

The Co-operator

a monthly newsletter of the East End Food Co-op Pittsburgh, Pennsylvania

STORE NEWS

Members' Extra Discount Days
Sundays: 10/11 & 11/22
Shop 8 am - 9 pm

Board of Directors Meeting
All members are welcome.
Next Meeting:
Monday, October 26 ~ 7-9pm

The Co-Operator Deadline
All submissions and ads are due 11/1 for the December 2009 issue.
For more information, call Member Services at 412.242.3598.

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

INSIDE THIS ISSUE

Co-op News	2
Members Speak Out	3
The Food You Eat	4
In Your Community	5
Staff News	7
Co-op Bulletin Board	8
Special Inserts:	
October Co-op Advantage	

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

Building a Co-operative Economy Together

By Scott Patterson, Equal Exchange

A co-owner friend of mine recently shared an interesting interaction. A woman came up to her at a co-op event that we were sponsoring and said that she had been a passionate Equal Exchange supporter in our early days, but assumed that after nearly 25 years we had sold out to grow or survive.

Given the current climate of corporate bailouts and the long list of disappointments from Green & Black's, Tom's, Burt's, Kashi, Dagoba, Honest Tea and more, it's easy to arrive at that conclusion. When we shared that Equal Exchange is a worker-owned co-operative and that, like at her food co-op, the values of transparency and democracy are the rules by which we govern - and, aren't just pretty words - the landscape shifted.

There is some grey area here; it is, of course, possible for co-ops to be broken, sold or poorly managed. But when done well, the one member, one vote and profit sharing backbone of co-ops protects against greed and promotes ethical entrepreneurialism better than any business model I have seen to date. In the case of Equal Exchange, imagine 91 people who have a genuine financial stake in seeing their work succeed. Our recent jump into bananas exemplifies this spirit.

Last December, the worker-owners at Equal Exchange voted to take on a daunting challenge. The banana industry is



totally dominated by Dole, Chiquita and Del Monte. Who in their right mind would try this? But remember we aren't just talking about one company. The origins and success of Fair Trade coffee

can almost exclusively be traced to a powerful chain of cooperators. Picture it: small farmers ⇌ Equal Exchange ⇌ natural foods co-ops around the country ⇌ you.

Together, both with international and local farmers, our collective work is one of creating food chains that stand for our values. The beauty of co-ops and these supply chains is that they are transparent; you can get to know something real about the 80 farmers who are growing your bananas. And with shared ownership and decision making, when you as a shopper support cooperatively owned companies on the shelves of your store, you are sharing your power and creating authentic change.

Traditionally, October's co-op month has been about celebration and we have many successes to enjoy. At the same time, we have a lot of work ahead. While we've seen copycats repackage our work and call it things like "direct trade," we do need to reinvigorate and step up our game when Frito Lay and Wal-Mart tout their "relationships" with farmers. No wonder most shoppers are skeptical. And the risk is that when we can no longer distinguish between real efforts and marketing, we lose our ability to create true change.

So, how do we move forward together? Well, for Equal Exchange's part, in addition to jumping into the banana industry, we are committing to doing a better job of sharing both why small-scale farmer organizations are valuable and to letting you all get to know us. I suggest that natural foods co-ops embrace the debate about who owns the companies behind the products on your shelves, share this with your member-owners and do even more to actively promote cooperatively owned companies.

In addition to local, organic and Fair Trade labeling, let's identify and be proud of our business models. On the part of



shoppers, hang in there! I know you are stretched for time and money but if you've read this far you must see value in building these connections! I ask for your amazing, continued loyalty to your co-op and to Equal Exchange, and that you join us in holding our collective feet to the fire. Remember, your grocery store has been an innovator and is able to carry the products you want because it is a co-op! As you shop the aisles of your natural foods store and think about your routine purchases, why not keep asking for more companies that are cooperatively owned - and in this way remove the incentive for companies to sell out. 🌱

East End Food Co-op to receive the 2009 Seeds of Justice Award from Just Harvest at their 21st Harvest Celebration Dinner — Wednesday, October 21, at the Omni William Penn. See Page 5.

DON'T MISS MEMBERS' EXTRA DISCOUNT DAY – OCTOBER 11
MEMBERS RECEIVE **10% OFF** SHELF PRICE ALL DAY! SAMPLES AND TASTINGS 8AM TO 4PM

All members are welcome to attend the Co-op Board Meetings. Check the bulletin board in the front vestibule for dates, times and agenda items.
Next meeting: Monday, October 26 ~ 7-9pm



Dated Materials — DO NOT DELAY

East End Food Co-operative
7516 Meade Street
Pittsburgh, PA 15208
www.eastendfood.coop
and Vegetarian Cafe
FOOD • CO-OP
EAST END

Nonprofit Org.
U S Postage
PAID
Pittsburgh, PA
Permit No. 1800



Rob Baran,
General Manager

rob's corner

Fall is upon us, and as the leaves begin to change, I am reminded of a changing city called Pittsburgh. For our fair city, it does not feel like fall however, but spring, as the Three Rivers is bursting with potential, and is truly transforming, right before our eyes, into one of the great cities of the 21st Century. Our economy is even doing well. When was the last time someone connected the phrase, 'good economy' to Pittsburgh?

You also may have noticed some inspiring changes in the Co-op's book shelves over the last year or two. Co-op member/volunteer Karen Bernard talked us into letting her order the books a while back and I must say I could not be happier! She has completely transformed the book shelves into the cutting edge educational resource of a rapidly changing community, and doubled our sales to boot.

One of the really exciting things for me about this development is how it ties into the *Seven Cooperative Principles*. Educa-

tion is one of those principles, and I can not think of a Pittsburgh store that has ever done so much, with so little space, to help educate their shoppers. We are finally delivering on the education principle!

Restoration and healing of our spirit, our bodies, our homes, our communities, and our world, is the info-structure books are now built around. From quantum science, to cooking with tofu, from eco-villages, to local economics; we now have all the bases covered to support your explorations of our changing world, your place in it, and the paradigm shift that needs to happen (and may already be happening) if we are going to save this beautiful planet we live on.

Karen seems to always be out in front of the wave of the hot topics and titles. If it's new, and people are starting to talk about it, we probably have it front and center. So come by and take a fresh look at Co-op books, you might be surprised at what you find. 🌱

BOARD CORNER

by Michael Q. Roth

One of the defining factors of a democratic entity is the ability of the members to be involved in the operations and decision making of that organization. At the Co-op there are many ways to be part of that process — at the base level its simple things like volunteering, filling out a comment card, or voting in the elections. At a higher level it could mean attending monthly Board of Directors meetings or the Co-op's Annual Meeting, petitioning the GM or Board about possible changes to East End Food Co-op policies, or running for a position on the Board of Directors.

Of course, with over 8000 memberships in the Co-op family as of this writing, it would be almost impossible for every one of our members to be active in the Co-op at the same time (especially considering that many of these memberships are multi-person household memberships.) If everyone wanted to volunteer, we would need to have 20+ volunteers in the store everyday over the course of the year to accommodate everyone. You can imagine the chaos that might ensue if all of our 8000 members committed themselves to coming to at least one monthly Board meeting each year. We would definitely need a bigger Board room. And what would happen if even 1% of our members decided to run for a Board of Directors position each year?

Of course we don't have problems with an over-saturation of members all trying to get involved at the same time — and this is generally a good thing. Volunteers are able to spend some time in the store helping out and feel that their assistance is appreciated and valuable. Members are able to show up at a Board meeting with a reasonable expectation that they'll get a chance to be heard. Individuals running for the Board of Directors usually don't have to compete against an army of other candidates. Would it be great to have more members actively involved at any given time? Of

course, but I say this not as an attempt to shame people into getting involved in their co-op. I say this to remind you that this is YOUR co-op and that if and when the time comes that you feel the urge to get involved, there are opportunities and they are not hard to access. These opportunities can be deeply rewarding.

A little over six years ago I decided to run for a seat on the Board because I had concerns about how I saw the Co-op being run. I was elected to the Board and then was re-elected three years later. Of the six years I have been on the Board, I have spent the last four years as the President of this Co-op. That is something that very few of our members will ever get to experience and I feel extremely lucky to have had this opportunity. I've learned a great deal about this Co-op, about working with others, and about my own leadership skills. I've had the opportunity to work with many people — other Board members, management, staff, volunteers, members, and cooperators from across the nation — to further understand why we gather together under this idea of a cooperative and how we can best advance towards our collective goals. Now it is time for me to give one of the other 8000+ members a chance to be part of that process.

Elections for this year's Board of Directors' are currently taking place. *Please exercise your right to vote.* Ballots are available at the Customer Service desk. Last chance to vote is at the **Annual Meeting, October 10, from 5:00-7:00pm.** This year's annual meeting will be held at the Pittsburgh Waldorf School at 201 S. Winebiddle Street in Friendship. Guest speakers will be Greg Boulos from the Pennsylvania Association for Sustainable Agriculture and Rob Stephany from the Pittsburgh Urban Redevelopment Authority. We hope to see you there. 🌱

member services message

by Kara Holsopple, Member Services

Have you been listening to the national debate about health care? Some people have been suggesting that co-ops may not be a bad idea. May, in fact, be a possible solution. Really? Co-ops?

Yes! This is not a surprise to those of us who have been cooperating for years. Co-ops are democratically controlled by members instead of beholden to shareholders' interests. Your services, your co-op. The cooperative model works well across many different areas of the economy. Did you know:

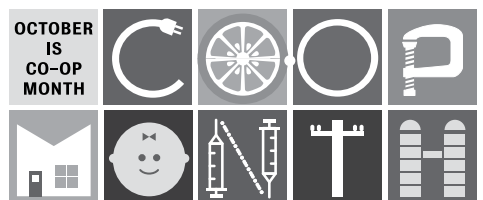
- Cooperatives range in size from large enterprises, including U.S. Fortune 500 companies, to single, small local storefronts.
- Some 250 purchasing cooperatives offer group buying and shared services to more than 50,000 independents businesses.
- Cooperatives operate in every industry including agriculture, childcare, energy, financial services, food retailing and distribution, health care, insurance, housing, purchasing and shared services, telecommunications, and others.
- 255 telephone cooperatives provide service to 964,000 households.
- Approximately 900 rural electric cooperatives own and maintain nearly half of the electric distribution lines in the U. S., cover 75 percent of the land mass and provide electricity to 37 million people.
- More than 1,000 mutual insurance companies, with more than \$80 billion in net written premiums, are owned by their policyholders.
- More than 6,400 housing cooperatives provide homes for 1.5 million households.
- Americans hold more than 350 million memberships in cooperatives, which generate nearly \$79 billion in total impact from patronage dividends and refunds.
- There are more than 72,000 cooperative establishments in the United States providing over 2 million jobs.
- The top 100 co-ops generate more than \$150 billion in revenues.
- Nearly 30,000 U.S. credit unions have 91 million members and assets in excess of \$760 billion. (www.coopmonth.coop)

At East End Food Co-op, we are proud to be one of the many cooperatives in the United States which are positively contributing to the economy and their communities.

During Co-op Month this October, we will be highlighting some of our connections to our cooperative suppliers in the store, and talking to both member owners and customers about the many benefits of cooperation.

Our New Member Drive will take place from Wednesday October 28 to Sunday November 1. Please consider encouraging your friends, family and neighbors to find out more about our Co-op and cooperatives during the drive. Drop by the New Member Drive table for information, tasty treats and a discount coupon for helping us sign up new members.

Thanks for keeping our Co-op strong, and see you in the store! 🌱



one percent wednesday

Building New Hope
October 28, 2009

Since 1992, Building New Hope has been doing just that in Latin America, working to reduce poverty by creating small business opportunities and promoting education. In Pittsburgh, we see the fruits of their labor in their partnership with La Prima Espresso Company. Building New Hope has sold more than 125,000 pounds of organic, shade grown, gourmet coffee since 2001, roasted by La Prima, the only fully certified organic coffee roaster in the Pittsburgh area. Building New Hope pays farmers more than the fair trade price, helping El Porvenir ("The Future"), a worker-owned and -operated farming cooperative of 48 families in Nicaragua, to keep their land and reinvest in their community.

What does selling their coffee to you mean to the workers of El Porvenir Cooperative? Since this partnership began with Building New Hope seven years ago, the cooperative has been able to make significant strides forward. Receiving a fair price for their coffee has directly translated into a better future: the farmers have been able to invest in new coffee plants and replanting to ensure the continued yield of their crop; to diversify their farm and plant avocado and cacao so their livelihood does not solely depend on coffee; to improve the infrastructure of their roads and irrigation systems to avoid water runoff and soil erosion; and to provide work not only for the families of El Porvenir, but for many others that the community employs to help them during harvest and planting seasons. **Every pound of Building New Hope coffee you buy is important to the livelihood of these families.**

The proceeds that Building New Hope receives from this One-Percent Wednesday will go to the pre-payment of this year's coffee harvest, a fundamental principal of a fair-trade relationship that allows them to pay the farmers as they harvest the coffee. What a wonderful way to celebrate Fair Trade Month! (more info about October's Fair Trade Month at www.fairtrademonth.org)

You can learn more about *Building New Hope's* projects and initiatives, including how you can help, at www.buildingnewhope.org. You can find their coffee beans in the Co-op's BULK DEPARTMENT, and taste it fresh-brewed in the Co-op Cafe. 🌱



PHOTO COURTESY OF BUILDING NEW HOPE



ENDS POLICY STATEMENT

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

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

STATEMENT OF COOPERATIVE IDENTITY Definition

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

Values

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

Seven Principles

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

1: Voluntary and Open Membership

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

2: Democratic Member Control

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

3: Member Economic Participation

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

4: Autonomy and Independence

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

5: Education, Training and Information

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

6: Cooperation among Co-operatives

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

7: Concern for Community

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

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

Last updated: 2 June, 1996.

members SPEAK OUT



Comment Cards ...

Hot bar is again filled with protein and starch foods that contain gluten — except the rice and roasted vegetables. If pasta is offered, why have spelt and wheat balls at the same time? Why not quinoa or millet? Please offer gluten free food in the hot bar in addition to rice. Thank you.

We try to have a variety of foods on our hot bar. Pasta Bar day is a themed Wednesday Kitchen day, and on those days there is less variety in general. We can look into other pastas, however, gluten free pasta does not hold up on our steam table. Pasta Bar day is one of our most popular hot bar days, but it only happens once each month.

— Thomas Murphy, Cafe Manager

It would be great if Monday through Friday could be Seniors' Day. I never seem to come on the "right" day.

I am afraid that we couldn't afford to provide that discount to customers at more than twice the rate that we now offer it. Seniors receive a discount on Tuesdays and Thursdays every week. Thank you for your comment.

— Kara Holsopple, Member Services Manager

Why did you stop ordering cold, fresh soy lecithin? Will you be ordering it again?

It was unavailable from our distributors for a while. But soy lecithin is back in the Bulk cooler now.

— Ian Ryan, Bulk Foods Buyer

I love your store but wish you could keep the raisin scoop outside the bulk raisin barrel. Seems like there should be a more hygienic way to do this! Maybe attach the handle to a flexible cord as you do with some of the other bulk items? Thanks!

We do have a holder for the scoop that rests outside of the raisin bin, and we will consider your idea of the cord. Thank you!

— Ian Ryan, Bulk Foods Buyer

Can we carry Burt's Bees Mama Bees products?

Yes, they will now be on the shelves of the children's body care section of Aisle 5.

— Germaine Gooden Patterson, Health and Beauty Buyer

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

Notes on Living from Cathy

by Sheila Caffrey

My friend Cathy had practiced yoga and meditation for her whole adult life, and still, she got cancer. She had avoided cigarettes, drugs, and alcohol, had eaten right, exercised right, breathed right, and had even thought the right thoughts. And still, she got cancer. What's more, she died of cancer.

I watched Cathy buy and read every book she could find on how to overcome cancer. She downloaded pages and pages of information on dissolving tumors and on miraculous healing because honestly and truthfully, tumors do sometimes dissolve and miracles do sometimes happen. In fact these things happen all the time, and just as the books say we can facilitate it all by the way we live and by the way we think. But Cathy couldn't. No matter how hard she tried, the tumor kept growing and she kept becoming sicker. No one could have tried more diligently or with deeper faith, and yet the tumor grew and she still died of cancer. She knew there should be a miracle. Where was it?

Cathy never gave up and she never gave in. She was not ready to die. She had a lot to do, and a lot to share, especially now that she had experienced some of the truth that the dark night of cancer had revealed to her. But she was very, very sick and, it seemed, her time here was coming to an end. Toward that end, even though she was still riding in the backseats of cars to see her guru and vehemently refusing to give up, Cathy did start to seek out information about yogis who had, in spite of their practices, become sick, and, of course, it made her think. It made us all think. We don't always know the path we are to take. And we are not ultimately in control.

How much of yoga and conscious living is aimed at trying to control life rather than fully live it? Too much, I think. But is not the goal of yoga trustful surrender?

I remember the day in the hospital when Cathy's whole team had gathered in her room to gently broach the subject of hospice. There she was, unable to see, unable to speak, unable to eat, having endured chemotherapy, radiation and numerous surgeries after having exhausted every conceivable natural healing system (and I do mean every system). She listened to the calm and compassionate reasoning of her family, friends, and medical advisors. I said nothing, secretly hoping that she would finally say yes to hospice because I loved her and could no longer bear to watch her suffering through the painful medical procedures on which she kept insisting.

When they had finished talking, Cathy frantically scribbled a note to me. Over the months I had learned to read her increasingly indecipherable notes. When I read this one I had to smile in spite of the circumstances. She was incredulous. "These people think I'm dying!!!" She underlined dying three times, the lines going all over the page. And then, to make sure they got it she added, "When I'm ready to enter the tunnel I'll tell them. But I'm not ready yet."

I just said, "She's not ready." Cathy squeezed my hand. I could hear her thinking, What a bunch of losers! Can you believe them?

Cathy kept meditating. One day she told her trusted friend and medical advisor that she was ready. For five days she rested peacefully at a beautiful hospice, and then she left, just a sweetly as you can imagine.

For those of us who loved her, it was the way it often is with the death of a loved one who had suffered. We were strangely relieved. Cathy was free and the fact that we would miss her didn't touch that reality.

Usually I help people to be born. Most often I am on the side of new life. But, as I get older I find myself more and more often on the side of death, and I want to tell you that it can be just as beautiful and just as amazing. A baby is born and the room falls into a hush. A person dies and the room falls into a hush. The emotional reactions come later. Both birth and death are miracles. Both can wake us up to the precious life that we have a chance to experience in between. Perhaps if you are a yogi, as was Cathy, you believe that we do this living and dying again and again until we finally learn to do it fearlessly and with the greatest joy and the deepest love.

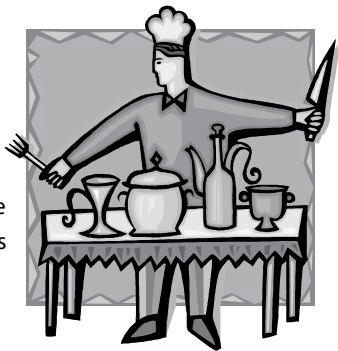
Cathy did not fail at living. She excelled at living until the last quiet beat of her heart. Not a single moment of her life had been wasted. Every breath, every giggle, every incredulous note about living and dying taught us all how to live – courageously and joyfully until the last beat of the heart.

Sheila Caffrey teaches yoga and meditation and practices massage therapy in Pittsburgh

the food YOU EAT

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

Warm, warmth and more heat- that's what we need this time of year as temperatures drop and the wind kicks up. This trio of recipes will keep you happily buzzing in the kitchen and help you ease into cooler weather. The recipes are a bit more challenging than some that we have shared, but well worth the extra effort. They include some organic and local beers, but other liquids can just as easily be added. Enjoy!



Espresso Ale Chili

- | | |
|--------------------------------------|---|
| 8 oz. chopped seitan* | 1 teaspoon chipotle chilies in adobo sauce, minced (you can add more if you like more heat) |
| 1 Tablespoon olive oil | 1 cup Peak Organic Espresso Amber Ale (or try East End Brewery's Eye Opener Coffee Porter) |
| 1-2/3 cups yams, cut into 1/2" cubes | 15 oz. diced tomatoes |
| 1/2 cup yellow onions, diced | 3/4 oz. tomato puree |
| 1 clove garlic, minced | 3/4 oz. tomato juice |
| 2 tsp. jalapeno, minced, no seeds | 15 oz. canned chickpeas |
| 1/2 cup red bell pepper, diced | 15 oz. canned kidney beans |
| 1/2 cup yellow bell pepper, diced | 1/2 cup frozen corn |
| 1/2 cup green bell pepper, diced | 1/4 bunch cilantro, chopped |
| 1 tsp. chili powder | Salt and pepper, to taste |
| 1/4 tsp. ground cumin | |

Directions:

- Heat the oil in a large pot over medium heat. Add yams and onion. Cook for three minutes, stirring frequently. Add garlic, jalapeño, bell pepper, chili powder, cumin and chipotles. Cook for two minutes, continuing to stir.
- Stir in beer. Add in diced tomato, tomato puree, and tomato juice. Add a little water, if needed. Bring to boil, then reduce heat to medium-low. Cook until sweet potatoes are tender, about 30 minutes.
- Add beans, corn, seitan, cilantro, salt and pepper. Cook 5 minutes, or just until heated through.

Makes about 6-8 servings.

*Seitan is a vegetarian meat substitute made from wheat gluten. You can buy it at the Co-op, or if you're adventurous, trying making it yourself in our Chili Seitan, below.

Chili Seitan

SEITAN STOCK

- | | |
|--------------|------------------------|
| 6 cups water | 1 cup tamari soy sauce |
|--------------|------------------------|
- Combine water and tamari in a deep pot and bring to a simmer.

SEITAN

- | | |
|----------------------------|-----------------------------------|
| 1 pound vital wheat gluten | 2 teaspoons chipotle chili powder |
| 1 Tablespoon onion powder | 1 Tablespoon cinnamon |
| 1 Tablespoon garlic powder | 2 cups water |
| 1 Tablespoon oregano | 1/2 cup tamari soy sauce |
| 2 Tablespoons Chili Powder | |
- Combine all dry ingredients in a medium sized bowl.
 - Combine the water and tamari in a another bowl or a pitcher.
 - Form a well in the middle of the dry ingredients and slowly add the water/tamari mix to the dry ingredients. Stir to incorporate, but try not to over mix because the dough will become chewy. Be sure to get everything incorporated.
 - Let the seitan rest for 15 minutes, and then cut into smaller pieces and put into simmering seitan stock. Seitan must be covered with liquid; add water if needed.
 - Simmer for 30 to 45 minutes. Stir occasionally so seitan on bottom of pot does not burn. Do not boil; it will make the seitan tough.
 - Cool in refrigerator before cutting up to use in other dishes.
- Makes about one quart of seitan. Extra can be frozen for future use.

— MORE ON PAGE 7 —

Fresh LOCAL Produce Board

By Claire Westbrook

Wow! Local produce is bursting out everywhere at the Co-op and if you're wondering just where all these delicious fruits and veggies are coming from, you can find out easily enough thanks to the new board that's been hung near the entrance of the produce department.

Updates are made each week as to which farms the items are coming from so you can support local agriculture and maybe a farmer you know personally.

Also keep an eye out for the local profiles each month that are featured in the newsletter. If you'd like to see something local, be it produce or something else, featured in an article or at the Co-op, drop me a line at timespaceone@gmail.com

Happy eating! 🍎



TRICK OR TREATING WITH

World's Best Cookie

by Claire Westbrook

As I was driving to Wheeling, WV, to interview the owner of **World's Best Cookie**, my car ran out of gas on the highway. Well, at least the "Trick" part of my "Trick or Treat" article was getting off to a good start. It was an interesting (and fortunately not unsafe) experience because I thought the gas gauge was broken and not that the tank was actually empty, as the needle pointing on E was correctly stating. I had just filled the tank the night before so it was strange, but no matter — I was headed to the Mountain State for tasty samples and a chance to meet the one-woman band that's been providing the Co-op with fantastic cookies for over ten years.

When I finally did get to the bakery (don't trust those little clips on the gas pumps that hold the handle up for you so you can get back in your car because sometimes they don't work!), I was delighted to find myself in the middle of a countryside I was not familiar with, even though I grew up in Wheeling. After an unsuccessful attempt at getting an answer at the house door, I wandered over to the bakery building and poked through an open door to a quite deserted kitchen.



I could imagine the heat wafting from the continuously baking ovens and smells emanating as cookies were rolled, cut, and pressed, dozen after dozen, onto metal baking trays throughout the night. Who was this amazing person that had, single-handedly, made over 300,000 cookies for the last fourteen years? Moments later, I met Dharma Haughey, the fresh-faced owner of World's Best Cookie ... and I'll be darned if she didn't smell like cookies!

What's New ... in the aisles

Aisle 1

- Whole Organic Coriander, PLU 260

Aisle 3

- Namaste Gluten Free Bread Mix

Aisle 4

- Pop Chips Snack Chips

Aisle 5

- Aura Cacia Calming Organic Baby Oil and Baby Nursery Diffuser

Aisle 6

- Seventh Generation Free and Clear Fabric Softener Sheets
- Sunshine Burger Falafel Flavor Patties
- Nature's Path Organic Homestyle Gluten Free Waffles
- Sno Pac Frozen Whole Cranberries
- Glutenfreeda's Gluten free Burritos, Dairy free and Vegetarian
- Julie's Gluten free Ice Cream Sandwiches
- Tandoor Chef Paneer Tikka Masala

in the COMMUNITY

Outreach Calendar

Join the Co-op at these community events!



Just Harvest presents the 21st Annual Harvest Celebration Dinner

Wednesday, October 21 | Omni William Penn Hotel, 530 William Penn Place,
Downtown Pittsburgh

5:30pm Reception and Silent Auction | 6:30pm Dinner and Program

Just Harvest will award its 2009 Annual Seeds of Justice Award to the East End Food Co-op.
Featuring Keynote Speaker, Raj Patel, Global Food Activist and author of Stuffed and
Starved: the Hidden Battle for the World Food System

For ticket information call Just Harvest at 412-431-8960 or visit www.justharvest.org.



First Three Rivers Bioneers (3RB) Conference

October 16, 17 and 18, 2009 | Pittsburgh Project in the North Side

Hungry for change and want to make a real difference in your local community? Come to hear
over 40 presenters, including local leaders like keynote speakers Khari Mosley, local liaison
for Green for All, and Greg Boulos, Western Region Director of Pennsylvania Association for
Sustainable Agriculture. Bioneers is a nonprofit educational organization that highlights social
and scientific innovations inspired by nature and human creativity.

To view a full list of national and local presenters, and to register, visit www.3riversbioneers.org

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

TH A LOCAL PRODUCER:

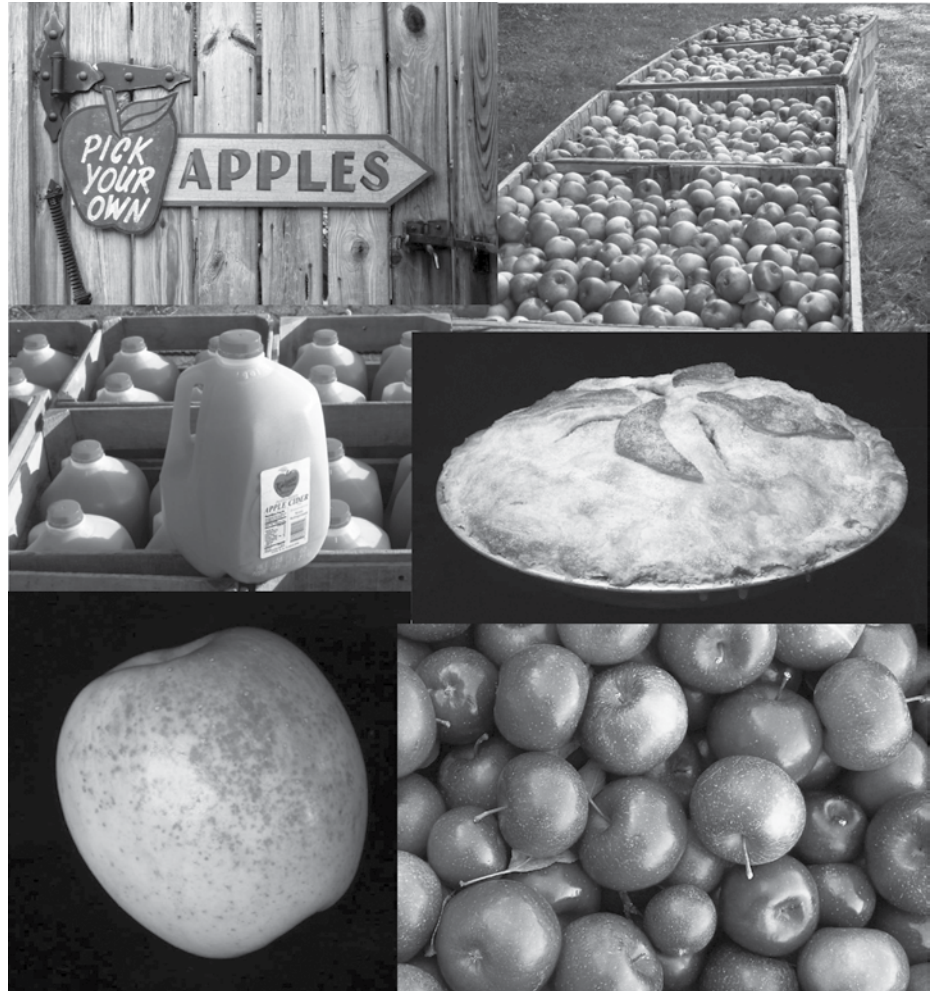
So what makes these cookies the World's Best? Could be the ingredients. They're organic, Non-GMO certified, vegan and for two of the six cookies that are offered, gluten-free. There's no salt or refined sugar (Sucanat is the sweetener and, for those of you not in the know, is sugar in its purest form). Maybe it's the blessing that the cookies are given before they're shipped out. Somehow, when it comes to the manufactured foods I'm eating, I don't think there's too much of it that's being blessed before it hits the delivery truck. Or it could just be that after years of tweaking the original recipes and adding a few new recipes to the mix, Dharma, a self-proclaimed baker since the age of seven, has more or less mastered the art from which she derives so much joy. How lovely that we get to be the lucky recipients!



If you really want to treat yourself (or any of those little ones that may be knocking on your door later this month) you can order cases of thirty cookies direct, or just stop on by the Co-op and pick up a few at the cash register end caps. You'll find Oatmeal Chocolate Chip, Oatmeal Pumpkin Spice, Oatmeal Carob Chip, Oatmeal Raisin, and gluten-free versions of Oatmeal Raisin and Oatmeal Chocolate Chip. For more information on ordering or catering (Dharma is also the creator of Dharma Burgers and a whole host of other baked goods, including a famous chocolate cake recipe), call 1-800-211-9068 or www.worldsbestcookie.net. 🍌

4TH ANNUAL REGIONAL APPLE FESTIVAL & PRO-AM APPLE PIE BAKING CONTEST

CELEBRATING WESTERN PA'S APPLES, APPLE GROWERS AND APPLE PRODUCTS:
THE BEST APPLES, THE BEST CIDER & THE BEST APPLE PIES **ANYWHERE** — **NO EXCEPTIONS!**



AS USUAL – AT THE **UNION PROJECT**,
STANTON AND NEGLEY AVENUES IN HIGHLAND PARK
SATURDAY, OCTOBER 24, 2009 — 11AM TO 2PM
PIE CRUST DEMO/CLASS — SWEETWATER COOKING SCHOOL
MONDAY OCTOBER 5, 2009, 7PM

Instructions for Participants

2009 APPLE FESTIVAL AND APPLE PIE BAKING COMPETITION

1. **Date and Time:** Saturday, October 24, 2009, 11AM to 2PM
2. **Place:** Union Project, 801 Negley Avenue, Highland Park, PA 15206
3. **Purpose:** A community event to —
 - share with Pittsburgh the wonders of SW PA apples and apple products.
 - hone the art of Apple-Pie Baking, leading to Pittsburgh's declaration as Apple Pie Baking Capitol of the World!
 - have a dandy good time together, with music, art, performance (juggling and other arcane skills) and marvelous apple-based food.
4. **Growers and cider makers:** Bring your products to set up before 11AM. We'll provide table space. If we pick up your products, we'll take care of this.
5. **Pie Bakers:** PIES ENTIRELY MADE FROM SCRATCH.
 - Identify apples and growers (if possible). No Red Delicious
 - Submit by Noon, October 24, 2009, \$5 entry fee (no entry fee for Festival!)
 - Include recipe for crust.
 - Influence-peddling, jury tampering and cheering sections are "par for the course"Contact Virginia Phillips (vredpath@aol.com) and Susan Barclay (stbarclay13@verizon.net) with questions about the competition.
6. **Pie-Crust Demonstration/Seminar:** Monday, October 5, 2009, 7PM – Sweetwater Cooking School, 309 E Carson St., Pittsburgh, PA 15219-1202. Contact Gaynor Grant at 412-325-2703, (info@sweetwatercooking.com)
7. **Volunteers:** Call Donald L. Gibbon at 412-362-8451, (dongibbon@earthlink.net) with questions or offers of help. We can use about ten volunteers, starting two days before the Festival begins.

SPONSORED BY:

Allegheny Group – Sierra Club; East End Food Co-op; Slow Food Pittsburgh;
PA Association for Sustainable Agriculture; and PA Agricultural Extension Service.
The Union Project does not endorse the views of organizations, groups or individuals
that rent space at the Union Project.

Point of Light

In every issue:
Personal Growth
Holistic Health
Sustainable Living



Since 1994

Point of Light

Western PA's Journal of Meaningful Living

www.PointofLight.com

To advertise:
 724-863-4206
sales@pointoflight.com

Pick up the latest issue at the Co-op!

On the table with Sheri Sable

Therapeutic Massage Energy Balancing

Deeply nurturing and tailored to your needs.

412-512-6172
SSabletable@aol.com

Give a Gift Certificate.
 \$10 discount with this ad.

6315 Forbes Avenue, B24 Squirrel Hill

What more do you want from your house?

Improve comfort and efficiency.
 Create more living space.



AJ Stones

Master Green Remodeler

Older houses our specialty • Consulting and Remodeling

ajstones.com

412-241-6042



schoolhouse yoga



ashtanga yoga
 kundalini yoga
 gentle yoga
 prenatal yoga
 mommy & me yoga
 family yoga
 beg/int/adv yoga
 yin yoga
 flow yoga

our 4 locations:
 2010 murray ave/squirrel hill
 2401 smallman st/stripe district
 5417 walnut st/shadyside
 the grant building/downtown

412-401-4444

www.schoolhouseyoga.com

Say goodbye to the 10 minute consult...



Patrick D. Thornton, CNM
 Certified Nurse Midwife

New Squirrel Hill Office
 at Murray & Bartlett

(412) 421-VBAC (8222)

Time to listen.
Time to talk.

Hospital births ✂ Health counseling ✂ Pap smears ✂ Birth control

REDUCE REUSE RECYCLE

MONTHLY MEMBER saLeS!

Dr. Bronners Body Soap 24 oz \$9.99

Nate's Chik'n Style Taquitos 12.7 oz \$3.99

Julie's Ice Cream Sandwiches 6 pk \$3.49
Org Fudge Bars also on sale

Wildwood Probiotic Soy Milk 10 oz \$1.49

Cascadian Farms Org Granola Bars 6.2-7.4 oz \$3.99

Heritage Alka-Thyme Mouthwash 16 oz \$9.99
Other Heritage Mouth Care products also on sale

Country Choice Org Oatmeal Bars 5 pk 2 oz bars \$2.99

Iceland Springs Bottled Water 1.5 L \$1.49

Madhava Org Agave Nectar 23.5 oz \$4.99

Lakewood Org Veggie Juice 32 oz \$3.29
Other select juices also on sale

Newman's Org Hermits 9 oz \$3.49
Roller Mints also on sale

Westsoy Org Soy Milk 64 oz \$3.49
Rice Drink also on sale

Thai Org Coconut Milk 14 oz \$1.79

Wasa Crispbreads 8.9-9.7 oz \$2.29

Tofurky Sausages 14 oz \$3.79

Coombs Org Maple Syrup 32 oz \$22.99

Genisoy Soy Crisps 3-8.5 oz \$1.99

Goraw Org Raw Bars 1.2-1.8 oz \$2.29

Organic Navy Beans \$1.69/W

Org Great Northern Beans \$1.79/W

Organic Turkish Apricots \$3.79/W

Organic Sunflower Seeds \$2.39/W

Yum Halloween Lollipops 12.3 oz \$3.49

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



and Vegetarian Café

GENERAL MANAGER

Rob Baran

BOARD OF DIRECTORS

Michael Q Roth, President
 Torey Verts, Vice President
 Mike Collura, Treasurer
 Sarah Aerni, Secretary
 Mike Elliot
 Dirk Kalp
 LaShaun Martin
 Inna Nirenburg
 Rob Shepherd

WHO WE ARE

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

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

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

MANAGEMENT TEAM

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

EAST END FOOD CO-OP

7516 Meade Street
 Pittsburgh, PA 15208

Store 412.242.3598
 Café 412.242.7726
 Credit Union 412.243.7574

www.eastendfood.coop
memberservices@eastendfood.coop



BOOKS-GIFTS-CARDS-MUSIC

Find the unusual from around the world.

For Life's Choices, Challenges and Celebrations

**810 BELLEFONTE STREET
 SHADYSIDE
 412.681.8755**

The Co-operator

Kara Holsoapple, Editor/Advertising Sales

Linda Raden, LR Design, Design, Layout & Production

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

We welcome letters to the editor.

Send your message (250 words or less) to —
Attn: EEFC Member Services, 7516 Meade St. Pittsburgh,
PA 15208 or e-mail to: memberservices@eastendfood.coop

Submission Deadlines

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

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

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

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

WRITE TO US: The Editor of *The Co-operator* welcomes your letters! Send your 250 words or less to:

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

Or e-mail to: memberservices@eastendfood.coop

THE WORD "MIDWIFE" SIMPLY MEANS "WITH WOMAN."

SOUTHWESTERN PENNSYLVANIA'S ONLY LICENSED AND ACCREDITED
FREESTANDING BIRTH CENTER OFFERING
WELL-WOMAN GYNCOLOGICAL CARE, PRENATAL CARE,
AND CHILDBIRTH IN A WARM AND SUPPORTIVE ENVIRONMENT.



THE MIDWIFE CENTER
FOR BIRTH • WOMEN'S HEALTH

PERSONALIZING WOMEN'S HEALTH CARE

PH. 412.321.6880 2825 PENN AVE. PITTSBURGH
www.midwifecenter.org

Susan Petrella, M.Ac.

Licensed Acupuncturist

Acupuncture Asian Bodywork

412-242-6060

NorthHills 977 Perry Highway
Shadyside 235 Shady Avenue

seafqi@verizon.net

acupuncturepittsburgh.com



MORE FROM THE CO-OP CAFÉ KITCHEN

Blackstrap Stout Gingerbread

2 cups unbleached white flour	1 cup molasses
2 Tablespoons ground ginger	1 cup East End Brewery's Blackstrap Stout (or any other similar dark beer)
1 ½ teaspoons baking powder	1 cup canola oil
½ Tablespoon baking soda	2 ½ Tablespoons freshly grated ginger
½ Tablespoon cinnamon	½ cup evaporated cane juice (or sugar)
¼ teaspoon cloves	½ cup brown sugar
¼ teaspoon nutmeg	
1/8 teaspoon cardamom	

Directions

1. Preheat oven to 350°, line a 9x5 inch loaf pan, spray lightly with non-stick cooking spray and line with parchment paper.
2. In a large bowl, whisk together the flour, spices (except fresh ginger), baking powder and baking soda and set aside.
3. In a medium bowl, whisk together molasses, beer, oil, and ginger. Then whisk in the evaporated cane juice and brown sugar.
4. Pour the wet ingredient into the dry and mix together using a large wooden spoon or a firm spatula. Pour batter into the prepared baking pan and bake for about one hour, or until top springs back when gently pressed and a toothpick inserted into the center comes out clean.
5. Do not open the oven until the gingerbread is almost done, or the center may fall slightly. Transfer to a wire rack to cool.

staff NEWS

NEW HIRES

The Co-op Café welcomes *Travis Straub*, native of West Virginia and graduate of the French Culinary Institute in New York City. Travis has been a vegetarian for over nine years and is currently in the MFA Writing program at the University of Pittsburgh in fiction.

Wendell Smith is new to the Stockroom. He is relocating from Florida and thinks Pittsburgh is a really welcoming city. Wendell came to work at the Co-op because he was looking for a family oriented environment. He loves roller coasters and animals. Welcome, Wendell!

Employee of the Month

Interview with
Jim Lingo, Produce Department —
our **Employee of the Month**
for August, 2009

by Jessica Johnson



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

60 fortnights.

**How did you feel when you were told that you had won?**

It felt like I had just high-fived King Midas.

## On the Book Shelves

By Karen Bernard



I am happy to tell all of you who have been waiting that we now have, available again, *Toolbox for Sustainable City Living: A do-it-Ourselfs Guide*, by Scott Kellogg and Stacy Pettigrew. *Toolbox* is an accessible, project-oriented guide for home-scale urban permaculture from the Rhizome Collective in Austin, Texas. And, if you're interested in this kind of change on a community

level, please check out *The Transition Handbook: From Oil Dependency to Local Resilience*. Coming from a background in permaculture, author and teacher Rob Hopkins offers design principles for building community on every level, from the real and practical, e.g. decentralized energy generation, local food sourcing, local currencies, and the "great re-skilling" of our people, to the realm of relationships. Hopkins fully realizes that government needs to be consistent with the principles that shape design on every other level. These principles are drawn from a mix of disciplines, including systems science, ecology and the psychology of change. *Transition* is not only a theory, it's a movement. Worldwide, there are over 200 Transition communities, mostly in the U.K. and the U.S., and the excitement is spreading rapidly.

In light of last month's G-20 Summit, we now have several new books: *The Case Against the Global Economy: And for a Turn Towards Localization*, ed. by Edward Goldsmith and Jerry Mander; *Agenda for a New Economy: From Phantom Wealth to Real Wealth*, by David Korten (author of *When Corporations Rule the World*); *Off The Map: An Expedition Deep into Empire and the Global Economy*, by Chellis Glendinning; *Whose Trade Organization?: A Comprehensive Guide to the World Trade Organization*; and *Water Wars: Privatization, Pollution and Profit*, by Vandana Shiva. We also have, hot off the press, *The Hope: A Guide to Sacred Activism*, by Andrew Harvey. You can read an interview with him in this fall's *Point of Light*.

New on the shelf as of last month is *Methland: The Death and Life of an American Small Town*, by Nick Reding, a report on the damages wrought by agribusiness, globalization and methamphetamine on Oelwein, Iowa. In contrast to this we have *Everything I Want to Do Is Illegal: War Stories from the Local Food Front*, by genius farmer Joel Salatin; and *Food Inc.: A Participant Guide* (and companion to the popular new documentary): *How Industrial Food is Making Us Sicker, Fatter, and Poorer-And What You Can Do About It*. 🍌

## DID YOU KNOW...

STEP TEN in the *Better Eating For Life* Program is "Make Friends with Fat!"

"Fat" became a dirty word in the 1980s through the 1990s, but now consumers are coming around to incorporating the right fats into a healthy diet. Fats are essential to a healthy immune system and regulating inflammation, blood pressure and metabolism.

The STEP 10 packet covers types of oils, from monounsaturated to tropical, and includes a discussion about the role of cholesterol in the body. A servings chart is also provided for common types of fat, and a suggested list of snacks and eating choices, including walnuts and flaxseeds, is provided.

As usual, the *Better Eating For Life* packet includes some delicious recipes like E-Z Olive Tapenade, Tangy Citrus-Cran Flax Muffins, Poached Salmon with Greens, and Sweet Pepper Walnut Dip. Web resources and recommended cookbooks round out 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.

## Be a Part of the Discussion ... About Co-ops!

Check out *A Discussion Course on Cooperatives: A Manual for Community Self-directed Education\** in our book department.

Informative essays and articles to get you thinking about:

- cooperative history
- cooperatives around the world
- creating a cooperative future
- legal aspects of consumer cooperatives, and more!

Start your own discussion group, or just educate yourself — you never know what could happen when you start cooperating.

More information at [www.discussioncourse.coop](http://www.discussioncourse.coop)

\* Look for it in the Co-op's BOOK DEPARTMENT in the back of the store, near the Co-op Café



## Healing on the Spiritual Path

**SATURDAY, OCTOBER 10, 2009**  
**7-10 PM**

University of Pittsburgh  
School of Social Work  
Cathedral of Learning, Room 2017  
4200 Fifth Avenue  
Pittsburgh, PA 15260

Information at [usa@bruno-groening.org](mailto:usa@bruno-groening.org)  
and [www.bruno-groening.org/english](http://www.bruno-groening.org/english)





# bulletin BOARD

## CAFÉ HOURS

### DAILY

JUICE BAR  
8 AM - 7 PM

SALAD BAR  
9 AM - 7 PM

HOT FOODS & SOUPS  
11 AM - 7 PM

### WEEKENDS

WEEKEND BRUNCH BAR  
9 AM - 1:30 PM

HOT FOODS & SOUPS BAR  
1:30 PM - 7 PM

## October 2009 ... hot bar specials

| sunday                                                                                                                                                                                          | monday                                    | tuesday                     | wednesday            | thursday                                           | friday                          | saturday                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|-----------------------------|----------------------|----------------------------------------------------|---------------------------------|------------------------------------------|
| <b>WEEKEND BRUNCH BAR – 9 AM to 1:30 PM</b><br>WHEAT-FREE PANCAKES, EGGS, TOFU SCRAMBLER,<br>VEGAN FRENCH TOAST, ROASTED POTATOES AND MORE!<br>11 AM to 7 PM – DAILY 1:30 PM to 7 PM – WEEKENDS |                                           |                             |                      | 1<br>North African<br>Stew                         | 2<br>Pizza, Dairy<br>and Vegan  | 3<br>Mock Tuna and<br>Noodles            |
| 4<br>Chef's Choice                                                                                                                                                                              | 5<br>Broccoli Pesto<br>Pasta              | 6<br>Autumn Stew            | 7<br>Burrito Bar     | 8<br>Quinoa Gratin<br>with Yams                    | 9<br>Pizza, Dairy<br>and Vegan  | 10<br>Red Curry Tofu                     |
| 11<br>Chef's Choice                                                                                                                                                                             | 12<br>Cassoulet                           | 13<br>Ratatouille<br>Pasta  | 14<br>Pasta Bar      | 15<br>Roasted Roots<br>with Sausage<br>and Walnuts | 16<br>Pizza, Dairy<br>and Vegan | 17<br>Jamaican Jerk<br>Seitan            |
| 18<br>Chef's Choice                                                                                                                                                                             | 19<br>Roasted Root<br>Vegetable<br>Gratin | 20<br>Seitan Matar          | 21<br>Indian Kitchen | 22<br>Chickpea and<br>Artichoke Stew               | 23<br>Pizza, Dairy<br>and Vegan | 24<br>Buffalo Tofu                       |
| 25<br>Chef's Choice                                                                                                                                                                             | 26<br>Autumn Millet                       | 27<br>Sesame Orange<br>Tofu | 28<br>Stir Fry Bar   | 29<br>Greek Quiche                                 | 30<br>Pizza, Dairy<br>and Vegan | 31<br>Butternut<br>and Walnut<br>Lasagna |

## fall lectures

Thursday October 29, 7pm

### Discover Wellness: The Obesity Epidemic

With Christopher Powell, D.C. of  
Powell Chiropractic, LLC

Talk about the dangerous obesity epidemic in America is growing as fast as our apparently widening waistlines. Come to a discussion about safe, natural methods to reduce the risk to you and your loved ones.

Dr. Powell's practice, which he shares with his wife Dr. Monique Powell, is in Regent's Square.

Workshops are free, but please register in advance at 412.242.3598.

Thursday, November 12, 7pm

### Astrology: Why do I keep repeating the same life patterns over and over?

presented by Cathy Bednar of  
Astrological Insights by Cathy

Join Cathy Bednar for the answer to this question and more. Many times we get stuck in the same old situations and don't understand why. Our astrology charts may explain "The Why." Come learn about how we can use our energies to our advantage to change unwanted patterns.

Workshops are free, but please register in advance at 412.242.3598.

## un-classified ads

TIME TO FEEL GREAT- Start today with Deep Tissue massage or Shiatsu. Co-op member discount. [www.bodyharmoniypgh.com](http://www.bodyharmoniypgh.com) Marcia Smith. 412-871-5388.

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

STEREO RECYCLERS — We buy old speakers, receivers, tape decks, turntables, etc., and put them back into circulation. We can repair and rebuild your worn out speakers. Don't let unused stereo components sitting in storage end up in landfills. (412) 244-0337; shos15218@comcast.net

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

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

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

WE OWN IT-  
CO-OP

## Shiver Yer Timbers & Come to the Annual Meeting!

Saturday  
October 10, 5-7pm

Waldorf School of  
Pittsburgh

Winebiddle Street near Penn Avenue  
Less than 10 minutes from the Co-op

Free food and drinks  
will be served.

Costumes encouraged!

Meet the candidates  
for Board of Directors.

Special Guest Speaker  
ROB STEPHANIE

Plenty of parking for those  
who are driving.

Please join us!

## PLEASE

### REMEMBER TO VOTE!

You can vote in the Annual Board of  
Directors Election in the store until

OCTOBER 10

when you can vote at the Annual Meeting.

ONE VOTE PER MEMBERSHIP.

KEEP YOUR CO-OP STRONG  
AND DEMOCRATIC —

VOTE!

## East End Food Co-Op Autumn Harvest Specials

All orders must be received by Saturday, November 21 at the latest.  
Orders can be picked up on Tuesday, November 24 from 8 AM until 8 PM or  
Wednesday, November 25 from 8 AM until 8 PM

|                                      |                                                                                           |              |
|--------------------------------------|-------------------------------------------------------------------------------------------|--------------|
| Spiced Pumpkin and Cider Soup (V)    | Includes maple, spice, and everything nice.....                                           | \$6.99/QUART |
| Country Corn Muffins (V)             | Tender muffins with great corn flavor.....                                                | \$4.99/DOZEN |
| Baked "Tastes Like Turkey" Tofu (V)  | A satisfying accompaniment to all your traditional favorites.....                         | \$5.49/PINT  |
| Traditional Tofu Loaf (V)            | You know it, you love it...It's Thanksgiving in a loaf.....                               | \$6.99/POUND |
| Mom Murphy's Famous Stuffing (V)     | Rustic farm bread, mushrooms, onions...simple, but classic.....                           | \$5.49/POUND |
| Maple Kissed Cranberry Sauce (V)     | Tart with heart.....                                                                      | \$5.49/PINT  |
| Great Gravy! (V)                     | Roasted garlic, "white wine", thyme, marjoram...the name says it all.....                 | \$5.49/PINT  |
| Roasted Rosemary Potatoes (V)        | Halved new potatoes, rosemary, garlic, olive oil...Yum! .....                             | \$5.49/PINT  |
| Chive Mashed Potatoes (V)            | A traditional mash...creamy, light, fluffy with fresh chives to boot.....                 | \$5.49/PINT  |
| Maple Mashed Yams (V)                | I yam what I yam, but I'm more than just a yam...I'm spiced! .....                        | \$5.49/PINT  |
| More Please! Macaroni and Cheese (D) | Good, better, best...Pepato cheese gives it added zest! .....                             | \$5.49/PINT  |
| Roasted Garlic Mac 'n' Cheez (V)     | A vegan's best friend.....                                                                | \$5.49/PINT  |
| Horn of Plenty Pilaf (V)             | Wild rice, squash, cranberries, apples, cinnamon and spice...It's the flavor of fall..... | \$5.49/PINT  |
| Simply Green Beans (V)               | Beans, thyme, shallots, olive oil, salt, pepper and LOVE! .....                           | \$5.49/PINT  |
| Perfect Pumpkin Pie (V)              | The one, the only, the Original EEFC Café Pumpkin Pie...a yearly favorite.....            | \$12.99/PIE  |
| Crumble Crust Apple Pie (V)          | The apple pie of your eye.....                                                            | \$16.99/PIE  |
| Cranberry Crowned Cheesecake (D)     | Smile for the camera! The Tart with Heart is cheesecakeing it! .....                      | \$21.99/CAKE |

(V) is for vegan, and (D) is for dairy. One pint weighs approximately one pound and serves two people.  
Pies are eight inches in diameter and will comfortably serve eight people.  
Cheesecake is 9"x11" and will comfortably serve about 12 people.

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