

The Co-operator

The monthly newsletter of the East End Food Co-op • Pittsburgh, PA



Backyard Medicine Cabinet

by Gabe Wright, *Life From the Ground Up*

We’ve all been there. You’re working out in the yard and you stumble across an underground yellow jacket nest, or you scratch your leg on a grasping branch. Most of us would head inside and grab some Tylenol or Neosporin, but what if there was a cheaper, more natural alternative?

Way back before anyone had ever heard of Merck or Pfizer, people relied upon what was growing nearby to remedy their ills, and over the course of thousands of years, they developed a pretty intimate relationship with healing plants. Unfortunately, much of that wisdom has gone by the wayside and we now turn to chemical concoctions (and all their side effects) for what ails us. Here in the Northeast U.S., however,

we have access to a wide variety of beneficial botanicals, many of which grow wild, and others that, while not native, adapt to our climate with great alacrity.

The first plant that comes to mind is plantain, widely spread and, to most people, a common weed. Plantain grows low to the ground and has tough leaves with very pronounced veins. The leaves contain great skin-healing properties, and can be used for minor cuts, scrapes, rashes, stings, sunburn, and more. Just chew up a leaf or two and put it directly on the affected area. If chewing the leaves doesn’t strike your fancy, you can infuse them in a jar of olive oil for a month to extract the beneficial compounds, then strain and use the oil on your skin.

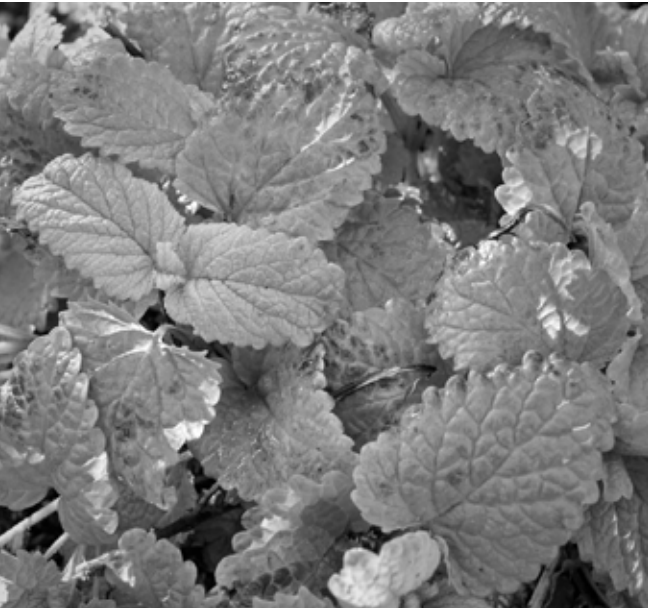


Next up is a shrub that you’ve likely heard of: elderberry. Elder grows about 8-10 feet tall, and produces a flush of white, lace-like flower caps in the spring, followed by the deep purple berry clusters later in the fall. It’s these berries that contain antiviral and immunostimulant components, which is fitting, since they ripen just as we’re heading into cold and flu season. The best way to capture these beneficial properties is through a tincture: Cover the berries with 80- or 100-proof vodka and let

steep for a month in a cool, dark place, shaking occasionally. Strain out the berries and take a spoonful a couple times a day when you feel the sniffles coming on.

Another “weed” often found growing in the area is lemon balm. It looks a bit like other mint plants, but has a distinct lemony smell (hence the name). Lemon balm also contains skin-soothing and antiviral properties, and is used in treating cold sores/herpes outbreaks. It’s a great stress-reliever too, and has been shown to reduce anxiety and help improve quality of sleep. For topical applications, use an oil infusion; for a sleep aid, steep several leaves in hot water for 5-10 minutes to make a relaxing tea.

Finally, the bane of suburban homeowners all across America: the humble dandelion. For all the (unnecessary) grief that it causes, dandelion packs quite a healing punch. In addition to high levels of vitamins and minerals, dandelion is often thought of as a detoxifying herb, and is great for digestion and improving liver and kidney function. The young leaves can be eaten in early spring when you’re craving something fresh; the roots can be dug up, dried, and saved for making tea; and the flowers can be used as an edible garnish or even turned into wine for a taste of



spring during the long winter months.

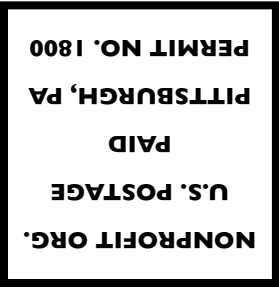
These are only four of the many medicinal plants that can be found in the area, and I encourage you to seek more (with the guidance of someone who knows herbs, of course). So maybe the next time you run into that fence, you can skip the antibiotic cream in favor of the medicinal abundance around you.

Gabe Wright is the owner of Life From the Ground Up, a blog about growing stuff, making good food, and having fun while doing it. Gabe is a proponent of more traditional ways of cooking and living, even when you can’t get “off the grid.” To read more, visit his website at: www.lifefromthegroundup.us.

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BOARD OF DIRECTORS:	
The next meeting will take place on Monday, June 15th at 7 PM.	
NEW MEMBER ORIENTATIONS:	
To register, call 412.242.3598 ext. 438 or email memberservices@eastendfood.coop .	
MEMBERS ONLY:	
Be sure to use your 10% quarterly discount by June 30th! The next quarter goes from July 1st - September 30th.	
E-NEWS:	
Would you prefer to receive <i>The Co-operator</i> online? Email memberservices@eastendfood.coop for details.	

East End Food Co-op • 7516 Meade St. Pittsburgh, PA 15208 • www.eastendfood.coop • 412.242.3598 • Open to Everyone, Every Day 8 AM – 9 PM



East End Food Co-op
7516 Meade St.
Pittsburgh, PA 15208

DATED MATERIAL:
DO NOT DELAY



Members Speak Out

by MB Steisslinger, member since 1995

Since the 1970s, food co-ops have been at the forefront of the move toward healthier food systems. First we offered whole un-processed foods, then organic, and now local food. As a committed co-op member since my teens, I encourage EEFC to consider the next frontier in our expansion process. From what I see, this is a move toward food justice. Co-ops can support more local food production and distribution*, increase food safety and security, and most importantly, *cater not only to those who can afford organic and specialty foods*. Co-ops can blaze the trail towards a food system that serves the entire community.

Some EEFC members, staff, and board members recently attended the Pennsylvania Association for Sustainable Agriculture conference, where Francis Moore Lappé told the now-famous story of the first city in the world that eliminated hunger**. This happened in the late 1990s in Belo Horizonte, the fourth largest city in Brazil. Through a 1% city budget allocation, Belo eradicated hunger and food deserts, while strengthening their local economy, food infrastructure and farm culture, and creating many fair-wage jobs for food workers. And the most remarkable thing was that collaborators were astonished at how easy it was to eliminate hunger! They continue to share their model with other cities around the world, but as yet, no U.S. city has tried it. I was in Belo a few years ago, and was impressed to taste, hear, and learn about their food system. I wished then that something like it could happen in Pittsburgh.

Compared with other cities in our country, Pittsburgh has a high number of neighborhoods that are considered food deserts—where affordable and nutritious food is hard to come by, especially for those without a car. In light of this, we seem to be a prime candidate for the kind of effort Lappé talks about. Perhaps

our Co-op can engage in evolutionary discussions around a for-profit regional food hub that partners with other members of the Pittsburgh Food Policy Council***. Imagine a 1% budget allocation, Brazil-style, with the EEFC playing a key role to strategically eliminate hunger. That’s a vision of expansion that excites me, and I imagine many of our 11,000+ household members and community partners would be willing to help make that a reality.

Referenced above:
*orionmagazine.org/article/from-farm-to-table/
**www.yesmagazine.org/issues/food-for-everyone/the-city-that-ended-hunger
***www.pittsburghfoodpolicy.org

**Members:
Interested in
sharing your
thoughts with
other members?**

Consider submitting content for our “Members Speak Out” column, featuring articles, updates, and notices from members in the Co-op community. Please email memberservices@eastendfood.coop to note your interest in making a submission and to request the guidelines.

Board Corner

by Maria Bowman, EEFC Board Director

Annual meetings are a part of the culture in nearly every food co-op around the country. I think of annual meetings as a great chance to learn about the state of the co-op, eat great food, and share conversation with fellow members. These meetings take many different shapes and forms: music and dancing in Texas, potluck and informal discussion in New Hampshire, facilitated workshops in Georgia. This year, the EEFC Board would like to hear feedback from members to help shape our Annual Meeting, which will take place on September 12th at the East End Cooperative Ministry Community House in East Liberty. Our goal is to make the meeting more interactive and social, and to engage more members than ever before.

Last year, our Annual Meeting was held at the Union Project and was attended by 70 members. It began with live music, time for conversation, and a meal catered by the Co-op Café. The event included a presentation of our Annual Board of Directors’ Report and the General Manager’s Report. Additionally, a panel discussed the ending of the Volunteer Program, a guest speaker shared about Co-op participation, and board candidates introduced themselves to members.

We’ve heard from members that some aspects of last year’s meeting worked well. To this end, we plan to keep the catered Co-op Café meal, introductions to board candidates, and the opportunity to vote for new board members. In accordance with our by-laws, we will also be sure to address the Board and GM Reports.

This year, we hope to create an event that attracts more of our Co-op’s amazing 11,000+ household members! To do this, we request your help—and your ideas. Here are a few questions we would love to hear from members about:

- We added table discussions and time for conversation at the beginning and end of last year’s meeting. Did you enjoy this set up? How else could we make our Annual Meeting more social?
- We would like our Annual Meeting to be more interactive. What ideas do you have to get us listening to, and sharing with, each other about our Co-op?
- We want to ensure that our Annual Meeting is accessible. Do you have specific needs we should be aware of as we plan?
- Finally, what would make YOU want to come to our Annual Meeting this fall?

Please share your ideas—big or small—with us at boarddir@eastendfood.coop. Thank you for being an active part of our Co-op!



MEMBER DRIVE

SATURDAY, JULY 4 - SUNDAY, JULY 12

own

the

We invite you to invest in your community by joining Pittsburgh’s only member-owned grocer.

JOINING IS EASY!

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Sign up during the Member Drive and you will receive a free gift, as well as have your name entered in a drawing for a \$50 gift card!

Visit www.eastendfood.coop/co-op/membership for more information.
Questions? Contact memberservices@eastendfood.coop

SERVING THE COMMUNITY SINCE 1980

Save the Date:
Saturday, September 12th

Annual Meeting

All members welcome!
Look out for more information in the coming months.

LOOKING FOR WAYS TO
GET MORE **INVOLVED**
IN YOUR CO-OP?

RUN FOR THE BOARD OF DIRECTORS

If you are interested in running, pick up a candidate packet from Customer Service or at www.eastendfood.coop/co-op/board, then submit your answers along with a photo online at: http://bit.ly/eeec_candidacy before July 1st, 2015. Read more about running for the board on page 4.

ENDS POLICY STATEMENT

East End Food Co-op exists to enhance physical and social health in our community. To these ends, we will create:

- A sustainable member-owned business open to everyone
- An ethical and resilient food infrastructure
- A vibrant, dynamic community of happy, healthy people
- A creative vision to transform the future

STATEMENT OF COOPERATIVE IDENTITY

Definition

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

Values

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

Principles

Most cooperatives around the world follow the core principles that were adopted by the International Co-operative Alliance in 1995. Cooperatives trace the roots of these principles to the first modern cooperative founded in Rochdale, England, in 1844. These principles are guidelines by which cooperatives put their values into practice.

1. Voluntary and Open Membership

Cooperatives are voluntary organizations, open to all people able to use its services and willing to accept the responsibilities of membership, without gender, social, racial, political, or religious discrimination.

2. Democratic Member Control

Cooperatives are democratic organizations controlled by their members—those who buy the goods or use the services of the cooperative—who actively participate in setting policies and making decisions.

3. Member Economic Participation

Members contribute equally to, and democratically control, the capital of the cooperative. This benefits members in proportion to the business they conduct with the cooperative rather than on the capital invested.

4. Autonomy and Independence

Cooperatives are autonomous, self-help organizations controlled by their members. If the co-op enters into agreements with other organizations or raises capital from external sources, it does so based on terms that ensure democratic control by the members and maintains the cooperative’s autonomy.

5. Education, Training and Information

Cooperatives provide education and training for members, elected representatives, managers, and employees so they can contribute effectively to the development of their cooperative. Members also inform the general public about the nature and benefits of cooperatives.

6. Cooperation among Cooperatives

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional, and international structures.

7. Concern for Community

While focusing on member needs, cooperatives work for the sustainable development of communities through policies and programs accepted by the members.

Customer Comments

I came into the store on Sunday afternoon about 4 PM and many shelves were bare! I think you missed out on some sales that day. There was no cilantro, hardly any prepared food, no Turner’s milk, etc. Please remedy! Thanks!

I am sorry that you experienced out-of-stocks. We are working to better improve our ordering. However, the long-term solution is expansion, which will allow us to hold adequate backstock to accommodate more vendor deliveries.
-Justin, General Manager

Why no beer, cider, or wine with deli?

Good question! Some supermarkets have begun to sell alcohol within restaurants attached to the main supermarket building, but only under very specific conditions (the restaurant must have a defined separation from the rest of the supermarket, a separate cashier, and seating for at least 30 patrons). Unfortunately these conditions do not currently exist in our store and would require a major renovation which we are not able to currently accommodate. Thanks for asking!
-Amber, Café

Please communicate what items do not receive a 20% case discount for members.

All items with the “Everyday Low Price” or “Sale” or “Co-op Deals” signs are not subject to the 20% discount. Members receive their daily 2% on these items. If you have any pricing questions in the future please do not hesitate to talk to one of our buyers.
-Ian, Grocery

Have a thought that you’d like to share?

We’d love to hear from you!

Submit a comment card at customer service!

June’s Round Up Recipient: Burgh Bees

register
RoundUp



Burgh Bees is a non-profit organization that serves to introduce beekeeping to Pittsburghers. In support of their mission, Burgh Bees offers seminars and mentorship programs to help teach beginning beekeepers how to responsibly maintain their own hives. Since 2009, they have instructed over 900 new beekeepers. Burgh Bees also maintains hives for local corporate sponsors, conducts tours for elementary schools and local organizations, and educates the public at community events.

Their Homewood Community Apiary, located just a mile from the East End Food Co-op, was the first of its kind in the country. This urban apiary offers a space for hands-on beekeeping lessons and is home to a pollinator garden that serves to educate others about providing pollinators with safe, pesticide-free food sources throughout the growing season. Burgh Bees members are invited to get a closer look inside a hive and tour the garden during monthly Open Apiaries.

By teaching others about bees and proper beekeeping, Burgh Bees is aiding essential pollinators that have been struggling in recent years. To learn more about this organization, visit their website or follow them on social media. If you want to support them in their mission to educate beekeepers and promote beekeeping as a vital part of sustainable agriculture in Pittsburgh, be sure to tell your Co-op cashier to Round Up your total this month!

Your spare change can result in positive change!

www.burghbees.com

CO-OP CAFÉ ARTWORK

Each month, East End Food Co-op partners with a local school or community organization to beautify the Co-op’s Café seating area with artwork created by area youths.

This provides an opportunity to highlight the importance of art education in the Pittsburgh community while strengthening our partnerships with local educators, many of whom use the Co-op to help teach young folks about nutrition and local food. Be sure to check out this month’s art exhibit created by:



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COMMUNITY IMPACT

<p>OUR CO-OP GREW BY</p>  <p>60</p> <p>NEW MEMBERS</p>	<p>OUR OUTREACH REPRESENTATIVES REACHED</p>  <p>1,672</p> <p>PEOPLE AT EVENTS</p>	<p>OUR CO-OP RAISED</p>  <p>\$3,080.45</p> <p>THROUGH THE REGISTER ROUND UP FOR</p> 	<p>LOCAL PRODUCTS MADE UP</p>  <p>20%</p> <p>OF TOTAL STORE SALES</p>	<p>OF OUR PURCHASES</p>  <p>15%</p> <p>WERE FROM LOCAL SUPPLIERS</p>
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DATA COLLECTED DURING APRIL 2015

Featured Community Partner: Country Barn Farm

The East End Food Co-op is proud to partner with Country Barn Farm. The Community Partners Program aims to provide Co-op members great benefits and, at the same time, to promote local businesses. Because we are committed to supporting our community, we truly value the partnerships we build through this program. Locally-owned businesses have a huge impact on the infrastructure of our regional economy and we firmly believe that we are all stronger together.



Country Barn Farm, located just north of Pittsburgh city limits in Glenshaw, is tended by the Zgurzynski family, with a keen focus on beekeeping, organic gardening, and sustainable agriculture. Master Beekeeper Joe Zgurzynski's mission is to develop and support more beekeepers in Western Pennsylvania. Thoroughly committed to agricultural education, Joe has trained hundreds of local beekeepers through workshops for both beginner and advanced skill sets. First year beekeeping classes are designed to teach beginners everything they need to know to get started. Other classes on specific beekeeping related skills are regularly offered, and Joe has recently expanded his offerings to include workshops on keeping backyard chickens. The farm also sponsors the County Barn Beekeeping Club, a forum for local beekeepers to share

ideas throughout the year and support each other.

Visit Country Barn Farm and learn more about how to incorporate bees and chickens into your urban or country homestead. Members will receive \$5 off all beginning beekeeping and backyard chicken classes. To take advantage of this discount, fully paid Co-op members must be sure to present their plastic membership card at the time of payment. If you have any questions about the Community Partners Program, contact Member Services at memberservices@eastendfood.coop or call 412-242-3598 ext. 438. You can check out the full listing of your Co-op's partners on our website at www.eastendfood.coop/co-op/community/community-partners-program.

Did you know... ...fully-paid members are eligible to run for election to the board of directors?

The Co-op's board of directors is a dedicated group of representatives elected directly by the membership, and is made up of members just like you. Board members work to ensure accountability regarding Cooperative Principles, while also making sure the Co-op remains a sustainable business.



Board elections are held annually, and the number of positions available depends on the number of appointments expiring that year.

- There are nine directors on the board
- Each director is elected for a term of three years.
- There is no limit to the number of terms a director can serve.
- Each year, three positions are up for election.

The board of directors does not make decisions about, become involved with, or take part in the day-to-day activities or decisions regarding the operation of EEFC. Instead, the board focuses on governance of the organization, and delegates operational duties to the general manager. The board establishes policy and accountability with an eye toward allowing the GM to leverage his or her expertise, creativity, innovation, and flexibility in running the Co-op and meeting our Ends.

The board's accountability to membership includes providing an annual report, convening an annual meeting, and keeping members informed regarding pertinent decisions. Board members also work toward advancing the Co-op's vision and ensuring continuity of the board and the general manager. To these ends, board members are expected to attend monthly meetings and participate in committee work.

- The benefits of serving on the EEFC Board of Directors include:
- the opportunity to support the Co-op and to make a difference in our community;
 - personal and professional growth achieved through attendance at national and local workshops, retreats, and planning meetings;
 - connection with others who share similar goals and ideals.

If you are interested in running, pick up a candidate packet from Customer Service or find it online at www.eastendfood.coop/co-op/board, then complete and submit your answers online before July 1st, 2015. You may submit your candidacy by visiting http://bit.ly/eeec_candidacy. If you are not interested in running for the board yourself, please consider asking someone else whom you think would make a good candidate. The board of directors would be happy to reach out to any potential candidates who would like to learn more about participating in the governance of the Co-op.

Questions or concerns about candidacy or board service may be directed to eeec.elections@gmail.com. Learn more about the board by visiting: www.eastendfood.co-op/co-op/board.

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Celebrating Hemp History Week

by Jen Lawton, Promotions & Merchandising Coordinator

East End Food Co-op is committed to providing education and information about a diverse range of topics to our members and community, which is why we are excited to celebrate National Hemp History Week (June 1-7). Hemp History Week is a national grassroots and retailer education campaign forming in the U.S., featuring over 1,000 events in cities and towns throughout all 50 states.

“Hemp” is the word used for distinct oilseed and fiber varieties of the plant species *Cannabis sativa*. Tall and slender, hemp was cultivated for thousands of years throughout Asia and the Middle East before making its way across Europe and then to the Americas. Now, more industrial hemp fiber, seed, and oil is exported to the U.S. than to any other country, and American consumers are purchasing over \$500 million in hemp products annually. Despite its growing popularity, and the 2014 Farm Bill legislation allowing hemp to be grown for research in states with hemp farming laws in place, the federal policy for hemp farming—created in the 1930s—currently prevents U.S. farmers from widely growing this crop.

Extremely versatile and hardy, hemp is easily grown without pesticides or herbicides. It yields a strong fiber used for textiles, paper, construction materials, plastics, and auto parts, with countless applications. But where it really shines is in its nutritional value: Hemp plants have

the world’s most nutritious seed, loaded with protein (all of the essential amino acids), iron, and fiber. The seed’s oil is rich in vitamins, minerals, and antioxidants, and contains the ideal 3:1 ratio of omega-6 to omega-3 fatty acids, which are vital for heart function, healthy hair, skin and joints, and brain function. No known allergies to hemp exist. Hemp products are easily digestible, GMO-free, and have a wonderful nutty flavor. They can easily be incorporated into your diet.

Here at the Co-op we carry a number of hemp products, including:

- hemp milk
- hemp yogurt
- hemp protein powders
- hemp seeds and hearts
- hemp tofu
- hemp oil
- hemp cereals and granola bars
- hemp soaps
- hemp lotions
- and more!

Throughout Hemp History Week we will be sampling these products around the store, with a live demo on June 2nd from 3 - 6 PM. Our Café will also offer hemp milk as an option for making any drink. And, as always, hemp protein powder can be added to the drink of your choice from our Café, for an extra nutritional boost.

To learn more about Hemp History Week, visit www.HempHistoryWeek.com.



Know Your Farmer: Swiss Villa Farms

by Kate Safin, Assistant Marketing & Member Services Manager

The mission of Swiss Villa is to serve families who practice sustainable, small-scale farming by providing a connection between their farms and the marketplace. Originally managed by an Amish farmer, Swiss Villa came under the ownership of Philip Lehman and his family in 2011 when the founding owner went into retirement. A lifetime of first-hand experience with small-scale farming has given Philip a sense of the value of small family farms, as opposed to large-scale agribusiness, and it is this understanding that has allowed him to maintain family values while growing his business.

Operating out of Wrightsville, PA, Swiss Villa brings raw cow milk, raw goat milk, pastured eggs, soy-free eggs, raw milk cheeses from goats, cows, and sheep, 100% grass-fed beef, pasteurized organic milk, organic butter, yogurt, spelt bakery items, and raw honey to markets all across Pennsylvania, including the East End Food Co-op. They are best known for their raw milk, eggs, and cheese. For more information about Swiss Villa, email Philip@swissvillallc.com.

EEFC: What is a typical day like at Swiss Villa?

Philip Lehman (PL): We collect orders from the stores on Monday morning and then contact our various farm sources as to how much we will need of the various items for that week. Monday afternoon and Tuesday are basically used in collecting the bulk of our eggs, milk, cheese, baked items and such from the farms, bakery, etc. Then Tuesday evening we pull orders together for the following day’s delivery. Wednesday, Thursday, and Friday are fairly full with deliveries to the stores and some more pickups from the farms, especially for additional milk.

EEFC: What makes products from your farms unique?

PL: Overall, we focus on the small-scale operations. And we are local-to-local for the most part. Our raw cow milk is from 100% grass-fed cows. The raw goat milk is soy-free. These are examples of what gives our items uniqueness. We try to offer the best value and quality we can.

EEFC: What are you most proud of as a local farmer?

PL: We are thankful to be able to serve our



community by enabling these growers to succeed in marketing their goods at fair trade values and to allow their family farms to remain sustainable for the future.

EEFC: What is important for customers to know about your products?

PL: Our raw milk is 100% grass-fed. This is different from “grass-fed,” as that is a term used for dairies where they feed some grass, but also corn silage and grain, which significantly increases the milk production. Grain-fed along with grass reduces the CLA levels in the milk, thus reducing the value of the “grass-fed” claim. This is also true of our raw milk cow cheese: the milk is from 100% grass-fed cows. Our eggs are from hens that are running outdoors daily, from early spring to late fall, in grass pastures, not just bare lots.

EEFC: What is your hope for the future of Swiss Villa?

PL: We do not intend to become a super-sized business, but hope to continue adding a few more items over time to be able to serve more start-up creameries and farmers. We believe our services are important to provide markets for these farmers who produce small amounts that they are not able to carry to the market themselves.

Almond Honey Cake

Ingredients

- 1/4 cup whole almonds
- 1/2 cups slivered almonds
- 1/2 cup unbleached flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 3 large eggs, separate out yolks
- 2 tablespoons canola oil
- 3/4 cup honey, divided
- 1/2 teaspoon almond extract

Preparation

1. Preheat oven to 325° F. Oil a 9-inch round cake pan. Spread the whole almonds on a baking sheet, then toast them for 10 minutes in the oven. Let cool, then chop coarsely.
2. In a food processor or blender, grind the slivered almonds to a powder. In a large bowl, mix the almond powder, flour, salt and baking soda.
3. In a medium bowl, whisk the egg yolks, oil, 1/2 cup of the honey, and almond extract, then stir into the flour mixture. With an electric mixer, whip the egg whites to firm peaks. Fold 1/3 of the whites into the wet mixture, then gently fold in the rest. Scrape the batter into the prepared pan. Bake for 30-35 minutes, or until a toothpick comes out with only large moist crumbs attached.
4. Let cake cool completely. Using a wooden skewer or something similar, poke holes in the cake every two inches. Transfer the cake to a serving plate. In a small saucepan, bring the remaining 1/4 cup of honey to a boil. Sprinkle the chopped whole almonds over the cake. Drizzle the honey over the almonds and into the holes. Let cool and serve.



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FIND MORE RECIPES AND INFORMATION ABOUT YOUR FOOD
AND WHERE IT COMES FROM AT STRONGERTOGETHER.COOP.

New In The Aisles

GAIA - Tumeric Boost Restore

KISS MY FACE - Sunscreen Oils, Lotions, and Sprays

SO DELICIOUS - Cashew Milk (various flavors)

STEVE’S ICE CREAM - Non-dairy Desserts (various flavors)

TOM’S OF MAINE - Fragrance Free Baby Shampoo, Body Wash, and Lotion

THE HONEST COMPANY - Bubble Bath, Face & Body Lotion, Organic Healing Balm, Shampoo and Body Wash



Fifth Annual Picnic

Saturday, June 13, 11am - 4pm

Enjoy food, music, tours & more!

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Get Growing with Garden Dreams: What’s Eating My Garden Crops?

by Hannah Reiff, Garden Dreams Urban Farm & Nursery

As the excitement of spring planting wanes, frustration can set in as insects, slugs, and four-legged critters begin to share your summer bounty with you. The best way to prevent your crops from getting munchd is to first identify the culprit! Here is some information on a few common insects and critters that may show up in Pittsburgh gardens.

Is your kale starting to disappear at night? If the plants are mowed down to tiny nubs, you can assume that rabbits or groundhogs have been at work. Trapping or fencing are the only surefire ways to take on these guys. If the stems have been stripped of their leaves, look for small white butterflies flitting about your plants or small, single yellowish eggs on the underside of the kale leaves. The most likely suspect is a green caterpillar that camouflages well on kale, called the imported cabbage worm. Hand picking the caterpillars and smashing the eggs can be very effective methods of control.

Are your cucumber plants wilting, shriveling, and dying before the end of the season? That’s because the cucumber beetle has come to town. It is a small yellow and black beetle that feeds on the leaves and spreads the disease called bacterial wilt. You can do things to deter the beetle, but the most effective thing we’ve found at Garden Dreams is to plant your cucumbers in successions, every two or three weeks. When the first batch produces some and then dies, your next batch of cukes starts producing. The good news is the beetles are much less active later in the season, so your chance for late season cucumbers is still very good.

Are aphids appearing on the growing tips of all your summer veggies, like tomato plants? This means you might need to cut down on the nitrogen fertilizer. Tomatoes will grow tons of foliage that is attractive to aphids if they’ve been over-fertilized with nitrogen. (This is why fertilizers are usually lower in nitrogen and higher in potassium and phosphorus for roots and fruits.) Don’t panic over the aphids. As a short-term strategy: Feed your plants with worm castings and seaweed to help them deal with the stress of aphids. And for the long run:



Start encouraging beneficial insects in your garden. Once they are established, they will take care of aphid outbreaks for years to come. Try sweet alyssum and herbs that you let flower, such as savory, thyme, oregano, dill, and fennel. These plants will greatly boost your beneficial insect populations. It’s a strategy that takes some patience...but it works!

Slug damage often appears as big, jagged holes in your produce. “Slug pubs” work well for slug control. Set out a pie tin filled with beer. The slugs are attracted to it and fall in and drown. If you keep city chickens, give them access to your garden space before planting in spring and they will eat any slugs that are present.

Hope this helps you figure out a thing or two in your garden. For further help identifying garden bugs, I recommend *Good Bug Bad Bug*, a quick photo reference book by local author Jessica Walliser, available in your Co-op Book Department. Happy growing!

Hannah Reiff is Production Manager at Garden Dreams Urban Farm & Nursery. Located in Wilksburg, Garden Dreams is a small, community-oriented business committed to increasing access to healthy, fresh food by providing strong vegetable, herb, and flower starts to home gardeners, community gardens, nonprofits, schools, and retail markets (including the East End Food Co-op). You can learn more about their operation at www.mygardendreams.com.

Celebrate Pollinators with the Co-op

by Erin Kelly, Outreach & Education Coordinator

Here at the Co-op we are excited to celebrate National Pollinators Week, June 15th -21st! Pollinators, like bees, bats, butterflies, moths, flies, beetles, and hummingbirds, play a critical role in our food system and provide tremendous benefit to our environment and economy. Pollination is a vital stage in the lifecycle of all flowering plants. Nearly every plant species relies on pollinators to facilitate this important process, including 75% of the plants we depend on for food, beverages, spices, medicine, and fiber. Without pollinators, farmers would lose nearly all of their fruit, vegetable, nut, and herb crops, and there would be very little food.

We will celebrate Pollinators Week in a number of ways, including:

- Rounding up for Burgh Bees all month long (see page 3 for more information about them and how your spare change can result in positive change).
- Featuring a display of local honeys, and items that pair well with honey.
- Displaying a number of helpful resources here at the store, including brochures that explain pollinator-friendly practices home gardeners might consider.

We’re also excited to present *Celebrating Pollinators* in our Café seating area on Thursday, June 18th from 7-8 PM (more information is on page 8). Our members, customers, and neighbors are invited to stop by and learn about some of our Co-op’s honey producers, and to sample product pairings and hear about local efforts to protect endangered pollinators in our area. Supporting local beekeepers is a delicious way to help ensure the livelihood of pollinators and our food supply. Don’t miss this chance to get to know some of the honeys we carry and talk with local honeybee advocates.

If you’re interested in other ways you can help support these important members of our food cycle, check out these suggestions, provided by the North American Pollinator Protection Campaign:

Create pollinator habitats:

- Cultivate native plants, especially those that provide nectar or larval food for pollinators



- Install houses for bats and nest boxes for native bees
- Supply salt/mineral licks for butterflies and water for all wildlife

Reduce pesticide use:

- Use insecticides and herbicides only when no alternatives are available
- Practice IPM (Integrated Pest Management)
- Follow label directions on pesticides, apply with caution, and pay special attention to “bee toxicity” information
- Substitute flowerbeds for turf grass

Minimize your environmental impact:

- Buy locally produced and/or organic food
- Walk, cycle, or use public transit—minimize your automobile
- Minimize electricity use
- Reduce your consumption, reuse, and recycle

Get involved:

- Volunteer for pollinator-friendly organizations and garden groups
- Lift a shovel, sow seeds, develop natural areas for pollinators
- Vote! Make your voice heard for pollinators

Enjoy nature:

- Build your connection with the natural world by enjoying time outdoors
- Experience gardening, working with plants and animals, and scenic getaways

To learn more about National Pollinators Week, visit the Pollinator Partnership’s website at www.pollinator.org.

A Recipe for the Perfect Summer Afternoon

by Caldwell Linker, Cheese Buyer

What better way to spend a lazy afternoon than with good friends, some fantastic local cheeses, and delicious local honeys? Cheese and honey are a classic and exciting pairing. When the right elements meet, the combination of sweet, savory, and salty intertwine to create flavors and aromas that transcend the individual ingredients. These two foods are intimately related even in their origins, as the best cheeses come from animals who get their nutrients directly from the ground. The foods these ruminants eat often include the very same flowers our beloved pollinators are relying on.

- Here’s what you’ll need for your perfect summer day:
- 2-12 good friends, or people you hope to turn into good friends
 - an equal number of cheeses and honey (Figure an ounce of cheese per person, and a minimum of 2 cheeses and 2 honeys.)
 - 2-4 loaves of fresh bread (Nut loaves, baguettes, whole wheats, and country loaves are all great options.)
 - assorted nuts and in-season fruits and berries
 - a knife for each cheese and spoon for each honey
 - napkins

- paper and pen for everyone to record their thoughts (optional)

In advance: Instruct all people to arrive at a designated location at roughly the same time. If desired, have everyone coordinate so each person brings a different cheese, honey, or accompaniment.

Once you have all the ingredients and people assembled, and the cheese has reached room temperature (usually takes about an hour), dive in and start trying as many different combinations as you can think of. Feel free to start with some of the suggestions below, but if you stick to these only you will certainly miss out on some great pairings. Pay attention to the flavors, textures, smells, and aromas as you go. Discuss your thoughts and reactions. Notice the feelings and memories the different combinations elicit and discuss them. Let laughter, merriment, and storytelling come to a rolling boil and keep it there for as long as you like.

Suggested pairings:

- fresh goat cheeses (chevre) with citrus honeys like orange blossom
- blue cheese with mild honeys like alfalfa or clover

- “nutty” aged alpine cheeses with rich honeys like buckwheat or chestnut

Notes about pairing:

- Be sparing at first with the honey. A little can go a long way, and as great as the honey may taste, you don’t want to mask the flavor of the cheese. You want the flavors to blend perfectly.
- Don’t let any of the fancy-food-people fool you—pairing is not a science. Most likely, if you like the different items, you will probably find the pairing pleasing.
- While there are many classic pairings that have stood the test of time, even some of these don’t work for everyone. There are no right or wrong answers. If you like it, then it’s right for you.
- Everyone’s palate is created by sensitivity to different tastes, scents, life experience, memories, etc. Don’t be worried if you and the person



next to you disagree about particular pairings. There are subtle differences in the ways each of you experience the combinations.

- Experiment, record your adventures, and figure out what works best for your particular senses.

Please stop by our cheese display anytime, and ask for me or another cheese monger. We’ll be happy to guide you toward cheeses that might be perfect for you, and answer any questions you may have.

THE CO-OP

The East End Food Co-op is Pittsburgh’s only member-owned natural and organic food market, serving the community since 1980. 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 and perishable 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.

The Co-op is open to the public and membership is not required to make purchases, but members do receive better prices, have access to the Federal Credit Union, and can vote and serve on the board of directors.

7516 Meade St. Pittsburgh, PA 15208
www.eastendfood.coop

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THE CO-OPERATOR

Editor: Heather Hackett
Design & Layout: Molly Masood
Printed By: Indiana Printing & Publishing

The Co-operator is a monthly publication mailed to East End Food Co-op members. Additional copies are available in the store’s foyer, and at outreach events. *The Co-operator* is also available online at www.eastendfood.coop.

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

Contact Us:
If you are interested in more information about advertising or would like to submit an article, please contact Member Services:

Email: memberservices@eastendfood.coop
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EMPLOYEE OF THE MONTH



Congratulations to **Bernadette Brogden** who was chosen as the Co-op staff pick for Employee of the Month. Bernadette has worked at the Co-op for ten months as a produce clerk.

- Q.** What’s your favorite thing about your job?

A. Working with Shane!
- Q.** What’s your favorite thing about the Co-op in general?

A. Local Hot Crushed Red Pepper in the herb aisle. It’s so yummy! I couldn’t have lived through my “chili winter” without it.
- Q.** What do you do when you’re not at the Co-op?

A. I also work at Garfield Community Farm.
- Q.** How did you feel when you found out you were the Employee of the Month?

A. It kind of felt like a late birthday present—because I just got 50 bucks, and that feels good.

NEW FACES

- Chris George, Café**
Chris came to work at the Co-op because of (among other reasons) our location, benefits, work environment—and food! Chris has previous experience with retail food and cooking, and enjoys natural foods for the purity of their ingredients and flavors. He especially enjoys our uncured meats.
- Rob Henderson, Café**
Rob would like folks to know he is a fun and outgoing person. When he isn’t working in the kitchen, Rob spends time taking care of his kids. In the future, Rob aspires to oversee his own restaurant.
- Ray Knight, Café**
Ray loves working on cars in his off hours; in the future, he would like to own a little garage of his own and he’s also interested in completing his education to become an electrician. Ray has worked in grocery settings before, and has come to our Co-op to try more natural foods in a new environment.

Kai Smith, Front End
Food ethics are a big part of Kai’s life. Kai has worked in food service before (from fast-food to catering), worked security, and is also a personal trainer on the side. Kai believes that natural foods are the best medicine.

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Café Specials • JUNE 2015

SUN	MON	TUE	WED	THU	FRI	SAT
	1 HONEY DIJON SEITAN	2 TOFU ROGAN JOSH	3 INDIAN KITCHEN	4 JERK TEMPEH WITH CURRIED PEACH RELISH	5 BURRITO BAR	6 VEGETABLE LO MEIN
7 CHEF'S CHOICE	8 PIEROGI LASAGNA	9 KALE & WHITE BEAN STEW	10 GREEK KITCHEN	11 SWEET & SPICY TEMPEH WITH QUINOA	12 PIZZA: DAIRY & VEGAN	13 QUICHE LORRAINE
14 CHEF'S CHOICE	15 TOFU & BROCCOLI WITH PEANUT SAUCE	16 THAI FRIED EGG NOODLES	17 THAI KITCHEN	18 TEA & GINGER SIMMERED CHICKPEAS	19 BURRITO BAR	20 HONEY BBQ TOFU
21 CHEF'S CHOICE	22 SWEET & SOUR TOFU	23 CABBAGE & DUMPLINGS	24 GERMAN KITCHEN	25 SEITAN ALLA DIAVOLA	26 PIZZA: DAIRY & VEGAN	27 BROCCOLI PESTO MAC 'N' CHEESE
28 CHEF'S CHOICE	29 FANESCA	30 EGGPLANT TAGINE				

STORE
HOURS:

OPEN DAILY: 8 AM - 9 PM

CAFÉ
HOURS:

JUICE & COFFEE BAR: 8 AM - 7 PM

SOUP & SALAD BAR: 8 AM - 7 PM

HOT FOOD BAR: 11 AM - 7 PM

WEEKEND BRUNCH: 9 AM - 1 PM

JUNE 2015
COMMUNITY EVENT SERIES

3rd

6:30 PM

PITTSBURGH GOES SOLAR

Sharon Pillar, Solarize Allegheny
Carnegie Library of Homewood
7101 Hamilton Ave, Pittsburgh, PA 15208
Solar energy is the fastest growing energy source in the world and in our community. Join Solarize Allegheny to learn how producing your own clean electricity can be both cost effective and environmentally responsible.

10th

7:00 PM

COOKBOOK CLUB

East End Food Co-op
Café Seating Area
Get out your pots and pans, our Cookbook Club is meeting again! Join us for a potluck-style recipe swap in our Café seating area. Bring a dish and a list of its ingredients. Space is limited, so don't forget to call our store to reserve your spot.

18th

7:00 PM

CELEBRATING POLLINATORS

East End Food Co-op
Café Seating Area
Did you know that about a third of all foods and beverages in the U.S. are made possible by the work of bees and other pollinators? Come sample the fruits of their labor and learn more about what we can do to support pollinators.

24th

6:30 PM

GREENS ON THE GO

Stephanie Boddie, PhD., Go Live!
Carnegie Library of Homewood
7101 Hamilton Ave, Pittsburgh, PA 15208
Take advantage of fresh local produce available this season! Natural food chef, health disparity researcher, and Go Live! founder Stephanie will share easy and delicious ways to incorporate nutrient-dense leafy vegetables into our daily diet.

These events are **FREE**, just call 412-242-3598 to reserve your spot!
www.eastendfood.coop/events

MEMBERS' OPEN FORUM

A chance to meet & share your ideas with other members!

Thursday, June 11th, 2015
7 PM - Café Seating Area

This event is free, but please call
412.242.3598 to reserve your spot.

More information (including this month's discussion and brainstorm topics) is available at www.eastendfood.coop/co-op/membership.

Look for your Co-op at these upcoming events:

Saturday, June 6th, 9 AM: Join our Co-op in supporting the **Rainbow Kitchen's W.A.R. (Walk and Ride) Against Hunger!** Come down to the Pump House in the Waterfront to talk about what we are doing to end hunger. More information: www.rainbowkitchen.org.

Saturday, June 6th, 10 AM: Our Co-op is excited to participate in the **Homewood Health Matters 5K and Health Expo!** Visit our table on Stargell Field after the race to learn how our Co-op promotes healthy living and eating in our community. More information: www.active.com/pittsburgh-pa/running/races/homewood-health-matters-5k-and-health-expo-2015.

Sunday, June 7th, 12 PM – 5 PM: Come to the Carnegie Library's Main Branch in Oakland to join in the fun at this year's **Summer Reading Extravaganza!** Our Co-op is excited to be a part of this great outdoor festival. More information: www.carnegielibrary.org/summer/extravaganza.

Sunday, June 14th, 1 PM – 6:30 PM: Our Co-op is proud to be a part of our city's **PrideFest!** Stop by on Liberty Avenue, Downtown, to spin our prize wheel and talk Co-op. More information: www.pittsburghpride.org/events/pridefest.

Saturday, June 27th, 10 AM – 5 PM: Visit our Co-op at Good Taste Pittsburgh's annual **Hometown Homegrown** event at the Heinz History Center. We look forward to celebrating our region's food culture with you! More information: www.goodtastepittsburgh.com/hometown-homegrown.