

# THE CO-OPERATOR

a monthly newsletter of the East End Food Co-op

Pittsburgh, PA

## STORE NEWS

### MEMBER BONUS!

Get 10% off the order of your choice,  
now until **September 30, 2012**.  
The next quarter goes from October 1, 2012  
through December 31, 2012.

### BOARD OF DIRECTORS

#### MONTHLY MEETING

#### ALL MEMBERS ARE WELCOME.

The next meeting will take place on  
Monday, September 17 at 7pm.

Check out the weekly deals for

### MEADE STREET MADNESS

on our website:

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

### CO-OP ORIENTATION

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

Call 412.242.3598 ext. 103 to register.

## INSIDE THIS ISSUE

CO-OP NEWS.....	2
MEMBERS SPEAK OUT .....	3
NEW IN THE AISLES .....	4
THE FOOD YOU EAT .....	4
IN YOUR COMMUNITY, ON YOUR PLANET .....	5
EMPLOYEE OF THE MONTH .....	7
CO-OP BULLETIN BOARD .....	8

#### SPECIAL INSERTS:

9/5 - 9/18 CO-OP DEALS  
9/19 - 10/2 CO-OP DEALS

### EAST END FOOD CO-OP

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

## Lunch Packing Perks

by Co-op News Service

Been brown bagging lately? In an effort to tighten our budgets, more and more of us are packing our own lunches for work and school. And we're finding that the benefits extend beyond the household's bottom line. Making your own lunch gives you control over the quality of the food you and your family eat. (After all, lunch provides an important portion of the day's nutrition.) By making attentive choices about what goes in each lunchbox, you can address specific areas of concern, such as fat and calories, while maximizing quality and taste.

If you're an enthusiastic cook, you'll find preparing homemade lunch fare especially enjoyable (and profitable), offering unlimited opportunities to try new foods and reinvent leftovers. But even if you prefer not to cook, you can find plenty of healthful and economical options for brown bagging. Hands-down the best place to shop for healthful and delicious lunch items—from sandwich fixings to sides, snacks, beverages, and ready-to-serve meals—is your local co-op.

### Bring Your Own Lunch Tips

- If you can't quite commit to full-fledged BYOL status, start by bringing your own snacks and/or beverages. Good snack options include nuts, fruits, yogurt, edamame beans, cheese cubes, and popcorn with nutritional yeast and/or cheese powders.
- Use the opportunity to control the nutritional benefits of the food you eat by packing only the most healthful choices, like organic fruits and vegetables and fresh, whole grain breads. If you enjoy chips, look for those without trans-fats and artificial ingredients.
- Think outside the brown bag. Use reusable lunch bags and lunchboxes. Forgo those little plastic sandwich bags, too, and invest in a variety of containers for sandwiches, salads, leftover main dishes, chips, etc. You'll also want a thermos or two for soups, stews, and casseroles, as well as beverages.
- Add an element of surprise when packing lunch for little ones or a partner. Tuck a note or little non-food treat inside (like a new barrette or pencil for your preschooler or an interesting article for your partner to read).

Continued On Page 3



dozens of local artists, local food, live music

**SEPT 23 12-5PM**

**AT THE EAST END FOOD COOP**

art-making for kids and adults, rain or shine

**EAST END FOOD .COOP**

7516 MEADE STREET  
POINT BREEZE  
412-242-3598  
[WWW.EASTENDFOOD.COOP](http://WWW.EASTENDFOOD.COOP)



See listing of participants at:

[www.eastendfood.coop/2012/05/2012-co-op-art-harvest-street-festival](http://www.eastendfood.coop/2012/05/2012-co-op-art-harvest-street-festival)

ALL MEMBERS ARE WELCOME TO ATTEND THE CO-OP BOARD MEETINGS.

Check the bulletin board in the front vestibule for dates, times and agenda items. The next meeting will take place on Monday, September 17 at 7pm.



WE OWN IT-

Dated Materials — DO NOT DELAY

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



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5% Wednesday Update

We're pleased to report that Co-op shoppers raised over \$1000 for our TreeVitalize Pittsburgh 5% Wednesday Partners. Thank you!

TreeVitalize Pittsburgh is a partnership between the Western Pennsylvania Conservancy, Tree Pittsburgh, the City of Pittsburgh, Allegheny County Parks, and the Pennsylvania Department of Conservation and Natural Resources. The partnership was started in 2008 in response to the loss of tree cover in and around Pittsburgh. TreeVitalize set an initial goal of planting 20,000 trees in the region and so far they have planted over 14,000 trees with help from almost 4,000 volunteers. These new trees are now lining our streets, restoring our parks, and improving our riverfront trails..

**Learn about trees!**

Become a Tree Tender to learn about urban forestry practices, tree biology and health, proper planting, pruning, and maintenance, and organizing tree plantings and tree

care events. Tree Pittsburgh's last of three summer classes will take place on:

**September 15, 8am to 4pm**  
Western Pennsylvania Conservancy  
800 Waterfront Drive, Washington's Landing

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

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

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

Saving Energy... Yours and the Planet's

by Lisa T. Bennet, [organicgoddess@mindspring.com](mailto:organicgoddess@mindspring.com)

I'd like to help you learn to cook more efficiently. By that I mean both saving your own time and energy, as well as saving the gas and electric energy that we are all beginning to pay more and more for. This month we'll focus on cooking in a slow cooker (a.k.a. "Crock-Pot" or crockery cooker.) Slow cookers save power in two ways. Heating up an oven takes a lot of energy. During warm months, that energy also makes your kitchen hotter, and makes your air conditioner work harder. Slow cookers use very little power, and they don't heat up the kitchen.



A lot of us grew up in the hey-day of the "Crock-Pot" and have not-so-fond memories of bland stews that all tasted the same. Today's slow cookers are more versatile than the originals and the recipes for them are getting better all the time. My favorite slow cooker cookbook is Fresh from the Vegetarian Slow Cooker by Robin Roberson. She recommends browning a few things first (usually onions and some other aromatics), which can greatly improve the flavor of slow cooked dishes. This pre-prep only takes a few extra minutes and is well worth it.

Another bonus is that the amount of fat needed to make dishes luscious can often be greatly reduced when slow cooking. Use a tiny amount of oil to brown the aromatics, and then deglaze the pan with some of the recipe liquid if the onions or garlic stick to the pan. Scrape all of this liquid into the crock to add flavor with very little fat.

I'm going to give you a few of my favorite recipes to try, but in case you want to adapt your favorite recipes to the slow cooker, here are some tips to get you started:

First of all, crockery cookers, like most cookware, are measured in "quarts," but I am here to tell you that my "four-quart" cooker holds just a tad over two quarts of liquid (they should have called it a "four-pint"

cooker.) My "six-quart" and my "one-and-a-half quart" ones have been similarly misrepresented. Before you make up a recipe that adds up to something close to the nominal size of your cooker, measure it by filling it with water. Then, don't fill it all the way up—leave at least one-half inch of headroom.

Almost any recipe that calls for baking or simmering can be adapted to the slow cooker. Here are some hints on adapting your favorite recipes:

**Vegetables**

Dense vegetables like potatoes, carrots, and other root vegetables should be cut no larger than 1-inch thick, and placed in the bottom of the pot, since they take longer to cook than other foods.

**Liquids**

Usually liquids may be decreased in slow cooking—to about half the recommended amount. Unless the dish contains rice or pasta, one cup of liquid is usually enough.

**Pasta and Rice**

If a recipe calls for cooked pasta to be added, cook it until just slightly tender before adding to the pot. Add 1/4 extra liquid per 1/4 cup uncooked rice, and use long grain converted rice for the best results. For long-cooking recipes, add cooked rice shortly before serving. (Brown rice is best cooked separately and added at the last minute.)

**Beans**

You can cook beans in several different ways, all depending on your schedule and how far in advance you can plan. For plain beans, I find it best to soak beans overnight, then drain and rinse them before cooking them in the crockery cooker the next day. To add them to a recipe that calls for fully-cooked beans, you can soak them one day, drain, add fresh water and cook them that night, then add to your recipe the next morning. The Rival brochure recommends that you pre-soak the beans overnight, then boil them for at least 10 minutes in unsalted water; drain them, then add them to your recipe. Before adding sugar, salt, or acidic ingredients, the beans should be softened first, either in the slow cooker or on the stovetop. If your recipe includes tomatoes, salt, or other acidic ingredients, the beans should be tender

Plants Now Available at the Co-op

by Bob Madden, Garden Dreams Urban Farm and Nursery

Here is a quick overview of our seedlings available at the Co-op this month and how to grow them during the fall season. All of these crops can withstand light frost and you can cover them with fabric or plastic to extend the harvest. It's amazing how productive fall can be!

**Broccoli:** The king of fall gardening. You can plant this up until mid September. After a month and a half, our heirloom variety will produce one main head and then after harvesting, the plant will continue to produce side shoots.

**Brussel Sprouts:** One of the hardiest garden vegetables and amazingly, it can be planted through mid October for a spring crop.

**Kale & Collards:** My favorites. You can plant these up till the end of September and without covering them they can usually survive our winters and start producing again in the spring for several months until they flower.

**Pak Choi & Tatsoi:** These are great quick crops. When planting these divide them up and plant them up until the end of September.

**Arugula, Mizuna, & Spicy Greens Mix:** These plants produce wonderful salad additions. Either hand pick or cut them down to 1" with scissors. They grow much faster than lettuce and can be continually harvested until hit with a hard frost. I leave mine in and harvest in the spring as well!

**Peas:** These tasty pods are always a treat. You can plant these until mid September. If they don't fruit, you can always eat the sweet tender tips, young leaves and flowers. Why buy pea tendrils when you can grow your own.

**Scallions & Leeks:** Every savory meal benefits from the addition of these jewels. They can be planted any time the soil isn't frozen solid. When planting, you can divide them up or leave them in bunches of up to six. They are incredible in that they will be knocked over by a hard winter and then pop back out of the ground in early spring. They are also perfect for filling any small spaces around or amongst other crops.

**Chard:** In the fall I plant chard for use as young salad greens rather than for steaming

before beginning. Another idea is to skip the pre-soak, but add beans and water to the slow cooker and cook them on low for about 8 hours (overnight.) In the morning, drain the beans, add your other ingredients with fresh liquid, then cook per recipe directions. Cooking times might be shorter using this method or when using canned or fully cooked beans.

**Herbs and Spices**

Whole, dried herbs release flavors over time, so are a good choice for crockery cooking. Ground dried herbs and spices tend to dissipate over long cooking times, so it's best to add them near the end of cooking (last 1/2 hour or so.) Fresh herbs should be added just a few minutes before serving to preserve their delicate, bright flavors. Taste and adjust seasonings, if necessary, before serving.

**Milk, Sour Cream, and Cheeses (Soy or Dairy)**

Most of these items don't hold up well when cooked for long periods of time, so add them toward the end of cooking.

**Soups**

Add water only to cover ingredients in soup, and add more after cooking if necessary

greens, because planting them now doesn't allow enough time for them to reach full size. You can plant them up till the end of September.

**Spinach:** An amazing green that loves cool weather and hates hot weather. I tell everyone... plant some in early September for fall harvest, AND keep planting it until mid October to get an amazing spring harvest. We kept cutting it this spring and it just kept growing back!

**Lettuce, Endives, Radicchio & Escarole:** All of these can be planted up until mid-September. Don't wait for a big head. I like to continually harvest the outer leaves as they grow. I also plant a dense patch to be cut as baby greens.

**Mache:** This is a great little salad green that can withstand hard frosts. We suggest that you divide them up and plant a patch or amongst other crops. You can plant this through mid-October. This is a fantastic crop to leave in over the winter because you can pick it again in the spring AND let it go to seed so that you will have a serious patch of it the following fall.

**Herbs:** We have a wide variety of cold hardy herbs including Cilantro, Parsley, Dill, Chives, Oregano, Thyme, and Sage. All of these can be planted up until mid October, withstand very cold winters, and can be harvested this fall and next spring.

**Rhubarb & Strawberries:** These two great perennials are best planted in the fall so that they have a chance to get established long before next year's hot dry season. Additionally, planting in the fall helps you produce a more bountiful harvest a year sooner than waiting until the coming spring.

**Garlic:** If broccoli is King then Garlic is Queen. This year we're super excited to be offering our very own hardneck seed garlic. Plant it in the fall and harvest next June. The variety is German Extra Hardy and it's typically planted around mid October in our parts. As with all gardening, the timing is a bit flexible but it's best to get it in before November. Planting instructions are included on our packaging labels.

for a thinner soup.

**Timing:** The chart below will give you a general idea of how long dishes can be expected to take. Usually the cooking is so gentle that an extra hour or two on low won't matter, but check after the minimum amount of time until you get used to the rhythm of slow cooking.

Conventional Recipe: Low (200°): High (300°):

15 - 30 min	4 - 6 hrs	1.5 - 2 hrs
35 - 45 min	6 - 10 hrs	3 - 4 hrs
50 min - 3 hrs	8 - 18 hrs	4 - 6 hrs

Now, on to some of my favorite slow-cooking recipes. I've even included a quick fall-flavored apple dessert that you can make when you get home from work. Did you know that you can "bake" cakes in a slow cooker? Or make and serve hot drinks or fondue in one? Or bake granola or cereal snack mix without an oven? I haven't included any of those recipes, but there are several in Fresh from the Vegetarian Slow Cooker by Robin Robertson. Definitely check out her book, and Google "vegetarian slow cooker recipes" and see what a treasure trove you find!

Recipe Conitnued on page 4





**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

**Is it possible to order calrose rice? It's a medium grain, white sticky rice. Thanks!**

Thanks for your note. We have looked into this and are currently unable to get this product from our distributors but will keep trying and update you if we have any luck.  
— Ian Ryan, Bulk Buyer

**Could you carry any chunky soy butter? [Also the] new store looks great!**

Thanks for the suggestion. We now have "WOW BUTTER", 100% Peanut Free Crunchy Soy Butter, located in Aisle 3.  
— Maureen Girty, Grocery Buyer



## The New Face of Member Services!

My name is Tara Powers. I am a Pittsburgh native, East end resident, mutt owner, rock climber, vegetarian, nature lover, artist for fun and most recently, Marketing and Member Services Manager at the East End Food Co-op! I am very excited to be here and grow with this forward-thinking organization. My role here includes focusing on the cooperative model to provide information to our community about the importance of food and cooperation to our overall health and well being. My related experience includes 7 years of marketing and

graphic design work in non-profits, food service, the medical field and media research. A huge part of being aware of what is desired of our member owned cooperative is hearing from you! Please drop me a line at customer service in the suggestion box with your ideas. Our growth and improvement rely on the input of our members. Hope to see you soon.

In Cooperation,  
Tara Powers

## Lunch Packing Perks

Continued From Page 1

- Consider presentation. Skewer cheese cubes, grapes, and other fruit on kabobs. Cut raw veggies into diagonals and cubes. Forgo plastic utensils and paper napkins; use "the real thing" instead.
  - Prepare once a week. Chop a week's worth of fruits and veggies at a time. Hard boil eggs to serve deviled one day and in egg salad another. Make a big batch of granola for breakfasts, then package small quantities to serve with yogurt in lunches.
  - Make extra dinner. If you have access to a microwave, you can pack just about any leftovers for your lunch. If not, consider that many people enjoy cold quiche or frittata, rice, or even pizza. Also plan a few transformations. Make extra pasta or potatoes and turn them into salads with a little dressing, fresh veggies and cheese cubes, for example.
  - Remember to include lunch items on your grocery-shopping list. Purchase all you need for your favorite lunch fare—fixings for sandwiches, sides, and desserts—but also pick up some healthful ready-to-heat or ready-to-serve options for when you're really pressed for time.
  - Pack your lunch the night before, but store condiments separately to prevent soggy sandwiches/salads.
  - Rely on fruit. Apples, oranges, and other sturdy fruits are the perfect lunch foods. They're nutritious, they require no wrapping or refrigeration, and they satisfy a sweet tooth.
  - Find fun places to eat your lunch—like a nearby park, for example, or even a bench on the sidewalk or the steps to an interesting building.
  - Expand your repertoire. Look for new recipes and transform old ones. If ants on a log is a classic for your family, try substituting almond butter for the peanut butter and other dried fruits in place of the raisins. When making sandwiches, try various breads (baguettes, pitas, tortillas, sourdoughs, ryes, whole grain bagels), cheeses (flavored cream cheese, hot pepper jack, Farmer), condiments and spreads (a new mustard, pesto, hummus, guacamole, aioli), and greens (spinach, kale, Swiss chard), for example.
  - Don't forget to pack a healthful beverage. Water with a slice of lemon is economical, as are herbal teas (hot or iced) when you make them yourself. If you enjoy an occasional soda with lunch, stock up on natural sodas, which are more healthful and cost-effective than trips to the pop machine.
  - If you make lunch for your kids, enlist their help. And tell them to bring home what they don't eat, so you'll know what to stop packing/wasting.
  - Eat cooperatively. A trio at work could share lunch-making duties, each making lunch for all three every third day. Or suggest a weekly workplace potluck.
- By the way, if your objection to packing your own lunch is that you just don't have the time, keep in mind that with a little planning you can trade the time you'd spend standing in line or waiting to be served a lunch for the time it takes to pack a lunch. And you'll have more time to enjoy it! Your kids will appreciate being able to dig into their lunch boxes instead of standing in the lunch line at school, too!

## Nutrition Education That's Good to Grow

by [www.StrongerTogether.coop](http://www.StrongerTogether.coop)

What happens when a food co-op joins forces with elementary school teachers concerned about the snacks students eat at school? Great things! In Brattleboro, Vt. it all started when teachers at one of the local elementary schools noticed that kids brought a wide variety of food to eat from fresh to packaged, and others didn't have anything at all. The teachers were especially troubled by the sugar and fat content in some of the processed foods.

The teachers wondered if there was a way to provide healthy snack food for all the children. The Brattleboro Food Co-op had just secured a grant to pilot an educational program in the schools, so together they teamed up to introduce healthier options in the classroom. Co-op staff and teachers familiarized the children with choices like fruit, yogurt, granola, cheeses, real peanut butter and whole grain crackers. "We introduced the kids to things they've never tried before," said Meredith Wade, an education and outreach coordinator at the Brattleboro Food Co-op. "Not 'out there' food, but good, healthy food."

According to the teachers, many kids would say they didn't like vegetables, but when they were offered something like a red pepper and saw others eating that food, the kids were swayed. Besides, who can resist tasting a piece of a rainbow from the Eating the Rainbow program? Wade, a former elementary school teacher, developed a curriculum that was information rich, but also experiential and playful. In addition to offering tastings and lessons on nutrition, the food co-op gave the school a discount that made the snacks more affordable.

Committed to the idea of offering all children a healthy snack, the school and parents paid for the food in the beginning. When the Vermont Department of Education got involved, things really got rolling.

For the past four years, funding from a USDA grant that encourages consumption of fresh fruits and vegetables has supplied fresh produce to all the district schools that qualify.

The co-op's pilot program has since become Good to Grow, an educational outreach program with a much broader mission to serve the whole community by helping children and adults develop healthy eating habits. Wade said the program continues to evolve, and in addition to helping people explore and embrace healthier choices, classes focus on where food comes from, too. "Now we are involved in helping the schools with their school gardens, planting, harvesting and cooking projects. Good to Grow keeps expanding and responding to the community's needs because the co-op is mission-driven to support this kind of involvement," Wade said. "Good to Grow is a way for us to show that healthy food is an option and an opportunity for everyone."

Teachers and parents are thrilled with the results. Teachers believe students exhibit fewer behavioral issues when they eat better. Parents like that their children are eating food they can feel good about. The kids enjoy learning how to prepare their own healthy snacks and take pleasure in the social benefits of sharing and eating them together. But for the kids, the benefits of the efforts by parents, teachers, the co-op and the school district extend beyond the program activities; the kids' approach to eating has changed. They are just as likely to eat something from a veggie tray as they are to gravitate toward sweets. "We've created a different culture around food for a lot of kids," said Wade.





# THE FOOD YOU EAT

## It's Election Season - Cast Your Vote; Use Your Voice

by Christine Allen, Nominations & Elections Committee Chair

Join us at our EEFC Annual Meeting, where we'll celebrate our anniversary while presenting you all the information you need to be a well-informed Co-op Member.

### SATURDAY, 10/13/12; 5-7PM

Special Location: The Environmental Charter School at Frick Park

829 Milton Street, PGH 15218 located only one mile from our store, next to Frick Park.

Public Transportation: PAT Bus 61B

There are places onsite to lock your bicycle but there's no parking lot on the school grounds; please park at the Frick Park Tennis Courts on S. Braddock which is just around the corner from the school; additional parking is available on the far side of S. Braddock.

If you've participated in the past- thank you! Can't wait to see you again.

If you haven't yet participated in an Annual Meeting, this is the year to join your Co-op friends for a night of good food, good music & most importantly: taking care of business.

### Annual Reports

Co-op staff & volunteers have been hard at work all year.

We'll report vital information regarding:

- General Management
- Board of Directors
- Finances
- Membership

### Annual Elections

Each year, EEFC members have the opportunity & responsibility to elect volunteer Directors to serve 3-year terms on the Board.

Elected by the Membership to represent & serve the Membership, the Board is legally & financially responsible for the Co-op. The Board is also charged with envisioning & creating our Co-op's future while holding true to our "Ends Policy Statement" & "Statement of Cooperative Identity," including our Values & Principles.

We have 3 empty Director seats positions to fill elect this year.

### Candidates

We're fortunate to have 4 well-qualified candidates on our slate.

Read complete information about the Candidates!

Candidate information is

- included in this edition of the Co-operator
- displayed on in-store signage
- available at the Customer Service Desk

### Meet the Candidates!

@ the Annual Art Harvest Street Festival: Sunday 9/23/12 from Noon- 5pm.

### Hear the Candidates!

@ Annual Meeting- each will present a brief speech.

### Ballots

Each fully-paid Member Household Membership is allowed to return 1 completed ballot.

### How-to-Get Your Ballot

Ballots are enclosed in this month's Co-operator available in the store at the Customer Service Desk.

### How-to Return Your Ballot to Cast Your Vote

Completed Ballots can be mailed via the United States Postal Service but must be received no later than noon, Sat. October 13th, 2012.

Nominations & Elections Committee

East End Food Co-operative

7516 Meade St.

PGH, PA 15208

Completed ballots can be returned to the Customer Service Desk, in the store, until Noon, Saturday, 10/13/12.

The last chance to return your completed ballot is at the Annual Meeting: Sat. 10/13/12.

### Elected Candidates

Winners will be announced on our website Monday, 10/15/12.

Everyone is invited to attend this event, but only fully paid members, and members in good standing on their payment plans, are eligible to vote. This is an exciting & critical point in time, your Co-op is planning for the future. Be a part of it!

## Lunch Box 101

by Eryn Hughes

### My picks for the top ten lunch items for your school lunch box:

#### 1. Lemon Pepper Tofu Sandwich:

I am positively obsessed with it, so much that I can't pass the case without looking to see if they have run out yet that day. Word has gotten out that this sandwich is packed with organic nutrition while being low on packaging. It's great for the cafeteria or field trips since it doesn't contain any dairy or meat and it can be stored at room temperature for a few hours.

#### 2. Handmade Harvest Raw Coconut Juice:

I've also been taking full advantage of the vast coconut juice selection for its rehydration properties, in this heat wave. It tends to clear the fog in my head when I've been sweating a lot, whether I realize it or not.

#### 3. Green Goddess Salad Dressing/ Tarragon:

It's fun to assemble lunch at the salad bar from my favorite toppings. I often run into the same members on a regular basis there, with their entire family assembling plates or to-go containers. When I learned that Tarragon was an essential ingredient in my favorite dressing, I picked up a bit from our Bulk section and I've been coming up with other recipes that highlight its unique flavoring.

#### 4. Prepared Salads:

The savory peanut soba noodle salad can be found in the cooler ready-to-eat, is portioned to satisfy small appetites without slowing you down, and can be paired with another seasonal salad or drink for just a few dollars.

#### 5. Vegan Gourmet Monterey Jack Cheese:

I've been quite impressed by the increasing selection in the cheese department. It's hard not to nibble on these non-dairy slices when preparing food. It also melts quite well for hot sandwiches and pizza.

#### 6. Annie Chun's sesame-flavored seaweed chips:

These are compelling and fun to eat because they start to dissolve in your mouth immediately, but have just the slightest bit of salty crunch.

#### 7. Valencia Orange —

or any piece of organic, seasonal fruit — I like these oranges especially for their lack of seeds, even though they're technically for juicing. Sometimes, I alternate with unsulphured, dried mango slices, too.

#### 8. Reed's Raspberry Ginger Brew:

This bubbly beverage uses 17g of fresh ginger for a mid-afternoon kick that will settle tense stomachs and help digest foods for more activity.

#### 9. Mahalo Bar:

When I know my body has a craving I plan ahead and get something as natural as possible to prevent binging later on in the day. The crunchy, delicious bar is gluten-free, dairy-free and provides thorough allergen information on the packaging.

#### 10. Left-overs:

We usually make more food than we need for one meal, saving the left-overs for lunchtime. Some of my favorites to eat cold as left-overs are vegan lasagna, homemade veggie pizza, maple-mustard glazed turnips and almond green bean casserole.

## Cauliflower and Kidney Beans with Coconut Milk

Continued From page 2

The contrast in flavors and textures is wonderful. Every time I make this I like it even more. Recipe adapted from Robin Robertson, **Fresh from the Vegetarian Slow Cooker**.

Serves 4-6

Preparation Time: 15 minutes prep plus 6 hours cooking time

### INGREDIENTS

1 large onion, chopped

2 cloves garlic cloves, chopped

1 tsp. ginger root, grated

1 medium jalapeno pepper, seeded and chopped (optional)

1 1/2 tsp. olive oil

1/2 tsp. dry mustard

1/2 tsp. fennel seed

1/2 tsp. ground cardamom

1/2 tsp. ground allspice

1/4 tsp. ground cumin

1/4 tsp. ground turmeric

1/4 tsp. cayenne pepper

2 large Yukon Gold potatoes, diced

1/2 head cauliflower, cut bite-sized

1 1/2 c. cooked kidney beans

1 1/4 1/2 ounce can diced tomatoes

2 c. vegetable broth

1/2 tsp. table salt

1/2 tsp. black pepper

1 c. unsweetened canned coconut milk

1. Grind onion, garlic, ginger root, and jalapeno pepper in a food processor until smooth.

2. Place oil in a 4-6 quart slow cooker and turn it on high. Add onion puree and stir in the spices. Cover and let cook for 5 minutes.

3. Stir the potatoes, cauliflower, kidney beans, tomatoes, and broth into the cooker. Season to taste with salt and pepper, cover, and cook on low for 6 hours.

4. When the vegetables are tender, add the coconut milk. Cook, uncovered, to incorporate the flavors, 10-15 minutes.

Notes: If you're not concerned with fat and calories, you may use up to 2 tablespoons of olive oil. If you are seriously watching fat and calories, you may substitute 1 cup plain soymilk and 1 teaspoon of coconut extract for the coconut milk.



## NEW IN THE AISLES

### New Products on Our Shelves

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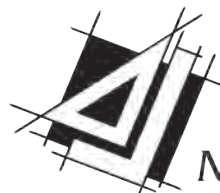


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Healthful Homemade Snacks

by Co-op News Service

Kids and adults need refueling -- or to satisfy a food craving now and then -- in the course of a day. Preparing healthy snacks ahead of time can help you and your family make easy, healthful choices when hunger strikes. In fact, developing a repertoire of healthy snacks provides the opportunity for you to boost nutrition while satisfying hunger. If your preschooler ordinarily won't touch fruit, for example, offering her a banana smoothie or apple slices with yogurt dip when she comes home from school famished might just convince her. If your high schooler hasn't gotten his share of calcium today, a yogurt parfait or some string cheese can be added to his tally during the course of the day.

Keeping energy levels up requires frequent, healthful nourishment. Kids, in particular, need to eat often because they have smaller stomachs and quicker metabolisms than adults. For energy, choose snacks that are high in complex carbohydrates, like whole grains, and combine them with protein foods, like nut butters, cheese slices, and low-fat yogurt. Nuts are also good for a quick energy boost. Fruits, which are easily digestible, can provide energy in a flash, too.

Of course, there are times when energy isn't what you're looking for. Some snacks can actually help you sleep better. For bedtime snacks, choose those with healthful carbohydrates, such as fruits and whole grains, and calcium, such as milk or cheese. (Dairy is also a good choice because it contains tryptophan, an amino acid that's thought to be sleep inducing.) Avoid foods that are high in sugar, because these can cause blood sugar levels to fluctuate, making it harder to nod off and stay asleep. And a little protein is fine, but too much can interfere with sleeping because it takes longer than some foods for your body to digest. Good bedtime options include a whole grain cereal with milk, a glass of warm milk with fruit, and cheese and whole grain crackers.

Snacks also provide the perfect opportunity for exploring unfamiliar foods like fruits (pomegranate or persimmon, anyone?), nuts and nut butters (expand your horizons beyond peanut butter!) and cheese (that local Gruyere or Edam), for example.

Here are some ideas for snacks that deliver great flavor and nutrition:

- Air-popped popcorn. It needn't be naked to be good for you, though. Sprinkle generously with nutritional yeast, Parmesan cheese, garlic powder, or a natural Ranch dressing mix.
- Fruit kebabs. Include fruits like berries, melon, and pineapple. Serve with a dip, such as softened cream cheese sweetened with just a drizzle of honey and a drop of vanilla. Or slide on cheese slices (cut into fun shapes, like stars or hearts for young kids).
- Dips. Kids and adults alike love to dip, so serve up some hummus or white bean dip alongside some fresh veggies or whole grain crackers.
- Whole grain waffles. Transform them into finger food by slicing them in quarters and topping with cream cheese and fruit spread.
- Homemade cookies. Cookies are hard to resist and some are more nutritious than others, so think about choosing recipes that include more wholesome ingredients like oats, dried fruit, and nuts.
- Frozen fruit. There's something alluring about a frozen grape or berry. (And preparing a snack couldn't be easier!) Or skewer a banana on a stick, roll it in peanut butter and nuts, and then freeze for a few hours.
- Extra-ordinary nut butter and jelly sandwich. Transform the usual PB&J by using a variety of nut butters and fruit spreads (rather than high-sugar jellies). Use whole grain bread. Or simply serve a nut butter with fruit slices on rice cakes or whole grain crackers.
- Fortified fruit crisp. Make a fruit crisp (sweetened with just a little honey or maple syrup), topped with wheat germ or granola and a dollop of yogurt.
- Smoothie sensations. Use any combination of fruit, yogurt, milk, soymilk, and fruit juice to make instant snacks in your blender. Add protein by including a spoonful of peanut butter (especially good with banana, and vanilla yogurt!). Add extra heft and calcium by including some milk powder. Toss in a couple of ice cubes to make the drink frothy.
- Squirrel food. Make your own trail mix with an array of nuts and seeds, dried fruits and, if you like, whole grain cereal. Add a few chocolate or carob chips to for a sweet treat.
- Ice pops. Pour unsweetened fruit juice and/or leftover smoothies into molds or ice cube trays. Include fruit, like raspberries or blueberries, and yogurt for a dairy boost.

You can even blend in a little peanut butter for protein.

- Perfect pitas. Make your own pita chips: Cut into triangles, brush with a little olive oil, sprinkle with a little something (like Italian seasoning, garlic powder, or nutritional yeast). Bake until lightly browned. Dip in hummus. Or stuff pita bread with scrambled eggs or tofu salad.
- Parfaits. Always a visual treat, parfaits can be made by layering any yogurt or cottage cheese with any fruit slices. Top with granola or chopped nuts.
- Mini pizzas. Use whole grain English muffins to make mini-pizzas. Simply spread with sauce and cheese -- and veggies such as green peppers and mushrooms -- and pop in oven until cheese is melted.
- Granola bars. The nutritional content of some prepackaged granola bars might surprise you. Be sure to check the labels or make homemade, low-sugar granola bars with dried fruit and oats [Recipe: <http://strongertogether.coop/recipes/almond-honey-power-bar/>]
- Fruit pinwheels. Spread cream cheese or nut butter on soft, whole grain tortillas. Add fresh fruit slices (or dried fruit pieces), then roll and slice.
- Quesadillas. Use whole grain tortillas to make quesadillas packed with cheese, beans, corn and tomatoes. Add cooked tempeh cubes or leftover cooked meat or poultry pieces, if you wish.
- Fruit and veggie muffins. Substitute applesauce for some or most of the sweetener in any muffin recipe. Banana can often be substituted for eggs and it's easy to 'smuggle in' zucchini or carrots for a produce boost.
- Stuffed fruit. Core an apple or pear (or, if you don't have an apple corer, simply cut the fruit in half, remove the seeds) and fill it with peanut butter and raisins.
- Fruit leather: Cut very ripe fruit into pieces and puree in blender or food processor. Add honey or maple syrup to citrus fruits (no need to sweeten other fruits). Pour into a cookie sheet that's lined with waxed paper. Spread to edges. Bake in a warm (140 degree) oven for about four hours.
- Mini sandwiches. Whether or not you serve tea (an herbal iced tea would be nice!), offer mini sandwiches because they're special. Cut whole grain bread slices with a cookie cutter, top with hummus and a cherry tomato (or cream cheese and a cucumber slice), and serve open faced.



**Members** — Personalize this article by including text that answers the following questions:

What foods do you offer that would make healthful snack ingredients? (What nut butters, fruit spreads, and whole grain cereals do you sell, for example?)

- Do you offer classes or workshops on making healthful snacks?

- Do you have handout recipes for healthful snacking?
- Does your bakery or deli offer healthful snack options? What are they?
- Does your co-op sell any snack-making accessories, such as blenders or smoothie makers or cookie cutters?

Recipes:

- <http://strongertogether.coop/recipes/maple-chipotle-spiced-nuts/>
- <http://strongertogether.coop/recipes/spicy-roasted-garlic-hummus/>
- <http://strongertogether.coop/recipes/almond-honey-power-bar/>
- <http://strongertogether.coop/recipes/citrus-ber-ry-smoothie/>

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### WHO WE ARE

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

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

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

### MANAGEMENT TEAM

Justin Pizzella, **Operations Manager**  
Jane Harter, **Administrative Manager/HR**  
Tara Powers, **Marketing and Member Services Manager**  
Allisyn Vincent-Skolnik, **Front End Manager**  
Thomas Murphy and Amber Pertz, **Café Managers**

### EAST END FOOD CO-OP

7516 Meade Street • Pittsburgh, PA 15208  
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Café 412.242.7726  
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[memberservices@eastendfood.coop](mailto:memberservices@eastendfood.coop)



# THE CO-OPERATOR

**Tara Powers**, Editor/Advertising Sales

**Linda Raden**, LR Design, Design, Layout & Production

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

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

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

Send your message (250 words or less) to:

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

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

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

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

## STAFF NEWS

### Employee of the Month

Congratulations to Joe Romanyak who was chosen as the Co-op staff pick for August 2012 Employee-of-the-Month!

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

**A.** Five years.

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

**A.** There are so many characters around here. I know that's a common answer but there's a good reason why.

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

**A.** Not really...I try to not think of things in that way.

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

**A.** Absolutely ready for whatever comes with the good life.



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Step Nine in the Better Eating For Life Program is "Put Protein in Its Place?"!

From which kinds of protein to choose to how much a person needs, the ninth installment of the Better Eating for Life Plan puts this crucial nutrient in perspective.

Included in the packet are myth-busting facts about protein sources and requirements, protein choices suitable for any diet, and a serving size chart. Strategies for incorporating different protein sources into meals is also part of the packet.

Some of the recipes included in Step Nine are Zingy Lentil Salad, Leek-y Beans, Tofu Pesto and Basmati Pilaf with Cashews and Raisins. Additional web resources for nutritional information and recipes are available on the last page of 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.

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### New Faces...

The Co-op welcomes new employee **Kari Galensky**! Kari is great new addition to our Produce Department. She brings us her passions for vegan cooking and baking, an appreciation for the co-operative model and a love for physical activity, the outdoors, crafting and writing. Welcome aboard Kari!

**Welcome & Congratulations  
Staff members!**

### Save the Date!

Please mark your calendars for Saturday October 13, 2012 from 5-7pm for our Annual Member Meeting, taking place at The Environment Charter School located in Regent Square at 829 Milton Street, Pittsburgh PA 15218.

We will be featuring complimentary:

- Food
- Beverages
- Live Entertainment
- Kid-friendly activities
- New Board of Directors nominations and elections

... and more!

Please stay tuned for more details in our October Co-operator!



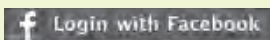
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WE OWN IT-



## September 2012 ... hot bar specials

sunday monday tuesday wednesday thursday friday saturday

Look for September's Co-op Café Menu on our website:

<http://www.eastendfood.coop/cafe/food-bar/>

Or follow us on Twitter @EastEndCoop to get your daily taste!

2 Chef's Choice	3 Labor Day Cafe Closed	4 Summer Squash & Heirloom Tomato Mini Pizzas	5 Burrito Bar	6 Southwest Quesadillas	7 Pizza Dairy & Vegan	8 Spinach Mushroom Quiche
9 Chef's Choice	10 Black Bean & Cabbage Enchiladas	11 Curried Lentils w/ Sweet Potatoes & Chard	12 Indian Kitchen	13 Quinoa Penne w/ Golden Beets & Greens	14 Pizza Dairy & Vegan	15 Spicy Red Tempeh
16 Chef's Choice	17 Jamaican Jerk Seitan	18 Coconut Curried Vegetables w/ Quinoa	19 Stir Fry Bar	20 Tofu & Broccoli w/ Peanut Sauce	21 Pizza Dairy & Vegan	22 Lemon Pasta w/ White Beans & Greens
23/30 Chef's Choice	24 Stuffed Portabella Mushrooms	25 Okra w/ Tomatoes & Bulgar	26 Country Kitchen	27 Mushroom Walnut Loaf w/ Mashed Potatoes & Gravy	28 Pizza Dairy & Vegan	29 Drunken Seitan & Root Vegetable 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!

## café hours

### weekends

WEEKEND BRUNCH BAR

9 AM - 1:30 PM

HOT FOODS

1:30 PM - 7 PM

### daily

JUICE BAR

8 AM - 7 PM

SALAD BAR & SOUP

8 AM - 7 PM

HOT FOODS

11 AM - 7 PM



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

## Summer Workshops at the Co-op

FRIDAY SEPTEMBER 28, 6:30PM

### Buy Fresh, Buy Local LOCAL FOOD MONTH EVENT!

#### American Meat Screening

AMERICAN MEAT IS A PRO-FARMER LOOK AT CHICKEN, HOG  
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Beginning with a history of our current industrial system, the  
feedlots and confinement operations are unveiled, not through  
hidden cameras, but through the eyes of the farmers who live  
and work there. From there, the story shifts to Polyface Farms,  
where the Salatin family has developed an alternative agricul-  
tural model based on rotational grazing and local distribution.  
Nationwide, a local-food movement of farmers, chefs, and  
everyday people has taken root... But could it ever feed us all?  
Find out!

FRIDAY - SUNDAY, SEPTEMBER 21-23RD

#### Mother Earth News Fair

- Seven Springs, PA

We're collaborating with our partners at Pennsylvania Asso-  
ciation for Sustainable Agriculture to share information about  
sustainable lifestyles and food practices. The Seven Springs Fair  
features practical, hands-on workshops: Renewable energy,  
Small-scale agriculture, Gardening, Green building and more.

SUNDAY SEPTEMBER 23, 2 - 5PM

#### What On Earth?

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What on Earth have you been thinking about, dreaming about,  
working on? What on this awesome earth does this mean to  
your community, your family, your culture? The Thomas Merton  
Center's new Environmental Justice Committee would love to  
know. We believe it is possible to shift from an industrial growth  
society to one that is life sustaining. And we invite you to join  
us on this journey as we reorganize ourselves, both cognitively  
and spiritually, to bring about what Joanna Macy calls the Great  
Turning.

We hope you will bring;

- your vision, energy, creativity and enthusiasm for  
environmental justice
- an idea and/or brief story about something you are personally

doing to reconnect with nature and shift our direction

- a musical instrument, maybe a drum, or words to your  
favorite songs about the natural world
  - handouts about what your environmental group is doing
  - a favorite finger food to share, if you wish
- But with or without these things, come! (Children are  
most welcome.)

Please RSVP to [patBuddemeyer@gmail.com](mailto:patBuddemeyer@gmail.com) or 412-441-  
6593. And check for updates at [environmentaljusticetmc.  
blogspot.com](http://environmentaljusticetmc.blogspot.com)

WEDNESDAY SEPTEMBER 26, 6:30PM

#### Fresh Juicing Workshop

With Jeff and Cindy Berkowitz

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

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

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

## September is Local Food Month!

PA PASA staff announces their Buy Fresh Buy Local cam-  
paign's 7th Annual Local Food Month this September! Cel-  
ebrate local flavor at its peak all month long.

Consumers are becoming more and more interested in  
an "authentic," as well as healthy food experience, and this  
involves knowing more about WHERE their food comes  
from, HOW it was produced, and WHO produced it. A  
revelry of locally-grown, seasonal foods and the people who  
produce them, Local Food Month is a perfect opportunity  
to highlight the bounty of good food found right here in our  
own neighborhoods.

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

FIRST FLYER RUNS FROM  
**WEDNESDAY, SEPTEMBER 5 TO  
TUESDAY, SEPTEMBER 18**

SECOND FLYER RUNS FROM  
**WEDNESDAY, SEPTEMBER 19 TO  
TUESDAY, OCTOBER 2**

AND DON'T FORGET ABOUT  
**MEADE STREET MADNESS  
WEEKLY SALES** —

TEN NEW ITEMS EACH WEEK, AT  
DELICIOUSLY LOW PRICES!

CHECK THEM OUT IN-STORE OR IN THE  
NEWS FEED ON OUR WEBSITE —  
[www.eastendfood.coop](http://www.eastendfood.coop)



It is also a chance to learn more about the amazing Buy  
Fresh Buy Local restaurant and business partners in your  
area who support the local agricultural community by  
sourcing the freshest local ingredients from the region to  
prepare a wide variety of delicious cuisines and beverages!

Find out when and where Local Food Month events are hap-  
pening at <http://www.buylocalpa.org/localfoodmonth>.

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