with thermally broken frames, new techniques and sealants to achieve air-tightness, advances in scientific research to better understand water, vapor, and moisture penetration through walls, in addition to detailed computer modeling for tracking energy losses and gains. There's also now an extremely efficient ventilation system that can continuously bring fresh air into the house (1/3 of the volume of the house air is exchanged per hour) while retaining most of the heat and humidity level of the inside air. This "energy recovery" ventilation is probably the most important new development that enabled the widespread production of



these homes in Europe.

We will construct our house to absorb and/or delay rain water discharge to protect the over-run sewers in response to Pittsburgh's rain water problems. There may be a green roof sharing space with solar panels. Rain water will also be collected

in two 1000 gallon cisterns for use in gardening. The driveway and other walkable spaces will have permeable surface. Retaining walls will be green and living rather than just concrete. The materials to be used in insulation and cladding will be well scrutinized for their global warming potential, imbedded energy, waste and pollution indexes, in addition to cost and durability.

Our conviction that we need to live with a smaller environmental footprint has led us to the Passive House. We hope to spread the knowledge of this technology (applicable also to existing homes) more widely in the Pittsburgh region. With a background like ours, we are determined not to squander the privilege of a meaningful choice when building our new home.

We are currently looking for another eco-enthusiast household to join us and underwrite the second half of the duplex construction we are envisioning. Contact us at 412-681-0483 or email at pghcoho@gmail.com for details about this opportunity. Also, if you're interested in learning more about Passive Houses you can join my husband and me in partnership with Green Building Alliance and our certified Passive House consultant on June 26th at 11:30 AM. This GBA Lunch and Learn will be held in the Southside and you can register at <http://www.gbapgh.org>.



BOARD OF DIRECTORS

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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 1980. We offer the finest in certified organic produce and herbs, bulk foods, vitamins and supplements, cruelty-free health and beauty aids, organic and natural packaged goods and hard-to-find items for special dietary needs.

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

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

MANAGEMENT TEAM

Justin Pizzella, **General Manager**
Jane Harter, **Administrative Manager/HR**
Heather Hackett, **Marketing and Member Services Manager**
Maura Holliday, **Grocery Manager**
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
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Organizing a special event? Green it up with a portable, sun-powered generator. Starting at \$99/day.

Come check us out!

ZeroFossil will be powering the following events:

- Arts Festival (Point Park lighting exhibit) 6/7 - 6/16 (FREE)
- Pop-up Party at the Pump House (Waterfront - celebrating the completion of the Great Allegheny Passage - come by bike and enjoy a whole day of local DJ's, local food, and craft beer) 6/15 2PM-10PM (FREE)
- Mattress Factory Garden Party (Soul Factory) 6/21
- Regatta (Point Park) 7/2-7/4 (FREE)
- Cello Fury Concert (Carrie Furnace) 7/20

We are a local energy company that designs, produces, and installs energy systems using the sun, wind, water or even human power.

Tin Front Café

Coffee * Cuisine * Cocktails * Community

216 East Eighth Avenue — Homestead, PA 15120
412.461.4615 — facebook.com/tinfrontcafe

Seasonal vegetarian dishes prepared from farm fresh, local ingredients

Vegan and Gluten-free options

Full bar including house-designed Vodka Infusions and Craft Beers

Open air Courtyard with seating and art

\$1 OFF SUNDAY BRUNCH with AD

11 am—3 pm includes Buffet + Entrée

Hours:

Tues—Thurs: 11:00— 9:00

Friday: 11:00—10:00

Saturday: 10:00—10:00

Sunday: 11:00— 3:00

Monday: Closed

Annex Cookery

A Select Collection of Housewares and Design

THE CO-OPERATOR

Heather Hackett, Editor

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

The Co-operator is a monthly publication mailed to members of the East End Food Co-op. Additional copies are available at Customer Service, in the store's entrance area, and at outreach events. Also available online at www.eastendfood.coop

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

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

Send your message (250 words or less) to:

Member Services, East End Food Co-op,
7516 Meade Street, Pittsburgh, PA 15208

Or e-mail to: memberservices@eastendfood.coop

SUBMISSION DEADLINES

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

For information about submissions and advertising, please contact Member Services at 412.242.3598 x103.

STAFF NEWS

New Faces...

Dan Harvey, Front End - Dan teaches children's art classes at the Pittsburgh Center for the Arts and he likes to write and perform plays. He has worked in a number of non-profit and community organizations, including the Bronx River Art Center, Harlem Arts and Gardens, and the Children's Museum of Pittsburgh. Dan also enjoys traveling in the U.S. and Europe and hopes to take one of his plays on the road.

Jake Watson, Produce - Jake and his wife recently moved to Pittsburgh from London, where he worked as a Produce Supervisor and participated in community and urban gardening projects. Jake always makes sure he's involved in local as well as larger-scale politics, and some day he hopes to earn a Ph.D. in sociology.

Jocelyn Weber, Front End - Jocelyn has a degree in Fashion and is interested in ethical, sustainable, and reused materials. She's been sewing since she was five years old and loves to bake too. Someday she'd like to open a boutique that serves baked goods made from local, healthy ingredients. She also wants to "give back to the community," and spent five months in various African countries feeding children.

DID YOU KNOW...

Your EEFC CAFE is open every day, offering all-natural vegetarian cuisine, including many vegan dishes. We post a list of ingredients we do not use in our products and also list the organic produce we use. We are committed to using

- organic fruits and juices for smoothies
- organic fruits and vegetables for juices
- locally roasted, fair trade, organic coffees and espresso
- unbleached flours
- non-hydrogenated oils
- hormone and antibiotic free milks
- local, free range eggs

All of our baked goods are made in-house, from scratch, as well as our salad dressings, deli items, soups and entrees. Also, many of the fruits and veggies on the salad bar and hot bar are organic.

In the deli case, we offer locally made Lebanese food from Najat's Cuisine, local hummus from Greek Gourmet, and locally made salsas and dips from Cinco de Mayo Salsas. Everything else is made right here in our kitchen.

We also provide a variety of delicious cheeses, including ones that are:

- locally produced
- farmstead
- artisanal
- award-winning domestic
- 100% grass-fed
- organic
- raw milk
- sheep's milk
- goat's milk
- naturally lactose-free
- vegetarian-suitable (made with vegetarian rennet)
- humanely produced
- environmentally sustainable

The beverage bar, salad bar, and soup bar are open every day from 8 AM to 7 PM. Our hot bar is open Monday through Friday, 11 AM to 7 PM, and the weekend hot bar brunch is served Saturday and Sunday from 9 AM to 1 PM, with other hot foods available after that until 7 PM. (Hours are always listed on the back page of The Co-operator.)

Employee of the Month

Congratulations to Vincent Rose, who was chosen as the Co-op staff pick for May 2013 Employee-of-the-Month! Vince has worked here as a stocker for about a year & a half, but he's been a customer for much longer.



Q. What is your favorite thing about the Co-op?

A. I like that everyone who works and shops here cares a lot about the community.

Q. What is your favorite product?

A. Before I worked here I didn't know about chia seeds, but now I put them a lot of things—smoothies, salads, granola....

Q. What do you like to do when you're not at the Co-op?

A. I take long walks with my dog in Frick Park. Plus, I'm going to school and rehabbing a house.

Q. If you could change one thing about the Co-op, what would it be?

A. I wish we had a loading dock—but I don't think that's gonna happen.

What's good for the planet
is delicious for you.

A menu full of options, including locally grown, organic, vegan and gluten-free fare. All delectable. All environmentally sound. All at Café Phipps.



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Energy

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ENERGY
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Join the Green Energy Collaborative (it's free) and switch to a 100% Pennsylvania Wind Energy Plan offered by TriEagle Energy. Save up to 26% compared to Duquesne Light.*

LowCostWind.com

* Based on the generation, transmission, and GRT portion of the bill. Prices as of 4/9/13. The Green Energy Collaborative is a program of CITIZEN POWER, Inc. For more information call your local CITIZEN POWER office at 412-421-7029.

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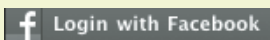
The Co-Operator reaches over 10,000 people per month and every issue is posted on our website. Call 412-242-3598 x 103 for pricing and availability.

BULLETIN BOARD



THE CURRENT 10% DISCOUNT QUARTER ENDS ON JUNE 30, 2013!

The next quarter goes
from July 1, 2013 thru
September 30, 2013.



Show how much you "LIKE" us
on Facebook. Find our Fan Page
by searching for East End Food
Co-op, and give us the thumbs
up today!



Follow us on Twitter
@EastEndCoop for special
deals, store news and Co-op
community happenings!



Find us on Google+ and add
us to your circles!



Follow us on Pinterest!
Pin and Repin from our East
End Food Co-op boards!

WE OWN IT-



June 2013 ... hot bar specials

sunday monday tuesday wednesday thursday friday saturday

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

2 Chef's Choice	3 Tarragon Tofu Stew	4 Spring Vegetable Curry	5 Burrito Bar	6 Curry Red Lentils with Chickpeas & Chard	7 Pizza Dairy & Vegan	8 Penne with Greens, Feta, Walnuts & Olives
9 Chef's Choice	10 Tempeh & Broccoli Arrabiata	11 Mock Chicken & Biscuits	12 Country Chicken	13 Barley Risotto	14 Pizza Dairy & Vegan	15 Cannellinis in Summer Tomato Ragu
16 Chef's Choice	17 Sweets & Beets Quinoa	18 Tea & Ginger Simmered Chickpeas	19 Indian Kitchen	20 Sicilian Broccoli & Cauliflower Penne	21 Pizza Dairy & Vegan	22 Chimichurri Tofu
23/30 Chef's Choice	24 Summer Squash Quesadilla	25 Pastitsio	26 Greek Kitchen	27 Jerk Tempeh with Curried Peach Relish	28 Pizza Dairy & Vegan	29 Spinach, Mushroom & Chevre Quiche

café hours

weekends

WEEKEND BRUNCH BAR

9 AM - 1:00 PM

HOT FOODS

1:30 PM - 7 PM

daily

JUICE BAR

8 AM - 7 PM

SALAD BAR & SOUP

8 AM - 7 PM

HOT FOODS

11 AM - 7 PM

REDUCE
REUSE
RECYCLE!

Your Co-op Events

TUESDAY, JUNE 4 / WEDNESDAY, JUNE 12 / THURSDAY, JUNE 20 / 8:30 AM

Eating Local: Co-op Wellness Workshops

Erin Hart of American HealthCare Group

In these workshops, Erin Hart will speak about the importance of buying local and incorporating healthy lifestyles into the workplace. She will also explain the tailored wellness programs they create for workplaces around the city. Then, our Café will present a demonstration on smoothie-making as an easy and refreshing way to promote good health even in the midst of the workday rush. Finally, the workshop will conclude with a tour of the Co-op.

These workshops are FREE, but registration is required; reserve your spot online at www.pathwayswellnessprogram.com.

WEDNESDAY, JUNE 5, 6:30 PM

Reducing Cancer Risk Through Diet

George Eisman of Coalition for Cancer Prevention

Some foods seem to help our bodies fight off cancer before it starts, while other foods can compromise our immune systems, thereby raising our risk of getting cancer and other chronic diseases. Learn which foods increase your risk of getting cancer, which fruits and vegetables are best for reducing your cancer risk, and even what kind of milk is best to drink. We'll also discuss how to replace high-risk foods with better options without causing nutrient deficiencies and why some foods considered "heart-healthy" may actually increase your risk of getting cancer.

This workshop is FREE; just call 412-242-3598 to reserve your spot!

WEDNESDAY, JUNE 19, 6:30 PM

Seeds of Freedom Film Screening

Kate Safin of Food & Water Watch

This documentary highlights the extent to which the industrial agricultural system, and genetically modified (GM) seeds in particular, has impacted the agro-biodiversity evolved by farmers and communities around the world. Following the film, Kate Safin present information on GMOs and discuss the importance of educating consumers about genetically modified food.

This workshop is FREE; just call 412-242-3598 to reserve your spot!

WEDNESDAY, JUNE 26, 6:30 PM

The Benefits of Grass-Fed Beef

Oliver Griswold of North Woods Ranch and Alissa Matthews of Pennsylvania Association of Sustainable Agriculture

ONE MONTH, TWO FLYERS, LOTS OF GREAT DEALS!

FIRST FLYER RUNS FROM

WEDNESDAY, JUNE 5 TO
TUESDAY, JUNE 18

SECOND FLYER RUNS FROM

WEDNESDAY, JUNE 19 TO
TUESDAY, JULY 2

CHECK IT OUT ON OUR WEBSITE —

www.eastendfood.coop



Oliver Griswold began the North Woods Ranch in 2010 and the operation is now home to 40 head of cattle and 40+ hogs. North Woods Ranch is committed to providing all-natural cuts of beef and pork directly to neighborhood consumers. The cattle graze on a pesticide-free range and are never given growth hormones, antibiotics, or any other synthetic inputs. But North Woods Ranch is an exception to the more common methods of meat production in contemporary America, which includes concentrated animal feeding operations (or feedlots) where animals are fed concentrated grain rations including high doses of antibiotics. Attend this lecture to learn more about the benefits of grass-fed cattle for both consumers and the environment.

This workshop is FREE, but we will be accepting donations to benefit PASA; just call 412-242-3598 to reserve your spot!

Look for your Co-op at these upcoming events:

Saturday, June 1, 9:00 AM – 1:00 PM: Join us at the Pump House in Homestead for the Rainbow Kitchen Walk and Ride Against Hunger. Rainbow Kitchen's goal is to raise money in support of efforts to eliminate hunger in our community, while also raising participants' awareness of the benefits of incorporating health and wellness practices into their daily routine. This year, we'll be providing information at a Health and Wellness Expo amongst a handful of other non-profit organizations and businesses. Registration is \$15 for adults and \$10 for anyone 18 or under. Learn more at <http://www.rainbowkitchen.org/>

Sunday, June 2, 7:00 AM – 5:00 PM: PASA's 1st Annual Bike Fresh Bike Local – Allegheny County — will begin and end at the North Park Ice Skating Rink. This event includes a bike tour of the Allegheny County countryside and a celebration of local foods. Registration is available for 25, 50, or 75 mile rides and the cost is \$45. In addition to being a sponsor of this event, your Co-op is also coordinating the first rest stop on the route. We'll be supplying drink mix and snacks, and providing support to riders. Check out their site for details at <https://pasafarming.org/events/pasa-events/bike-fresh-bike-local>

Sunday, June 9, 2013 12:00 PM – 5:00 PM: Your Co-op is coordinating a food and book educational table for all ages at the Carnegie Library Summer Reading Extravaganza again this year. Get ready for summer reading with an afternoon packed with live entertainment, crafts, and activities for every member of the family. The event is free to attend and will take place on the lawn at the Carnegie Library Pittsburgh – Main (Oakland). More info is available at <http://www.carnegielibrary.org/summer/extravaganza/>

Sunday, June 16, 1:00 PM – 6:30 PM: Join us on Liberty Avenue in Downtown Pittsburgh between 6th Street and 10th Street for PrideFest. This free event is organized by the Delta Foundation, whose mission is to increase awareness and understanding of, and improve the quality of life for, the Lesbian, Gay, Bisexual, and Transgender community in Western PA. Your Co-op will be highlighting healthy food choices and participating in the festive atmosphere. Visit the website for more info: <http://www.pittsburghpride.org/events/pridefest>

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