

# The Co-operator

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



## Holiday Preparations

by Heather Hackett, Marketing & Member Services Manager

Whether you're entertaining a couple or a crowd, your Co-op can help you with planning and ingredients, or ready-to-eat holiday meals, pies, and sides.

### Turkeys

At Thanksgiving the food takes center stage, with the turkey often acting as the star of the occasion. Purchasing a high-quality bird is a great start to ensuring a successful meal, and the East End Food Co-op's Meat Department is now accepting pre-orders. With a commitment to offering the best turkeys available, the Co-op has a variety of options available in a range of sizes and prices to best meet the needs of each customer. Fresh, local turkeys are available from Koch's Turkey Farm in Tamaqua, PA. Frozen turkeys will come from Plainville Farms, in New Oxford, PA.

All the turkeys available for pre-order meet the strict buying guidelines of the East End Food Co-op, which emphasize meat that is organic or naturally-raised, Certified Humane, and free of antibiotics and artificial ingredients. A turkey that has led a happy life, having been raised humanely and sustainably with access to the outdoors and proper feed free of hormones, antibiotics, and animal by-products, produces lean, tender meat that one can feel good about sharing with family and friends.

Orders must be received by Sunday, November 15th. Pre-ordered turkeys will be available for in-store pick-up from Monday, November 23rd through Wednesday, November 25th. Pre-order forms can be found on page 7 or on our website, and you may submit your order at Customer Service or by calling 412-242-3598.

Throughout the holiday season, the Co-op will have a selection of turkeys available for sale in the Meat Department for those who don't have time to pre-order. Tofurkeys are also available for those seeking a vegetarian/vegan option.

### Café Pre-orders

The East End Food Co-op Café can also help make meal planning easy. A variety of pre-made sides, including vegan and vegetarian options and custom cheese trays, can be ordered from the Café through Sunday, November 22nd, and will be available for pick-up Tuesday, November 24th or Wednesday, November 25th, between 8 AM and 7 PM. You can find the entire Café pre-order menu on page 6 and on our website, which also lists the ingredients and potential allergens of each dish. Folks with special dietary concerns are welcome to speak with our Café staff to explore alternative preparations of any dish. Orders can be placed in-person or by speaking with the Café at 412-242-3598 ext. 114.

If you'd like to "try it before you buy it," then good news: the Café will feature a Thanksgiving-themed menu on our hot bar every Wednesday throughout the month of November. A number of items from the pre-order menu will be included, and you can also taste Café goods at the sampling event taking place on November 14th (more information below, and on page 8).

### Festivities at the Co-op

Do you have a new recipe you're considering serving at this year's meal that you'd like to test out? Or perhaps you're looking for inspiration? No matter



the circumstance, consider attending Cookbook Club on Wednesday, November 4th at 7 PM, and you'll have the chance to swap samples and recipes with fellow food enthusiasts. Gourmands and novices alike are all welcome, and prior attendance is not required. Just bring your appetite, and a dish to share (along with a list of its ingredients). This free event will take place in the POWER/EEFC Conference Room and RSVPs are encouraged; just call 412-242-3598 or stop by Customer Service to reserve your space.

A free in-store sampling event on Saturday, November 14th will offer guests a chance to taste the Co-op's many holiday offerings. This delicious event will feature: Café pre-order dishes, turkeys cooked by our Meat Department, holiday cheese pairings, roasted veggies from our Produce

Department (find the recipe on page 4), and more! Reservations are not required for this event, just stop by between 11:00 AM – 1:30 PM and 4 – 6 PM for a taste of what we have in store this holiday season!

### Holiday Planning

On pages 6 – 7 you will find our full "Thanksgiving Preparations" spread, including order forms, menu details, turkey roasting tips, and some general meal-planning ideas. If you're looking for more resources to help prepare for the holidays, check out the "Celebrate Thanksgiving" collection on the Stronger Together website. You can find everything from traditional favorites to new twists on old standards, and even ideas for using up leftovers, at [www.strongertogether.coop/collections/thanksgiving-entertaining](http://www.strongertogether.coop/collections/thanksgiving-entertaining).

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### BOARD OF DIRECTORS:

The next board meeting is Monday, November 16th at 7 PM.

### NEW MEMBER ORIENTATIONS:

To register, call 412.242.3598 ext. 438  
or email [memberservices@eastendfood.coop](mailto:memberservices@eastendfood.coop).

### MEMBERS ONLY:

Be sure to use your 10% quarterly discount by December 31st!  
The next quarter goes from January 1st - March 31st.

### HOLIDAY HOURS:

Your Co-op will be closed Thursday, November 26th.

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



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Know Your GMOs 2015

by Kate Safin, Assistant Marketing & Member Services Manager


On Saturday, October 24th, the East End Food Co-op presented the third annual Know Your GMOs event at the East End Cooperative Ministry in East Liberty. This year, presentations and a panel discussion focused on the concerns of growers and farmers in our region.

Tim Schwab, a food researcher at the non-profit advocacy group Food & Water Watch, kicked off the event with a discussion about the safety of glyphosate, the popular weed killer also known as Roundup being named a “probable carcinogen,” and relevant updates on labeling laws. Greg Boulos, manager of Blackberry Meadows Farm, then spoke to the audience about the benefits of seed saving and growing your own food. Local beef farmer Ron Gargasch touched on his lawsuit against the biotech giant Monsanto in 2013 and shared his knowledge on the dangers created by genetically modified seeds. Finally, East End Food Co-op General Manager Justin Pizzella addressed the Co-op’s efforts to prioritize non-GMO products in a country that doesn’t require labeling, while also striving to work with as many local growers as possible. A panel discussion and audience Q&A rounded out the evening.

Several informational tables provided additional resources for audience members, and the Co-op provided samples of Non-GMO Project Verified products, raffled off grocery bags filled with Non-GMO Project Verified products, and gave away additional prizes at our outreach table. This event was coordinated in observance of Non-GMO Month, which takes place every October.



**Members:**  
**Interested in sharing your thoughts with other members?**  
Then 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](mailto:memberservices@eastendfood.coop) to note your interest in making a submission and to request these guidelines.



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Board Corner

by EEFC Board of Directors

The 2015 annual election for the Co-op’s board of directors has come to a close—thanks to all who participated!

The board’s goal continues to be to maximize the time that members have to become familiar with our candidates and gather the information needed to make an informed decision. Similar to our last election, voting ran from August to the end of September, rather than concluding voting at the time of the Annual Meeting, which gives members a bit more time get their votes in.

This year we made additional efforts to streamline the election timeline. Most notably, we began our call for members’ submissions of candidacy a bit earlier, starting in May instead of June. We also proactively reached out to some members who were recommended as potential candidates for leaders of our Co-op.

received no votes. Candidate Caldwell Linker received 380 votes, but was disqualified due to failing to attend a board meeting between May and September, which is one of the requirements for candidacy. The final candidate, Dirk Kalp, received 116 votes, which was not enough to be elected to another term.

This year 498 ballots were counted. A total of 9 uncounted ballots included 2 ballots with no selections, 3 ballots with invalid member numbers, and 2 sets of duplicate ballots (4 individual ballots).

Congratulations to Alice, Tom, and Mark on their election to the EEFC Board of Directors, and thanks to everyone who submitted candidacy applications and voted in this year’s election. Your support and participation are greatly appreciated!

To those members who may be interested in running in next year’s election, please start inquiring early. The June 30th deadline for submitting candidacy comes faster than you’d think, and we would love to introduce you to the world of cooperative governance and ensure that you have the information you need to decide whether to declare your candidacy. If you are not interested or able to run for a seat on the board yourself, please think about recommending someone that the board should consider reaching out to for board service.

There are three open seats available annually, with five candidates on the ballot running for election this year. After the close of the election, on October 1st, two directors from the Board Perpetuation and Elections Committee counted the ballots with the result being that the following three candidates will be seated on the board during the November meeting:

Alice Leibowitz - 381 votes  
Thomas Pandaleon - 381 votes  
Mark Frey - 119 votes

One candidate, Nathaniel Morely, withdrew before the printing of the ballots and thus Questions about elections? Contact us at [eefc.election@gmail.com](mailto:eefc.election@gmail.com).

2015-2017

EEFC BOARD MEMBERS

Your Co-op is pleased to announce our newly elected board members:



Mark Frey



Alice Leibowitz



Thomas Pandaleon



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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

Would you please bring in some produce wash? You used to carry it. Thank you!

Thank you for the suggestion. Produce wash is currently here and stocked above our fruit and vegetable dry tables (alongside the lemon and lime squeeze juice, and jarred garlic). If you need assistance in locating it, please don’t hesitate to ask a produce clerk or customer service.  
-Bethany, Produce

I hear there are a lot of artists employed here—it would be nice to see their work.

Thank you for the suggestion! Currently, our Café Art program focuses on work created by local youths from surrounding schools and after-school programs. I will certainly take your idea under advisement, and one day we could possibly have a display by Co-op staff when there is an open spot in the calendar.  
-Kate, Marketing & Member Services

What’s with all the conventional produce? I like to support local, but care about the safety of my food more.

Thanks for asking. You’re certainly not alone in feeling that way either! We rarely offer conventional produce, but when we do it is almost exclusively seasonal fruit from local vendors and farms that we trust. In addition, we will have an organic option available for people like yourself that choose to stay clear.  
-Evan, Produce

Have a thought that you’d like to share?

We’d love to hear from you!

Submit a comment card at customer service!

November’s Round Up Recipient: Every Child, Inc.

register  
RoundUp

every child inc.  
Family Ever After.

Every Child, Inc. is a 501(c)(3) nonprofit human services agency dedicated to fostering stable family lives for children in Allegheny and surrounding counties. Services are intended to develop and strengthen relationships in birth, foster, and adoptive families, and are offered completely free of charge. Since its founding in 1997, Every Child’s staff of 75 professionals has helped over 3,000 children realize a happy, healthy life at home.

From family support and wellness services, education services, and clinical and nonclinical interventions, Every Child, Inc. is committed to meeting the holistic needs of children and their families. Over the years, their offerings have expanded to include mental health services, pregnancy support, CYF-contracted in-home services, and foster care placement services. The agency is accredited through the Council on Accreditation (COA).

Every Child, Inc.’s mission is to provide the opportunity for families to become self-sufficient, to build effective and lasting relationships, and to contribute to safe and stable communities. For more information about this organization and how you can get involved, please visit their website or call 412-665-0600. And if you want to support them in their mission, be sure to tell your Co-op cashier to Round Up your total this month!

Your spare change can result in positive change!

www.everychildinc.org

CO-OP CAFÉ ARTWORK

Do you work for a local school or organization with a youth art program? Contact us at [memberservices@eastendfood.coop](mailto:memberservices@eastendfood.coop) for information on displaying art in the Co-op Café!

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.

DOUBLE WIDE  
GRILL



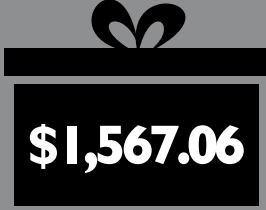

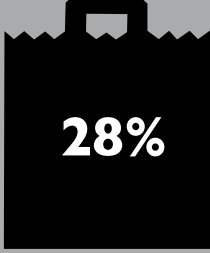

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- Meat items also available!

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# COMMUNITY IMPACT

<p><b>OUR CO-OP GREW BY</b></p>  <p><b>47</b></p> <p><b>NEW MEMBERS</b></p>	<p><b>OUR OUTREACH REPRESENTATIVES REACHED</b></p>  <p><b>3,914</b></p> <p><b>PEOPLE AT EVENTS</b></p>	<p><b>OUR CO-OP RAISED</b></p>  <p><b>\$1,567.06</b></p> <p><b>THROUGH THE REGISTER ROUND UP FOR</b></p> 	<p><b>LOCAL PRODUCTS MADE UP</b></p>  <p><b>28%</b></p> <p><b>OF TOTAL STORE SALES</b></p>	<p><b>OF OUR PURCHASES</b></p>  <p><b>20%</b></p> <p><b>WERE FROM LOCAL SUPPLIERS</b></p>
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DATA COLLECTED DURING SEPTMEBER 2015

## Featured Community Partner: Simply Helpful

The East End Food Co-op is proud to partner with Simply Helpful. 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.

Simply Helpful provides an a la carte menu of personal services, including organizing and de-cluttering, home staging (the process of preparing your home for market, which allows potential buyers to see your home in its best light), errands, and “wait” services (waiting at your home for repair workers or deliveries when you can’t be there). Owner Doreen Constantine established this small organizing business in 2014 after a 30-year career as a mental health professional. She is a proud member of the NAPO (National Association of Professional Organizers) and the IAPO (International Association of Professional Organizers).

Doreen will organize single or multiple rooms, closets and cabinets, attics and basements, and garages. She will even assist with managing your files and photographs, and clients are provided with a Pledge of



Confidentiality when the work involves exposure to personal information. Doreen aims to provide some much-needed relief when keeping up with life begins to feel overwhelming—she can help you attain your goals in a sensitive, non-judgmental, professional, and timely manner.

Fully-paid Co-op members will receive 10% off labor charges. To take advantage of this discount, be sure to present your 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](mailto: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](http://www.eastendfood.coop/co-op/community/community-partners-program).

## Roasted Roots

### Ingredients

- 3/4 pound carrots, bias cut
- 3/4 pound parsnips, bias cut
- 3/4 pound beets, bias cut
- 3/4 pound sweet potatoes, bias cut
- 1/4 bunch parsley, chopped
- 1/4 cup balsamic vinegar
- 1/4 cup tamari
- 1/2 cup olive oil

### Preparation

1. Preheat oven to 350° F.
2. Cut all vegetables on a bias cut about 1 1/2 inches long/1 inch wide/1/3 inch thick.
3. In a bowl, combine vinegar, tamari, and oil.
4. Toss carrots and parsnips in marinade to coat, remove and place on a lined sheet pan.
5. Toss potatoes and beets in marinade, remove and place on a separate sheet pan.
6. Bake for about 25 minutes or until soft.
7. Toss together with parsley and serve hot or cold.



## New In The Aisles

- LIFE FACTORY - Hot Beverage Glass Mugs
- BOOMCHICKAPOP - Holiday Popcorn (Assorted Flavors)
- ZEVIA - Sparkling Beverages (Pear & Apple)
- EQUAL EXCHANGE - Organic Dark Hot Chocolate Mix



Scottish fiddler **Alasdair Fraser**  
cellist **Natalie Haas**

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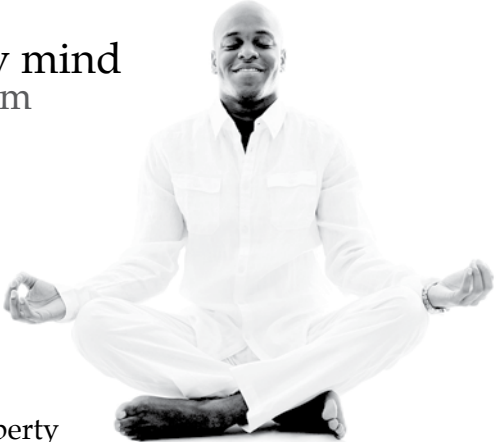
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THE CO-OP

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

BOARD OF DIRECTORS

Sarah Aerni, President  
Mike Collura, Vice President  
Mark Frey, Secretary  
Dennis Schauer, Treasurer  
Dirk Kalp ‘15  
Emily Mercurio ‘15  
Greg Nicholas ‘16  
Tina Russell ‘17  
Caroline Mitchell ‘17

MANAGEMENT TEAM

**General Manager:** Justin Pizzella  
**Human Resources:** Jen Girty  
**Finance:** Shawn McCullough  
**Marketing & Member Services:** Heather Hackett  
**IT:** Erin Myers  
**Grocery:** Maura Holliday  
**Café:** Amber Pertz  
**Front End:** eric cressley  
**Produce:** Evan Diamond

THE CO-OPERATOR

**Editor:** Heather Hackett  
**Assistant Editor:** Kate Safin  
**Design & Layout:** Molly Palmer 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:**  
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Phone: 412.242.3598 ext. 103

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EMPLOYEE  
OF THE MONTH



Congratulations to **Maggie Cirillo** who was chosen as the Co-op staff pick for Employee of the Month. Maggie has worked as a cashier and customer service representative for close to a year.

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

**A.** The people who work here.

**Q.** What is one thing you’ve learned in your time working at the Co-op?

**A.** I’ve learned more about healthy and organic food in general. And lots about produce—like, I learned what a Paw Paw was: “The mango of PA!”

**Q.** What’s your favorite cooperative principle? Do you think we embody it well here?

**A.** Concern for the Community. I think that’s what sets us apart from other grocery stores in general. I do believe we embody it, especially through the senior discount and EBT discount.

**Q.** What are your favorite products here?

**A.** Fred’s Eggs and the Salted Caramel Goat Cheese Ice Cream from Pittsburgh Ice Cream.

NEW FACES

**Jordan Chu, Café**  
Jordan has worked in food service for about a decade and used to organize and work at a bike co-op in Richmond, VA. Jordan seeks general life fulfillment, and outside of work Jordan is a recording artist who would like to have a career in music.

**Drew Hundelt, Produce**  
Drew is very interested in learning about the area’s local food shed and thinks the Co-op is a great place to do it. Drew started a market farm prior to coming to our Co-op, and he hopes to someday build and run a commercial aquaponics greenhouse in a place lacking access to fresh food.

**Megan Kunkel, Front End**  
Prior to joining our team, Megan had already been a cashier for seven years. Megan likes to know where food comes from, which influenced the choice to apply to our Co-op. Outside of work, Megan’s interests lie in music and art.

**Surrae Shotts, Café**  
Surrae thinks it’s great to be in a place where the staff and customers care about their food and can join together to make wholesome food more accessible. Surrae hopes to own a bar/restaurant someday, where food growers, brewers, eaters, and drinkers can come together.

**Zach Watson, Grocery**  
Zach believes that healthy foods are an essential piece of a healthy lifestyle, and that our food choices affect everything from our moods to the environment around us. Zach loves that the Co-op community has a share in its success, rather than a corporate structure that makes profits for shareholders.

YEARS OF SERVICE RECOGNITION

Thanks to the following employees for their contributions:

<b>Karen Bernard, Books</b>	<b>6 Years</b>
<b>Dorrall Hall, Facilities</b>	<b>4 Years</b>
<b>Megan Gallagher, Produce</b>	<b>1 Year</b>

Co-op Staff Vote to Unionize

On September 21, 2015, the East End Food Co-op staff voted to be represented by the United Electrical, Radio, and Machine Workers of America (UE). Included in the collective bargaining agreement are all employees of the Co-op excluding supervisors, managers, and confidential employees.

Leading up to the election, the Co-op board and management took a neutral stance, basically being neither for nor against a union. The primary objective was for the election to be amicable and that the staff had as much information to make an informed vote.

As we move forward in negotiations, we expect the same amicability to continue. Right now we do not have any negotiations scheduled and we will provide updates on any progress in the coming weeks.



FOOD

& that is &

GOOD

for you

and the

planet

←→

Café Phipps: named a  
Food & Wine magazine  
2014 Best Museum  
Restaurant in the U.S.



←→


café  
PHIPPS

phipps.conservatory.org

# East End Food Co-op Thanksgiving Menu

## Delicious Desserts

Pumpkin Pie	\$12.99
Tofu Pumpkin Pie 	\$12.99
Maple Pecan Pie 	\$19.99
Apple Pie 	\$16.99
Sweet Potato Pie	\$16.99
Pumpkin Bread 	\$9.99

Gluten free pie crusts are available upon request. 



## Great Beginnings

### Vegetable Tray with Dip

Choice of Green Goddess or Hummus (Plain, Spinach, or Roasted Beet)  
Large: \$44.99      Small: \$25.99

### Soups

Roasted Butternut Squash Bisque \$8.99/quart  
Mushroom Barley Soup  \$8.99/quart

### Cheese Trays

Small: (3 cheeses - feeds 8-10) \$25/tray  
Large: (5 cheeses - feeds 12-15) \$40/tray

Available options are:

- American Artisanal Selections
- European Favorites
- A custom tray built to suit your tastes

Each tray is carefully crafted and accompanied by specially selected pairings including assorted fruits, nuts, and chutney.

Contact our cheesemonger at 412.242.3598 ext. 242 to place your order or discuss custom options and any dietary restrictions or limitations.

## Planning the Meal











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


Entrée	Potatoes	Vegetables	Stuffing	Gravy	Relish
1/2 to 3/4 lb.	1/3 to 1/2 lb.	1/2 to 1/3 lb.	1/3 to 1/2 lb.	4 to 6 oz.	2 oz.

## Placing Orders

- Review the menu offerings then come in to the Café and place your order in person, or you can call 412.242.3598 ext. 114.
- Please DO NOT leave orders via email or voicemail; they will not be guaranteed.
- Co-op Café hours: 8 AM to 7 PM.
- All orders must be received by Sunday, November 22nd.
- All orders will be available for pick-up on either Tuesday, November 24th or Wednesday, November 25th between 8 AM and 7 PM.
- To learn more about ingredients and portions please contact the Café.
- Do you have allergy concerns or a special diet? Visit [www.eastendfood.coop/café](http://www.eastendfood.coop/café) for a list of ingredients. You may also contact the Café to discuss available alternatives.

## The Main Event

<b>Corn, Chard &amp; Cauliflower Gratin</b>	<i>Milk, Wheat</i>	<b>\$7.99/lb.</b>
<b>Baked Tofu Turkey </b>	<i>Soy, Wheat</i>	<b>\$7.99/lb.</b>
<b>Mushroom Walnut Loaf </b>	<i>Soy, Tree Nuts</i>	<b>\$7.99/lb.</b>
<b>Kale &amp; Olive Oil Mashed Potatoes </b>		<b>\$7.99/lb.</b>
<b>Roasted Garlic &amp; Herb Mashed Potatoes</b>	<i>Milk</i>	<b>\$7.99/lb.</b>
<b>Miso Mushroom Gravy </b>	<i>Soy, Wheat</i>	<b>\$5.99/pint</b>
<b>Coconut Mashed Yams with Maple Pecans </b>	<i>Tree Nuts</i>	<b>\$7.99/lb.</b>
<b>Green Beans Amandine </b>	<i>Tree Nuts</i>	<b>\$7.99/lb.</b>
<b>Mushroom Sage Stuffing </b>	<i>Wheat, Soy</i>	<b>\$7.99/lb.</b>
<b>Bleu Cheese Creamed Kale</b>	<i>Wheat, Milk</i>	<b>\$7.99/lb.</b>
<b>Quinoa &amp; Wild Rice with Squash, Pecans, and Cranberries </b>	<i>Tree Nuts</i>	<b>\$7.99/lb.</b>
<b>Cranberry Relish </b>	<i>Tree Nuts</i>	<b>\$5.99/pint</b>
<b>Herb Biscuits </b>	<i>Wheat, Soy</i>	<b>\$5.99/dozen</b>
<b>Cheddar Corn Muffins</b>	<i>Milk, Eggs</i>	<b>\$5.99/dozen</b>

 = Vegan



Turkey Pre-orders & Tips

Turkey Pre-orders

Submit your order by  
Sunday, November 15th  
at Customer Service, or  
by calling 412-242-3598.

Customer Name: \_\_\_\_\_  
Phone Number: \_\_\_\_\_

Please note that we will try to get you the same size turkey you  
order but it may not be exact.

Local, Certified Humane, Free-Range:  
all local turkeys will be fresh.

Koch’s Organic Turkeys (\$5.99/lb.)  
\_\_\_\_\_ 8-10 lbs. \_\_\_\_\_ 10-14 lbs. \_\_\_\_\_ 14-18 lbs. \_\_\_\_\_ 18-22 lbs. \_\_\_\_\_ 22-26 lbs

Koch’s Natural (\$3.99/lb.)  
\_\_\_\_\_ 10-14 lbs. \_\_\_\_\_ 14-18 lbs. \_\_\_\_\_ 18-22 lbs. \_\_\_\_\_ 22-26 lbs.

Koch’s Natural Turkey Breasts (\$5.99/lb.)  
\_\_\_\_\_ 4-7 lbs.

National Turkeys:  
all national turkeys will be frozen.

Plainville Farm’s Organic Turkeys (\$4.99/lb.)  
\_\_\_\_\_ 10-16 lbs

Plainville Farm’s Natural Turkeys (\$2.99/lb.)  
\_\_\_\_\_ 12-14 lbs. \_\_\_\_\_ 14-16 lbs. \_\_\_\_\_ 18-20 lbs. \_\_\_\_\_ 20-22 lbs. \_\_\_\_\_ 22-24 lbs.

Pick-up date and approximate time:  
Monday 11/23 (9 AM - 8 PM) \_\_\_\_\_  
Tuesday 11/24 (9 AM - 8 PM) \_\_\_\_\_  
Wednesday 11/25 (9 AM - 8 PM) \_\_\_\_\_

Turkey Roasting Tips

Roast your turkey to perfection with these turkey roasting tips:

- Remove the giblets from turkey cavities after thawing. Cook separately.
- Set oven temperature no lower than 325° F.
- Place turkey or turkey breast onto lower rack in a shallow roasting pan.
- For even cooking, bake stuffing in a separate casserole dish, versus in the bird. Use a food thermometer to check the internal temperature of the stuffing. The center should reach 165° F.
- If you choose to stuff your turkey, the ingredients can be prepared ahead of time. Separate wet and dry ingredients, and chill wet ingredients (butter/ margarine, cooked celery and onions, broth, etc.) until ready to prepare. Mix wet and dry ingredients together just before filling the turkey cavities.
- Fill the cavities loosely. Cook the turkey immediately. Use a food thermometer to make sure the center of the stuffing reaches 165° F.
- Whole turkeys should be cooked to 180° F. To check for doneness, insert a food thermometer in the thickest part of the inner thigh without touching the bone.
- Turkey breasts should be cooked to 170° F. Insert a food thermometer in the thickest part of the breast to check for doneness.
- Let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve more easily.

Turkey Roasting Timetable

Unstuffed		Stuffed	
4–8 lbs:	1.5-3.25 hrs	6–8 lbs:	2.5–3.5 hrs
8–12 lbs:	2.75–3 hrs	8–12 lbs:	3–3.5 hrs
12–14 lbs:	3–3.75 hrs	12–14 lbs:	3.5–4 hrs
14–18 lbs:	3.75–4.25 hrs	14–18 lbs:	4–4.25 hrs
18–20 lbs:	4.25–4.5 hrs	18– 20 lbs:	4.25–4.75 hrs
20–24 lbs:	4.25–5 hrs	20–24 lbs:	4.75–5.25 hrs

It is safe to cook a turkey from the frozen state. The cooking time will take at least 50 percent longer than recommended for a fully thawed turkey. Remember to remove the giblet packages. Remove carefully with tongs or a fork.

Turkey Thawing Instructions

- To thaw a turkey in the refrigerator:
- Keep the turkey wrapped and place it in a pan. Let it stand in the refrigerator roughly 24 hours for each 5 pounds.
  - Large turkeys should stand in refrigerator a maximum of 5 days.
  - The giblets and neck, which are customarily packed in the neck and body cavities of frozen turkeys, may be removed from the bird near the end of the thawing period.

- To thaw a turkey in cold water:
- Make certain that the turkey is in a leak-proof package or a zipper-seal plastic bag. This prevents bacteria in the surrounding environment from being introduced into the food, and prevents the poultry tissues from absorbing water.
  - Change the cold water every 30 minutes.
  - Approximately 30 minutes per pound of turkey are required for thawing.
  - After thawing in cold water, the turkey should be cooked immediately.

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Café Specials • November 2015

SUN	MON	TUE	WED	THU	FRI	SAT	<div>STORE HOURS: OPEN DAILY: 8 AM - 9 PM</div> <div>CAFÉ HOURS: JUICE &amp; COFFEE BAR: 8 AM - 7 PM</div> <div>SOUP &amp; SALAD BAR: 8 AM - 7 PM</div> <div>HOT FOOD BAR: 11 AM - 7 PM</div> <div>WEEKEND BRUNCH: 9 AM - 1 PM</div>
1 AM: BRUNCH PM: AUTUMN MILLET RISOTTO	2 ASIAN KITCHEN	3 CIDER & MAPLE GLAZED SEITAN HAM	4 THANKSGIVING KITCHEN	5 TACO BAR	6 PIZZA	7 AM: BRUNCH PM: COUNTRY KITCHEN	
8 AM: BRUNCH PM: AUTUMN MILLET RISOTTO	9 ASIAN KITCHEN	10 CIDER & MAPLE GLAZED SEITAN HAM	11 THANKSGIVING KITCHEN	12 TACO BAR	13 PIZZA	14 AM: BRUNCH PM: THANKSGIVING KITCHEN	
15 AM: BRUNCH PM: AUTUMN MILLET RISOTTO	16 ASIAN KITCHEN	17 CIDER & MAPLE GLAZED SEITAN HAM	18 THANKSGIVING KITCHEN	19 TACO BAR	20 PIZZA	21 AM: BRUNCH PM: COUNTRY KITCHEN	
22 AM: BRUNCH PM: AUTUMN MILLET RISOTTO	23 ASIAN KITCHEN	24 CIDER & MAPLE GLAZED SEITAN HAM	25 THANKSGIVING KITCHEN	26 CLOSED FOR THANKSGIVING	27 PIZZA	28 AM: BRUNCH PM: COUNTRY KITCHEN	
29 AM: BRUNCH PM: AUTUMN MILLET RISOTTO	30 ASIAN KITCHEN						

NOVEMBER 2015  
COMMUNITY EVENT SERIES

**COOKBOOK CLUB**  
Wednesday, November 4th, 7 PM

East End Food Co-op  
POWER/EEFC Conference Room

Looking for an excuse to try out a new recipe? Gourmands and novices alike are invited to join us for Cookbook Club! Prior attendance is not required—just bring your appetite and a dish to share, along with a list of its ingredients and the recipe.

*This event is FREE, just call 412.242.3598 to reserve your spot.*

**THANKSGIVING SAMPLING SESSION**  
Saturday, November 14th, 11 AM-1:30 PM & 4-6 PM

East End Food Co-op  
Throughout the aisles of the store

Stop by for a taste of what the Co-op has in store this holiday season! This delicious event will feature: Café pre-order dishes, turkey cooked by our Meat Department, holiday cheese pairings, roasted veggies from our Produce Department, and more!

*This event is FREE and no reservations are required!*

**BACKYARD COMPOSTING**  
Thursday, November 19th, 6:30 PM

Nancy Martin, PA Resources Council  
POWER/EEFC Conference Room

Join us to learn about the importance and benefits of composting. Nancy will share how to set up a compost pile, proper maintenance, and ways to use compost. Participants will receive an 82-gallon FreeGarden EARTH backyard bin!

*This event will cost \$70 per person/\$75 for couple; register by calling 412-488-7490 ext. 226.*

Save The Date:

Winterfest

Join us for Music, Food, & Fun!  
All proceeds will benefit the Greater Pittsburgh Community Food Bank.

Saturday, January 23<sup>rd</sup> from 1 - 5 PM  
Hosanna House  
807 Wallace Avenue, Wilkinsburg

Coming soon!

East End Food Co-op's Annual Report  
Fiscal Year 2014-15

Later this month, printed copies will be available in the store's foyer brochure racks, and a digital version will be on our website. Also be on the lookout for next month's issue of *The Co-operator*, which will feature highlights from the Annual Report.