

# THE CO-OPERATOR

a monthly newsletter of the East End Food Co-op

Pittsburgh, PA

## STORE NEWS

### MEMBER BONUS!

It's the second quarter for your Member Bonus.  
Get 10% off the order of your choice, now until December 31, 2011.

### BOARD OF DIRECTORS MONTHLY MEETING

ALL MEMBERS ARE WELCOME.

Check meeting times in store entrance for next meeting.

Check out the weekly deals for  
**MEADE STREET MADNESS**  
on our website:  
[www.eastendfood.coop](http://www.eastendfood.coop)

### CO-OP ORIENTATION

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

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### SPECIAL INSERTS:

10/5 - 10/18 CO-OP DEALS  
10/19 - 11/1 CO-OP DEALS

### EAST END FOOD CO-OP

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

## Genetically Engineered Seeds: Slavery Reinvented

by Theresa Sabatini

Augustine To, an organic farmer in Hong Kong, wonders why the Genetically Engineered (GE) papayas that have taken over papaya cultivation in his homeland were ever planted: "No one will die from papaya hunger," he says, wondering why the engineered papayas were necessary. Meanwhile, the GE trees are spreading their engineered genes to all the natural papaya trees.

Sattemma, wife and mother in a farming family in India, recalls the effects of growing BT cotton: "Three years ago, we realized we were spending over half our income on chemicals... We were getting into debt, and the pesticides were making us ill." Not only that, but she saw several of a neighbor's goats die after grazing on the leftovers in a harvested BT cotton field.

All over the world farmers are being seduced by the promises of biotech companies: "GE crops are easier to grow. You get bigger yields and use less chemicals. You save time and make more money." And Governments are being strong-armed by the U.S. government and private Biotech interests to let GE crops in.

So far 25 countries plant GE crops, and another 30 allow them to be imported, and of those 25 planting, 15 are developing nations. The GE pushers say that these crops are the answer to the world's hunger problem, and that they're only trying to help. They also imply that blocking the use of GE crops through regulation or activism is tantamount to killing the poor and starving people in the developing world. And with the current drought and famine in Africa, these GE pushers have found fertile ground for their propaganda.

In Nigeria the conflict over so called "Super Cassava" continues even though field trials are underway for the new GE varieties. Gareth Jones of Biosafety Africa says that most African farmers need to save seeds from harvest, which isn't possible with GE seeds. "The biotech companies say they will give their seeds out royalty free, but for how long? Once all other seeds in a region have been replaced with GM varieties, what will be the farmers' choice?"

And he's right to worry. Big agrochemical corporations, like Monsanto, are buying local seed companies all over the world, then raising the price of the traditional seed to the level of

the GE seeds or just removing the conventional seeds from the market. In just 12 years, from 1996 to 2008, Monsanto bought up more than 50 seed companies. This is their strategy to do away competition, with seed saving, and to create dependence among the world's farmers.

Claire Hope Cummings, environmental lawyer and author, says that GE seeds turn farmers from producers into consumers, no longer producing and perfecting their seeds for their particular environment, but rather consuming seeds each season along with the attendant company-branded chemical fertilizers, pesticides, and herbicides.

For the developing world and its small-holder farmers, GE crops are the new face of colonialism. Ghanaian Cardinal Peter Turkson believes that making farmers dependent on patented, GE seeds is "the usual game of [creating] economic dependence ... I'd even say it becomes like a new form of slavery," forcing farmers into a cycle of debt and dependence.

Muna Lakhani, spokesperson for Earth-life Africa, also believes that GE seeds "will lock Africa into neo-seed slavery" increasing dependence on imported inputs. "We need to resist attempts to colonise our food production and insist on sustainable food cultivation that is not geared to benefiting the developed world ... The fact of the matter is that the GM industry, having lost the battle in many countries, now sees African countries as easy pickings."

It's even worse in India. Farmer suicides there, one every 30 minutes, are now estimated to be well over 200,000 since 1997, and those official numbers don't include women, so-called lower caste farmers, or tribal community farmer suicides. Vandana Shiva, physicist, philosopher, and environmental activist says that the epidemic of farmer suicides all stem from the introduction of patented seeds in India. BT cotton seeds, for example, are aggressively marketed to small farmers as a way out of poverty. But the BT seeds cost 2 to 10 times more than conventional seeds and require irrigation and expensive chemicals for good yields.

— Continued on page 2

## Mark Your Calendars —

it's a busy food month!

It's National Co-op Month, the second annual GMO-free Month, and in the midst of it all we'll celebrate **World Food Day on October 16th** and its new American counterpart, the **First Annual Food Day on October 24th**.

World Food Day, October 16th, is a worldwide event designed to increase awareness, understanding and informed, year-around action to alleviate hunger. This year's theme is "Food Prices: From Crisis to Stability". The 6th annual Run For Food Race Against Hunger will be held in Rome on the 16th.

Food Day, October 24th, is an American event designed to get people thinking about what we eat and "Eat Real." The goal is to get people together to push for healthy, affordable food produced in a sustainable, humane way. Check out [www.Foodday.org](http://www.Foodday.org) for more information.

And don't forget **Non-GMO Month!** There are lots of ways to celebrate. Host a film screening in your living room and invite the neighbors over, or maybe you're ready to join in the historic **Right2Know March from NYC to DC**. Your pledge to choose Non-GMO Project Verified foods for the month of October will make an important difference too. Got another idea? Make it happen! Go to [www.nongmomonth.org](http://www.nongmomonth.org) to learn more. And stop by your Co-op October 16 for a screening of the film *The World According to Monsanto*. See the back cover for details.

Next month, on November 3rd, The Merton Center will award Environmental Activist and Author, **Dr. Vandana Shiva** with the 2011 Thomas Merton Award right here in Pittsburgh. You can attend! Go to [www.thomasmertoncenter.org](http://www.thomasmertoncenter.org) for more information or to reserve your spot.



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. Check meeting times in store entrance for next meeting.



Dated Materials — DO NOT DELAY

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

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

and Vegetarian Cafe



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▲ PASA FARM TOUR — Thanks to the Pennsylvania Association for Sustainable Agriculture for another great Farm Tour—and thanks to the Co-op group who attended together! Here they are (ABOVE) at Jamison Farm, Latrobe, PA. We'll definitely do it again next year!

▼ PARKING DAY — September 16, 2011, was Pittsburgh Park(ing) Day! We had great time pouring green smoothies and talking to shoppers—some who even stopped by to eat their lunch. Learn more about it at <http://parkingday.org/>



## Genetically Engineered Seeds

— continued from page 1

The farmers borrow money to buy these “magic seeds”, then borrow more money for the chemicals they need when the crop begins to fail, and finally reap about 10% of Monsanto’s advertised yield. After just one or two growing cycles, these small farmers are overwhelmed by debt and can find no way out. Shiva writes that “The suicide economy of industrialized, globalised agriculture is suicidal at 3 levels - it is suicidal for farmers, it is suicidal for the poor who are deprived food, and it is suicidal at the level of the human species as we destroy the natural capital of seed, biodiversity, soil and water on which our biological survival depends.”

There’s a lot at stake here, and the core of it is freedom. Not just our freedom to know what we’re eating through labeling, to grow organic food unafraid of wind and bees bringing GE contamination to our crops, but a ground-level freedom of basic human dignity. Freedom for the small farmers of the world who subsist on what they plant, need to save seeds to survive, can’t fight back alone against a culture that

doesn’t respect them, their traditions, their wisdom, and their land. What’s really at stake here is human freedom, the kind our country is supposed to be about.

Remember Augustine To, the organic farmer in Hong Kong? He and a group of organic farmers have formed a union and are designating a “GMO-free zone”. To achieve that, they’re swapping out the other villagers’ genetically engineered papaya trees for conventional ones, one tree at a time, until the whole region is growing natural papaya again.

And Sattemma in India? She and 14 other women in her village, urged their husbands to stop using BT cotton and the chemicals that went with it because of the cost and the health effects on their families. Now Sattemma’s family and the other farmers in the village are using “non-pesticide management (NPM)”, are clearing more profit due to savings on chemicals and seeds, and are feeling better.

— Continued on page 7

## member services message

by Kara Holsopple, Member Services

A co-op isn’t a static institution. We’ve got principles as our foundation—the same principles we share with cooperatives all over the world. How we live up to those principles is up to us. ALL of us. Because it’s the exchange of ideas, values and money among a co-op’s members that make it come—and stay—alive.

This Co-op Month we’re proud to introduce you to two new staff members who have been members of our co-op community for some time. We know that their contributions will add something special to the mix.

**Eryn Hughes** has accepted the position of Outreach Coordinator. She’s the founder and cycling coach for the women’s cycling organization Velomuse. Eryn has had great success with cycling events here in Pittsburgh and in California. Nutrition and healthy lifestyle are also her interests and she’ll be bringing that experience and a unique perspective to East End Food Co-op.

We’ve also hired **Luke Ohlson** into a new position for the Co-op—Member Services Coordinator. Luke will take over coordinating the member volunteer efforts in the store, as well as new member orientations. Luke has been working in the Co-op’s neighborhood with the Student Conservation Association, and in the past he’s worked with seniors through Citiparks programs. Film making is also a passion for Luke, and he will be bringing his considerable media skills to the Co-op.

You’ll be hearing from Luke and Eryn a lot in the coming months. And we would all like to hear from you. If you have questions, suggestions or concerns about your Co-op’s membership programs, community outreach, or education initiatives, we hope you will contact us. You can start with [memberservices@eastendfood.coop](mailto:memberservices@eastendfood.coop) or 412-242-3598 ext. 103.

Happy Co-op Month!

## REDUCE, REUSE, RECYCLE!

# BUILDING change

a convergence for social justice

## OCTOBER 13-15, 2011

Senator John Heinz Regional History Center  
Pittsburgh, Pennsylvania

## MAKE YOUR VOICE HEARD!

Join us as we work to find real solutions to the urgent social, economic, and environmental issues facing our region! This first-of-its-kind gathering of concerned citizens from across Southwestern Pennsylvania will feature: hands-on workshops and training sessions, panel discussions, the *Building Change Film Festival*, and a keynote speech by renowned social and environmental advocate Winona LaDuke. Don’t miss this chance to converge with up to 1,800 people who are committed to building change in our communities!

**Registration is Open!**

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

Contact: [trcf@trcfwpa.org](mailto:trcf@trcfwpa.org)

412-243-9250

**Social justice...for a change.**

BUILDING  
CHANGE

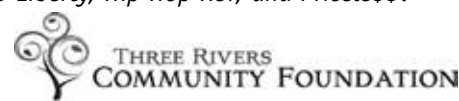


FILM  
FESTIVAL

**BUILDING CHANGE FILM FESTIVAL  
OCTOBER 12-16TH**

**Locations:**

CAPA (Creative and Performing Arts School), The Point Park University GRW Theater, The Hampton Inn (downtown), The Kelly-Strayhorn Theater, The Andy Warhol Museum. Come watch and discuss pertinent social justice films such as: *Your Environmental Road Trip (YERT)*, *Out in the Silence*, *9500 Liberty*, *Hip Hop Rev*, and *Priceless\$*.





### 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

**You have an awesome collection of books! Best I've ever seen! I'll be back for sure.**

Thank you very much! Our book buyer Karen Bernard has done a wonderful job of making the Co-op a resource for books on food, health, gardening, the environment, special diets, and lots of other topics shoppers may be interested in.

— Kara Holsopple, Member Services Manager

**I'm looking for diced tomatoes packed in glass.**

We have chopped tomatoes in aseptic containers, but have not been able to locate diced in glass. Eden has crushed in glass, but not diced.

— Maureen Girty, Grocery Buyer

**Just wanted you people to realize this place is GREAT and you are all fantastic!**

Why thank you very much! Glad that you realize it, too!

— Kara Holsopple, Member Services Manager

**Could you get Green genius large kitchen bags? They are great! Thanks!**

I'm sorry, Green Genius is no longer available from our distributor. However, we now carry Pride Green, which is biodegradable.

— Maureen Girty, Grocery Buyer



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

## Seed Swap!

**WHAT: Pittsburgh Garden Experiment 2nd Annual Seed Swap**

**WHERE: Jewish Community Center, 5748 Forbes Ave, Squirrel Hill, Pittsburgh, PA**

**WHEN: Thursday, October 27, 6:30 - 8:00 pm**

It's the end of the growing season, but we're already thinking of next year's harvest. Maximize your diversity by participating in our backyard garden seed swap!

Bring your saved seeds to share, swap, and trade tips in our **2nd Annual Seed Swap**. Even if you don't have seeds, come out to talk and learn from some of the best gardeners in the 'burgh. Helpful items to bring are: envelopes, containers or little baggies, your own saved seeds, marking pens, and a fun attitude!

## Co-op Help for Victims of Hurricane Irene

The Cooperative Development foundation is setting up a special fund to help cooperatives and their members who were victims of Hurricane Irene.

Donation checks can be made out to "CDF-Irene" and mailed to:

**Cooperative Development Foundation**  
2011 Crystal Drive, Suite 800, Arlington, VA 22202

## Annual Meeting 2011



**October 15, 6pm**

**At the Montage Design Studio**  
**N. Braddock Avenue**  
(across from the Co-op)

Hear about the state of the Co-op from your Board of Directors, meet new Board Candidates, and cast your ballot (if you haven't already) in this year's election.

Your vote is also needed to approve the Co-op's new Bylaws.

**Refreshments will be served.**

## October 2011 Marks 81st National Co-op Month

Co-op News Service

Co-ops across the country celebrate National Co-op Month this October. In the midst of concerns over rising food prices and an environment on the brink, food co-ops certainly are a bright spot. In fact, cooperatives have long been addressing these key issues, and by supporting their local co-ops, members not only benefit individually, but they contribute in a tangible way to positive change.

Members know that the purpose of their co-op is to fill their needs. They, not outside investors, own the business and define its direction. At the local food co-op, members enjoy the highest quality products (such as organic foods). They know that the products they purchase have been sustainably sourced when possible (from local farmers, for example, or via Fair Trade purchases). Members receive the best prices on their purchases, a say in the governance of the co-op, and an abundance of information (via newsletters, for example) about products and other issues of interest. Food co-op members appreciate that the co-op is a place of integrity and shared values.

Co-op membership also provides an opportunity to invest in the community. Concern for community is one of the seven principles on which cooperatives are founded, and co-ops have a long-standing, strong commitment to support their neighborhoods. The money generated, and the livelihoods supported, are close at hand and close-knit. In addition to providing local jobs, co-ops purchase goods and services from local farmers, artisans, and other producers. And co-ops support—with financial and in-kind contributions as well as volunteer labor—local

causes like education, the environment, social needs and cultural enrichment.

Co-ops aren't limited to local food co-ops, of course; they can be found in every industry in every size—from small storefronts to big Fortune 500 companies—to provide a myriad of products and services. A vital part of our economy, the nearly 40,000 cooperative businesses nationwide serve 4 in 10 Americans, or 120 million members. These include over 3,000 farmer cooperatives that account for more than 300,000 jobs nationwide and a total payroll of more than 8 billion dollars. Housing cooperatives provide 1.5 million homes in this country, and more than half of the electrical lines in America are operated by rural electric cooperatives providing electricity to 37 million people. American credit unions serve 85 million members, and more than 50,000 families use cooperative daycare in the U.S. Musicians, teachers, homebuilders, artists, farmers, and other producers from all walks of life form co-ops. These co-ops benefit their members and their communities.

The greater the use of a co-op by an individual member, the more the individual benefits. This is true on a larger scale, too, with co-ops banding together to increase their strength. (Another cooperative principle is cooperation among cooperatives.) The National Cooperative Grocers Association (NCGA) serves as an example of the strength of co-ops banding together. A group of over 100 grocery co-ops



who operate over 130 grocery storefronts around the U.S., NCGA works to bring the best prices and top quality products to its members. Together with small farmers and producers and consumers, NCGA calls for high organic standards, support for local food systems, and integrity and transparency in food and farming systems.

If you're already a member of your local food co-op, congratulations! Take some time this month to celebrate—and to spread the word. If you aren't, there's never been a better time to join in.

To learn more, visit these websites:

\* National Cooperative Grocers Association, [www.ncga.coop](http://www.ncga.coop)

\* The National Co-op Month Committee, [www.go.coop](http://www.go.coop)

\* The International Cooperative Alliance, [www.ica.coop](http://www.ica.coop)

\* The National Cooperative Business Association, [www.ncba.coop](http://www.ncba.coop)

# THE FOOD YOU EAT

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



Cooler temperatures signal that it's once again time to...bake! This wholesome cornbread has a tangy twist with green salsa and chilies. And a surprise ingredient—beer. It's vegan, and can be made with whole wheat flour in place of the white flour, for a whole grain treat. Serve with your favorite chili recipe on a chilly fall night—or anytime. Makes a great potluck addition. Enjoy!

### Tomatillo Cornbread with Wit Beer

- 1-1/2 cups unbleached white flour
- 1-1/2 cups yellow corn meal
- 1/4 cup evaporated cane juice or sugar
- 3-3/4 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 2/3 cup tomatillo salsa or salsa verde
- 4 oz. can of green chilies
- 1/3 cup fresh cilantro, chopped and loosely packed
- 3 Tablespoons olive oil
- 12 oz. Wit beer or wheat beer (try Peak Organic Wit)
- 2/3 cup tomatillo salsa or salsa verde
- 4 oz. can of green chilies
- 1/3 cup fresh cilantro, chopped and loosely packed
- 3 Tablespoons olive oil
- 12 oz. Wit beer or wheat beer (try Peak Organic Wit)



#### PREHEAT OVEN TO 350°.

1. Cut all vegetables on a bias cut about 1 1/2 inches long/ 1 inch wide/ 1/3 inch thick.
2. In a bowl, combine vinegar, tamari and oil. Toss carrots and parsnips in marinade to coat, remove and place on a lined sheet pan.
3. Toss potatoes and beets in marinade, remove and place on a separate sheet pan.
4. Bake for about 25 minutes or until just soft.
5. Toss together with parsley and serve hot or cold.

SERVES 4 – 6 PEOPLE

## Get Ready for Fall's Apple Harvest

Recipes by Cathy Banks

Fall is here —the time that many delicious varieties of apples begin arriving at the co-op from local and regional growers. A hit with children and adults alike, apples are one of nature's perfect snack foods. Scientific studies suggest eating apples on a regular basis may help prevent certain diseases and improve your overall health. Plus, apples have no fat, cholesterol or sodium, and contain small amounts of potassium, which may promote heart health, help maintain healthy blood pressure and a healthy weight. All of that, in a crunchy sweet treat that fits in the palm of your hand!



Cathy has been making Apple Bars for years. This original recipe can be used with any variety of apple so pick your favorite, remember to use organic ingredients, and start your baking oven.

### Apple Bars

- |                               |                          |
|-------------------------------|--------------------------|
| 2 1/4 cups unbleached flour   | 1 cup butter (2 sticks)  |
| 1 1/4 cups xylitol (or sugar) | 2 egg yolks              |
| 1/2 tsp. baking powder        | 4 – 5 cups sliced apples |
| 1/2 tsp. salt                 | 1 1/2 tsp. cinnamon      |

1. Preheat oven to 350°.
2. In your favorite mixing bowl, combine 2 cups flour, 1/2 cup xylitol baking powder and salt. Cut in butter until mixture is crumbly. Stir in egg yolks.
3. Press 1/2 of mixture into a lightly oiled 9 x 13" pan.
4. In another mixing bowl, combine apples, remaining flour, xylitol, and cinnamon, then spoon apple mixture over crust in pan.
5. Sprinkle remaining crumb mixture over apples, then bake for 45 – 50 minutes. Let cool before drizzling icing on top. Cut into 24 bars.

### Apple Bar Icing

- |                      |                               |
|----------------------|-------------------------------|
| 1 cup powdered sugar | 2 Tbsp. cream or coconut milk |
|----------------------|-------------------------------|
6. In a mixing bowl, combine all ingredients and stir well

### Back to Nature Cookies

These cookies are a healthy treat for lunch boxes as well as an after school snack. On the weekend, wrap a few in wax paper, pop them in your daypack and head for a nature trail.

- |                             |                           |
|-----------------------------|---------------------------|
| 1/2 cup butter              | 1/2 – 1 cup apple, grated |
| 1 cup honey or agave syrup  | 1/4 salt                  |
| 2 eggs                      | 1 1/4 tsp. cinnamon       |
| 1 tsp. vanilla              | 2 cups oats               |
| 1 3/4 cups unbleached flour | 1 cup raisins             |
| 1/2 tsp. baking soda        | 1/2 cup walnuts           |

1. Preheat oven to oven to 350°.
2. In a large bowl, cream butter and honey until fluffy, then stir in eggs and vanilla.
3. In a medium sized bowl, combine dry ingredients, except for oats, nuts and raisins.
4. Add combined dry ingredients to honey mixture, beating until smooth.
5. Next, stir in oats, nuts, raisins, and apple.
6. Drop by teaspoon onto greased cookie sheets. Bake for 10 – 12 minutes or until golden brown around the edges. This recipe makes approximately 5 dozen cookies.

## NEW IN THE AISLES

### Aisle 1

- ☉ Equal Exchange Extra Virgin olive oil, from small farmers in Palestine

### Produce

- ☉ Fair Trade Bananas—You've seen them here before, but the Produce department is committing to carrying ONLY Fair Trade Certified Organic bananas from now on!

### Aisle 3

- ☉ RESERVATROL Winetime Bars, Chocolate Date Almond and Chocolate Raspberry flavors
- ☉ Caring Candies — Handcrafted Sugar Free Candy Sours

### Aisle 5

- ☉ Garden of Life Vitamin Code — Multi, Fruit Punch flavor
- ☉ Harmonized Vegan Protein — Berry flavor
- ☉ Giovanni D:Tox — Cleanser, Facial Scrub, Facial Mask and Moisturizer
- ☉ Garden of life — Raw CoQ10 200mg

### End of Aisles

- ☉ Halloween-ready Fair Trade Chocolates from Equal Exchange and Endangered Species brands



"Nature shrinks as capital grows. The growth of the market cannot solve the very crisis it creates."

## Vandana Shiva Merton Award Honoree 2011

Join us at the Thomas Merton Award Dinner on Thursday, November 3 at the Sheraton Hotel. Dr. Vandana Shiva from India, physicist, eco-feminist, defender of the Rights of Mother Earth, will receive the award.

\$50 Individual, \$450 Table for 10

More Info:  
Call 412-661-7149  
or  
Visit [thomasmertoncenter.org](http://thomasmertoncenter.org)

Register at:  
[www.thomasmertoncenter.org](http://www.thomasmertoncenter.org)  
OR  
Send checks to:  
5129 Penn Avenue  
Pittsburgh, PA 15224

# IN YOUR COMMUNITY, ON YOUR PLANET

## Transforming Tea: Supporting a Small Farmer Tea Model

by Phyllis Robinson, Equal Exchange

In the foothills of the Himalayas, the Potong Tea Garden, once a colonial plantation, now collectively run by its workers, is making history. If this revolutionary new model is successful, not only will it generate significant improvements for the garden's 350 workers and their families, but the seeds planted in Darjeeling, India, could help spark a badly needed transformation of the tea industry. Equal Exchange is proud to partner with the Potong worker-owners and food co-ops across the United States, to support this exciting social, economic, and environmentally sustainable small farmer tea model. We believe partnerships such as these hold the key to the future of a fair and equitable tea system.

The Potong Tea Garden represents a unique effort to address a difficult challenge: how to build a new tea system out of a decaying and crumbling plantation model that remains largely unchanged from the days of the British Empire. Approximately 50 million workers throughout the developing world make their livelihoods from this industry. Sadly, even consumers trying to make ethical purchases, might still unknowingly prop up this archaic plantation system. Even 98 percent of tea that is labeled "Fair Trade" is sourced from large-scale plantations still working with bonded labor and other vestiges of colonial legacy.

Due to the feudal nature of tea plantations, workers are often trapped in a system of dependency. In many cases, workers receive their housing, schooling and medical care from the estate. If a worker loses his/her job, or if the plantation is abandoned, thousands of workers and their families are left without any form of income, housing, or services. Tea workers need committed fair traders and consumers to take action now to create a new model based on human rights and economic justice.

Established over 100 years ago by the British, Potong Tea Garden was repeatedly abandoned, taken over, mismanaged, and abandoned again. Throughout that time, 2500 people depended on the plantation for their livelihoods, shelter, medical needs and educational services. As Sher Bahadur, Potong's board president told us in November 2009, the plantation system was structured in such a way that workers were never taught any other means of livelihood. "We were 100 percent dependent on the tea plantation," he said. "So when the plantation was abandoned, what could we do?"

In 2005, after a series of government and private-industry take-overs which ran the garden further into the ground, the owners of Potong approached Tea Promoters of India (TPI), one of the tea industry's most progressive and visionary companies, asking them to consider running the

estate. Committed to making small farmer ownership possible, representatives of TPI proposed a solution to keep the estate in operation. The workers agreed to take over management and 51 percent ownership of the estate. TPI agreed purchased 25 percent of shares and provided the workers with technical assistance and market support. As one worker-owner told us, "Before, the management was the supreme authority and we were scared of them. Now we discuss things amongst ourselves. We have a new structure and we can work with dignity and for our own development and for no one else. This is our model; if we are successful, then we will have a future."

The workers are learning to own, manage, and operate their tea garden. With training and technical assistance from TPI, they are learning new skills, taking risks, and rebuilding operations. Decades of neglect, however, have also taken their toll on farm productivity. We were told that some of the tea bushes are the original bushes that were planted when Lincoln was president, in 1860. Production is half what it could be as many of the tea bushes have died, leaving acres of fallow land.

Potong's leaders are working hard alongside TPI to bring about badly economic and social change. They understand that environmental restoration and farm maintenance are equally important to the equation. The need for new tea bushes, organic fertilizer, and improved irrigation systems is critical to their success. For this reason, TPI asked Equal Exchange to partner with them and invest in the planting of new tea bushes. We, in turn, are inviting our food co-op partners and their shoppers to participate with us in this exciting new experiment in worker control and small farmer empowerment.

During the month of October, for each Equal Exchange product sold through food co-ops, we will donate 25 cents (up to \$15,000) to the Potong community for the planting of 30,000 new tea bushes.

When the original bushes were planted during Lincoln's presidency, the tea garden experienced its first phase of labor and land use. This next round of tea planting, and worker ownership and control, provides an opportunity to begin anew, to reconsider and rebuild a better and more sustainable tea model. We can learn from the past, be creative and envision a new future where workers and the environment both gain. Literally and figuratively, we are planting new seeds for a far more equitable, sustainable, and dignified future.

The Potong worker-owners, TPI, Equal Exchange, and your food co-operative, invite you to join us in building this exciting new model of small farmer empowerment!

## Low-cost wind energy comes to Pittsburgh

by Janice Serra



More and more Pennsylvanians are now shopping for the best deal on electricity, and surprisingly, the best-priced product available is a 100% wind product. The Squirrel Hill based non-profit organization Citizen Power, Inc. joined up with TriEagle Energy, LP to offer a 100% renewable wind electricity plan in the Duquesne Light service territory, which covers most of Allegheny and Beaver counties. The certified 100% wind Green Eagle 24 product, currently available only through Citizen Power's Green Energy Cooperative, beats every other product, green or otherwise. This is largely due to the maturing of wind generation technologies, which has brought down the price of wind electricity considerably in recent years. Additionally, Citizen Power's utilization of the non-profit/cooperative business model has allowed TriEagle to offer a very attractive rate.

According to Executive Director Titus North, Citizen Power was frustrated by the lack of low-priced wind alternatives available to electricity consumers. The problem is that marketing costs are high in the electricity industry, and marketing to what is considered the niche environmentalist population is just not worth it to the big power companies. Citizen Power has a long history of fighting on behalf of electricity consumers and the environment, and felt that it was well positioned to present a low-cost green product to the public. After taking its idea to numerous electric generation companies, Citizen Power decided to partner with TriEagle Energy, a low-cost/high-value electricity provider. TriEagle agreed to create a product that would be 100% backed by certified wind RECs (renewable energy credits) from Pennsylvania and neighboring states, and Citizen Power offered to provide the marketing in exchange for the lowest price for consumers.

**"Our mission is the promotion of renewable energy,"** said North, **"and we believe that this is the most effective way to do so."** North sees public concern about the environment on the rise due to nuclear crises, oil spills, fracking, and climate change. **"People want to do something positive, but in this economy not many people can afford to purchase a hybrid car or put solar panels on their roof. However, with this program you can help the environment and save money at the same time."** Switching from Duquesne Light's default service saves consumers more than 20% off of the generation portion of their electric bills.

Duquesne Light will continue to handle the billing and line maintenance for its customers who switch. Back in the 1990s when Pennsylvania deregulated electricity, electricity generation was separated from transmission and distribution. Regardless of who generates the electricity, the local utility (Duquesne Light in our area) provides the distribution. This means that switching generation companies will not affect reliability. **"The lights won't go out when the wind stops,"** North said. "The only change people will notice will be a lower electricity bill."

To sign up for TriEagle Energy's Green Eagle wind product, visit [citizenpower.com/GEC](http://citizenpower.com/GEC) and enroll in the Green Energy Cooperative, a Citizen Power program. Membership is free, and members will then be able to sign up for the Green Eagle wind products from TriEagle. To find out more about this opportunity to save money and the environment at the same time, see [www.citizenpower.com/GEC](http://www.citizenpower.com/GEC) or call Citizen Power at 412-421-7029.

### WIND MAKES SENSE...AND DOLLARS

Join the Green Energy Cooperative (it's free) and switch to a 100% Wind Energy Plan being offered by TriEagle Energy. It's the lowest electricity price available in Pittsburgh.\*

[www.citizenpower.com/gec](http://www.citizenpower.com/gec)



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\* According to the PA Power Switch website (9/15/11)

The Green Energy Cooperative is a program of Citizen Power, Inc.  
For more information call 412-421-7029.

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### WHO WE ARE

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

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

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

### MANAGEMENT TEAM

Rob Baran, **General Manager**  
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Kara Holsopple, **Marketing and  
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Allisyn Vincent, **Front End Manager**  
Thomas Murphy and Amber Pertz,  
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### EAST END FOOD CO-OP

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**memberservices@eastendfood.coop**

# THE CO-OPERATOR

**Kara Holsopple**, Editor/Advertising Sales  
**Linda Raden**, LR Design, Design, Layout & Production

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

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

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

Send your message (250 words or less) to:  
 Kara Holsopple, Member Services, East End Food Co-op,  
 7516 Meade Street, Pittsburgh, PA 15208.

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

## SUBMISSION DEADLINES

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

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

## Employee of the Month

Interview with **Ben Collier**, Co-op's Employee of the Month for June 2011, written by Anne Johnson

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

**A. Since October 2010**

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

**A. The people**

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

**A. Perhaps**

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

**A. Wonderful**



# 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.

## Genetically Engineered Seeds

— continued from page 2

But with half of the world's population engaged in farming, there are millions of people around the world and right here in the U.S. that are still struggling under the yoke of this new slavery. So when you come into the co-op this month, Non-GMO Month, to enjoy the amazing abundance of organic selections, shop mindfully, avoiding potential GE ingredients. Skip your favorite non-organic crackers or cereal. Make that sacrifice in solidarity with the earth's farmers, and make a call to the companies you buy from that are NOT organic, urging them to go certified Non-GMO. You'd be surprised at how many "natural" foods have hidden GE ingredients. So celebrate your choices, and participate by creating your own "GMO-free zone" in your lives and homes. And like the women of Satemba's village, urge your family and friends to join us!

Note: Please go to <http://www.navdanya.org/home> to learn more about Vandana Shiva's important work. She's being honored at the Merton Center right here in Pittsburgh, on November 3rd. Go to [www.thomasmertoncenter.org](http://www.thomasmertoncenter.org) for more information or to reserve your spot.

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## FOOTNOTES:

- [http://www.chinadaily.com.cn/hkedition/2011-09/08/content\\_13645581.htm](http://www.chinadaily.com.cn/hkedition/2011-09/08/content_13645581.htm)
- <http://www.guardian.co.uk/environment/2008/jul/30/gmcrops.india>
- <http://allafrica.com/stories/201105180733.html>
- <http://tyglobalist.org/politics-and-economy/genetically-modified-cassava-new-technologies-have-complicated-the-challenge-of-feeding-africa/>
- [http://www.naturalnews.com/033148\\_seed\\_companies\\_Monsanto.html](http://www.naturalnews.com/033148_seed_companies_Monsanto.html)
- <http://www.youtube.com/watch?v=lnMwdO-hGlw&feature=relmfu>
- <http://www.catholicnews.com/data/stories/cns/1100033.htm>
- <http://ipsnews.net/africa/nota.asp?idnews=52641>
- <http://www.treehugger.com/files/2011/05/indian-farmer-suicides-one-every-30-minutes.php>

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## fall classes

**TUESDAYS, 6:30-8:30 PM: OCTOBER 11,  
OCTOBER 25, NOVEMBER 8, NOVEMBER 22**

### Healing Relaxation Workshop

with Kirsí Jansa

HEALING RELAXATION WORKSHOP IS AN INTRODUCTION TO LIVING LIFE MINDFULLY.

The workshop is based on the principle that the human mind carries its own dignity and healing capacity which can never be permanently damaged or destroyed. This innate capacity can become familiar to all of us, and is most obviously expressed in moments of relaxed openness. Yet most of the time our lives are busy and stressful, and we tend to move from one experience to the next with little awareness that this kind of relaxed openness is available to us all the time.

During the Healing Relaxation workshop we explore and experience the benefits of developing calmer states of mind and body through guided relaxations and visualizations, breathing exercises, self-massage, and simple massage and movement exercises.

Healing Relaxation Workshop is not therapy, but it is based on Tara Rokpa Therapy. More about Tara Rokpa in [www.tararokpa.org/therapy](http://www.tararokpa.org/therapy).

» Cost, \$15 per session. Participants should bring mats and wear comfy clothes.

**TUESDAY OCTOBER 18, 6:30PM**

IN HONOR OF NON-GMO MONTH...

### “The World According to Monsanto” screening

This scathing documentary takes a hard look at the business practices of the most infamous name in food—Monsanto. Learn how traditional food systems are being changed by genetically engineered crops. Secret documents and the voices of farmers, scientists and politicians tell this fascinating story. (Running time 1 hour, 49 minutes)

**THURSDAY OCTOBER 20, 6:30PM**

### Mindful Eating for Well-being

With Deborah Brooks, MS, RD, LDN

Mindfulness is a quality of greater awareness we can bring to any part of our lives. Many of us struggle with food, with eating, and with our weight. Mindfulness in eating empowers us to discover and change our unhealthy habits and behaviors around food, to break the cycles of shame and guilt around eating, and to re-discover our ability to have a healthier relationship to food and our bodies. Whether you are working on weight loss or just interested in eating in a more healthy and balanced way, this class will teach you practical skills you can use to bring more peace and deeper awareness to your meals and your relationship with food.

Deborah Brooks, MS, RD, LDN, is a registered dietitian and a licensed dietitian-nutritionist who practices in a wellness center in Mount Lebanon. She specializes in weight control and healthy cooking. She is a long-time meditator, retreat organizer and teacher of mindfulness meditation with the Laughing Rivers Community of Mindful Living.

» Cost is \$15

**WEDNESDAY OCTOBER 26, 7PM**

IN HONOR OF CO-OP MONTH...

### “The Dark Side of Chocolate” screening


Wednesday October 26, 7:00pm

East End Food Co-op will host Ten Thousand Villages for their screening event of the documentary, “The Dark Side of Chocolate.” Join us for this hour long film that exposes the ongoing use of child, forced and trafficked labor in the Western African cocoa industry. Make an informed decision before your next chocolate purchase! Seating is limited. Please contact East End Coop at 412-242-3598 to reserve your spot.

For more information concerning fair trade and this film, please contact Ten Thousand Villages at 412-421-2160. Find us in Squirrel Hill at 5824 Forbes Ave, Pittsburgh PA, 15217.

## October 2011 ... hot bar specials

sunday monday tuesday wednesday thursday friday saturday

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2 Chef's Choice	3 Mock Chicken & Biscuits	4 Spicy Red Tempeh	5 Burrito Bar	6 Broccoli Quinoa	7 Pizza Dairy & Vegan	8 Kale & White Bean Stew
9 Chef's Choice	10 Seitan Stroganoff	11 Tea & Ginger Simmered Chickpeas	12 Indian Kitchen	13 Apple & Squash Gratin	14 Pizza Dairy & Vegan	15 Quiche Lorraine
16 Chef's Choice	17 Tofu al Pastor	18 Goulash	19 Pittsburgh Kitchen	20 Chickpea Curry	21 Pizza Dairy & Vegan	22 Tempeh Adobo
23 Chef's Choice	24 Autumn Millet Risotto	25 Spicy Peanut Tempeh	26 Stir Fry Bar	27 Yam, Chard & Quinoa Gratin	28 Pizza Dairy & Vegan	29 Harvest Ragout
30 Chef's Choice	31 Tofu & Hard Cider Stew	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!				

**TUESDAY, NOVEMBER 1, 6:30 – 8:00 PM.**

### Backyard Composting

Pennsylvania Resources Council Community Composting Class

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.

CLASS DETAILS: 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)

» Call 412-488- 7490 X 247 to reserve your space. [www.prc.org](http://www.prc.org) / [www.zerowastephg.org](http://www.zerowastephg.org)

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

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## more fall classes

**THURSDAY NOVEMBER 3, 7PM**

### Astrology — Helping to Define Your Life's Purpose

With Cathy Bednar

When many think of astrology, they quickly associate it with “what is going to happen in the future.” Astrology can alert you to potential future events but it can give you so much more insight into your life—it identifies your Karma and what your challenges and gifts/talents are for this lifetime; it also identifies how you communicate, develop relationships, choose your career, and cultivates your spirituality. Cathy Bednar, from Astrological Insights by Cathy, will explain how your astrology chart shows that positive use of your planetary energies can guide you towards self-fulfillment and accomplishing your life's mission. See how this valuable tool—your astrology chart—can positively influence you toward your success and personal development, which could ultimately change your life.

**TUESDAY NOVEMBER 15, 7PM**

### Gluten-free Baking for Holidays and Everyday

With Amanda Haney

Baking with gluten-free flour is a challenge. After taking this class, participants will be able to bake a variety of GF foods including yeast bread, rolls, pizza shells, cookies, muffins, pie crust, quick breads and cakes, among others. Techniques to adapt many regular recipes to make them gluten-free will also be included. I will also present information about nutritional issues related to GF baked goods. Participants will get a handout with many GF recipes for baked goods and tips for GF baking.

The class will include a tasting of GF baked goods.

» Cost \$10 for first person, \$2 for additional family members without handout.

**THURSDAY NOVEMBER 17, 7PM**

### Healthy Holiday Sides & Starters

With Deborah Uttenreither

Tired of the same old candied yams and string bean casserole? This class is for you. We will explore some healthy alternatives that are tasty, seasonal and easy to prepare. Find out how some of the ingredients we will be using can help to build your immunity for the winter cold and flu season.

Recipes and samples include:

- » Avocado and Sprout Salad — a healthy starter salad teaming with nutrients.
- » Wild Rice Apple Cranberry Pilaf — Good as a side or use as a stuffing.

**TUESDAY DECEMBER 13, 7PM**

### Stay Balanced For the Holidays

With Deborah Uttenreither

The holidays seem to speed up our lives and for some of us they seem to take a toll on our relationships, diets and health. This class will explore some tips and techniques that will help to eliminate some of the hustle, bustle and stress keeping us more balanced and focused.

### NEW MEMBER BONUS QUARTER:

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