

The Co-operator

a monthly newsletter of the East End Food Co-op

Pittsburgh, PA

STORE NEWS

Members' Extra Discount Days
Sundays: 6/13 & 7/11
Shop 8 am - 9 pm

Board of Directors Meeting
All members are welcome.
Next Meeting:
Monday, June 21 ~ 7-9 pm

The Co-Operator Deadline
All submissions and ads are due 7/10 for the August 2010 issue.
For more information, call Member Services at 412.242.3598.

Join us for a Co-op Orientation Night
Learn the secrets every member wants to know — Tuesdays at 7pm.
Register with Outreach Coordinator Chris Farber, at 412.242.3598, ext 208, or outreach@eastendfood.coop.

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

Streamlining Meal Preparation

Healthy, Inexpensive Weeknight Meals

By Robin Asbell*

These days, keeping the budget under control is a priority. At the same time, we all need to eat well. Luckily, it's easy to put together meals that are affordable, but that still have that special touch. The bulk bins are a treasure trove of nourishing bargains, the produce department is a great value, and you can even stretch cheaper cuts of the clean meats you use.

The one thing that the grocer doesn't sell is time. Sure, they have prepared foods, but to pinch your pennies, you can make the most of your efforts by cooking meals yourself at home. And supplement purchased foods with home-made, like stretching a can of soup with leftover veggies or grains.

To really make the best use of your dollar, have to have a plan before a single penny is spent. Menu planning should be a required study from grade 6 on, in my opinion. From the plan comes the list, and you can save time at the store as well. If you don't have a crockpot, you should consider getting one.



Beans. It's okay to admit it, we all got a little hooked on canned beans. Convenient, easy and fast, cans of beans still deserve a spot in the pantry for quick, emergency dinners. At a cost of about .50 per cooked cup of dried versus \$1.30 a cup for canned, dried save you money. Simply sort and soak overnight-leave

them in the fridge for up to a week if you don't get to them. If you don't have time to soak, you can try the quick soak, by bringing the beans to a boil, then turning off the heat and letting them stand, covered, for an hour. The crockpot I mentioned comes in handy for hands-off beans. Of course, smaller legumes like lentils and peas cook more quickly.

Grains. Everything grain is cheaper if you do it yourself, whether baking or cooking. In the grocery store, you can buy wonderful breads with very little effort. Still, baking a batch of bread, muffins or biscuits once a week can save you money. Cooking a batch of an affordable bulk grain, like brown rice or barley, can last you all week. Once you have it, crumbling it into soups, meatloaves, breads, and casseroles is easy. You can even buy prepared foods and serve them over reheated home-cooked grains.

Cheaper meat, stretched. There is nowhere quite like the meat counter to compare prices and save. The more bones that are in the cut, the less it costs, and the less trimming has been done, so the less you pay. When you ogle that boneless grass-fed tenderloin, you are aspiring to quick-cooking, instant tenderness. The cheap cuts, on the other hand, usually need low and slow cooking, and possibly more knife work on your end. Hamburger is cheap cuts, ground up. Whole chickens cost less, and you get bones for stock.

Vegetables, chop once, use twice. When I teach healthy cooking classes, people often tell me that chopping all those vegetables takes too much time. I guess it never occurred to me that you could get through life with no chopping. If you want to set yourself up, try doing your onions and garlic for the week. Don't try to save chopped raw onions. Best to go ahead and sauté them for an hour, and make the magical flavor enhancing

ingredient: caramelized onions. Throw several cloves of garlic in the food processor and pulse to chop, drizzle in a little olive oil, then transfer to a jar and put plastic wrap on the surface before putting the lid on. If you are a stir-fry aficionado, add fresh ginger to the mince, and you are set for quick meals all week.

Another way to set yourself up with cooked vegetables, and avoid waste, is what I call a basic boil. Go through that vegetable drawer and get out some carrots, any stray roots, celery, stuff that would be good in soup. Chop it, simmer it with some stray garlic and onions, add some greens at the end, and you have a vegetable base. Season it up as soup, scoop some out and mash them like potatoes, puree or leave in chunks for pasta sauce, throw it in the processor with beans and tahini for a hummus-like dip. All the chopping and cooking is done, just use it up.

Now that you have your prep waiting, or a crockpot slow stewing, you won't be tempted on the way home from work to take any fast food detours. Congratulations!

— Suggested Recipes, page 4

*Robin Asbell is a long-time contributor to the Mix, and as the former Head Chef of the Wedge Deli, she developed many recipes for popular foods still sold today. She is author of *The New Whole Grains Cookbook* (Chronicle 2007) and *The New Vegetarian Cookbook* (Chronicle 2009). Robin writes for magazines like *Vegetarian Times*, *Better Homes and Gardens Heart Healthy Magazine*, *Experience Life* and *Health Magazine*. Her popular cooking classes are offered around the region, and she travels to teach across the country.



All members are welcome to attend the Co-op Board Meetings. Check the bulletin board in the front vestibule for dates, times and agenda items.
Next meeting: Monday, June 21 ~ 7-9pm



Dated Materials — DO NOT DELAY

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



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Pittsburgh, PA
Permit No. 1800



Rob Baran,
General Manager

rob's corner

We are deep in the midst of long-term visioning for the future of the Co-op right now — with a draft 5-year plan due to your Board of Directors for the June 21st Board meeting being held here at 7pm. (I would love to see you and your friends make it). This will be our first ever long-term business plan, and includes a vision statement for what we want to have accomplished in 10 years as well as the detailed 5-year plan. Our management team is driving the process and we have held several day-long visioning retreats to date, interpreting the Board's vision (the Ends Statement), and developing from that vision measurable objectives around which we can plan the future of East End Food Co-op.

You may remember my request for members to participate in several focus groups in this column back in March. We have also held a number of these meetings with our long-term staff and supervisors. Data from the focus groups was incorporated into the management team visioning process, and we have made great progress articulating a broad vision for the future.

Although we had three Focus Groups scheduled for the membership back in March, and hoped to have at least 30 of you make it, only eight people managed to show up. I am of the opinion that this is not enough participation from you to move forward aggressively with a vision for the future of your Co-op.

I need your input.

Your Co-op needs your input.

We will be hosting several meetings in July to review a draft of the vision plan, and explore key topics such as expansion, product lines, and community outreach, before we write the final draft. I hope as you are reading my words, you will get into action and register for one of these meetings. Not only will you get to influence the future of the only community-owned grocery store in town, but we'll toss in a \$10 gift certificate and a free meal from the Café (feel free to bring it with you to the meeting) to compensate you for your time investment.

This is important stuff. The Board and Management can certainly handle it, but to complete such a critical document without more involvement from you, the owners, would be a sad thing. Please prioritize your Co-op, and get yourself turned out to help us complete this vision plan.

The future depends upon it. 🗣️

MEETING DETAILS:

Saturday, July 10 — 10 PM to 11:30 AM
Wednesday, July 14 — 7 PM to 8:30 PM
Sunday, July 18 — 12 PM to 1:30 PM
Tuesday, July 20 — 7 PM to 8:30 PM

Please register in advance via email at jjohnson@eastendfood.coop or call 412-242-3598 ext 119 and leave a message with contact information. All meetings will be in the Co-op Board Room upstairs above the Climbing Wall, or stop at the Customer Service Desk for directions.

member services message

by Kara Holsopple, Member Services



CO-OP BIKE TEES

All sizes — \$15

Men's and Women's styles: S, M, L, XL

There's lots going on here at your Co-op—constant motion. You could say, “local motion.” That's part of the new Co-op t-shirt on sale at the store now. The bike tee was designed by Nathan Mould, and printed locally by The Cotton Factory (<http://store.cottonfactory.com>), on Penn Avenue.

We'll also be giving the new shirts away at events around town, including Bike Pittsburgh's Car Free Fridays. Your Co-op is sponsoring these monthly events, where car-free commuters get discounts and special offers from local businesses. You can learn more at www.carfreefridays.org.

Our new website is coming along nicely, with better ways for you to find out about Co-op events and specials, and also meet and interact with other Co-op members. And recipes? Your favorite Co-op Café recipes, as well as budget and family favorites from the wider Co-op world will be easy to locate and shop for. Look for our new look online later this summer!

In the next issue, look for details about our big summer events—the Eat Local Challenge and the Co-op Art Harvest. Lots of good, local food, information and fun coming your way. And we can't do it without you. Shop, come to a class, display your handiwork. However you choose to participate, we thank you! 🙌

CO-OP PARKING NOTICE



Things are getting tough out there on Meade Street, and parking is being strictly enforced. **Co-op shoppers who park along Meade Street where there are yellow lines painted on the sidewalk may have their vehicles towed or ticketed.** That also goes for vehicles parked across the street from the store on the sidewalk.

Parking and unloading are still permitted directly in front of our store and on Meade Street where there are no signs or paint prohibiting it.



BOARD CORNER

by Hope Anne Nathan

We live in an age where we are constantly bombarded by advertisements. Lose weight in weeks! Look younger in minutes! Live longer, stronger, better, and all by purchasing this product!

As members of a co-operative, we are bound by The Cooperative Values and Principles — several ethical principles, including honesty, openness, social responsibility and caring for others. These are principles you may not often find being practiced by many businesses today.

We have it written into our policy register that The East End Food Co-op *must* engage in honest marketing practices. Section B8.5 states:

The General Manager shall not fail to ensure that all merchandising and marketing practices are honest and accurate.

East End Food Co-op's Member Owner Guide includes a section entitled “Co-op Product Guidelines.” In producing this guide, The Co-op worked with all of our buyers to determine the ethical criteria they use when selecting items for the store. Our Supplements department, for example, states that “we avoid products with exaggerated claims of benefits.” The

Body Care department states “The Co-op is committed to carrying health and beauty products where the majority of ingredients are natural, organic and free of perfumes.”

That we even have a document stating these policies is a wonderful thing, and miles beyond what many businesses would do.

There's been talk of moving this process beyond just the buyers' statements or purchasing policies. Section B8.3 of the Policy Register states:

... If any products we carry are subject to consumer boycotts, the General Manager shall not fail to ensure that balanced information is available for informed consumer choice.

Unfortunately, we're not quite there yet, though we *have* formed a staff committee to begin the work of figuring out what these “consumer education” campaigns might look like. Will there be boycott notices in front of certain products? Will some items be removed from the shelves altogether? Common Market, in Frederick MD (<http://commonmarket.coop/>), for example, continues to carry

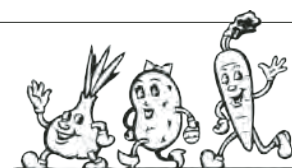
one brand of ersatz cream cheeses, even though they do not meet that co-op's stated policy for foods. Instead, the brand remains on the shelves, but with a posted disclaimer stating:

Some ingredients in these products do not adhere to our merchandising standards, but due to consumer demand or a lack of an alternative we carry this product. Please provide us with feedback if you wish. Thank you.

In 2008, Park Slope Co-op in Brooklyn, NY (<http://www.foodcoop.com/>) voted to do away with plastic bags at the check-out lines, a move which we at EEFC have already made. In that same vote, Park Slope elected to no longer sell bottled water in their store due to both environmental and ethical concerns. Could that be next on our horizon?

Ultimately, the power for positive change at your co-op rests with you, our membership. Get involved! Tell us what you think! Boarddir@eastendfood.coop

(P.S. Election time is not too far around the bend. If you REALLY want to get involved, please consider running for the board!) 🗳️



Interested in running for the Co-op's Board of Directors? (or at least learning more about it?)

Information Packets for new Board Candidates will be available at the Customer Service Desk after June 1, 2010.

Packets include a history of the Co-op, the Global Ends and Values Statement, an explanation of the commitments and conduct for Board of Directors members as well as the role of the Co-op's Board, samples of agendas and minutes, and more.

GET YOURS NOW AT CUSTOMER SERVICE!

If you would like an electronic version of the packet, email Eric Milliron at emilliron@mtlebanon.org. 📧



ENDS POLICY STATEMENT

East End Food Cooperative, a member-owned business, exists to create, promote and sustain a healthy, strong, and vibrant local community that serves the need for physical well-being, mutual respect, social connectedness and economic vitality while ensuring sustainability in the use of all resources toward this end.

Adopted by the EEFC Board of Directors, January 24, 2005

STATEMENT OF COOPERATIVE IDENTITY Definition

A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social and cultural need and aspirations through a jointly-owned and democratically-controlled enterprise.

Values

Co-operatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity. In the tradition of their founders, co-operative members believe in the ethical values of honesty, openness, social responsibility and caring for others.

Seven Principles

The co-operative principles are guidelines by which co-operatives put their values into practice.

1: Voluntary and Open Membership

Co-operatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political and religious discrimination.

2: Democratic Member Control

Co-operatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and Women serving as elected representatives are accountable to the membership. In primary co-operatives members have equal voting rights (one member, one vote) and co-operatives at other levels are also organized in a democratic manner.

3: Member Economic Participation

Members contribute equitably to, and democratically control, the capital of their co-operative. At least part of that capital is usually the common property of the co-operative. Members usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing their co-operative, possibly by setting up reserves, part of which at least would be indivisible; benefiting members in proportion to their transactions with the co-operative; and supporting other activities approved by the membership.

4: Autonomy and Independence

Co-operatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their co-operative autonomy.

5: Education, Training and Information

Co-operatives provide education and training for their members, elected representatives, managers and employees so they can contribute effectively to the development of their co-operatives. They inform the general public-particularly young people and opinion leaders- about the nature and benefits of co-operation.

6: Cooperation among Co-operatives

Co-operatives serve their members most effectively and strengthen the co-operative movement by working together through national, regional, and international structures.

7: Concern for Community

Co-operatives work for the sustainable development of their communities through policies approved by their members.

Source: ICA News, No. 5/6, 1995.

Last updated: 2 June, 1996.

members SPEAK OUT

Comment Cards ...

Please consider giving members a coupon for the once-a-month discount day. It might be easier for the Co-op and customers. Other Co-ops do this for everyone's benefit.

Thanks for your suggestion. This is something we are considering. Co-ops around the country have different benefits for their members. Some have smaller percentages on these special member days, some do them less often, and others offer coupons instead. We are trying to work out which method will indeed benefit the most people and your Co-op.

— Kara Holsopple, Member Services Manager

Please carry Eternal Treblinka. Great cross-issue book. Thanks for considering!

Okay!

— Karen Bernard, Book Buyer

Can you get the "Italian-style" Field Roast links? Also, the Gardein vegan products? Thanks!

We now have both of these products. Thanks for your suggestions.

— Fran Bertonaschi, Perishable Buyer

Please bring back the Vegan Ginger Chocolate Chip Cookies. They were the best! Thanks!

We do our best to rotate our cookie selections. We will try to offer this flavor more often. Thanks for the suggestion!

— Amber Pertz, Café Manager



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

MONTHLY MEMBER sales!

Alba
After Sun Lotion
\$8.99
reg. price: \$11.95

Anna Chun's
Rice Express
\$2.29
reg. price: \$3.29

Annie's
Bunny Grahams
\$2.50
reg. price: \$3.29 - \$3.49

Aura Cacia
Select Essential Oils
\$2.49 - \$10.99
reg. price: \$3.69 - \$15.39

Earth Friendly
Auto-Dishwashing Gel
\$3.79
reg. price: \$5.99

Essentia
Electrolyte Water
\$1.69
reg. price: \$1.99

Kavli
Crisp Breads
\$1.99
reg. price: \$2.49

Jyoti
Indian Entrees
\$2.49
reg. price: \$3.29

Iceland Spring
Spring Water
\$1.69
reg. price: \$1.99

Helios
Org Kefir
\$3.69
reg. price: \$4.49

Food For Life
Org Pocket Bread
\$1.99
reg. price: \$2.49

Loacker
Hazelnut Chocolate Spread
\$4.79
reg. price: \$6.19

Late July
Org Sandwich Cookies
\$3.29
reg. price: \$4.29

Manitoba
Org Hemp Seed Nut
\$9.99
reg. price: \$16.99

Nature's Choice
Fruit & Cereal Bars
\$2.79
reg. price: \$3.79

Newman's
Org Chocolate Bars
\$2.49
reg. price: \$2.99

Deluxe Mixed Nuts
\$6.29/#
reg. price: \$7.49/#

Sambazon
32oz Antioxidant Trinity
\$6.99
reg. price: \$7.79

Rice Dream
Frozen Bars
\$1.99
reg. price: \$1.49

Pirate
Booty, Putts & Tings
\$1.99
reg. price: \$2.49

Pacific
Hazelnut Beverage
\$2.29
reg. price: \$2.79

Once Again
Org Raw Almond Butter
\$8.99
reg. price: \$15.29

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

the food YOU EAT

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



What's green, fresh and gluten-free? This innovative salad from the Co-op Café includes pantry staples, convenient frozen peas, and fresh garden herbs. It cooks up in no time, and looks and tastes great next to just about anything else on the plate. Though pale green pumpkin seed oil is a wonderful finishing touch to this salad, a good olive oil or even toasted sesame oil would also work well. Enjoy!

Green Noodle Salad

4 cups water
7 oz. rice noodles
1/2 bunch scallions, chopped
1/2 bunch mint, chopped
1 cup sunflower sprouts or snow pea sprouts, cleaned & trimmed
1/4 cup pumpkin seeds
1 cup frozen peas, defrosted
1 Tablespoon toasted pumpkin seed oil



1/2 Tablespoon evaporated cane juice
1/2 teaspoon salt
1/2 bunch basil, chopped

1. Bring water to a boil. Remove boiling water from the stove top. Soak rice noodles in the water, covered, and stirring occasionally until they are rehydrated.
2. When noodles are done, rinse them under cold water and drain them well. Put them in bowl.
3. Add all other ingredients. Toss together. Serve cold.

Serves 4-6 people.

What's New ... in the aisles

Aisle 1

Othentic Organic Sliced Beets

Aisle 2

Gluten-free Cafe Soups:
Cream of Mushroom, Veggie Noodle,
Black Bean, Chicken Noodle

Aisle 3

Ginger People Ginger Spread
Crofters Organic: Super Fruit Spread
Lucy's Gluten Free Cookies:
Oatmeal, Sugar, Cinnamon Thins,
Chocolate Chip

Aisle 4

Living' Spoonful: Vegan, Raw, Sprouted
Crackers
Izze: Sparkling Birch Beverage

Aisle 5

Suncoat Girl Natural Nail Polish, for ages
3 and up

Soothing Touch: Chocolate Peppermint
Brown Sugar Scrub and Peppermint
Rosemary Herbal Salt Scrub

Aisle 6

Polar Farms: Cool Fruit Strawberry
Frozen Dessert
Kinnikinnick: Gluten-free Cinnamon
Sugar Donuts

Deli

Turtle Island Foods Coconut Curry
Tempeh
Organic Valley Cheddar Cheese Stringles
LOCAL PRODUCT, Ulysses, PA — God's
Country Creamery:
Jarlsberg and Caerphilly cheese
Gola's Horseradish

REDUCE, REUSE, RECYCLE!

Healthy, Inexpensive Weeknight Meals

— Continued from page 1

Caramelized Onions and Caramelized Onion-Feta and Spinach Pasta

Makes 6 cups pasta, 3 cups total caramelized onions

As long as you are prepping, cook up a whole bag of onions at once. Use a cup for this pasta, and refrigerate or freeze the rest. They are a source of concentrated flavor, sweetness, and complexity that can go in just about any quick dish. Onions are cheap and good for you!

5 pounds onion, slivered
8 cloves garlic, peeled
2 tablespoons extra virgin olive oil, or butter
salt and pepper
8 ounces whole wheat pasta
5 ounces salad spinach, chopped
8 ounces feta cheese, drained and crumbled
1/2 cup green olive, chopped
1/2 teaspoon dried oregano

To caramelize onions, warm oil in a large pot, then add the slivered onions. Stir over high heat until the onions start to soften, then reduce to medium. Stir for another five minutes, until they start to stick. Reduce heat to lowest setting and stir every five minutes for an hour. If you want to keep going, you can keep caramelizing them until they are shrunk to two cups. You can also caramelize in the slow cooker—just put the oil and onions in overnight on low. When you can watch them, take off the lid and turn it up to high to cook down the liquids. They should not be soupy. Season with salt and pepper if desired, store your cooled onions in the fridge. Makes about 3 cups, depending on how long you cook them.

For pasta, cook the pasta, and while it drains, heat a cup of onions in the same pot, and add the spinach and hot pasta, toss over medium heat until the spinach wilts. Add feta, olives and oregano. Toss the pasta and season with salt and pepper.

Crockpot Chicken and Chicken with Barley Soup

Makes about 9 cups.

This is an almost effortless way to make a pot of soup, with extra breast meat ready to throw into sandwiches, stir fries, or pastas through the week. If you don't have a crockpot, simmer on low heat on the stove for two hours, check the meat for doneness.

1 whole chicken, skinned
2 chicken breast, on the bone
1 medium onion, chopped
2 medium carrots, peeled and chopped
2 ribs celery, chopped
1/2 cup hull-less barley
6 cloves garlic, peeled, whole
4 stems fresh thyme
2 large bay leaf
1/2 bunch Italian parsley, divided
4 cups chicken stock or water
1/2 cup dry sherry
salt and pepper

Strip all the skin from the chicken, for a leaner soup. In a large slow cooker, put the onion, carrots, celery, barley, garlic, thyme, bay leaf, parsley stems (tie them with string into a bundle) and stock or water. Place the chicken in the pot bone down, and press to submerge as much as possible. Cover the pot and cook on high for 5 hours, or low for 7 hours.

Uncover the pot and check the barley for tenderness. Remove and discard the thyme stems, parsley stems and bay leaf. Add the sherry to the simmering broth and stir. Take the chicken out and reserve the two breasts for another use. When cool enough to touch, strip the meat from the carcass and put back in the soup. Add parsley, and salt and pepper to taste.

Sweet Potato Panzanella

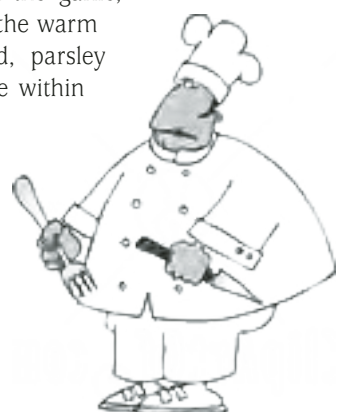
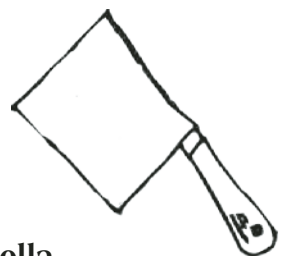
Nothing satisfies your appetite, and your need to use up old bread, like a classic panzanella made with fresh tomatoes and basil. This cool-weather version is just as tasty, served a little warm and hearty with sweet potatoes and aged cheese.

12 ounces sweet potato, cut into 1/4 inch thick slices
4 cups whole wheat bread, cut into 3 inch squares
1 tablespoon extra virgin olive oil
1 pinch salt and pepper
1 clove garlic, crushed
2 tablespoons red wine vinegar
3 tablespoons extra virgin olive oil
1 cup flat leaf parsley, washed, dried and chopped
3 ounces sarvecchio or other aged hard cheese, shaved

Pre-heat the oven to 350 degrees. In a one quart pot, put the sweet potato slices in water to cover, then bring to a boil. Simmer for about 5 minutes, until the slices are tender but not falling apart. Drain and cool until just warm.

While the sweet potatoes cook, put the bread on a sheet pan and toss with the tablespoon of oil, salt and pepper. Toast for 10 minutes, stir, and toast for 5 more. The bread doesn't need to be dry as croutons, just crisped.

In a medium bowl, whisk the garlic, vinegar, and olive oil. Add the warm sweet potatoes and bread, parsley and cheese and toss. Serve within the hour.



Water Saved is Water Earned

— by the Black and Gold City Goes Green Campaign

This month, stop making more work for yourself- and your appliances. Run your dishwasher and washing machine with full loads. The more loads you run, the more water (and energy) gets wasted. So run these machines only when you have to and save energy, water, time, money and global warming pollution.

To really challenge yourself, install insulation on the hot water pipes in your house or install a rain barrel or tank-less hot water heater. Details on these actions – including where to find the expert help you may need to take action – are on the Black and Gold City Goes Green website

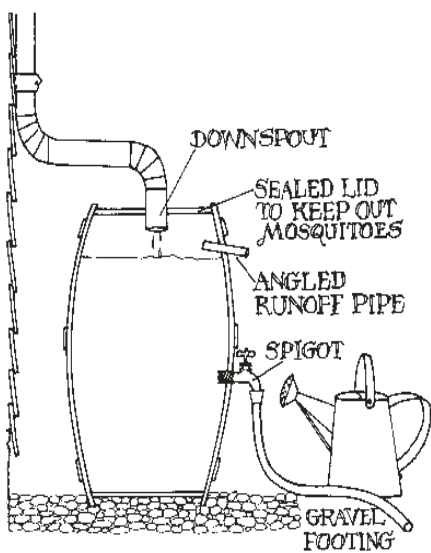
at <http://www.gogreensavewater.com/>. This spring, we're happy to support the **World Environment Day** effort, with actions that save both water and energy. Enroll your community group, school, or organization to compete for prizes in our Water Savers Competition at <http://my.pennfuture.org/watersavers> or call us at 412-258-6680. Taking three or more actions as an individual, including all the green actions from April-June, will enter you in a drawing for prizes, too!

Make sure you report your actions at the website, so we know how well we're doing. No computer? No problem. Call us at 412-258-6680 or send us a postcard to report your activity.

New to the Black and Gold City Goes Green Campaign? We're happy you are here! The goal of the campaign is to work together to reduce heat-trapping gases that cause global warming, making a significant measurable decrease in pollution. Each month, the Campaign details a new set of actions (green, greener, greenest), which you can do at little or no cost.

More information can be found at our website: www.theblackandgoldcitygoesgreen.com or call us at 412-258-6680.

The Black and Gold City Goes Green Campaign is coordinated by Penn Future.



Outreach Calendar

Join the Co-op at these community events!



Summer Reading Extravaganza!

Sponsored by Carnegie Library

Sunday, June 6 | 12:00 pm – 5:00 pm
Carnegie Library - Oakland Branch
4400 Forbes Avenue, Pittsburgh, PA 15213

Bring the family for a day of activities, giveaways, music, and books! This year's theme is **Make a Splash @ Your Library**.

Free and open to the public!

Feeding the Earth: Compost is the Key...

Two Monday Evenings: June 7 and 14 | 7 pm
Phipps Garden Center Auditorium, 1059 Shady Ave, just South of Fifth Ave.

Compost is the key to some of the most hopeful frontiers in our region and the world, and ways that each of us can help move it in the right directions. "Feeding the Earth" is a two-part slide-show/lecture/discussion on the frontiers of composting and urban/food/farm relations.

On the first evening, we provide context of these frontiers, to appreciate their historical importance:

- Growing interest in composting — backyard and institutional
- Basic ecology of decomposition
- Brief history of compostable waste and agriculture
- How we learned some valuable connections (before 1850)
- How we lost these valuable connections (since 1850)
- Ongoing costs of disconnection

On the second evening, we provide an overview of current practices and possibilities in our region:

- The vast scale of potential compost
- Compost uses of greatest social and environmental benefit
- Overview of composting technologies
- Growing competition for compostable waste
- Building the best regional infrastructure that we possibly can

Presenter Nick Shorr is Program Manager of Regional Composting Initiatives at the Pennsylvania Resources Council. A coop member since 2002, Nick helped the Co-op launch its diversion of compostable waste. He has a PhD in Agricultural Anthropology and has completed fieldwork in Amazonia. A very busy person, Nick has managed farmers' markets; worked on composting facilities, community gardens and farms in five states, and has taught the history and ecology of agriculture to undergraduates since 1992.

Get more information and register at <http://www.prc.org/feedingearth.html>

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

TAKE ACTION: Rescue Local and Organic Farming in the Food Safety Bill!



WHAT YOU CAN DO

Now is your chance, as a supporter of sustainable family farming, to help fix these problems. Senator John Tester (D-MT), a certified organic farmer himself, is proposing an amendment to S. 510 that would exempt small-scale farmers and food processors from the most burdensome regulations.

For more information on the amendment, go to:

<http://www.cornucopia.org/2010/04/action-alert-rescue-localorganic-farming-in-the-food-safety-bill/#more-2770>

Your Voice Makes a Difference. Thanks for your support of organic, local and sustainable farmers!

The U.S. Senate will vote shortly on a sweeping overhaul of federal food safety law (S. 510). The House food safety bill passed last year (HR 2749) included several measures that potentially threaten small-scale local farmers and organic producers, including a blanket application of complicated monitoring and traceability standards — regardless of one's farm size — and a potential \$500 fee for any farm engaged in onsite processing (i.e., maple syrup production, sun-dried tomatoes, salad mixes, etc.).

The vast majority of recent food safety scandals in the U.S. — E. coli on fresh spinach, melamine in dairy products, Salmonella in peanut butter — were all linked to industrial agribusiness practices. There's no doubt that industrial agriculture and its international supply chain need better oversight. But, family-scale local and organic farms are probably the safest in the nation — they are part of the solution, not part of the problem — and need to be protected!

Please contact your Senators today and ask them to support the Tester amendment to S. 510.

Call the Capitol Switchboard at (202) 224-3121 to find their phone number.



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WHO WE ARE

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

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

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

MANAGEMENT TEAM

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

EAST END FOOD CO-OP

7516 Meade Street
Pittsburgh, PA 15208

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MARK YOUR CALENDARS

**The 5th Annual
Co-op Art Harvest
is Sunday, September 26!**

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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: EEFC Member Services, 7516 Meade St. Pittsburgh, PA 15208 or e-mail to: memberservices@eastendfood.coop

Submission Deadlines

All submissions, including articles and advertisements, must be received in the Co-op office by the first of the month for the following month.

The East End Food Co-op does not endorse the views or products of the advertisers in this newsletter. Opinions expressed are the writer's own and do not necessarily reflect Co-op policy.

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

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

WRITE TO US: The Editor of *The Co-operator* welcomes your letters! Send your 250 words or less to:
Kara Holsopple, Member Services, East End Food Co-op,
7516 Meade Street, Pittsburgh, PA 15208.
Or e-mail to: memberservices@eastendfood.coop

staff NEWS

Employee of the Month

Congratulations to **Travis Straub**, our **Employee of the Month for April 2010**. Interview by Jessica Johnson

How long have you worked at the Co-op?

It'll be a year in August, so about 8 months.

What are your favorite things about working here?

I'd say my co-workers.

Are there things that you wish you could change?

Can't think of anything off-hand. I guess I'd like more opportunities to interact with other staff outside of work. So more Co-op parties!

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

I was excited... I need groceries. I have a kitty at home to feed. 🐾



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Or e-mail

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DID YOU KNOW...

Step Six in the BETTER EATING FOR LIFE Program is "Nibble Your Way to Great Nutrition!"

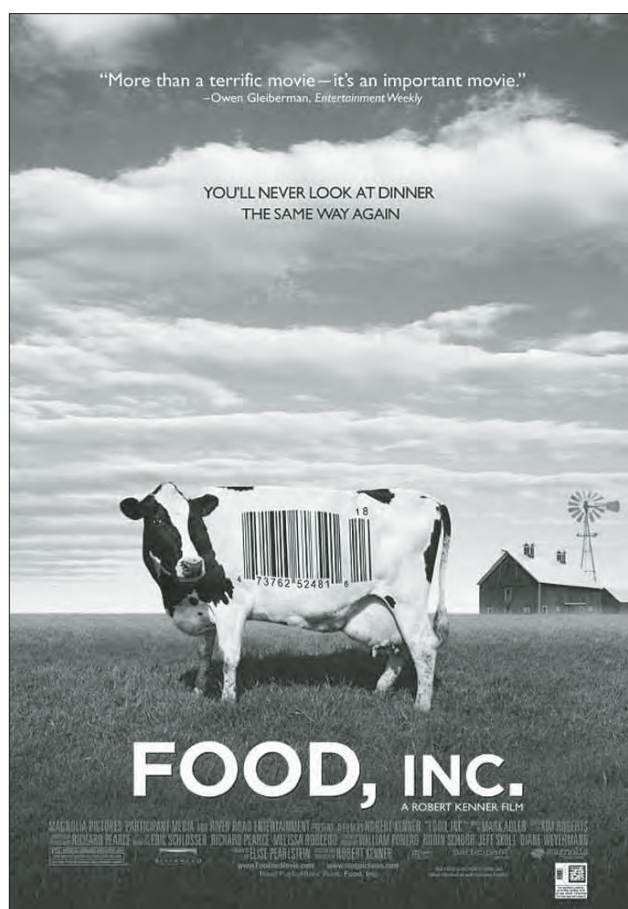
Smart snacking is a proven way to a healthier lifestyle. Many Americans find that they have neither the time nor inclination to prepare three big meals a day. Choosing wholesome snacks to stave off hunger or as mini-meals throughout the day can make a big difference in overall health and diet goals.

The Step Six packets includes tips for morning and afternoon snacks, as well as a comprehensive list of "evening edibles" that will satisfy without adding too many extra calories.

Recipes included in this month's packet include *Potato Wedgies*, *Herbed Cheese Spread*, *Doubly Good Onion Rings* and *Best Bean Nachos*. A list of snacking resources from the American Heart Association, as well as snack ideas for kids, 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.



Community Film Screening FOOD, INC.

Wednesday, June 8 6-8 pm

Featuring a special panel discussion:

"What can we do to improve the health of our neighborhoods," a question and answer session, and community resource tables.

Carnegie Library of Pittsburgh — Homewood
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- Healthy refreshments provided by the Ujamaa Collective.
- Childcare available. RSVP required. RSVP by phone at 412-431-8960 or email info@justharvest.org

Sponsored in part by Black Mommy Circle, East End Food Co-op, Just Harvest, Penn State Cooperative Extension, and Pittsburgh Food Policy Council

In partnership with Active Voice, Participant Media and Councilman Ricky Burgess

Employment Opportunity: OUTREACH COORDINATOR

East End Food Co-operative, a community of great people and your neighborhood's alternative grocery store, is now interviewing for a Part-Time OUTREACH CO-ORDINATOR (weekends/evenings). The successful candidate will work to promote a positive image of EEFC; oversee volunteer program, educational programs and store-wide product promos. The OUTREACH CO-ORDINATOR will also work on targeted community initiatives.

General Qualifications include:

Excellent writing and communications skills; familiar with natural foods & cooperatives & who is friendly, outgoing & professional with everyone.

To apply, pick up an employment application at the Co-op (7516 Meade St. Pgh, PA. 15208) or on the web: www.eastendfood.coop. Complete and submit to **Attn: Jane Harter**. Please include a resume and writing sample.

Apply by Tuesday, June 15, 2010.

bulletin BOARD



new classes

June 3, 7pm

Let the Sun In:
Solar Power Meet-ups
with David Barlow of Solar Power Services PA

Come learn about the benefits of using the sun's power to create hot water from Master Plumber and Certified Solar Hot Water Installer, David Barlow. Interested in "solar raising", where many hands make solar power installation light work? Come meet like-minded people!

Thursday June 10, 7pm

Introduction to Effective Communication

With David Park, MS, CC of Inner Smile Success

You may have heard about Non-Violent Communication. You may know that it was developed by Marshall Rosenberg, a PhD in Psychology and that it has been used successfully in inner cities and to quell violence and overcome misunderstandings in places such as Rwanda, Nigeria, the Middle East, and Ireland.

David Park designed this mini-workshop as a gentle introduction to Non-Violent Communication principles and techniques. Join us for an illuminating evening in which we will explore how language shapes our experience of the world and how everyday language actually fosters conflict.

- Discuss how language shapes the way we see and interact with the world.
- Discover how to use language in a new and effective way to gain understanding and cooperation.
- Learn the four components of Non-Violent Communication.
- Learn the key to successful Non-Violent Communication.

This is a free presentation, but please register at 412.242.3598.

June 2010 ... hot bar specials

sunday	monday	tuesday	wednesday	thursday	friday	saturday
		1 Chimichurri Tofu	2 Burrito Bar	3 Curried Pea Quiche	4 Pizza Dairy & Vegan	5 Tempeh Adobo
6 Chef's Choice	7 Barley Risotto	8 Potato Chickpea Masala	9 Indian Kitchen	10 BBQ Seitan w/ Mac & Cheese	11 Pizza Dairy & Vegan	12 Buffalo Tofu
13 Chef's Choice	14 Curried Red Lentils & Chickpeas w/ Swiss Chard	15 Sausage & Mushroom Lasagna	16 Pasta Bar	17 Summer Squash Gratin	18 Pizza Dairy & Vegan	19 Peking Seitan
20 Chef's Choice	21 Seitan Stroganoff	22 Mock Chicken & Biscuits	23 Country Kitchen	24 Herb Roasted Eggplant w/ Chickpeas	25 Pizza Dairy & Vegan	26 Mock Tuna & Noodles
27 Chef's Choice	28 Sicilian Broccoli & Cauliflower Penne	29 Coconut Lemongrass Tempeh	30 Stir Fry Bar	WEEKEND BRUNCH BAR 9 AM to 1:30 PM WHEAT-FREE PANCAKES, EGGS, TOFU SCRAMBLER, VEGAN FRENCH TOAST, ROASTED POTATOES AND MORE! HOT FOODS BAR 11 AM to 7 PM – DAILY 1:30 PM to 7 PM – WEEKENDS		

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JIN SHIN JYUTSUR SELF HELP CLASS — July 10 & 11. This ancient Japanese art harmonizes life energy in the body promoting homeostasis and optimal health. Learn how to harmonize and balance yourself physically, mentally and emotionally to eliminate stress, relieve pain and balance acute and chronic health issues. Get more information and register at www.cnhp.org or call 800-321-1005.

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GUITAR LESSONS IN POINT BREEZE, just two blocks from the Co-op. Let's tug on the roots of American music together! Call David at 412-589-3209.

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DR. DONALD MANTELL, MD, ND, Natural Health Solutions, Treats All Cancers. Wholistic Approach for Optimum Health with 30 years of experience in wholistic medicine. 3495 Greensburg Rd. Murrysburg, PA 15668, 724-327-5604.

EDGAR CAYCE, Father of Holistic Medicine in U.S. — Lectures, classes and study groups on holistic health, dream study, meditation and spiritual growth. (412) 661-5947 or (724) 443-2576.

EDDIE SHAW, MASSAGE THERAPIST — 5801 Beacon Street, Sq. Hill (next to Giant Eagle parking lot), 412-855-1532. www.squirrelhillmassage.com. Relaxation and deep tissue massage. Increased flexibility and deep tissue work—there is nothing like it. \$15 off the first visit for Co-op members.

YOUR MESSAGE COULD GO HERE. An unclassified ad is an incredible value at \$20 AND... Co-op members save 10%. 25-word limit (loosely enforced). Add up to 10 additional words for 25 cents each.

WANTED:

Musicians, performers and crafty demonstrators

for the 5th Annual Co-op Art Harvest!

This year's festivities take place on
Sunday September 26 from 11am-5pm

Please contact Kara at memberservices@eastendfood.coop or
412-242-3598 ext. 103 if interested.

new classes

Thursday June 17, 7pm

4th Annual Raw Kombucha Brewfest

with Deborah A. Uttenreither*

Come learn all about Kombucha fermented tea, including how to brew your own! We will have the scoby starters on hand, and there will be ample brew to taste, too. If you have some home brew, bring it to share.

NOTE: Unless otherwise designated, workshops are free, but please register in advance at 412.242.3598.

* About LifeFuel Health Coaching

Offering individuals, families, and companies the tools for creating a healthy life. Other services include workshops, self-monitored programs, speaking and educational opportunities, individualized cooking classes, and personalized kitchen clean outs. We work closely with alternative and traditional medicine professionals to ensure a balanced approach to a life lived well. For more information, visit LifeFuelHealthCoaching.com or call 412-719-4140.

Another way to join your Co-op?

Join our Co-op E-news monthly electronic newsletter!

Just click on the link at the bottom of our website, www.eastend-food.coop. Co-op E-news includes reminders of events, special sales and consumer action information. It's everything that's NOT in print!

Login with Facebook

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CAFÉ HOURS

DAILY

JUICE BAR
8 AM - 7 PM

SALAD BAR & SOUP
8 AM - 7 PM

HOT FOODS
11 AM - 7 PM

WEEKENDS

WEEKEND BRUNCH BAR
9 AM - 1:30 PM

HOT FOODS
1:30 PM - 7 PM

WE OWN IT-

