

# 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, 2012.

The next quarter goes from July 1, 2012 through September 30, 2012.

### BOARD OF DIRECTORS

#### MONTHLY MEETING

ALL MEMBERS ARE WELCOME.

The next meeting will take place on Monday, Jun 18 at 7pm.

Check out the weekly deals for

### MEADE STREET MADNESS

on our website:

[www.eastendfood.coop](http://www.eastendfood.coop)

### CO-OP ORIENTATION

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

Call 412.242.3598 ext. 103 to register.

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#### SPECIAL INSERTS:

5/30 - 6/19 CO-OP DEALS  
6/20 - 7/3 CO-OP DEALS

### EAST END FOOD CO-OP

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

## Garden Dreams

### Pickles vs. Beetles!

by Hannah Kemara Reiff

I grow cucumbers for many reasons but the main one is my love of pickles. Homemade pickles just can't be beat. I learned how to pickle from The Joy of Pickling (available at the Co-op!) Preserving food in salt or vinegar is an old idea, and my favorite incarnation of such preservation is a simple cucumber pickle. The problem with this scenario is that another small 6 legged insect likes cucumbers too. The striped cucumber beetle, also known as *Acalymma vittatum* is a familiar sight to many gardeners in the Pittsburgh area. About 1/4" long, yellow and black striped, this small beetle feeds on plants and spreads the disease bacterial wilt. Even if you have not noticed the beetle, you may wonder why your cucumber plants wilt, shrivel up and then die before you get enough cucumbers to make pickles! What's an organic gardener to do?

Well, luckily, pickles can still be had. Let us start with what the beetle does. The adult beetle overwinters in Pennsylvania on crop residue. Then, the little buggers emerge in spring and look for cucurbit plants to feast on. The cucurbit family includes cucumbers, melons, squash, gourds and pumpkins. The beetles prefer cucumbers, zucchinis, and Blue Hubbard squash plants, and may leave your Butternut

and cantaloupe plants alone. They feed on the leaves and lay eggs in the soil at the base of the plants; the young then emerge and repeat the process. Striped cucumber beetles prefer the cotyledons, the leaves that emerge first, before the true leaves. They can weaken young plants, and the bacterial wilt they carry swiftly ends the life of older plants.

#### Here are some tips for battling the beetle:

- 1) Plant cucumbers in succession every 2 weeks, or simply plant them the very end of June to avoid the majority of beetles.
- 2) Cover and protect young seedlings with a breathable fabric row until they have 3 true leaves. You can leave the row cover on your plants to lock out the bugs but remove it when they flower so bees can pollinate. You can also protect young plants by placing milk jugs or gallon coffee cans over them. Make sure the tops and bottoms of the containers are cut off and screen or fine mesh of some sort is placed over the top.
- 3) One variety of pickling cucumber, H-19 Little Leaf, can set fruit without pollination (so you can leave the row cover on) and may show resistance to bacterial wilt.
- 4) Hand pick the bugs and kill them but be quick....they fly!
- 5) Diatomaceous earth is a powder made from the fossilized remains of diatoms, which are hard-shelled algae. If sprinkled on the ground around your cucumber plants as well as on the leaves, it dries out the beetles until they die. Use it only before plants flower so as not to damage beneficial pollinators. Apply again after rain.



6) Planting trap crops (that the beetles prefer) such as Blue Hubbard squash on the periphery of your garden can draw the beetles away from your cucumbers, but only tends to work when working with large plantings.

7) Planting on black plastic mulch reduces the number of baby beetles that emerge from the soil.

8) Check dead flower heads of squash and melon plants and dispose of them if beetles have congregated inside.

9) Kaolin clay, sold under the brand name Surround, can be sprayed on your plants and repels the beetles by making the leaves unappetizing to eat and irritating the beetles. Neem oil spray made from seeds of the Neem tree and sold under the brand name Bon-Neem may also repel them.

10) Planting radishes or nasturtiums alongside your cucumber plants may repel the beetles.

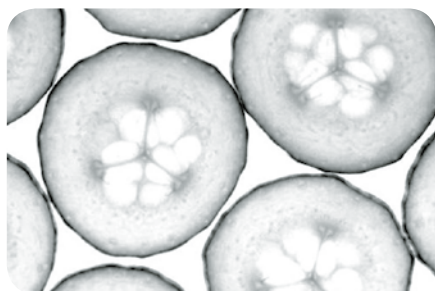
11) Pick your cucumbers young! Beat the beetles to it!

With a combination of a few of these ideas, you may get to enjoy your cucumbers after all! After you savor some cucumbers fresh from the garden, grab some salt, some vinegar, some jars and a pickling book and try your hand at preserving your harvest with pickles! That way, if the beetles win next year, you will still have some cucumbers to enjoy.

Garden Dreams Urban Farm & Nursery  
806 Holland Ave. Wilkensburg PA 15221  
Wednesday - Friday 10:00 - 6:00  
Saturday & Sunday 9:00 - 6:00  
[www.mygardendreams.com](http://www.mygardendreams.com)  
Now on Facebook!



*Acalymma vittatum*



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 18 at 7pm.



WE OWN IT - CO-OP

Dated Materials — DO NOT DELAY

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



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## Co-op Renovations

by Justin Pizzella, Operations Manager

As you read the article, the Coop will be in the final stages of our first significant renovation in years. The renovation is comprehensive and is designed to increase our product selection primarily in the perimeter of the store – Produce, Bulk, Café and Perishable. These categories are where our values lie and where we have the greatest impact on our local community. Additionally, this renovation is the first part of our expansion plans in the coming years. In addition to this renovation, we plan to build a second store somewhere in the greater Pittsburgh area within the next 18 months. This will then be followed by a relocation of the East End store somewhere in the immediate Point Breeze area in 5 to 6 years.

The first phase happened over the winter and primarily behind the scenes. We renovated our stockroom, relocated our buyers' offices, and renovated the Produce Prep area. Since we weren't expanding our store footprint, these renovations allowed us to better use our existing space. For example, we invested in new shelving in our stockroom and produce prep areas. Much of this shelving is on a rolling rack similar to what you may find in a library and allows us to increase of storage capacity by 30% without changing our footprint. The shelving is a long-term investment and will move with us when we relocate this store.

The second phase included the renovations in Produce, the Front End, and Perishable. In Produce we purchased coolers and great new dry produce tables. The Front End included the relocation of customer service and renovations to our front end office space. In Perishable, we purchased new coolers.

After an over month-long hiatus, we started back on the final phase including the renovation of the Wellness depart-

ment, Bulks, and the Café. In the Wellness department we installed new wooden shelving. In Bulks, we installed new fixtures and bins, and in the Café we installed a new hot/cold bar, a cheese walk-around cooler, and a new coffee/juice bar.

### Sustainability In Action

Although a lot of work has been completed in this project, it wasn't done at the expense of sustainability. Some highlights of the project include:

**Produce** – the new coolers were purchased as refurbished units. Our old case has a high likelihood of also being refurbished and used by another grocer. Additionally, the dry tables, although new, were built by a great sustainable company called Jefferson State Forest products. You can read about their sustainable practices here: [http://www.jeffersonstateproducts.com/index.php?main\\_page=about#upstream](http://www.jeffersonstateproducts.com/index.php?main_page=about#upstream).

**Bulks** – Jefferson State supplied the new wooden bulk fixtures and the shelving along the walls was repurposed from the Wellness aisle.

**Customer Service** – although the counter looks new and there was some new wood and paint involved, almost all of it is actually reused from the old customer service desk. In fact, every piece of the old customer service desk was reused somewhere in the store.

**Perishable** – The coolers were new and were purchased from a Wisconsin company called Zero Zone. These coolers are so efficient that even though we increased the amount of refrigerated cases in the store, we reduced our overall energy consumption!

Thanks for all your patience and understanding as we continue to improve our Coop to better serve you!

## Member Services Message

### Calling All Volunteers!

by Luke Ohlson, Member Services Coordinator

We are excited to announce that we'll be having some upcoming volunteer opportunities with community partners this summer.

In a recent survey of active volunteers we received suggestions for more outside volunteer opportunities. We've been reaching out to community partners to try and outline ways we can be involved over the next couple of months. We will be sending out e-mails to our current volunteers with updates on community volunteering. At the moment it looks like we'll have an ongoing volunteer opportunity with the Penn State Extension community garden that will be starting this month as well as work days with other organizations in Pittsburgh. We are looking to have one big day for volunteer turn out in late June and another in August.

As always there are opportunities to volunteer in the store on a regular basis. Our staff is greatly appreciative of all the volunteers have been doing in the store and feedback from active volunteers about their experience has been overwhelmingly positive. We're still looking to improve and

have an ongoing dialogue with volunteers. If you have questions or concerns about the volunteer program please do not hesitate to let us know, either through the suggestion box or by contacting our customer service desk. Stay tuned for updates about upcoming community volunteer opportunities and if you aren't already a volunteer, the summer is a great time to start!

**Note** – I also wanted to let everyone know that I will be leaving my position here at the Co-op and will be heading back to the Boston area (where I'm originally from). The volunteer program will continue to be coordinated by our member services department. I know that a great group of volunteers and staff members will keep the program going strong.

I've loved being involved with the Co-op over the past few years as a member turned volunteer turned employee and will miss the community here. Thank you to all of the volunteers, staff, and members who have made me feel so welcome here. I wish the Co-op the very best in the future.

## Renovation Celebration!

**We're ready to celebrate! You've been so patient... and your newly improved Co-op is finally ready! Are you?**

**June 29 and 30th**

**Join us for special deals, fun activities, delectable tastings, kid's games, and more!**



## bottom line with the board

**Thank you during this time of transition.**

by The EEFC Board and the Transition Management Team

The Co-op Board would like to thank all our members, staff, and numerous community partners including PASA, the International Year of Cooperatives Pittsburgh Organizing Committee (IYCPOC), the Penn State Cooperative, Construction Junction, and many others for your

thoughtful input as we move through the search to fill the General Manager position. Our process is moving forward and we are taking your feedback into consideration as we evaluate the candidates. We ask for your continued patience as we continue our search.

## Look for your Co-op at these FREE events this summer:

### Carnegie Library Summer Reading Extravaganza

Sunday June 10, 12-5pm

Lawn of Carnegie Library, Main Branch, Oakland

### Pittsburgh Pride PrideFest

Sunday June 10, 1-6pm

Liberty Avenue in Downtown Pittsburgh between 6th Street and 10th Street

### Run Around the Square

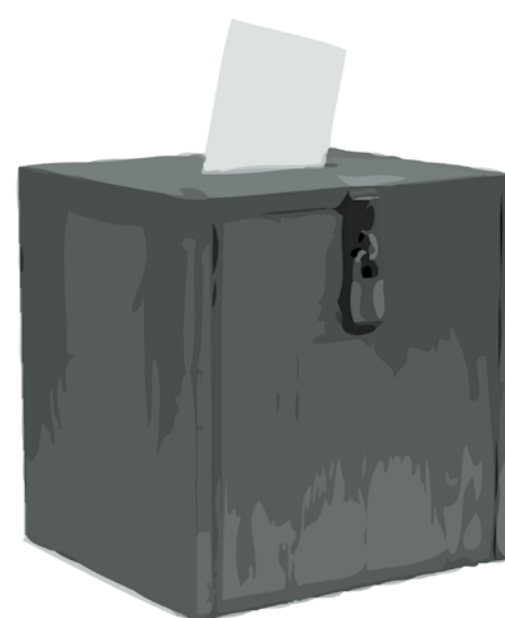
Saturday August 25, 8am

Regent Square/Fern Hollow, Frick Park

Stay tuned for information about our 2012 Eat Local Challenge later this summer!

## SERVE YOUR CO-OP SERVE YOUR COMMUNITY!

Run for the  
Board of Directors



**Announce your Candidacy by July 25th**  
Info available at Customer Service or  
[eeec.nominations.and.elections@gmail.com](mailto:eeec.nominations.and.elections@gmail.com)



### 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

**Will New Chapter products still remain on our shelves or will our members be advised that they are now aligned with “the world’s worst” — The Gates Foundation, Monsanto, Big Pharma, etc.**

The growth and success of natural/organic foods has presented us with many challenges and opportunities. This sector is now attractive to corporate and other interests motivated solely on capturing market share and generating profit. This has led to some of the leading companies in the sector to be purchased by large corporations - New Chapter is the latest. Instead of taking a knee-jerk approach to this situation, the Coop is taking a planful approach in the development of a comprehensive evaluation program of all the products we carry in the store. This program is scheduled to be developed and piloted over the summer in a few categories, with full implementation in the fall.

— Justin Pizzella, Operations Manager

### Please improve parking spaces.

This is one of the most common complaints or suggestions we receive, and we understand why. The Factory parking lot is busy, and frequently crowded on the weekends. We are one of a handful of businesses that use it. Unfortunately, there isn’t much we can do, as we don’t own the parking lot. We’ve looked into additional parking in the neighborhood, and there may be some possibilities—but some ideas led to dead ends. One good piece of news is that we are increasing our bike parking significantly, and we are encouraging as many people as possible to use it.

— Kara Holsopple, Marketing and Member Services Manager

**The large carts located on the pavement are a risk for rolling away. In a worst case scenario, the carts could strike a car on the street and cause an accident. These large carts are held in place very tenuously and are on a downward incline. This puts people and the Coop at risk.**

The current cart situation isn’t ideal.

The carts are in their current location as a result of the on-going renovation project. A permanent home is in the plans and is planned to be finished in mid-May. thank you all for your patience.

— Justin Pizzella, Operations Manager

### Thank you for the new restrooms—what a difference!

You are very welcome! We are happy we were able to include them in this remodel.

— Kara Holsopple, Marketing and Member Services Manager



## book review

### Get Your Garden On!

#### Reviews of a few handy books and a couple local suppliers

by Claire Westbrook

And so it goes, another summer is upon us and for all we know it may snow... given the weather that we’ve had over the last 6 months or so I wouldn’t be surprised, but that’s a whole other article entirely. For now, let’s focus on what’s going on under our feet with the Earth and see if we can get some good things growing to put on the table. Like maybe some Rat Tail Radish or Pennsylvania Smartweed. Huh? Yep, so many, many different things to grow and thanks to Good Mind Seeds you can order the aforementioned for a little something different for your soil or just stick with some fabulously drought resistant Punta Banda or equally unrivaled for taste Hog Heart tomatoes.

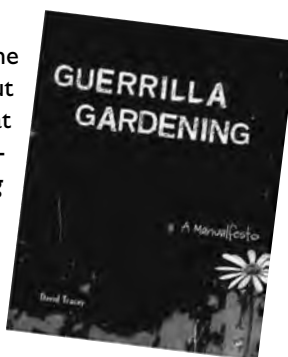
[www.goodmindseeds.org](http://www.goodmindseeds.org)

#### Guerrilla Gardening

by David Tracey

Don’t have any place to throw some seeds down? No sunlight or space to put a few containers out? Itching to turn that empty lot next door to you into something beautiful? **Guerrilla Gardening** may just be the book for you then. David Tracey’s Manual for folks who want use plants for reclaiming public space for the public good is not only incredibly easy to breeze through, it’s inspiring in a completely accessible way to anyone who wants to do something, ANYTHING, about their surroundings whether it’s making seed bombs to toss into open fields or find somewhere to use old metal bed frames (as a trellis or gate).

You will want to do something (more) for the planet after checking this read out. Promise.



#### Vertical Gardening

by Derek Fell

However...if you do have some space of your own to grow things in (but maybe not that much) then you’ll definitely want to check out **Vertical Gardening** by Derek Fell. And having checked it out I’m feeling a lot better about the possibilities for my own back yard and how much more I may be able to grow (if I can just commit to every weekend until this article is printed being in the garden!) with just a few additional structures to support my burgeoning seed and seedling collection with what fence and space I have. We’re not talking super expensive fancy stuff either, I mean you could get crazy with everything but with a few bamboo poles and some netting growing any sort of climbing fruit or veggie is totally within your reach....no pun intended!

In case you’ve really been living under a rock, then you’ve most likely seen the seedlings outside the Co-op and even bought some of them. In most grocery or hardware stores it’s easy to take for granted that when the time is right for planting then there’s usually something available to purchase for your garden. But Garden Dreams in Wilkinsburg (the ones supplying those lovely little starter plants you see out on the sidewalk in front of the EEFC) continues to prove that they’re more than just your average urban farm. Having made my way over to the dream turned community outlet via all things certified naturally grown (soon to be certified organic) of Mindy Schwartz, I can’t write highly enough of the way anything I’ve ever gotten from there has flourished (with not always the greatest attention from me!). Go enjoy the serenity of the space....a hidden gem in an otherwise challenged community.

[www.mygardendreams.com](http://www.mygardendreams.com)



# THE FOOD YOU EAT

## what's cookin' in the co-op café kitchen!



Lots of change happening in the Co-op Café this summer. What's not changing? You can still Count on the Co-op Café for refreshing grab-and-go salads in the deli case—perfect for barbeques, grad celebrations, or any time! You can special order this salad—and many others—with 48 hours notice. Give the Co-p Café a call for details. And enjoy!

### Co-op Café Curried Potato Salad

Serves 4

#### INGREDIENTS

3/4 pounds Russet potatoes, boiled whole	1/2 bunch cilantro, chopped
3/4 pounds Sweet potato, boiled whole	1 cup Veganaise
3 celery stalks, small dice	1/4 cup lemon juice
5 scallions, chopped	1/4 teaspoon salt
	1 Tablespoon curry powder, gently heated



#### INSTRUCTIONS

1. Boil potatoes whole, cool, peel if necessary, and chop.
2. Dice celery and scallions.
3. Chop cilantro.
4. Mix together veganaise, lemon juice, salt and curry powder.
5. Stir dressing into salad.

## NEW IN THE AISLES New Products on Our Shelves

### Aisle 3

St. Dalfour Giant Pitted Prunes  
Schar Gluten Free Rice Crusts

### Aisle 5

Goddess Garden Organic Sunscreens

### Aisle 6

Jeni's Splendid Ice Creams(SEE PHOTO)  
Mimi's Kitchen Gluten Free Ready to Bake Cookies  
Gardein Teriyaki Chick'n Strips and Zesty Marinara Crispy Chick'n Fillets



Quorn Vegan Veggie Burgers  
So Delicious Greek Style Cultured Coconut Milk  
Daiya Dairy Free Wedges—Jack, Havarti and Cheddar styles

## June: The Marvelous Month of Mulberries

By Melissa Sokulski

This month you may find yourself walking down the street and suddenly the sidewalk is stained purple. Look up and rejoice because you are standing under a mulberry tree, full of ripe sweet berries.

There are many species of mulberry. The red mulberry is native to the United States, the black and white mulberries are native to Asia. Mulberry leaves are the sole food of the silkworm so the Asian trees were imported to the United States in the 18th century to cultivate silk worms and start a silk industry here. Mulberry trees have flourished and Pittsburgh is full of them.

They are easy to identify in June and July because they are full of dark purple (or sometimes plump white or white tinged with purple) berries. Unripe berries are hard and white or green and should not be eaten. The dark berries look similar to blackberries except mulberries are smaller, sweeter and without the hard seeds that are in blackberries.

The leaves of the mulberry are a great way to identify the tree, in that each tree can have more than one type of leaf (sassafras trees are also like this.) On a single mulberry tree you will find simple toothed unlobed leaves, but you will also find lobed leaves that can look like mittens (either right or left hand), some that look like mittens with a thumb on each side, and some with many lobes.

Mulberries are not typically found in a grocery store because they do not ship well. When ripe they are soft and will stain everything purple, making them a wonderful source of natural dye. Because they are not found in stores many people have lost the knowledge of this wonderful fruit. Yet there are no poisonous look-alikes so eating them is delicious and safe. If still unsure join us for a walk, we will point them out to you.

Berries can be eaten fresh or used in pies, cobblers, jam, wine, cordials and teas.

In Chinese herbal medicine many parts of the plant are used, all for different reasons. The mulberry leaf is used to treat

fever, headache, sore throat and cough. It is also used to clear red, sore, painful eyes, both internally and externally as an eye wash.

Mulberry root bark stops coughing and wheezing while also promoting urination to reduce edema, especially of the face. In European herbal traditions tea of the root bark is used to get rid of tapeworms.

Mulberry twig relieves arthritis in the joints of the arms. Clinical research has also shown an immune effect from drinking an infusion of mulberry twigs: patients with

reduced immune function showed an increased rate of lymphocytes (the white blood cells that defend the body against disease). These medicinal uses and studies can be found in the book **Chinese Herbal Medicine Materia Medi-**

**ca** by Dan Bensky and Andrew Gamble.

Mulberries are known as a "superfood" in some circles and are sold dried. They are incredibly nutritious. In Chinese medicine the berries are believed to enrich the blood and yin, treating conditions such as dizziness, tinnitus, premature graying of the hair and insomnia. Mulberries are high in iron, vitamin C, and, like Japanese knotweed, the antioxidant resveratrol, which is beneficial to the heart and brain.

One of the favored ways of gathering mulberries is to lay a sheet (one which you don't mind getting stained) or tarp below a tree and gently giving it a shake. Mulberries can be frozen or dried, though it takes many days to dry the berries in a dehydrator.

Enjoy mulberries this year: on hot or cold cereal, layered in a parfait, topped on ice cream, or decorated on cake. Your life will be instantly sweeter when you do.

Melissa Sokulski is an acupuncturist and herbalist at the Birch Center on Pittsburgh's South Side. She is also the owner of [www.FoodUnderFoot.com](http://www.FoodUnderFoot.com), a website about edible and medicinal uses of wild plants. See her website for walk schedule, pictures, harvesting tips and recipes. You can also sign up to receive her informative monthly newsletter and ebooks. She can be reached by email: [Melissa@FoodUnderFoot.com](mailto:Melissa@FoodUnderFoot.com).

## Father's Day Staff Picks

**Favorite Picks from some of the Dads (and Father-type figures) on our Co-op Staff!**

Jim McCool — Artisana 100% Organic Cocoa Bliss Spread

Paul Smith — Bearitos All Natural Yellow Corn Tortilla Chips

Justin Pizzella — Ron Gargas Local Beef

Dorral Hall — Divine Chocolates Mini Bars, 70% Dark, Milk and Milk Toffee Flavors

Ray Walker — Golden Temple Strawberry Granola in Bulk

David Hereth — Applegate Uncured Bacon

Christian Stahl — GT's Original Kombucha

**Happy Father's Day!**



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412-241-6042

# IN YOUR COMMUNITY, ON YOUR PLANET

## TreeVitalize — 5% Wednesday Partner

June 27

Our 5% Partner for June helps bring beauty and environmental benefits to communities throughout the Pittsburgh region by planting trees. TreeVitalize Pittsburgh is a partnership between the Western Pennsylvania Conservancy, Tree Pittsburgh, the City of Pittsburgh, Allegheny County Parks, and the Pennsylvania Department of Conservation and Natural Resources. The partnership was started in 2008 in response to the loss of tree cover in and around Pittsburgh. TreeVitalize set an initial goal of planting 20,000 trees in the region and so far they have planted over 14,000 trees with help from almost 4,000 volunteers. These new trees are now lining our streets, restoring our parks, and



improving our riverfront trails. Why do we need trees? Well in the urban environment, trees provide oxygen, improve air quality, intercept stormwater to reduce flooding, and create habitat for wildlife. Trees also benefit communities by lowering heating and cooling costs, increasing property resale values, improving human health, slowing traffic speeds, reducing community violence, and dampening noise pollution. Adding up all these services, Pittsburgh residents receive an estimated 2.4 million dollars in benefits annually from the trees along our streets.

## We're looking for a few good artists...

The Co-op Art Harvest is BACK!

Sunday September 23, 2012

12-5pm

Handmade, Art-making, Local Food, and Live Music — right in front of Your Co-op!

2012 East End Food CO-OP ART HARVEST REGISTRATION

Name \_\_\_\_\_  
Name for Promotion \_\_\_\_\_  
Address \_\_\_\_\_  
Phone # \_\_\_\_\_  
E-mail \_\_\_\_\_  
Circle one: Member/Non-member  
Member #: \_\_\_\_\_  
Describe items to be sold \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please attach a photograph or example of your work.

**Sunday September 23th, 2012 12-5pm**

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

**Registration Deadline: Monday August 20, 2012**

Participation fee: \$25 EEFC members/\$35 non-members  
Fee due with registration. Make checks payable to "EEFC"  
Fee includes one table and chair under the big Art Harvest tent

Vendors bring all table coverings and signage, and change needed- Co-op cannot provide change.

All arts for sale must be handmade, and participation will be based on quality of work.

Artists will be notified by August 31st about participation.

East End Food Co-op reserves the right to determine product acceptability. No cancellations after September 10, 2012. East End Food Co-op is not responsible for stolen or damaged artwork.

Please return this form to Customer Service, mail to EEFC, 7516 Meade Street, Pittsburgh, PA 15208, or e-mail to [coopartharvest@gmail.com](mailto:coopartharvest@gmail.com) by Monday August 20, 2012.

Questions? Call 412.242.3598 or e-mail [coopartharvest@gmail.com](mailto:coopartharvest@gmail.com)

## Learn about trees!

Become a Tree Tender to learn about urban forestry practices, tree biology and health, proper planting, pruning, and maintenance, and organizing tree plantings and tree care events. Tree Pittsburgh is offering three Tree Tender classes this summer:

**June 16th, 8am to 4pm (Wait List Only)**

Rothschild Doyno Collaborative  
2847 Penn Avenue, Strip District

**July 28th, 8am to 4pm**

Millvale Community Center  
416 Lincoln Ave, Millvale

**September 15, 8am to 4pm**

Western Pennsylvania Conservancy  
800 Waterfront Drive, Washington's Landing

To pre-register or find out more, please visit <http://treepittsburgh.org/become-tree-tender>.

## Apply for trees in your neighborhood!

Communities and other groups within Allegheny County can submit applications to the TreeVitalize program twice a year, in spring and fall, to receive free trees for their neighborhoods or projects. If your application is approved, TreeVitalize will then work with you to recruit volunteers and plan a tree planting event in your community. Learn more about how to apply by attending an application workshop:

**Monday, July 16th, 6:30 to 8pm**

Allegheny Public Library  
1230 Federal Street, Pittsburgh, PA 15212



To pre-register: (412) 586-2386 or [trees@paconserve.org](mailto:trees@paconserve.org)

Volunteer to plant trees! Tree plantings are a great opportunity to interact with your neighbors, visit new neighborhoods, or fulfill service hour requirements. You can volunteer to plant trees on your own or as part of a group during our spring and fall planting seasons. To find out about upcoming events please call (412) 586-2386 or email [trees@paconserve.org](mailto:trees@paconserve.org).

For more information about any events or programs, please call (412) 586-2386 or email [trees@paconserve.org](mailto:trees@paconserve.org). You can also visit us on the web at [www.treevitalizepgh.org](http://www.treevitalizepgh.org) or find us on Facebook!

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**pittsburghecotours.com** — Five entertaining walks through the best of Pittsburgh's East End. Explore parks, gardens, shops, food, museums, architecture, history, lovely neighborhoods, culture & art in guided walking tours without cars.

**HOLISTIC PSYCHOTHERAPY, PERSONAL COACHING** — Natural, highly effective approaches (EMDR, TFT, plus more) to stress, anxiety, depression, panic attacks, trauma, PTSD, relationships. Over 15 years experience. CO-OP member discount. Michele Bertini, Med, PhD. 412-365-2020.

**DE-CLUTTERING FOR THE WHOLE YOU** — Creating openness and breathing space in your home and in your life. It's not just "straightening up" one more time. Co-op member discount. Jude Goldstein, M.A. in Counseling, 845.641.7908 / [judegoldstein@yahoo.com](mailto:judegoldstein@yahoo.com)

**JIN SHIN JYUTSU, BODYTALK AND BOWEN BODY WORK** combined in a "Light Up Your Wellness Session." One time intro rate \$40. 724-863-1183 [stayingwell@comcast.net](mailto:stayingwell@comcast.net). [www.lightupyourwellness.com](http://www.lightupyourwellness.com)

**PIANO INSTRUCTION**, children or adults. Also composition, harmony, musicianship. Curiosities fed, mysteries revealed, according to your needs. David Mahler, experienced, nurturing teacher. Squirrel Hill. 412-681-0575. [dmahler@nwlink.com](mailto:dmahler@nwlink.com)

**GUITAR LESSONS IN POINT BREEZE**, two blocks from the Co-op. Let's tug on the roots of American music together! Call David at 412-812-8131.

**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.

**GOT CLUTTER?** Get organized with the non-judgmental help of In Its Place...Specialists in organizing your stuff, optimizing your space, transforming your life. Call Jody Adams, Certified Professional Organizer® at 724.850.7282 or visit [www.in-its-place.biz](http://www.in-its-place.biz)

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





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### WHO WE ARE

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

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

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

### MANAGEMENT TEAM

Justin Pizzella, **Operations Manager**  
Jane Harter, **Administrative Manager/HR**  
Kara Holsopple, **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  
Store 412.242.3598  
Café 412.242.7726  
Credit Union 412.243.7574

[www.eastendfood.coop](http://www.eastendfood.coop)  
[memberservices@eastendfood.coop](mailto:memberservices@eastendfood.coop)

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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.

**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:

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

Or e-mail to: [memberservices@eastendfood.coop](mailto:memberservices@eastendfood.coop)  
SUBMISSION DEADLINES

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

## STAFF NEWS

### Employee of the Month

Congratulations to Luke Ohlson who was chosen as the Co-op staff pick for May 2012 Employee-of-the-Month!



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

**A.** Since September 2011

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

**A.** The people, staff and shoppers, are great. Everyone is very nice and willing to help you. Everyone knows your name.

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

**A.** I wish we had a sparkling new location with plenty of parking to make everyone happy. I also wish more people knew about the Co-op.

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

**A.** Surprised and humbled! I didn't even know I had been nominated.

## 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.

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\* According to the PA Power Switch website (5/11/12).  
The Green Energy Collaborative is a program of Citizen Power, Inc.  
For more information call 412-421-7029.

### New Faces...

**Andrea Buggie, Co-op Café** — Born in Newfoundland, Canada, but raised in Brockway, PA. Loves plant medicine, gardening and riding bikes. Her big dream? To build a traditional Finnish-style sauna.

**Mary Cornell, Administration** — Goes by Bettina. Is enthusiastically committed to community building. A writer of both fiction and non-fiction, and contributor to online publications and blogs. Loves cooking and feeding people, and is engaged in feeding her own body, mind and soul.

**Jennifer Day, Front End** — Enjoys traveling and tries to visit a new place every year. Building a small house made out of recycled materials, including bottles, stone, brick and recycled lumber.

**Clint Stalnaker, Stockroom** — A vegan who always tries to live as environmentally conscious and socially responsible as possible. A musician who has played in punk/experimental bands—he also paints and does visual art.

**Welcome new staff members!**

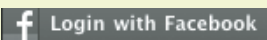
# BULLETIN BOARD



## NEW MEMBER BONUS QUARTER: thru JUNE 30, 2012

Don't forget to get your  
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The next quarter goes  
from July 1, 2012 through  
September 30, 2012.



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End Food Co-op boards!

**WE OWN IT-**



## June 2012 ... 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!

3 Chef's Choice	4 Sea Burgers	5 Potato and Beans Enchiladas	6 Burrito Bar	7 Sundried Tomato Cream Pasta	1 Pizza Dairy & Vegan	2 Asparagus & Mushroom Quiche
10 Chef's Choice	11 Vegetable Lasagna	12 Vegan Palak Paneer	13 Indian Kitchen	14 Indonesian Satay	8 Pizza Dairy & Vegan	9 Cheesy Spinach Strata
17 Chef's Choice	18 North African Vegetable Stew	19 Mock Tuna Noodle Casserole	20 Stir Fry Bar	21 Southwest Tempeh	15 Pizza Dairy & Vegan	23 Tofu al Pastor
24 Chef's Choice	25 Baked Ratatouille Pasta	26 Jamaican Jerk Tempeh	27 Caribbean Kitchen	28 Honey Dijon Seitan	29 Pizza Dairy & Vegan	30 Quiche Lorraine



## café hours

### weekends

WEEKEND BRUNCH BAR

9 AM - 1:30 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



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More at <http://social.un.org/coopsyear/>

## Spring Workshops at the Co-op

THURSDAY JUNE 7, 6:30PM

### Culinary Medicine: Sixth Annual Kombucha Brewfest

With Deborah Uttenreither CHC AADP

Come join the sixth annual Kombucha Brewfest where we share tips, tricks and recipes about the art of making that wonderful fermented tea called Kombucha. For only pennies a serving this class will teach you how to make your own kombucha. If you are already an avid brewer bring some of your own batch to join our tasting.

Free class, but please call 412-242-3598 to reserve your spot!



WEDNESDAY JUNE 27, 6:30PM

### Fresh Juicing Workshop

With Jeff and Cindy Berkowitz

Learn the benefits of drinking fresh vegetable juice:

- gain lots of energy
  - "beet" the 3 o'clock crash
  - dump the craving for soda, coffee, and sweetened soft drinks
  - get your micronutrients and live enzymes from vegetables
- See what real hydration feels like!

Jeff Berkowitz CHC, CEC and Cindy Berkowitz, CHC will show you that great tasting, fresh vegetable juice is and easy and fun way to drink your way to better health...lots of sample and recipes!

Free class, but please register at 412-242-3598 or at Customer Service in the store.

## House Rabbit Club Saturdays

Join the Pittsburgh House Rabbit Club EVERY SATURDAY morning in June, 9:30am-12pm, in front of your Co-op.

Each year, hundreds of domestic rabbits are abandoned to Pittsburgh animal shelters. Many more receive improper care, even neglect, from owners who simply don't understand their rabbit's basic needs for housing, diet, exercise and health care.

Learn more about domestic rabbits, and help spread the word!

More info at <http://www.pittsburghhouserabbit.org/>



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

FIRST FLYER RUNS FROM

**WEDNESDAY, MAY 30 TO TUESDAY, JUNE 19**

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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