

March 2013

Volume 24: Issue 3

THE CO-OPERATOR

a monthly newsletter of the East End Food Co-op

Pittsburgh, PA

STORE NEWS

MEMBER BONUS!
Get 10% off the order of your choice,
now until March 31, 2013.
The next quarter goes from April 1, 2013
through June 30, 2013.

**BOARD OF DIRECTORS
MONTHLY MEETING**
ALL MEMBERS ARE WELCOME.
The next meeting will take place on
Monday, March 18 at 7pm.

**YOUR CO-OP IN YOUR
COMMUNITY**
on Page 2

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

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SPECIAL INSERTS:

2/27 - 3/19 CO-OP DEALS
3/20 - 4/2 CO-OP DEALS

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PITTSBURGH, PA 15208
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Growing Democracy: Community by Community

by Mary Beth Steisslinger & Community Bill of Rights Pittsburgh

One of the most important things you can do for yourself and your community this spring is to take yourself and a friend to a Democracy School. Democracy Schools are hosted by local grassroots groups and taught by staff and friends of the Community Environmental Legal Defense Fund (CELDF). They challenge just about everything we think we know about our constitution and the efficacy of our governmental system.

CELDF has taught over 200 weekend Democracy Schools and the result has been 140 communities across the Northeast (many in PA) that have banned unwanted corporate activities: from fracking to the dumping of toxic sewage sludge on farm fields; from long wall mining to the privatization of local water supplies. These individual communities have set national precedents to protect their health, their land, their water and air — the ecosystems that sustain us.

The workshops being taught in PA start with our original state constitution. Many of us know that Benjamin Franklin helped to write an amazingly progressive document that set the highest standard in the thirteen original colonies for local representative democracy. And we remember that the main reason we fought the American Revolution was because the king was usurping our right to self-determination, making life difficult for all but those aligned with English corporate trade.

What many don't know is that Pennsylvania's first state constitution, upheld by farmers and trade representatives from each county (including people of color), lasted for only fourteen years (1776-1790). By 1790, corporate representatives along the eastern seaboard staged a quiet coup that undermined this constitution, taking away expanded suffrage, community representation and citizen oversight in favor of their own special interests.

At the recent annual Pittsburgh Summit Against Racism, participants in the Community Rights workshop enjoyed a skit that reflected our lack of decision-making powers. We discussed the resulting disproportionate effects on poor communities, people of color, and rural/agricultural areas with toxic dumps, resource extraction, et cetera. The workshop emphasized that *regulating harm does not work*

and actually distracts us from creating sustainable economies, healthy ecosystems and healthy communities. While many of us feel helpless to confront the power of corporate influence on government, what is new and hopeful is the grass-roots strategy growing quickly across Pennsylvania and other parts of the country.

Claiming community rights is a civil-rights-based strategy that intends to foster real local democracy and community-based representative government. Taking direction from the Abolitionist movement, the Women's Suffrage movement and the Civil Rights movement, the focus is on challenging local, state and federal laws that limit our ability to protect ourselves. This is done through the passage of new laws, municipality by municipality, that elevate the rights of people, communities and nature over the rights of corporations.

In 2010, Pittsburgh famously became the first major U.S. city to pass a community bill of rights (CBoR) ordinance. Included in our CBoR, indeed the issue that prompted its introduction in the first place, is a provision that prohibits fracking within the city. Now, this groundbreaking ordinance may become part of Pittsburgh's city charter. A group of citizens will be circulating a petition this summer to place a question on the November ballot that will allow city voters to include the CBoR in our charter, permanently protecting Pittsburgh from fracking. This is important because ordinances can be overturned by the mayor and city council, and with gas industry prompting, the mayor has already been trying to do so. Changes to the charter, however, must always be approved by a vote of the people.

Laws such as Pittsburgh's 2010 CBoR ordinance assert *what people want in their community*, and vindicate their right to govern themselves on issues, such as water and food safety, that impact their health and wellbeing. Across Pennsylvania, community majorities are democratically adopting these rights-based laws and using them to prohibit actions proposed by a corporate minority that would violate these rights. With this new approach, people no longer aim for the least possible harm by appealing to regulatory agencies. Communities are claiming the democratic right to say "NO" to whatever damaging development a corporation may propose.

The Regulatory Trap

When we think about whether regulatory agencies actually protect us, we might ask ourselves, *Are we in better shape than we were when the environmental movement started in the 1960s?* While we find that some of the visible indicators, especially in Pittsburgh, have improved, looking at the health of ecological systems around the planet the answer is clearly "no." Generally speaking, our legal system is designed to regulate harm, not outlaw it.

At the community level, citizens spend a good deal of energy organizing and protesting, trying to effect change—within the framework designed by the state and federal government (often corporate-funded). At the state and federal level, "experts" (often corporate-funded) battle over the range of allowable harm. And what we've seen over the last fifty years is more and more regulation of more and more harm. As one recent workshop participant noted, "We can yell and scream all we want, but the problem just goes back into the regulatory process."

CELDF is linking ecological protection directly to citizens' civil rights. They are helping communities reclaim democracy. And they are assisting with writing new laws directly into local charters. (A charter is the equivalent of a constitution for cities, towns and municipalities.) As CELDF's founder and legal expert Thomas Linzey says, "There has not yet been a successful environmental movement, because movements drive progressive change into the Constitution."

Only when we speak out and claim our unalienable rights to health and well-being can we really work toward justice and sustainability. Once a basic bill of rights is voted into a town or city charter, citizens have the power to add to it by referendum. We can direct our local government, by popular vote, to develop in ways that we deem wise. And wisdom tells us we must all work within the limits of the ecosystems that support us.

The next local Democracy School/**Community Rights Workshop** takes place at the Friends Meeting House in Oakland, March 29-30, and will highlight Pittsburgh's 2013 Community Bill of Rights. This event is sponsored by the Thomas Merton Center Environmental Justice Committee. No one will be turned away for lack of funds. For more information, go to tinyurl.com/CommunityRightsWorkshop.

There will be a presentation on the Pittsburgh Community Bill of Rights in the Co-op Cafe seating area on Thursday, March 21, at 7:00. Join us and get involved in the summer petition drive to permanently embed our Community Bill of Rights in our local constitution. We plan to grow democracy in Pittsburgh. For questions, email Pat at billofrightspittsburgh-campaign@yahoo.com.

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, March 18 at 7pm.



WE OWN IT - CO-OP

Dated Materials — DO NOT DELAY

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Our Co-op's Ends Policy Statement

by EEFC Board of Directors

How many members out there know what our Ends Policy Statement is? How many could recite it? How many know where to find our statement? (Hint: it's usually printed around page 3 of The Co-operator.) How many know what an ends policy statement is for? In other words, why have one?

Unlike a mission statement (that states what an organization will be engaged in), or a value statement (an organization's core beliefs), an ends statement explains why an organization exists, what difference it will make, or, rephrased, what the results of its activity will be. According to John and Miriam Carver, executive coeditors of Board Leadership: Policy Governance in Action, we need to ask ourselves what effect our organization has. For whom? And what costs are sufficient to justify our existence? Whereas value and mission statements may never change, an ends statement may change as time and circumstances dictate, or as an organization grows, finds its special niche, and fine-tunes its role.

According to the Carvers, the question we're answering is: what is the organization for? (rather than what does it do?). What is its exchange with the world? (resources consumed vs. human benefits created). The ends approach identifies: (a) the specific results that justify organizational existence in the world, rather than internal results

like financial soundness or the training of a competent workforce; (b) the recipients of those results; and (c) the cost or priority (both, measures of worth) of those results.

As you can see, an ends policy statement requires a lot of thought and inward reflection. With the help of Cooperative Development Services consultants, we spent some time recently on our current Ends Policy Statement, determining whether it meets all the above criteria. (We also wanted a policy statement that would be easy to remember and recite.) A sub-committee was formed and during weeks of meetings and research, along with input from a consultant, we developed the new statement that will guide the general manager and set the tone for our future.

We are proud to present to you our new 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

Mondragon in May

@ the Pump House

A film plus a presentation about Mondragon in Spain and the Cooperative Movement in the United States

Mondragon is a network of some 120 worker-owned cooperative factories, stores, banks, schools, and a research center, started fifty years ago in Spain's Basque country. Today about 100,000 workers are involved, and their cooperative business models are spreading across Europe and other parts of the world. They have experienced steady growth, higher-than-average incomes and a unique ability to weather the ups and downs of the wider economic crises.

SATURDAY, MAY 18, 1:30 PM

The Mondragon Cooperative in Spain and the Cooperative Movement in Pittsburgh and the United States

Carl Davidson and Rob Witherell (USW)

The panelists will discuss the history, structure and operation of the Mondragon Cooperative (the world's largest successful cooperative) in Spain's Basque region. The United Steelworkers alliance with Mondragon will be explained. Local cooperative activists are invited to comment on the presentation and report on local efforts.

THURSDAY, MAY 23, 7:30 PM

Shift Change

This new documentary film tells how worker-owned cooperatives are reshaping the economy around Boston, the U.S., and the world. Inspired by the highly successful Mondragon manufacturing cooperative in Spain, the international cooperative movement is gaining momentum. Local cooperative efforts in Pittsburgh will be invited to participate in discussion following the film.

The Pump House is the site of the 1892 Battle of Homestead between striking steelworkers and Pinkerton agents. Located on Riverfront Drive in the Waterfront Mall complex near the Pemickey railroad bridge at the upstream Munhall end of the Waterfront mall complex.

The Battle of Homestead Foundation sponsors a series of programs and films that highlight labor history, culture and politics that runs from April to October each year.

Getting Back to the Garden & Off to a Good Start

by Bob Madden, www.mygardendreams.com

Hello out there in Garden Land! I hope all you gardeners are getting excited to get your hands dirty again and bring in a large harvest. The dirty hands part is fairly easy to accomplish, but what goes into creating a productive garden? As you know, a lot of time, energy, space and money can go into starting, tending, and harvesting, so here are a few tips to help you get the most out of your garden, and wallet, this year. I hope they can help make being in the garden a positive and enjoyable experience for you.

Planning

Every year brings different problems, pests and diseases so plan to grow a variety of things. At least don't limit yourself to one or two crops. Also, be sure to include on your list a few quick and easy crops. These include arugula, lettuce, scallions, and radishes. They are quite productive and a nice treat when waiting on long-term crops like tomatoes.

How much space are you working with? As tempting as it is to plan a huge garden, try to rein in your desire for conquest. I like the idea of "dream big, start small." For a beginning garden, one or two 4' x 8' raised beds can be easy to manage yet surprisingly productive. You can always add more next year!

Happy Plants, Happy People

Now that you have a plan, it's time to think about keeping your plants happy. Stress affects plants' ability to grow well and fight off bugs and disease. The basis for happy, stress-free plants is making sure you're ready to tackle soil preparations, watering and weeds.

Timely Soil Preparation

Soil preparation, even for already established beds, can, and should, take a bit of time, so it's best to prepare a bed one day and plant on another day. We suggest adding 1-2" of finished compost each spring and forking it in about 8-12" deep using a pitchfork or shovel. If your plants have been puny or you're planting a long-term crop, also add a balanced all-natural fertilizer. Leafy greens like lettuce and kale do much better when you add a fertilizer high in nitrogen.

Good Watering Practices

Now what about watering? I'll tell it to you straight: If your watering setup is a pain in the butt, your plants will really suffer because you'll very quickly get sick of watering. So fix that hose, get an extension for those "hard to reach" spots, buy a new nozzle, or try using a drip line with a timer. Watering is one area where it's worth spending some money to make the job easier. To regulate extremes and help soil retain water, use mulch! It will save you lots of work in the end and give you healthier plants. We recommend a 3" layer of leaf mulch.

Watering Tricks:

- The Finger Test – Stick your finger into the soil. Is it dry? Water! Is it wet? Don't water!
- The Repeat Watering – Don't stand at one plant with your hose, watching water run off the soil surface. Water for a few seconds, then move on to the next plant. Return 2 more times and give a soaking. This allows time for the soil to really absorb the water.
- The Morning Watering – When possible, water in the morning so plants can dry before nightfall. Otherwise, a fungus nightclub will develop over night on all those wet leaves!

Weed Control

For optimal growth, limit stress on your plants from weed competition. People have all different kinds of personal philosophies when it comes to weeds. I don't love to weed so I always add a nice 2-3" layer of shredded leaf mulch to my beds to prevent weeds from germinating and rearing their cute little heads. You could also lay sheets of newspaper, then put leaves or grass clippings on top. One alternative to standard mulch is planting a living, edible crop of arugula or lettuce. These plants act like mulch (until you eat them, that is).

Many unexpected garden visitors (weeds) are great in salads, help to draw up minerals from the deeper soil, and/or help protect the soil from erosion and sun damage. This is all fine and good until you want to plant something in that spot or they start spreading into your vegetables. I often leave weeds until I'm ready to plant, because if I tear them out, something else will fill in and need to be ripped out anyway. On the other hand, if a plant that isn't edible or desirable is flowering and therefore making seeds, it's good practice to get it out, because one flowering dead nettle can seed thousands of plants for the next season.

Need More Information?

I hope these tips are helpful in getting you back out to the garden. If you're just starting out, be sure to ask lots of questions and see what creative solutions you can come up with to deal with garden challenges. I suggest John Jeavons's short book, *The Sustainable Vegetable Garden*. Also, I'll be spending a lot of time outside the Co-op over the next six months, so feel free to stop and ask me a question. Or, come visit us at our urban farm and nursery in Wilkinsburg.

Thanks! Have a great season!

gardendreamers@gmail.com

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ENDS POLICY STATEMENT

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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

The shopper carts are rusting. You will need to replace them more often if you continue to store them outside.

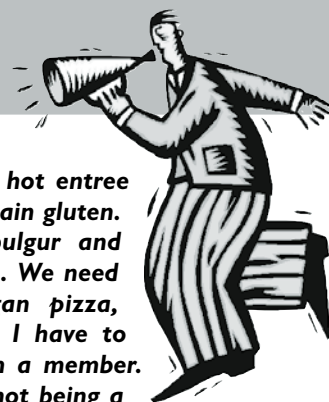
Thank you for expressing your concern. A functional shopping cart is a significant component of a pleasant shopping trip. The current carts were ordered in July 2009. Although their predicted lifespan is 5-7 years, we realized in autumn 2012 that we would soon need replacements. The plan was for that order to occur in the spring of 2013. Due to the rapid decline of the carts, however, plans have been revised, and you should see new large carts in the store any day! We've also established a new maintenance program in order to prolong the lifespan of the carts, which do experience all varieties of weather during the day. When the store is closed, they are locked in a shed.

— eric, FRONT END MANAGER

On pizza day, PLEASE have a hot entree with protein that does not contain gluten. Today's options are pizza, bulgur and tofurkey, which contains gluten. We need an alternative! (Yay for vegan pizza, though!) I'm discouraged that I have to write this again and again. I'm a member. This is my co-op and you are not being a true alternative any more. Very sad!

I'm sorry that you feel let down and this will be fixed. It is now the policy of the cafe to always have at least one "gluten-free" protein entree available, especially on pizza day. We are also working on a "gluten-free" crust for the future. We are not a gluten-free facility. However, we make every effort to ensure that we do not cross-contaminate.

— Dan, CAFE



Safe Seeds from High Mowing

by Theresa Sabatini

The Co-op is selling High Mowing seeds again this year, and before I did my seed shopping I wanted to be sure I knew who and what was behind the inviting display in the store. So many seed companies have been bought up by Monsanto, DuPont, Syngenta and others, that I didn't want to inadvertently support these biotech giants. A little reading and digging and a phone-call-to-the-company later, I'm glad to report that High Mowing is not one of the biotech gang's acquisitions. They're a terrific, family-owned company based in Hardwick, Vermont, the town featured in *The Town that Food Saved* (on display this month in the book department).

High Mowing has always been a leader in efforts to build a seed industry that supports small, diversified farms growing food for their communities. They breed seeds that thrive under organic growing conditions and, in 1999, guided a coalition with nine other seed companies to draft the Safe Seed Pledge (see sidebar). Since then, over 70 companies have signed this promise to not knowingly buy or sell genetically engineered seeds or plants.

High Mowing supports and collaborates with several forward-thinking projects and

organizations, such as the Organic Seed Alliance, Seed Matters, the Student Organic Seed Symposium, and the Open Source Seed Initiative (OSSI). In order to promote vigorous innovation in plant breeding (without the restrictions that come with the increasing use of seed patents), OSSI is creating a licensing framework for the exchange of genetic material similar to open source software.

So I'm sold on High Mowing, but I like to shop around for some rare seeds other places too. I found a list of companies who have taken the Safe Seed Pledge at the Council for Responsible Genetics (CRG) website. (You can view the list at www.councilforresponsiblegenetics.org/ViewPage.aspx?pagelD=261.) What the Safe Seed Pledge doesn't guarantee is no ties to Monsanto. According to Jeremy Gruber, president of CRG, the list was never intended to identify companies' complex business structures. CRG compiled the list as a consumer resource to find safe, non-genetically engineered seeds. For me, it's a good starting point, but I want to avoid all support of Monsanto and their ilk. So I found another website, www.garden-of-eatin.com/how-to-avoid-monsanto/,



where there's a list of companies known to get seeds from Seminis, the largest developer, grower and marketer of fruit and vegetable seeds in the world (owned by Monsanto). The companies on this list have agreed not to sell genetically engineered seeds, but they still do business with Seminis/Monsanto.

If you're thinking of saving money by buying seeds at your big-box store, remember that spending a little extra to ensure good, clean seeds and to support a good, clean company will reap a safe and healthy harvest for all of us concerned with local, organic, sustainable living. Vandana Shiva, the brilliant physicist and founder of Navdanya, a network of seed keepers and organic producers in India, sums it up like this: "Our food system has been hijacked by corporate giants from the seed to the table. Seeds controlled by Monsanto, agribusiness trade controlled by Cargill, processing by Pepsi and Philip Morris, retail controlled by Walmart—is a recipe for food dictatorship." Let's vote with our dollars for food democracy!

Check out the High Mowing website for more information about the company and their commitment to organic seeds, healthy agriculture, and re-building our food system: www.highmowingseeds.com



News Bites from the Food Fight

by Theresa Sabatini

- **Seed Giants vs. US Farmers:** A new report by the Center for Food Safety and Save Our Seeds pulls together a sobering look at seed consolidation — 3 companies own 53% of the world's commercial seeds — and the far-reaching effects of seed patent law with links to loss of seed diversity, rising seed prices, reduced independent scientific inquiry, and impacts on the environment. Read the article here with a link to the full report: truefoodnow.org
- **CRG:** While you're checking out the Safe Seed Pledge companies on the Council for Responsible Genetics website, look around, do some reading. They have information about genetic engineering that covers more than just food issues: gene patents, women and biotech, cloning, DNA databases, infant DNA screening, bio-warfare, and more. Fantastic resource!
- **GMO A Go Go:** A short (9 min) funny satire by Infomatic Films about genetically engineered food: www.youtube.com/watch?v=hkionqWPc-Q
- **Zombie Salmon** — We just can't kill the frankenfish salmon scheme already prelimi-

narily approved by the FDA over the holidays while we were enjoying friend and family time. Nation of Change reported that over Christmas weekend, the FDA "rammed" it through toward final acceptance. So call, email, write to you legislators and demand NO GMO FISH! Here's a link to an online petition: action.fooddemocracynow.org/sign/stop_gmo_salmon_now/

- **Sign the Boycott Pledge** and stop buying from companies that funded the NO on Prop 37 campaign that fought our right to label genetically engineered food: salsalabs.com/o/50865/p/dia/action3/common/public/?action_KEY=8959

It's not just about our seeds and our food! Please check out Move to Amend. Congressmen Rick Nolan (MN) and Mark Pocan (WI) have just introduced the We The People Amendment to end corporate rule by amending the U.S. Constitution to "firmly establish that money is not speech, and that human beings, not corporations, are persons entitled to constitutional rights." Sign the petition here: movetoamend.nation-builder.com/petition and spread the word!

The Safe Seed Pledge

Agriculture and seeds provide the basis upon which our lives depend. We must protect this foundation as a safe and genetically stable source for future generations. For the benefit of all farmers, gardeners and consumers who want an alternative, we pledge that we do not knowingly buy or sell genetically engineered seeds or plants. The mechanical transfer of genetic material outside of natural reproductive methods and between genera, families or kingdoms poses great biological risks, as well as economic, political and cultural threats. We feel that genetically engineered varieties have been insufficiently tested prior to public release. More research and testing is necessary to further assess the potential risks of genetically engineered seeds. Further, we wish to support agricultural progress that leads to healthier soils, genetically diverse agricultural ecosystems and ultimately healthy people and communities.

THE FOOD YOU EAT

Critical Reading: Ingredient Labels Celiac Awareness Tour

by Eryn Hughes, OUTREACH COORDINATOR

On January 26th, our Co-op was able to participate in the 3rd annual Celiac Awareness Tour at the Doubletree Hotel about 10 miles east of our store. In preparation for the event, I read up on celiac disease and learned that it's an autoimmune digestive disorder that affects 2.8 million Americans, as well as others, uncounted, with varying degrees of sensitivity. Being vegan and having lost the tolerance for dairy quite some time ago, I relate to the challenge of finding gluten-free (GF) foods. Often when I'm traveling, or I'm out in restaurants or grocery stores—or even at the homes of family and friends—the simple act of finding food can become an inconvenient chore. Fortunately, here at the Co-op, there are helpful labels next to products, and shopping guides designed to help you find a variety of foods that cater to dietary restrictions.

While tabling with a couple of Co-op volunteers at the Celiac Awareness event, I took the opportunity to observe what other local businesses brought to their display. I met local food vendors, producers and educators, and noticed how different companies address food sensitivities with their packaging. Some products say “gluten-free”; some wear an image of a wheat bundle, with the “not-allowed” circle-&-slash. Others declare that they come from a “dedicated facility” or use “dedicated utensils”—dedicated, in other words, to gluten-free foods only.

This is something of special concern to me, as we continue to re-evaluate the signage and language in our gluten-free education materials. While some things are obviously gluten-free (for example: eggs, oils, fresh fruits and vegetables), it is often hard to tell with other foods whether they're safe to eat for those with celiac. The Food and Drug Administration (FDA) has been working on defining “gluten-free” to eliminate uncertainty about how food producers may label their products, and to

assure consumers who must avoid gluten that foods labeled “gluten-free” meet clear standards. They have opened and reopened public comment periods, and conducted health hazard assessments, in order to determine the criteria for labeling. They caution that gluten-free diets should not be confused with weight loss programs. Eating 100% gluten-free and avoiding cross-contamination is a medical necessity for those who have celiac disease.

While many companies do not pursue the expensive certification required to have the official wording, “dedicated gluten-free facility” displayed on their package, they do have safe practices. One vendor at the Tour told me, “Nothing we offer can be certified gluten-free, because we are not a ‘dedicated gluten-free kitchen.’” Here at the Co-op, our Café kitchen is not a gluten-free facility, but many of our hot bar items are made without gluten. While we can not prevent cross-contamination on the self-service food bar, we're working to provide signs asking people to help us try to keep these foods separate. As for the Bulk department, there is a disclaimer on the entry wall, explaining that we can not prevent cross-contamination there either. However, shoppers can usually find packaged gluten-free items on the shelves in the aisles. (Careful reading of labels and even researching company backgrounds is a good idea for everyone.)

If you haven't checked out our gluten-free shopping guide and are interested in an aisle-by-aisle list of the GF products we have available, please pick one up at Customer Service, or download a copy from our website. If you have gluten-free product requests, please fill out a comment card.

For more information, visit the FDA website: <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm265212.htm>



NEW IN THE AISLES New Products on Our Shelves

Aisle 1

Clarion River Organics (local)
Shoestring Peppers in glass jars
Clarion River Organics (local)
Jalapeno Peppers in glass jars
MaraNatha Coconut Butter
International Collection Flax-Seed
Spray Oil

Aisle 2

Back To Nature Whole Grain
Mac & Cheese Bowl
Oregon Chai Original &
Herbal Tea bags

Aisle 3

Pamela's Gluten-Free Artisan
Flour Blend
Blue Diamond Gluten Free
Artisan Nut-Thins
Annie's Cheddar Squares
Sunflower Dream Aseptic
Sunflower Drink

Aisle 5

Castor & Pollux Grain-Free
Canned Dog Food
Earth's Best Baby Food—Organic
Greek Yogurt Smoothies
(also in the cooler by
Customer Service)

what's cookin'?



Orange Chipotle Dressing with Sweet Potato Salad

Servings: 4

INGREDIENTS

Salad

2 medium poblano peppers, to roast
4 cups sweet potato, peeled and
cubed (approximately 1 1/4 pounds)
1 cup cooked black beans,
rinsed and drained
1 cup corn kernels, drained
1/4 cup red onion, chopped
1/4 cups cilantro
Lime slices

Vinaigrette

3 tablespoons vegetable oil
4 tablespoons orange juice
1 tablespoon lime juice
1/2 teaspoon chipotle powder
1/2 teaspoon salt
2 cloves garlic, minced or pressed
1 teaspoon ground cumin

PREPARATION

Salad

1. Place the peppers under a broiler or over the gas flame on a gas stove, turning as the skins blacken and blister. When they're evenly blackened, put them in a casserole dish with a lid and let them stand, to steam, for 10 minutes. Then remove and let them cool. Using the back of a paring knife, scrape the skin off the peppers, then trim, seed and, if necessary, rinse. Slice in strips and set aside.
2. Put the cubed sweet potatoes in a pot of cold water and bring to a boil. Cook for about 15 minutes, depending on the size of the cubes, or until the potatoes are just tender when pierced with a paring knife. Be careful not to overcook or they will fall apart. Drain and let cool.
3. Combine the poblano, sweet potato, black beans, corn, red onions and cilantro and drizzle with the dressing. Serve each with a slice of lime to squeeze over the salad.

Vinaigrette

4. In a cup or jar, whisk together the oil, orange juice, lime juice, chipotle powder, salt, garlic and cumin.

NUTRITIONAL INFORMATION

Per serving: Calories: 449, Fat: 11 g, Cholesterol: 0 mg, Sodium: 387 mg,
Carbohydrates: 82 g, Dietary Fiber: 12 g, Protein: 10 g



This dressing combines the sweetness of orange juice and the smoky heat of chipotle for a versatile flavor boost. Try it on warm roasted potatoes or cooked rice, on shredded cabbage, or on fish or chicken.

by Robin Asbell

Mediterranean Broccoli Salad

Servings: 4-6

from **StrongerTogether.coop**

NUTRITIONAL INFORMATION

Per serving: Calories: 243, Fat: 5 g, Cholesterol: 0 mg,
Sodium: 51 mg, Carbohydrates: 39 g, Dietary fiber: 14 g,
Protein: 12 g

INGREDIENTS

1 pound broccoli florets
1/3 pound carrots, peeled and cut
into 1-inch coins
1 cup canned cannellini beans, rinsed
and drained
1/4 cup banana peppers, thinly
sliced, stems removed
1/4 cup lemon juice
2 Tablespoons olive oil
1 1/2 Tablespoons apple cider
vinegar
1 Tablespoon honey
1 clove garlic, minced
1 teaspoon dried oregano
1/2 teaspoon crushed red pepper
flakes

PREPARATION

1. In a large pot of salted, boiling water, blanch the carrots for about 3 minutes, then add the broccoli florets and cook 2-3 more minutes until just tender.
2. Drain and plunge the veggies into a bowl of ice water to retain the broccoli's color and prevent overcooking. Drain thoroughly once cooled.
3. In a large bowl, whisk together the lemon juice, olive oil, vinegar, honey, garlic and spices. Add the broccoli, carrots, beans and banana peppers and toss gently.

SUGGESTIONS

Making this salad a few hours ahead of time allows the flavors to meld. Like your herbs fresh? Substitute 1 tablespoon of freshly minced oregano leaves for the dried oregano leaf.



IN YOUR COMMUNITY, ON YOUR PLANET

Building More than a Garden with Project H.E.R.B.S.

by Claire Westbrook

As I slog through the cold and occasional snow of winter my mind increasingly returns to thoughts of my garden, especially when I'm sitting at my window seat looking out, visualizing what I want to grow this year. But for Co-op members Benjamin Bishop and Christina Giperich of Project H.E.R.B.S., planning a garden involves a whole lot more than just figuring out what seeds to plant and where they'll go.

H.E.R.B.S. stands for Horticulture for Education, Revitalization, Beautification and Socialization. The mission of this organization is to bring marginalized and non-marginalized people together in authentic social situations by offering the opportunity to build neighborhood gardens. The idea is for everyone involved "to experience one another, and nature, through the experience." Who ends up coming depends on the community itself. The referral process is organic and happens just by talking to individuals in the area. One person may mention her cousin who just lost a job; another might suggest an elderly person down the street who'd probably like to help. Participation is voluntary and everybody is welcome. As Bishop says, each one of us is marginalized in some way.

Currently a total of eight different practitioners are involved, from healthcare professionals (like Benjamin and Christina) to

professional organic gardeners. These are the people primarily responsible for taking care of the gardens, but they hope to get a lot of support from the community with weeding, watering and other chores. The gardens, they say, are there for everyone, to walk around and enjoy. The idea is to integrate individuals naturally, through gardening and learning. Far from a clinical situation, the team has a direct relationship with participants; no money is exchanged for services, nor is there documentation of any kind.

Meeting with Mr. Bishop and Ms. Giperich one evening, I was happy to hear that more and more healthcare practitioners are beginning to understand that we all need biophilic relationships for optimal health. The word *biophilia* literally translates to "love of life," and was first used by the psychologist Erich Fromm to name our attraction to all that is alive and vital. Later, the idea was popularized by biologist Edward O. Wilson, who talked about "the connections that human beings subconsciously seek with the rest of life." Wilson proposed the idea that the bond between human beings and nature is deeply rooted in our biology.

Earlier in his career, Benjamin observed the positive effects of interacting with nature while working with patients diagnosed with

schizophrenia and schizoaffective disorders. But he says the idea for H.E.R.B.S. sprouted from a project he introduced at Western Psychiatric Institute and Clinic, where twenty-two photos taken at Phipps Conservatory, Schenley Park and Ohionyle, PA, were displayed around the locked hospital unit. After three months, patients' symptoms were noticeably reduced. This plan was modeled after an experiment with people recovering from gall bladder surgery. That study found that patients who had access to a view of nature generally reacted positively and spent less time in the hospital, where those who had no access to the outside stayed in the hospital longer, with more complications.

While the first H.E.R.B.S. garden at Milestone Centers in Wilkensburg was relatively small, the neighborhood they'll be working in next is Larimer. Here, they hope to have room to plant a lush, all-season, aesthetically pleasing garden that imitates nature as much as possible. They plan to have mostly herbs and perennials—and when those get big enough to split, they can give extra to the neighbors. One of the team members, Jeff Jaeger, has studied horticultural therapy, permaculture, and quantum gardening techniques, so let's just say these gardens might go "beyond organic."



Project H.E.R.B.S. was just accepted, as one of two projects out of forty, for fiscal sponsorship with New Sun Rising, a Pittsburgh-based non-profit. New Sun Rising will be mentoring H.E.R.B.S. to help them obtain their own non-profit status. Congratulations, Project H.E.R.B.S.! Your seeds are falling on fertile ground.

For those interested in learning more, Project H.E.R.B.S. will be hosting a viewing of the film *Biophilic Design: The Architecture of Life*, about how the integration of nature affects us in urban environments. For details on the screening and Project H.E.R.B.S., visit www.projectherbsblog.blogspot.com

Spring Cleaning: Herbal Tonics

by Rachel Tracewski, HEALTH AND BODY CARE CLERK

Spring is my favorite time of year. I love opening all the windows and doors of my home on the first warm day after a long winter. Things feel fresh and new because they are. Trees are waking up. The last bits of rock salt have finally been washed away. And we begin to see green again. It's not surprising that many people find early spring the perfect time to deep-clean their homes.

A century ago this spring cleaning tradition wasn't limited to the home. In those days, the only fresh veggies people had during winter came from down in the root cellar. Imagine how you would welcome anything green after eating only carrots, turnips, potatoes, and the occasional cabbage. By the time the snow melted, people were starved for anything fresh, green and leafy and would devour the first little sprouts that showed. These new greens were often gathered and prepared as a tonic to detoxify the body after all the rich cured meats, dairy products, and baked goods that had been consumed throughout the winter. Today, when we enjoy an abundance of greens all year long, it's easy to forget how things were different for our ancestors.

So, what is a tonic? The dictionary defines "tonic" as "a medicinal substance taken to give a feeling of vigor or well-being." Many of the herbs that pop up in springtime are considered tonics and act as blood and liver purifiers. In Western Pennsylvania you can grow or forage spring herbs like dandelion, cleavers, violets, stinging nettle, small mustards, asparagus, burdock, red clover and watercress. Pick a bunch of these, put them in a pot of boiling water, steep for 5 minutes, and you have yourself a spring tonic.

At the East End Food Coop you can find most, if not all, of the plants mentioned above. While we usually carry fresh dandelion greens, and other fresh herbs when they're available, most of our herbs can be found in jars in the Herb department. Our main supplier is Frontier Co-op, and they offer a delightful Tonic Tea recipe to help give your body a good spring cleaning. The Co-op also carries many books on herbs and cleansing, and the internet is full of creative recipes. So don't be afraid to look for the preparation that works best for you.... Happy spring!

Spring Tonic Tea

by Frontier Co-Op

| | |
|--------------------------|-----------------------------|
| 2 parts burdock root | 1 part nettle leaf c/s |
| 1 part dandelion leaf | 2 parts red clover blossoms |
| 2 parts echinacea c/s* | 2 parts sarsaparilla |
| 1 part ginger root c/s | *c/s = cut & sifted |
| 1 part licorice root c/s | |

REFERENCES:

http://www.cherylsherbs.com/Herbal_Spring_Tonics.htm

http://www.frontiercoop.com/learn/hs_cleansingspringtonics.php

<http://www.millcreekherbs.com/articleSource-herbs-for-all-healthcare-spring-herb-tonics.htm>

CAFÉ ARTIST SPOTLIGHT ON: BREE CHUMLEY

This month our Café features photo prints from the very talented Bree Chumley. Bree owns her own business, As a Paper Doll, which sells illustrated paper dolls. And she is currently one of five board members and a volunteer gallery and special events coordinator at the Roboto Project, an all-ages, do-it-yourself, non-profit, volunteer-run cooperative venue and show space on Penn Avenue in Bloomfield.

You can check out Bree's photo collection in our Café seating area



through the end of March. Originally exhibited at the Garfield Artworks in March of 2012, it features photographs of vegetables that were actually taken here at the Co-op! "The food I photographed at the Co-op nourishes and enriches my body," she says, "so it only seemed natural to photograph them in a way that is also aesthetically nourishing."

You can see some of Bree Chumley's other works online at www.etsy.com/shop/asapaperdoll or www.tumblr.com/blog/heartlikefool

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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



And now... Pork from North Woods Ranch!

by Jessica Sanatcrose, CAFE COOK

The Co-op will soon be featuring Berkshire hogs from North Woods Ranch!

North Woods Ranch, located in Marshall Township in northern Allegheny County is a young farm with an interesting story to tell. Oliver and Jodi Griswold have only been farming there since 2010. Oliver began his career in a very different industry: he was a mechanical and aeronautical engineer.

What makes an engineer decide to become a farmer after 23 years? Oliver read Michael Pollan's book, *The Omnivore's Dilemma*. This book acted as a springboard for him to learn more about the food he was eating, and eventually he was compelled to start a farm himself. But he didn't start just any farm. North Woods Ranch has incredibly high standards of animal husbandry. All the animals are grass-fed, free-range, and raised organically. They are never given antibiotics or growth hormones of any kind. Even in the dead of winter, when hogs need supplemental feed, they are given only the farm's custom-made feed mix, which is soy-free



and has no GMOs (genetically modified organisms).

When asked how the farm has impacted her life, Jodi said, "Five years ago I never would have thought we'd be doing what we're doing. Oliver was still in the IT business and we had three kids under the age of eight that I was tending to full-time. Now, here we are on this sustainable ranching journey and

getting the Pittsburgh community excited about it. We are part of an incredibly important food movement that is gaining momentum. It's exciting and honorable, which is really wonderful."

The result of sustainable growing, clean farming practices, and kindness to the animals is simple: superior tasting meat that is better for the consumers' health than anything raised with lower standards. Keep your eyes open for pork from North Hills Ranch—in the little freezer chest, up front by the registers!

Call-out from Caldwell Culture magazine: the word on cheese

by Caldwell Linker, CHEESE BUYER

One of my favorite magazines is now for sale at the Co-op. *Culture magazine* is a quarterly all about cheese and its accompaniments. Each issue highlights different cheeses from around the planet, looks at different pairing ideas, and covers luminaries in the cheese world. While *Culture* is fairly global in its coverage, and your Co-op leans much more toward American cheeses and local and regional favorites, there is still plenty of crossover, and you can often find the cheeses and cheese-makers discussed within its pages on the shelves of your Co-op. It's a great read for the cheese enthusiast, and foodies in

general will always find something of interest. You can find *Culture* on top of our new cheese island.



This month's non-profit, independent **YES! Magazine** is ALL ABOUT CO-OPS, and "how cooperatives are driving the new economy"—manufacturing co-ops, health insurance co-ops, electric co-ops, credit unions, and cooperative ventures of every kind. Read about **union co-ops** and "the **steelworkers** deal that could turn the rust belt green." Page 27 talks about about a group of unions in **Pittsburgh**, including the USW, helping to launch the Pittsburgh Clean & Green Laundry Cooperative, a new industrial laundry service.

JOIN OUR CSA



Variety

Growing 200+ varieties of USDA certified organic fruit and vegetables

Convenient Pickup Locations

Fox Chapel, Friendship, Green Tree, Morningside, Mt. Lebanon, Oakland, Regent Square and Squirrel Hill

Weekly Add-Ons

Chicken, beef, pork, honey, eggs, cheese, coffee, tea, maple syrup, and organic dry goods



EDIBLEEARTHFARM.COM



Join the Green Energy Collaborative (it's free) and switch to a 100% Pennsylvania Wind Energy Plan offered by TriEagle Energy. Save up to 30% compared to Duquesne Light.*

LowCostWind.com

* Based on the generation, transmission, and GRT portion of the bill. Prices as of 2/14/13. 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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Guy Miller '12
Mark Frey '12
Dirk Kalp '12
Cortney Seltman '14
Christine Allen '14
Dennis Schauer '14

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

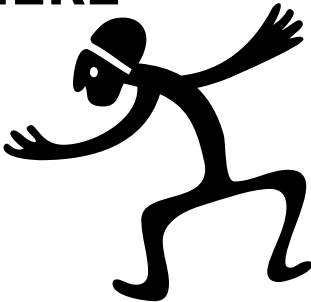
Justin Pizzella, **General Manager**
Jane Harter, **Administrative Manager/HR**
Heather Hackett, **Marketing and Member Services Manager**
Maura Holliday, **Grocery Manager**
Eric Cressley, **Front End Manager**
Thomas Murphy and Amber Pertz, **Café Managers**
Allisyn Vincent, **Produce Manager**

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
memberservices@eastendfood.coop

IMAGINE YOURSELF HERE



The Co-Operator reaches 10,000 homes per month and is posted online each month on our website. Call us or stop in to GET THE WORD OUT!

THE CO-OPERATOR

Karen Bernard, Editor

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

The Co-operator is published twelve times a year and mailed to members of the East End Food Co-op. Additional copies are available at the Customer Service desk and at the entrance area to the store.

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

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

Send your message (250 words or less) to:

Member Services, East End Food Co-op,

7516 Meade Street, Pittsburgh, PA 15208

Or e-mail to: memberservices@eastendfood.coop

SUBMISSION DEADLINES

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

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



STAFF NEWS

New Faces...

Ben Houck, Cafe - Ben recently moved back to Pittsburgh after a few years away. (While not originally from this area, he had lived here for five years before leaving.) He's a vegetarian and a cyclist. He's spent several months volunteering on organic farms in Ohio, Michigan, Iowa, Montana, Washington, and Oregon, through the WWOOF program — Worldwide Opportunities on Organic Farms. Ben plays drums and wants to start lots of bands: punk, metal, indie... He loves *The Simpsons*, ice cream, cats and dogs, and beer. He's also very excited about becoming an uncle!

Harry DuVall, Cafe - Harry graduated from the University of Pittsburgh in December, with a bachelor's degree in film studies and a French minor. He likes to skateboard and collect records. He plays the banjo, guitar, bass, drums, and some fiddle. He also shoots black-and-white analog photographs and occasionally makes Super 8 movies. Harry applied for the job in the Cafe because he "really wanted to work with food with integrity." He hopes to serve in the Peace Corps, then pursue graduate studies in a few years.

Heather Hackett, Marketing & Member Services Manager - Heather acquired the nickname "Speedbump" after being hit by a bus in 2008. Although her injuries could have been far more severe, she says, the accident gave her the motivation to take stock of her life, as well as the awareness that she had to take the best possible care of herself to recover. Heather applied for this job because she values the cooperative business model, "when so much of our economic system is breaking down." On a more personal level, she's concerned about food safety and trusts the Co-op to provide healthy nutrition. Biking, hiking, traveling, reading, writing, visiting her family, and hanging out with her nieces and nephews are some of her favorite activities. Heather has a degrees in writing and communication, and has often volunteered with local non-profits, including the Leukemia and Lymphoma Society and the Greater Pittsburgh Community Food Bank.

DID YOU KNOW...

about our Co-op quilt?

The quilt hanging in the back corner of our store is one of five quilts circulating among co-ops around the country. The original "Bowers Quilt," was created as a fund-raiser for the Howard Bowers Fund for Consumer Cooperatives. It was initiated by Ann Hoyt, who had a dresser drawer full of co-op t-shirts and was looking for new ways to raise money for co-op education. Someone suggested she make a quilt out of all those shirts she'd gathered over the years, and auction it at the annual Consumer Co-op Managers Conference (CCMA).

Co-ops that win a quilt auction have the privilege of displaying that quilt throughout the year until the next CCMA, where it is returned to be re-auctioned. Since the first one that was made in 1999, the quilts have raised at total of \$224,917 (through June 2012). The funds are used to promote and develop consumer-owned food co-ops and consumer cooperative education; to encourage and train people to pursue careers in the management of consumer-owned food co-ops; and to provide education programs for staff, board, and managers of consumer cooperatives.



You can submit your art for review to be hung in the Co-op's Cafe.

East End Food Co-op displays artwork in the Café seating area for the mutual benefit of artists and shoppers. The artist's work receives exposure to many members, staff and others who stop to eat or have a drink, and our store receives the benefit of beautification. Although we give preference to local artists and content related to food, agriculture, environmental concerns, and local landscapes, we accept submissions on all subject matter. The art on display changes monthly and each artist can only be displayed once per year. While we encourage artists to leave their contact information and price listings we do not broker the sale of any art nor do we pay any commissions.

If you're interested in submitting your work for review, please contact Heather at memberservices@eastendfood.coop or call 412-242-3598 x103.

Employee of the Month

Congratulations to Jennifer Day, Co-op staff pick for February 2013 Employee-of-the-Month! Jen has been with us a year now. She works in the Front End, at the register and Customer Service.



Q. What are your favorite things about working here?

A. The co-workers! Everyone always says this, but it's totally true. They all have a good work ethic and people are always pitching in together. I also love the free bins for employees. We try not to waste here, and I think it's great that we put damaged or unsaleable things in the bins rather straight into the trash or compost.

Q. What are your favorite things about the Co-op in general?

A. I would go back to the people again, those who work here and those who shop here. You get to know people and build relationships because there are a lot of regular customer, and the employees stick around. I also like being around people who know a lot about food. I know about where food comes from and things like that, but not about the growing process. At the Co-op there are a lot of people involved in growing food and I find it fascinating.

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

A. I have a puppy, Daisy, who takes up a lot of my time. I like to take her to Frick Park. I also like movies, reading, and traveling. Since I have Daisy now, most of my future travels will probably be in the country, so I look forward to going on adventures with her.

Q. Any stories you'd like to share about working here?

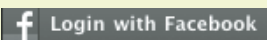
A. Working at Customer Service, I get to see this a lot: the kids that come here like to play with the automatic door and they make something like a game out of it, moving back and forth to make it open. It never fails to entertain.

BULLETIN BOARD



THE CURRENT 10% DISCOUNT QUARTER ENDS ON MARCH 31, 2013!

The next quarter goes from April 1, 2013 thru June 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-



March 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!

| | | | | | | |
|--|---|--|----------------------|---|---------------------------|--|
| 3 Chef's Choice | 4 Creamy Cashew & Squash Curry | 5 Mashed Parsnips w/ Sausage & Apples | 6 Burrito Bar | 7 Penne w/ Fresh Herb Ricotta | 8 Pizza Dairy & Vegan | 9 Southwest Tempeh |
| 10 Chef's Choice | 11 Green Linguini | 12 Tempeh Shepherd's Pie | 13 Irish Kitchen | 14 Corned Seitan & Cabbage | 15 Pizza Dairy & Vegan | 16 Irish Stout Quiche |
| 17 Chef's Choice | 18 Tofu Almondine | 19 Spicy Peanut Tempeh | 20 Sandwich Bar | 21 Pasta, Leeks & Asparagus in Lemon Alfredo Sauce | 22 Pizza Dairy & Vegan | 23 Tofu w/ Broccoli in Coconut Cilantro Sauce |
| 24/31 Chef's Choice/ Easter Brunch 10am - 3pm | 25 Mustard Green & Goat Cheese Quesadillas | 26 Spring Indian Curry | 27 Indian Kitchen | 28 Yam, Chard & Quinoa Gratin | 29 Pizza Dairy & Vegan | 30 Sweet & Spicy Tofu |

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

REDUCE
REUSE
RECYCLE!

Your March Co-op Events

THURSDAY, MARCH 21, 7:00-8:30

Pittsburgh Community Bill of Rights presentation

Join us to learn about the Pittsburgh Community Bill of Rights campaign. Please see the front-page article in this month's Co-operator. For questions, email Pat at billofrightspittsburgh-campaign@yahoo.com

THURSDAY, MARCH 28, 6:30-8:30

Gas Rush Stories film showing

Gas Rush Stories is a series of short documentaries on shale gas drilling. Gas Rush Stories examines the effects of gas drilling on people's lives and environment from different perspectives. This project puts forth the idea that only by putting ourselves in the other person's situation can we begin to see the bigger picture of this complex issue. We will show several of the chapters during this viewing and afterwards there will be a Q & A discussion with some of the people involved in making the films.

Upcoming Co-op Events

WEDNESDAY, APRIL 3, 6:30-8:00

Celebrate the Rain! Watershed Awareness and Rain Barrel Workshop

Nancy Martin of the PA Resources Council

Rainwater harvesting is an effective, ecological, and economical method for the conservation and protection of this precious natural resource. Attend this rain barrel workshop and learn how to harvest rainwater from your roof and divert it for on-site usage in the landscape. You will return home with the knowledge and hardware needed to assemble and install a rain barrel, in addition to a \$10 coupon good toward the purchase

ONE MONTH, TWO FLYERS, LOTS OF GREAT DEALS!

FIRST FLYER RUNS FROM

WEDNESDAY, FEBRUARY 27 TO TUESDAY, MARCH 19

SECOND FLYER RUNS FROM

WEDNESDAY, MARCH 20 TO TUESDAY, APRIL 2

CHECK IT OUT ON OUR WEBSITE —

www.eastendfood.coop



of a 55-gallon drum at Penn Barrel Company. Cost is \$50 for individuals, and \$55 for couples. For information/registration contact Nancy at (412) 488-7490 x247 or nancym@ccicenter.org

Community Events

Saturday, March 2: Seed Swap sponsored by Grow Pittsburgh and Phipps, 10:00 AM - 12:00 PM @ the Main Carnegie Library

Tuesday, March 5: Farm to Community Conference hosted by Women for the Environment, Cranberry Township

Sunday, March 10: Venture Outdoors Soup of the

Month Hike @ Schenley Park (fee & registration required) ventureoutdoors.org

Wednesday, March 13: Peace Partner Awards hosted by the Center For Victims @ LeMont Restaurant

Friday, March 22 & 23: Farm to Table Conference @ the David L. Lawrence Convention Center

Wednesday, March 29: Sustainability Fair collectively hosted by Duquesne, Chatham & the University of Pittsburgh @ the William Pitt Union Ballroom (UPitt)

Stay tuned for upcoming events for Earth Day, April 22nd!

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 on line 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

RESEARCH STUDY — MRI and two interview sessions seeks healthy adults age 35-60. Cannot have low blood pressure, hypertension, heart disease or diabetes. \$150 compensation. Call Kim at 412-246-6200 or email at novakkj@upmc.edu.

ADULT STEM CELLS & OXYGEN SUPPLEMENTS that bring DEEP HEALING & ANTI-AGING. Affordable! Distribu-

tors wanted. For complete details: www.jdimlm.com/paris Interested? No computer? Leave message: 412-353-9145

RESEARCH STUDY — University of Pittsburgh is recruiting women age 40-60 for a study of risk factors for cardiovascular disease. The study includes: wearing study monitors, a blood draw, questionnaires and scans of arteries. \$150 compensation. Call Dana @ 412-648-7096 or email schreiberdr@upmc.edu.

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