

# 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 **December 31, 2012**.  
The next quarter goes from January 1, 2013  
through March 31, 2013.

### BOARD OF DIRECTORS

#### MONTHLY MEETING

#### ALL MEMBERS ARE WELCOME.

The next meeting will take place on  
Monday, November 19 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:

10/31 - 11/13 CO-OP DEALS  
11/14 - 12/4 CO-OP DEALS

### EAST END FOOD CO-OP

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

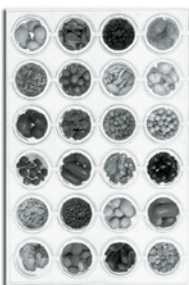
## GIVING THANKS

### “Sharing + Sowing = Showing”

by Eryn Hughes, Outreach Coordinator

As we enter this season of giving, I am inspired by the intense fall colors around me and note their short existence. This period of transition conveys a sense of urgency in me, as I am sure it does with others. Get the winter clothing out, put the summer things away, close the books on some projects, begin others...have a yard sale to get rid of the unused stuff but then turn around and buy more. It seems like for every one thing we get rid of or put away, we have at least one that returns in its place. In order to pass on our community resources, we also sometimes share a little of the extra we may have, if we have believe we have any. Inspired by the fall colors around me, I meditate that this could be a study in what defines “extra,” and I’ll offer myself as a case study of a person who has not noticed everything “extra” that could be shared, even though I quite enjoy sharing.

Most of my life, I consumed food purchased in natural health food stores and had mostly indirect exposure to its production. While I had visited my grandparents’ farm when I was young, when I started growing my own vegetables and herbs from seed or seedling, I always started back at the store. It hadn’t occurred to me that I could germinate seeds or bulbs from the organic produce that I’d already purchased, dry seeds for later plantings, or attend a seed swap for heritage grains. I’ve found small successes planting wet seeds from overripe tomatoes, the white end roots from already used green onions, and wet squash seeds; also, taking clippings from various herbs to sprout in a glass of water over the winter and then replanting them in the spring. I’ve just harvested some seeds from my grandparents’ farm and passed on some extras from a seed swap to my boyfriend’s parents for their farm. My mind is now swimming with ideas for expanding my gardening options, and I am trying my best to “think like a plant.” I’d like to invite all you Co-op members to share your tips, experiences and ideas with me, for a potential seed-sharing opportunity in the near future. I’m all ears, at [ehughes@eastendfood.coop](mailto:ehughes@eastendfood.coop).



### Four Reasons that Organic Food is Better than Conventional

by Co-op News Service

I was talking to a friend the other day who said they didn’t believe that “certified organic” meant anything anymore, that it’s overrated.

Now, as a blogger on Fair Food Fight, I’m in the weird half-world of being both critic and proponent of organic foods. I do see problems with the organic standards, but when someone criticizes organic food in general, I tend to get my back up.

Here’s why: Say what you will about the integrity of Big Organic corporations (and I’ve probably said it myself), but there’s still a very strong base of small, certified organic family farms at the core of the organic industry. And as long as “organic” means something to them, it’s going to mean something to me.

So here’s my bottom line on what organic means: If you shop in grocery stores, and not 100% from farmers or farmers markets, then certified organic food is still the routinely best option for safe, clean food with a lower impact on the environment.

And here are four reasons why.

1. No harsh synthetic pesticides or fertilizers The worst of the worst pesticides (atrazine, organophosphates, Thiodicarb, etc.) are never used in certified organic food production. Important, since organophosphates have been recently linked to health and development problems in the children of U.S. farm workers. (More info: Studies Link Pesticide Exposure to Kids’ IQ)

High-nitrogen fertilizers are never used in organic production, either. These are the fertilizers that have been scientifically linked to the hypoxic (“dead”) zones in the Gulf of Mexico. (More info: The Gulf of Mexico ‘Dead Zone’)

2. No “GE” seeds Certified organic farmers source non-GE (genetically engineered) seeds in order to receive the USDA organic seal.



The recent USDA action to allow unregulated planting of GE alfalfa is a blow to the long-term prospects for organic dairy (which uses certified organic alfalfa to feed milk cows). But it’s important to remember that organic regulations were not altered for this decision to take place.

Certified organic farmers remain steadfast in their commitment to sourcing truly organic seeds that aren’t owned and copyrighted by a lone biotech monopoly.

3. No irradiation Certified organic food is never irradiated.

4. No sewage sludge Did you know that city sewage (AKA “biosolids”) is dumped on US farm fields to fertilize them? The problem: heavy metals, lawn pesticides, gas, oil, detergents, and other chemicals that can wind up in a sewer don’t go away with composting sewage into biosolids — and can cause a spike in health problems with local neighbors. (More info: Health Survey of Residents Living Near Farm Fields Permitted to Receive Biosolids)

Certified organic food, meanwhile, is never grown in composted sewage waste.

Buying direct and local from environmentally-minded farmers is a great way to support a cleaner way of farming. And buying certified organic food at your local co-op is the next best thing to being on that farm yourself.

### I Am Thankful for...

#### My Family!

Justin Pizzella, Operations Manager

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, November 19 at 7pm.



WE OWN IT - CO-OP

Dated Materials — DO NOT DELAY

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



NONPROFIT ORG.  
U.S. POSTAGE  
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PERMIT NO. 1800



## Art Harvest 2012 was the biggest yet!

Thanks go out to all of the local farmers, artists, musicians, members and community for making this day such a wonderful success!



**The East End Food Co-op and Vegetarian Cafe are closed Thursday, November 22nd, for Thanksgiving. Happy Holiday!**



## It's that time of year again...

### Winterfest 2012

SATURDAY, DECEMBER 15 6:30-9:30PM

#### Jewish Community Center in Squirrel Hill

##### Irene Kaufmann Building

- Vegan & Vegetarian food
- Beer and Local Apple Cider
- Sweet treats for all
- Live music
- Door prizes
- Gift Certificates

Just a \$5 donation for members, and a \$7 donation for the public (kids under 12 are free)

Benefits the Greater Pittsburgh Community Food Bank

*Please join us!*



## Increasing Social Connectedness

by Dirk Kalp

EEFC began as a food buying club in the early 70s and by the end of that decade submitted articles of incorporation formally creating our co-op around the theme of providing wholesome food at an affordable price.

Now over three decades later, the overarching Ends Policy Statement you see across the page does not even mention food except in the name of the organization. Yet there is no doubt in any member's mind that healthful food is at the core of what EEFC brings to the community. We must recognize, though, that it is only a starting point, for we deliver much more. We deliver knowledge and understanding about where our food comes from, how our food is grown and the issues around sustainable and ecologically sound farming practices, delicious and nutritious ways to prepare food, how food promotes wellness and restores health, the impact the production and processing of food have on the environment and the local economy, fair trade issues with products that are sourced from other countries, livable wage issues for those growing, processing, purveying and marketing our food...

Yes, it has evolved into a lot more than the original buying club concept of going to the Strip or a farmers' market to purchase discounted cases of food to divide among the club members. We learned, a step at a time over the years, that the simple act of meeting the fundamental need for food involves far-reaching issues and consequences, locally and globally. Indeed, we are connected to more people, and in more ways, than we ever imagined, starting out—in a manner that fosters mutual benefit and respect for all involved. At EEFC, we consider the physical, social and economic well-being of our local community, as well as those communities across the country and the world with whom we engage.

But food is just a starting point in the web of social connectedness that binds us together in our effort to meet basic needs in an ethical way. The principles and values upon which we operate are stated formally




in our Statement of Cooperative Identity, just below our Ends Policy Statement. While both these statements may seem very abstract, they provide the basis for creating the trusting relationships that connect us to all those with whom we engage as we try to meet the needs of our members and the greater community. Trust is the heart of what a co-op is about. And our well-run cooperative grocery store is but one concrete realization of those statements on ends and identity.

As you all may know from reading these pages over past months, expanding the service EEFC brings to meet the need for healthful food to a wider segment of our Pittsburgh community is a primary goal on our horizon. Branching out with a second store, and eventually building a network of cooperative grocery stores across our region, is no longer just a pipe dream but is grounded in realistic expectations around what can be achieved. The National Cooperative Grocers Network (NCGA), a virtual network we formed about eight years ago with 120+ (or 120-plus) other co-ops around the country, has provided tools, support and shared experience to draw upon and ensure success in our local expansion plans.

While there is much yet to be done to realize this local network of cooperative grocery stores, it is, nevertheless, not too soon to start thinking about other needs our community may have that could be well served by the cooperative business model. Some suggestions that have been offered are: various repair services for autos, bicycles, appliances, computers, etc., and "garage" space equipped for do-it-yourself repairs; daycare service; a cooperative farm and a kitchen facility for food processing; a cooperative health insurance plan; organic lawn and garden services; a contracting service for home building, remodeling or other construction projects; plumbing service; a mor-


## Board of Directors!

**Stay tuned next month for our new Co-Op Board members!**



Look who's raising  
a new standard in green.

Taking root at Phipps is a revolutionary new building, the Center for Sustainable Landscapes, conceived to achieve the world's highest green building and landscape standards. Learn more at [phippsCSL.org](http://phippsCSL.org).



PHIPPS

RECYCLE

tuary service (OK, no one suggested that but it might be interesting to consider a more creative approach to present-day services).

The abstract nature of our Ends Policy Statement invites us to consider a wide variety of ideas on unmet or under-met needs that the co-op might pursue to provide for our community. Besides the above examples, we would like to hear from you what some of those needs might be. Please drop us a line at [boarddir@eastendfood.coop](mailto:boarddir@eastendfood.coop) or, better yet, come to one of our monthly board meetings and let us know what you think.

## I Am Thankful for...

**Plentiful vegetables during the summer months!**

*Eryn Hughes, Outreach Coordinator*





## 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 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



**For members, please make WIFI auto-accept, rather than the two-step login every time. Or once someone has logged in, member or not, let WIFI accept them in the future!**

The East End Food Co-op has a policy for all public users of our WIFI. This includes an agreement to terms of service and a 2-hour daily limit. We enforce this as a security for both the user and the Co-op. All users are treated equally, thus all users must follow the same process for accessing the internet. We will continue to prompt users to accept our terms of service each time they utilize our free wireless internet.

— Erin, IT Coordinator

**Can you get some books dealing with Cooking Grains or Cooking with Grains?**

Glad you asked! We just got Whole Grains for a New Generation with lots of good-looking recipes. We also have Super Breakfast Cereals: Whole Grains for Good Health & Great Taste— one of the skinny (red spine) Alive! Books. This one has information on grinding/flaking your own grains, soaking and sprouting, grain mills, nutrition and yummy recipes. Both of these are in with the cookbooks.

— Karen, Books

**Please stop carrying GMOs!**

In honor of Non-GMO month in October we have focused on providing information about GMOs in the form of lectures, books/DVDs for sale, film screenings, and GMO FAQs trifold on our store shelves. Instead of making a choice for our shoppers, we strive to promote awareness and education while ensuring you have the opportunity to make your own choice. The East End Food Co-op fully supports the passing of Proposition 37, the Just Label it Campaign and the Non-GMO project. You will see on our shelves and in our produce area that most foods are organic, marked with a USDA Organic seal and/or a Non GMO Project seal. As we go forward our goal is to not bring in items that knowingly have GMO content. We are in the early process of implementing a category management program that will rank each product that goes on the shelf based on its general health factor.

— Tara, Member Services

## I Am Thankful for...

### My Health!

Julie Smith, Accounts Payable

## I Am Thankful for...

### My new position as Grocery Manager at the Coop, as well as the friendly, welcome from staff.

Maura Allard, Grocery Manager

# book review

## Getting back into the natural world with *Last Child in the Woods*

by Clair Westbrook

As the leaves transform colors and slowly drop from branches throughout the city, I find myself increasingly grateful for how much wilderness there is surrounding us here in Pittsburgh. Even though every season is one to celebrate, it's autumn that has always been my favorite, for the harvesting, for sharing long walks on cooler days through one of our many parks, or for spending time around a campfire, enjoying the slower pace of life.

These are some of my other favorite activities: reading a book, staring up at the stars, listening to the sounds of things I know not and wondering, feeling the solid earth under me and being peaceful. Know what I'm talking about? If you're older than, oh, say, 10, then I'm sure you do. But for the generation coming up (Generation M, for multitasking), right now there's an unsteady path that's being forged where those on it may very well have no clue what I'm writing about.

I don't think I could've ever imagined the term "nature deficit disorder," but as Richard

Louv writes about this in *Last Child in the Woods*, I feel an uneasiness that stems not only from growing up with even less exposure to the natural world than my parents had, but from seeing firsthand that my children are falling right into the category for such an aptly named diagnosis.

Louv covers all the bases in his discussion, from inaccurate statistics that scare parents about the dangers of kids playing outside on their own (with all the lunatics prowling around waiting to snatch them up), to the overdevelopment that threatens natural play areas; from our general loss of knowledge about how ecosystems and natural communities work, to the obesity pandemic and ADHD that's affecting so many of our children.

The author's appeal to everyone who has had intimate relations with nature is an urgent one. Environmentalists, educators



and parents all echo the same concern: How do we live in harmony with our natural surroundings? We've been raised with an insatiable need to run with whatever the next best thing is but we STILL don't seem to know what IT is that will allow us to feel a sense of connection—either with others or ourselves.

But a movement is happening. There are plenty of people, that have taken action to ensure that nature is a solution to the challenges we face. But the greatest challenge still lies before us all: deep, lasting, cultural change. Fortunately, Louv gets us started at the end of the book, with a list of 100 actions that can get you and your kids started, like reinventing a vacant lot, or even just reading outside. So go on, get out there in the world more, if you're not already. The health of us all depends on it.

## Great Fullness

by Karen Bernard, Book Buyer

At our house, we have a dinner ritual. After everyone sits, we hold hands and each of us shares something we're thankful for—could be anything, from good friends to good haircuts! After this, as the cook, I offer special thanks for all the local foods: beans and tomatoes from the backyard, eggs from the Farmer's Wife.... (Thanks to the chickens too, of course!) Sometimes while we eat we share the highlights of our day.

Once, when I had dinner at my friend Deborah's, I notice a colorful little book near her table, *A Grateful Heart: Daily Blessings for the Evening Meal from Buddha to The Beatles*. "Oh, we carry that book at the Co-

op!" I exclaimed. Deborah told me that she had probably bought it there years before, and had used it every night when her daughters lived at home. Ever since they were 8 and 10, she said, they would take turns each evening choosing a reading from the book. Even now, when they come home from the West Coast, at ages 24 and 26, they turn to these readings before meals. Deborah says she's deeply grateful for this little

book! It's a collection of short sayings by famous and not-so-famous people from all over the world, both traditional and non-traditional, organized by season.

In the introduction, editor M. J. Ryan quotes Brother David Steindl-Rast, saying

that gratefulness—"great fullness"—"is the full response of the human heart to the gratuitousness of all that is." Ryan reminds us that everything we have has been given to us, not necessarily because we deserved it, but gratuitously, for no known reason. And "when we give thanks, we take our place in the wheel of life, recognizing our connection to one another and to all of creation." Steindl-Rast says it "plugs us into the aliveness of the whole world."

This understanding of appreciation, where we take our place in the community of life, and recognize our connection to one another and to all of creation, is the foundation

Cont. On Page 5



# THE FOOD YOU EAT

## Talking Turkey: A Poultry Primer

by Co-op News Service

Nutritious and versatile, poultry is an affordable staple in many omnivore households. Poultry lends itself to a variety of cooking methods — baking, grilling and stir frying, for example — and flavorings from sweet and savory to hot and spicy.

As with other foods, knowing where and how your chicken, turkey, Cornish game hen, and other poultry have been raised can help you choose the products that are right for you (and provides information about animal welfare and environmental impact).

Understanding some commonly used poultry-producing terms can help put you in the know. However, it's important to know that some of the terms are regulated, while others are not. When in doubt about poultry terms or what's offered at your local grocery store, ask for more information at the meat counter.

**Organic.** Poultry that meets the requirements of the National Organic Program (NOP) has been raised in housing that permits natural behavior, with outdoor access, has been fed certified organic feed (including pasture), has not been given antibiotics or hormones and has been processed organi-

cally. The USDA organic label requires producers to follow production and handling practices in accordance with the national standards; certifying agents ensure compliance through annual inspections.

**Free-range.** This USDA regulation means that the animal has been allowed access to the outside. The government doesn't specify that poultry must go outside, for how long, or the amount or kind of space that must be provided, but the idea is that poultry is free to roam outdoors and engage in natural behaviors (this is the way most poultry was raised before high-density confinement was introduced in the 1950s). And poultry that exercises produces leaner meat.

**Natural.** USDA allows this label to be used when a product contains no artificial ingredients or added colors and is only minimally processed. The label must explain what "natural" means, so be sure to read on. It might say "no added colorings or artificial ingredients; minimally processed," for example.

**"No hormones added"** means just that, but keep in mind that Federal regulations prohibit the use of hormones in raising poultry, so this term should apply to all poultry anyway. Regulations also require that if a poultry label says, "no hormones added," it must also say, "Federal regulations prohibit the use of hormones."

**"No antibiotics added"** means that the producer has provided documentation to the USDA that the animals were raised without antibiotics.



**Cage-free.** Poultry that's cage-free is allowed to roam, but not necessarily outdoors. This allows poultry to engage in some natural behaviors, such as walking, nesting, and perching. However, this term is not regulated by USDA nor by third-party certifiers for poultry, though it is regulated for eggs.

**Pastured poultry.** This is a term coined for chickens raised on grass pasture all of the time after the initial brooding period. However, this term does not guarantee that poultry feeds only on pasture.

**Fresh.** A "fresh" poultry label means that the temperature of the raw poultry has never been below 26 degrees F. (Frozen poultry, on the other hand, has a temperature of 0 degrees F or below.) A turkey could be kept at 27 degrees F for weeks or even months, though, and then sold as "fresh." Buy from a grocer who can tell you how long the "fresh" poultry has been in storage.

To locate local poultry sources (including farms and co-ops), check out the Local Harvest website.

### A little turkey tutorial

You might want to keep in mind when shopping for your Thanksgiving turkey that a plump, round shape means an abundance of tender meat. Other tidbits that might come in handy:

- Fresh turkeys and heritage or heirloom turkeys cook faster than most commercial turkeys and turkeys that have been frozen.
- A hen is a female turkey (smaller) and a tom or gobbler is a male turkey (larger). Neither

is more tender than the other.

- Brining (soaking) a turkey before cooking adds flavor and moisture. Sometimes brined turkeys have artificial ingredients, but you can also find turkeys that are brined with just sea salt, spices, and water. Or you can brine your own.
- Heritage or heirloom turkeys typically have denser, moister and more flavorful meat than most commercial turkeys. That's because they have a higher proportion of dark meat, are customarily fed more diverse diets and are more active. It's also because they take longer to reach maturity (about 26 weeks versus 14 weeks for commercial turkeys) and turkeys add fat as they age; heritage turkeys have an additional fat layer under their skin that keeps meat moister during cooking. Individual breeds have specific flavors (chat with your grower or grocer to find out more).
- Wild turkeys have more dark meat and are more intensely flavored than domesticated turkeys. (Did you know that a wild turkey — which weighs half what a domestic turkey weighs — can actually fly?)
- An "oven-ready" turkey is ready to cook, while an "oven-prepared" turkey is fully cooked and ready to eat.
- Basted turkeys are injected or marinated with liquid (like broth or water), fat (like butter), and seasonings. Commercial turkeys often include artificial ingredients, but they must be stated on the label, along with the total quantity of the injected solution (3%, for example).
- What size turkey do you need? The rule of thumb is one to one and a half pounds of turkey per person (this also allows for some leftovers).
- For vegetarians, consider purchasing a Tofurky or other "mock turkey," made from wheat protein or tofu

EAST END FOOD CO-OP

and vegetarian cafe

comfort food

THE MAIN EVENT

Baked Tofu Turkey

Mushroom Walnut Loaf

Roasted Red Pepper Mac & Cheese

Chive Mashed Potatoes

Maple Mashed Potatoes

Green Beans Almondine

Wild Rice Salad

Mushroom Sage Stuffing

Roasted Garlic Gravy

Cranberry Relish

Herb Biscuits

vegan

vegan

dairy

vegan

vegan

vegan

vegan

vegan

vegan

vegan

vegan

\$6.99/#

\$6.99/#

\$6.99/#

\$6.99/#

\$6.99/#

\$6.99/#

\$6.99/#

\$5.99/pint

\$5.99/pint

\$5.99/dozen

thanksgiving menu

Open to Everyone, Everyday • Store 8am-9pm • Cafe 8am-7pm

EAST END FOOD CO-OP

and vegetarian cafe

Finishing Touches

Pumpkin Pie

Tofu Pumpkin Pie

Apple Pie

Maple Pecan Pie

dairy/egg

vegan

vegan

vegan

\$12.99

\$12.99

\$16.99

\$19.99

Planning the Meal

Use these estimates to determine the quantities of food you will need. Estimates are per adult.

Entrée

Potatoes

Vegetables

Stuffing

Gravies and Sauces

Cranberry Relish

1 1/2 to 2 lb.

1/2 to 1 lb.

1/2 to 1 lb.

1/2 to 1 lb.

4 to 6 oz.

2 oz.

Holiday Dining

Relax—Our professional kitchen staff makes it easy for you to enjoy a worry-free holiday gathering. Our oven ready, made-from-scratch side dishes are the perfect complement for your main entrée, all you do is heat, serve and enjoy

Placing Orders

The deli can provide everything but the turkey. To place a special order:

• Review the deli's menu offerings and come into the cafe or call to place your special order.

• Co-op Cafe hours: 8AM to 7PM at (412) 242-3598 x114

• All orders must be received by Sunday, November 18th.

• We package your food and set it aside for pick-up on either Tuesday, November 20th or Wednesday, November 21st 8AM to 7PM.

• Please DO NOT leave your order on Voicemail.

A Good Start

Vegetable Tray with dip

Roasted Beet Hummus

Spinach & Artichoke Dip

Mushroom Barley Soup

\$25/small

\$44/large

\$5.99/#

\$6.99/#

\$3.99/pint

\$6.99/quart

thanksgiving menu

7516 Meade St, Pittsburgh, PA 15208 • (412) 242-3598

### I Am Thankful for...

Thanksgiving! Not only is it my favorite holiday but I see it as an approach to living. Also, the Co-op, the Cooperative Model, and all the great people who keep things cookin' around here!

Jane Harter,  
HR Manager

### I Am Thankful for...

The ability to get outside everyday and move

Erin Myers, IT  
Coordinator

## NEW IN THE AISLES

### New Products on Our Shelves

<b>Aisle 1</b> Artisana Single Serve 100% Organic Coconut Butter La Tourangelle, White and Black Truffle Oil	<b>Aisle 4</b> Artisana, Single-serve Raw Cacao Bliss Sage Valley, Organic Apple Juice (gallon)
<b>Aisle 2</b> Ancient Harvest, Gluten Free Mac & Cheese Freekeh, Roasted Grain Mixes, Assorted Varieties Imagine, 32 oz organic low-sodium soups Sea Tangle, Kelp Noodles Explore Asian, Authentic Cuisines, Organic Black bean and soybean spaghetti	<b>Aisle 5</b> Lil Buddha's, Homemade local pet treats Earth's Best, Organic Fortified Infant Formula Little Duck, "Tiny Snacks for Tiny Humans", children's organic fruit snacks Peaceful Planet, Toddler Supreme Formula (Dairy, egg & gluten free) Materne, GoGo Squeeze Resealable Apple Sauce Pouches Plum, Organic Baby Food pouches Earth's Best, Organic Happy Snax for children
<b>Aisle 3</b> Pamelas Wheat Free, Gluten free, nondairy Whenever bars (granola bars) Nature's Path, Qui Superfood (cereal) Growing Naturals Powdered Organic Rice Milk Pacific, Organic Single-serve Almond Milk Arrowhead Mills, Sweet Potato Pancake and Waffle Mix	<b>Aisle 6 (Supplements)</b> Source of Life, Daily Blast, once daily liquid vitamin Veg Life 100% Probiotic (Vegan) Scram, Intestinal Parasite Cleanse Elixir of the Lake, Blue-green algae E3 Live, Blue-green algae

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East End Food Co-op

November 2012



## Enjoying a glass (or two or three) of fermented tea with Red Star Kombucha

by Claire Westbrook

It's been several years since I started brewing my own kombucha at home, with interesting results along the way, but having recently discovered local brewer Naomi Auth's Red Star Kombucha I may very well just hang up my SCOBYs and start supporting Red Star on a regular basis. (SCOBY = Symbiotic Colony of Bacteria and Yeast)

As we discussed the finer points of kombucha brewing, I sampled Red Star's Original Green tea recipe and found that, while I really enjoy the black tea version that I've made at home more consistently than white or green, there's a lighter mouthfeel to Naomi's green variety, and an effervescence that mine doesn't have. Ms. Auth also prefers this lightness, which is why all of her flavors (there's peppermint and ginger too) are made with green tea. As for the effervescence, that's a whole other component, not necessarily dependent on the type of tea that's used.

While the jury still seems to be out on the health claims associated with drinking kombucha, the selling points that make this brew a front runner on the local drink scene are that, even though the alcohol content can range anywhere from less than .5% to upwards of 10%, it generally carries a lower, 1-2%, alcohol content. So if you want to have a night on the town and still be able to drive home safely,

then kombucha will be the drink for you! Red Star's recipe also makes for a great mixer, so if you're looking to lighten your dark stout beer (so you can drink more than 1 or 2 without losing your lunch) or cut a vodka drink, then you need look no further. And even though the base is made with caffeinated tea, unless you have an extreme sensitivity to caffeine, the effects of the drink, having a unique blend of probiotic and alcoholic qualities, are uniquely pleasant without extremity (and this I've experienced after drinking several glasses, not just one).

For those of you who've yet to experience Kombucha in all its fermented glory you won't have to go very far to get a taste of Red Star Kombucha, located in the North Side of Pittsburgh. Right now business hours are Saturdays, from noon to 6:00 and, depending on what events you attend around town, you may very well meet Naomi, with her portable kegerator, and get to try a free sample. My hunch is you're gonna like it!

To keep track of where you can find Red Star out and about the city, the ubiquitous Facebook page lists their movement from one cool event to the next. Or for more direct info: 412.586.7527 [redstarkombucha@gmail.com](mailto:redstarkombucha@gmail.com)



## Great Fullness

Cont. From Page 3

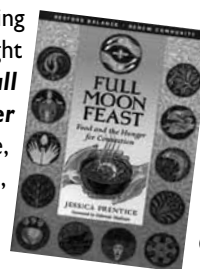
of our Co-op book selection. Yes, of course many of the choices are about good, healthy food! What is there to be more thankful for? What better way to plug in to the aliveness of the whole world than to eat food that is healthy and alive? Especially food that we've grown and known, or found and harvested ourselves—food that comes out of the wholeness of our lives. But it's about every kind of connection—between humans and other humans (books on parenting and non-violent communication), between humans and our built environment (homes, home-steads, cities and suburbs), between humans and nature (soil, forest, wilderness, stars...). I often think of how the words health, whole, and even holy, come from the same ancestor. To be healthy is to be whole, and to be whole is to be healthy. So most all of the books we have touch on wholeness in some way or another.

Since this is the season of feasting and thanks-giving I want to highlight just a few other books. One is **Full Moon Feast: Food and the Hunger for Connection**, by Jessica Prentice, the founder of Three Stone Hearth, a community supported kitchen in Berkeley, CA. This book is a series of essays on food, exploring history, mythology, and contemporary struggles, as well as the author's personal experiences. And each chapter ends with some recipes. What's really special is the way it's organized around the lunar cycle: eleven moons each year, that

Indigenous people all over the world have different terms for. Prentice chooses her own names, from Hunger Moon, to Sap Moon, Egg Moon, Milk...Mead, Corn, and Blood Moon.... For her, there's a deep integrity in eating according to natural rhythms—a profound appreciation for what the land offers in its own time. Tomatoes on her table in February, she says, would be disconcerting and out of place. For Prentice, the anticipation of juicy, flavorful tomatoes that will come in August feeds her hunger for connection. And cream of parsnip soup in the heart of winter offers intense satisfaction. Talk about "taking our place in the wheel of life"!

Three other books to consider, on valuing the food we eat, are: **Savor: Mindful Eating, Mindful Life**, by Thich Nhat Hanh; **Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food**, by Jan Chozen Bays (this includes a CD); and **Reinventing the Meal: How Mindfulness Can Help You Slow Down, Savor the Moment and Reconnect with the Ritual of Eating**, by local author, Pavel Somov. Also, for general appreciation, there is **Living in Gratitude: A Journey that Will Change Your Life**, by Angeles Arrien, and **Attitudes of Gratitude**, another book by M.J. Ryan.

So happy reading to you all! And may we appreciate the great fullness of our lives this holiday season.



## Thank You, Kenya

by Thesesa Sabitini

In Western Kenya, in a small village of grass and mud huts that lies off the paved road a ways, the people celebrate the harvest every day, gathering their food from a small family garden. They pick their kale leaves, careful to keep the plants growing, and, if things are good, they cook up some onion in butter, add the chopped kale and water, couple it with a stiff corn meal mush, and there it is, the meal that will get them through another week: sukuma wiki, which means, literally, "to push the week."

Some families are fortunate to have a chicken or two, and they eat, barter, and share their eggs with great satisfaction. When an honored guest comes to visit, they cook the chicken to give welcome, to celebrate their bounty and share it with their guest—a real gift, a sacrifice, a trusting generosity.

From here in the U.S., with our over-laden tables and over-grown waistlines, that village life may sound distant and even deprived, a daily struggle to survive. In some ways, that's true. The people there are focused on life, one day at time, and on eking their week out of a garden and the bounty of bananas and corn sold and traded at every corner.

But in a year of living and working there, in that startling mix of meager food and rich giving—in view of awe-inspiring horizons and giraffes and zebras and monkeys everywhere—I found a great richness, a feast for the soul and the senses, and an amazingly clean and healing environment.

We lived from the land. We worried over dry spells, since the rain supplied our water and kept the garden alive. I worried about having enough fuel to keep the lanterns going in the darkness. I planned for wood to burn for cooking, for a whole day set aside to do laundry, and, I must confess, I cringed over the flies in the outhouse. And while the incidents of that village life and my life here are vastly different, there are some things that translate from culture to culture.



So here, at my laptop at my table covered with papers, bills, phones, gadgets, and my children's school projects, I'm considering sowing and reaping, and what's really at the heart of harvest celebrations the world over.

I have the great good fortune of being a member at our East End Food Co-op. Here I can shop for clean food that's so rare in our seemingly abundant food supply. I can afford, with some planning, to buy my family's yearly supply of meat in the fall from a local farmer who lets his cows graze—and lay in the pasture in the sunshine and rain if they like. I can buy my eggs and milk from local farmers too, driving to the farms, or to meet-up points or

markets to be sure I'm getting clean food from animals that have never eaten genetically engineered feed. I am very blessed. I am in a rare and privileged position to have the time and the means to find and cook clean, fresh food.

In our "wealth," we have impoverished our food supply, turning it into a bounty of boxes, a collection of food-stuffs and additives, and industrial-marvels. And this wealth of "choices" impoverishes us, our bodies, our minds, our hearts. In our hurry to work to pay for the car and the gas and the house and the new TV and the cable and internet and computer and ipod, have we forgotten how to be neighbors, how to share ourselves meaningfully? We sit with one person, while texting another, and taking a call in between. Have we forgotten how to be together?

In Kenya, in the villagers' seeming poverty, they have simple, clean food, a simple, clean life, a daily focus on the here and now. They trade food and goods, they visit and cook and share together—yes, out of necessity, and yes, at times out of lack—but this is how they sow together, and how they share in the harvest.

I don't want to romanticize the difficulties of poverty, of not having enough food to eat, of the village realities of men with multiple wives and the tragedies of children dying without medical care. That's all true and real, and some of it is brutal.

But what they have in that humble village, down that dusty, pitted road, is time and community. They have each other.

What do we have? We have time for fast food, to pick up Chinese, to hit the salad bar, but not time to plant our own gardens, pick our own kale, cook our own food, or sit with our family or friends to visit and share the harvest.

I want to celebrate the harvest, and I live in gratitude for the abundance and possibilities of my life, but I'm left with a yearning for another visit to that village, a year to take my children out into the world of grit and reality and time and community, and to begin building in them a love for simplicity, slowing down, and visiting with each other, and the ability to honor a friend with a sacrifice of something truly important - their time, their attention, their interest.

Take the time this month to celebrate your harvest. Find a local farmer and give him or her a hug. Buy a local apple or butternut squash or Thanksgiving turkey and share it with a neighbor, a friend, or that brother or sister who's so hard to take. Let's sow some community, some time together, some honoring of each other and the harvest and harvesters that make up our food web. Thank the person stocking the kale at the co-op for being part of your food-solution. Thank the co-op café juicer handing you that fresh, organic carrot juice. Let's give thanks for our clean food and the people bringing it to us here in this food-wilderness of American industrial concoctions.

This Thanksgiving I'm giving thanks for the village and villagers in Kenya who so touched my life, and for the Co-op village and the community they create, bringing us local harvests of clean food.



## unclassified ads

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**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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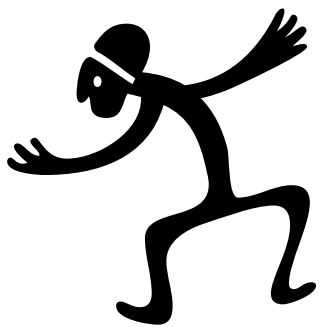
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## Theo Chocolate

by Co-op News Service

It's the International Year of Cooperatives, and to celebrate, food co-ops across the country have partnered with Theo Chocolate to create two decadent, limited-edition chocolate bars: a smooth and rich 85% ultimate dark chocolate, and a rich and creamy 45% milk chocolate.

These scrumptious confections are organic, fair trade certified, and make delicious gifts—for yourself or others. Your purchase helps support cocoa farmers by ensuring living wages, promotes the health of our planet through organic growing practices, and creates artisan food manufacturing jobs in the U.S. Plus, 50¢ of your purchase goes directly to support the cooperatives that provide the cacao for our bars: Fortaleza del Valle in Ecuador, and CEPICAFE in Peru. Co-ops aim to raise more than \$40K for the cacao growers by the end of 2012. It's just another way that food co-ops, and our shoppers and owners, are helping to build a better world!

Hurry in before they're gone. Happy International Year of Cooperatives!

### About Fortaleza del Valle

Fortaleza del Valle specializes in producing high-quality Nacional cacao, a varietal known for its floral notes and clean finish. Established in 2005 to help small scale cocoa farmers organize and



increase their production capacity, Fortaleza has helped farmers increase their incomes and improve their quality of life by providing access to premium cocoa markets, centralized bean fermenting and drying, credit, and training on best farming practices and land rehabilitation.

### About CEPICAFE

CEPICAFE is a non-profit organization that works with approximately 500 farmers in the Piura and Amazonas regions of Peru. The farmers there are organized into small regional groups of 30-40 members that have centralized the fermenting and drying of their cocoa beans, bringing greater consistency and quality to their product. CEPICAFE focuses on educating producer members to ensure they understand the world market and the way in which their product fits into the international cocoa supply chain. This education is uncommon and extremely valuable for farmers. When cocoa farmers know how cocoa is graded and purchased globally, it's an important step towards their understanding of how to produce higher quality beans, with increased market value, that will ultimately deliver greater returns on their hard work and the dedication to the land they steward.



The producers and co-op members of Fortaleza del Valle in Ecuador, and Cepicafe in Peru.

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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**  
Tara Powers, **Marketing and Member Services Manager**  
Allisyn Vincent-Skolnik, **Front End Manager**  
Thomas Murphy and Amber Pertz, **Café Managers**

## EAST END FOOD CO-OP

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# THE CO-OPERATOR

Tara Powers, 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:

Tara Powers, 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 writers' own and do not necessarily reflect Co-op policy.

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

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## Employee of the Month

Congratulations to Jim McCool who was chosen as the Co-op staff pick for October 2012 Employee-of-the-Month!

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

A. Since 1998.

Q. What are your favorite things about working here?

A. The people: Staff & Customers are wonderful people. The staff is professional and customers are a joy to serve.

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

A. No change. We are heading in a positive direction.

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

A. I was thrilled!



# STAFF NEWS

## New Faces...

**Julius Thomas, Café** - Julius is enrolled in school for elementary education and has spent 4 years working in an after-school program focused on helping struggling students. Julius is very interested in trying new foods and learning how to make them, and is interested in participating in various sports and fitness activities.

**Katy Nevinsky, Front End** - Katy loves photography and is in the process of starting up a small business ([www.nevinsky.com](http://www.nevinsky.com)). She recently moved to Pittsburgh from Erie and is interested in overall health, eating right and being a conscious consumer. When she's not working at the Co-op or doing photography she loves to bike, play music, hang out with her cats, eat Thai food and try new things.

**Linden Mueller, Front End** - Linden makes jewelry from a variety of materials, from silver to paper, mostly incorporating nature and the outdoors into her work. Linden has a wide spectrum of job experience, from nannying in Italy to working as a display designer, and values engaging and interacting with different people, customers and co-workers. She loves traveling, hiking, biking, running and being outdoors.

**Raiona Gaydos, Café** - Raiona is passionate about art, travel and language, and shared customs such as festivals and food! She comes from a Co-op-loving and health-conscious family. She loves photography and speaks French fluently.

**Bethany Triana, Café** - Bethany was born and raised in Austin, Texas, and just moved to Pittsburgh for grad school with a Food Studies focus and concentration in Sustainable Agriculture. After she gets her degree she hopes to be able to start her own children's camp.

## REDUCE REUSE RECYCLE!

# DID YOU KNOW...

Step Eleven in the Better Eating For Life Program is "Cook Creatively!"

Learning to eat new foods can be challenging, whether you are a seasoned cook, a beginner, or someone who prefers not to cook at all. This month's packet contains easy ideas for every skill level. Taking stock of what is in your refrigerator, freezer and pantry can help to make preparing meals and snacks less challenging. A list of healthy and nutritious choices for each is included in the packet. A chart of meals which can be prepared quickly, from "New Fashioned Tuna Melt" to "Chili Baked Potatoes" is also included.

Cooking tips for grains, vegetables, fruits, dairy and proteins helps turn bad habits into healthier eating habits. How to marinate for fuller flavor and less fat in a recipe is just one of the Better Eating for Life tips. There are also ideas for adding more vegetables and whole grains to a diet, as well as replacing fuller fat items with other choices. Web resources and cookbook suggestions round out the information in the packet. 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.

## City Dining Cards

Each deck of **City Dining Cards: Pittsburgh Edition** contains 50 \$10 discount cards to our favorite locally owned restaurants like Root 174, Eden, Nine on Nine and E2.

Decks are printed on FSC-certified paper and 5% of the sales are donated to the Greater Pittsburgh Community Food Bank.

To purchase a deck, stop by the Co-op or check out [citydiningcards.com](http://citydiningcards.com) for more information.



## The Life and Times of the Carrot Family

by Robert Madden, Garden Dreams Urban Farm and Nursery

Long ago, in the days of the ancient Greeks, Romans, and Egyptians, the members of the carrot family (Apiaceae) were only collected as medicine. It would be many years until carrots, parsnips, celery, parsley, coriander (cilantro), dill, cumin, fennel, caraway, and lovage were grown in gardens as food crops. Today, their wild ancestors are so widespread in Europe and the Middle East that it is impossible to pinpoint their place of origin. These ancient plants, that were collected by people for thousands of years, do not have the delectable thick, juicy roots of our garden carrots or the thick, juicy stalks of celery. Those attributes would come much later, after hundreds of years of cultivation. Each had various medicinal purposes, and most of them made it into ancient writings and pyramid wall paintings, with descriptions of their appearance and their powers.

### Carrots

Carrots were not considered food until the 9th century. The facts point to a couple possible places where people began to

plant, cultivate, and use these plants as food. Afghanistan and Turkey are two areas with archaeological evidence for the beginning of their cultivation. When carrots were first cultivated they were not orange. Early carrots were purple, white, and yellow. Around 1100 AD carrots reached Europe with the conquering armies of the Middle East. Many years later, in the 1700s, the Dutch began to develop even more sweet and succulent varieties and, by crossing different varieties, fell upon the orange carrot, an interesting genetic finding. They worked with this new carrot to develop a couple shapes and sizes. As the carrot spread to Europe, it was also spreading to Asia. After many years of cultivation, Asian carrots were mainly red and yellow. I love how carrots followed the trade routes in different directions, and through many years of cultivation became totally different colors. Fun with genetics!

In the 1800s the French were able to further the carrot's development and created varieties that are still used today, including Nantes and Chantenay. The carrot was quickly becoming a popular crop throughout Europe.



When World War I hit, carrots became a very important food source while many other foods were scarce. The carrot was not a popular food in the U.S. until the First World War. During that time, U.S. troops ate a lot of carrots in France, and at the same time, the American people at home began to plant and eat them due to food scarcities.

### Parsnips

Throughout most of history, parsnips and carrots were considered to be the same plant. Both had small roots with similar leaves. Only through years of plant breeding did the two begin to show their distinct carrot-teristics. For example, parsnips can grow huge white roots three feet deep, and have a less frilly leaf.

### Celery

Celery has a story similar to that of carrots and parsnips. It started out as a fibrous bitter weed. With years of cultivation and selective breeding, European breeders were able to produce sweeter and more fleshy

stems. They also found that blanching them (hilling up soil around the base to protect it from the sun) would reduce the bitter flavor. Today, people around the planet prefer "self-blanching" varieties that are also sweeter.

### Fun in the Garden

All of these plants have great little flowers to attract many types of parasitic wasps, lady bugs, and predatory flies to help control garden pests. Some of the carrot family flower the first year in the garden, such as cilantro and dill, while others will not flower until the following season, including carrots, celery, parsley, and parsnips. I always eat my fair share and then leave just a few plants in the garden to mature into flowers. These species are also considered good for companion planting because their pungent smells deter some pests and mask the smell of the host plants.



# BULLETIN BOARD



## OCTOBER MARKS A NEW 10% MEMBER DISCOUNT QUARTER!

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## November 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!

1 Chili and Cornbread	2 Pizza Dairy & Vegan	3 Sausage w/ Apples, Greens & Yams
4 Chef's Choice	5 Chimichurri Tofu	6 Roasted Root Vegetable Gratin
7 Burrito Bar	8 Shaohard's Pie	9 Pizza Dairy & Vegan
10 Sun Dried Tomato Cream Pasta	11 Chef's Choice	12 Cheesy Spinach Strata
13 Tofu Loaf, Mashed Potatoes & Gravy	14 Country Kitchen	15 Tempeh w/ Winter Squash & Roots
16 Pizza Dairy & Vegan	17 Pasta w/ Pumpkin Cream Sauce	18 Chef's Choice
19 GUMBO	20 Red Pepper, Scallion, Cheddar, Quesadillas	21 Tofu Turkey and Chive Mashed Potatoes
22 Close for Thanksgiving	23 Pizza Dairy & Vegan	24 Spicy Red Tempeh
25 Chef's Choice	26 Indonesian Satay	27 Seitan Vindaloo
28 Indian Kitchen	29 Barley Risotto	30 Pizza Dairy & Vegan

## café hours

### weekends

WEEKEND BRUNCH BAR

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**HOT FOODS**

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## Your October Co-Op Events

**THURSDAY NOVEMBER 1, 6:30-8:30PM**

### Backyard Composting Workshop

PA Resources Council

#### East End Food Co-op

Composting is nature's way of recycling. By utilizing the natural process of decomposition, organic materials often considered "waste," such as grass clippings, food scraps, autumn leaves and even paper, can be recycled back into a rich soil conditioner. Through this transition, soil organisms, many of which are too small to see, break down the organic material in a compost pile so that valuable plant nutrients can be released for future generations of plants to use. Composting helps you reduce your waste stream, it improves the health of your gardens, and most of all its easy to do and enjoyable.

This workshop thoroughly covers the importance of composting, setting up a compost pile, proper maintenance and ways of using finished compost. Participants will receive an Earth Machine Compost Bin with attendance. This bin, approved across the state as an ideal bin for urban and suburban areas, has an eighty-gallon capacity. Cost: \$50 Single/\$55 Couple (Includes one compost unit per registration), register on-line at [www.zerowastepgh.org](http://www.zerowastepgh.org), or call 412-488-7490 X 226.

**THURSDAY NOVEMBER 8, 6:30-8:30PM**

### American Meat Film Showing

Sponsored by PASA

#### East End Food Co-op

American Meat is a feature-length documentary project exploring the American meat industry through the eyes of one of its chief antagonists, Joel Salatin. Salatin is the leader of an ever-growing community of chefs, farmers and consumers who are opting for animals raised outside and without the use of antibiotics.

**SATURDAY NOVEMBER 10, 3-7PM**

### Farm to Table Harvest Tasting Event

#### Bakery Square

Explore Pennsylvania's Local Food! Come and explore all of the tastes of the harvest this November at Bakery Square with your Co-op! A portion of the proceeds will benefit the National Ovarian Cancer Coalition Pittsburgh Chapter!

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216-218 East Eighth Avenue, Homestead, PA 15120 ph: 412.461.4615

In Historic Homestead near the Waterfront

Open Tuesday - Saturday: 10 a.m. - 9p.m.

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