

The Co-operator

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



Know Your GMOs

by Kate Safin, Assistant Marketing & Member Services Manager

The East End Food Co-op is excited to present the third annual Know Your GMOs event, which will take place on Saturday, October 24th, from 6:30-8:30 PM at the East End Cooperative Ministry in East Liberty. Join us to learn about the impact of genetically modified organisms (GMOs) on local farmers, the safety of glyphosate (Roundup), and the status of labeling efforts in the United States.

This free event is hosted each year during Non-GMO Month and provides a public forum for discussion around the many impacts GMOs have across the agriculture supply chain and our food system. This year, presentations and a panel discussion will focus on the concerns of growers and farmers in our region. We will also be providing samples of Non-GMO Project Verified products, raffling off grocery bags filled with Non-GMO Project Verified products, and giving away additional prizes at our outreach table.

The evening will begin with a presentation by Tim Schwab, a food researcher at Food & Water Watch, a non-profit organization that advocates for common sense policies that will result in healthy, safe food and access to safe and affordable drinking water. With an extensive background in GMO research, Tim will kick off the event with an overview of GMOs, concerns around glyphosate being named a “probable carcinogen,” and relevant updates on labeling laws. (Read Tim’s article, “GMO Labels are a No-brainer,” on page 6.)


Tim will be followed by two local farmers. Greg Boulos, manager of Blackberry Meadows Farm, a certified organic farm in Allegheny County that focuses on rare varieties of vegetables and fruits, will discuss how organic farming, seed saving, and growing your own food remains an important and viable way to avoid GMOs that also builds a resilient local food infrastructure.

Ron Gargas, who grows certified organic grass-fed beef in Volant, PA, will provide a glimpse into the legal challenges created by crop contamination, with a quick review of his federal lawsuit against biotech giant Monsanto. (Learn more about Ron on page 5.)


Finally, East End Food Co-op General Manager Justin Pizzella will speak about 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 will follow.


Know Your GMOs will be hosted at the East End Cooperative Ministry’s Great Hall, located at 6140 Station Street, Pittsburgh, PA, 15206. There is a paid public parking lot located at the corner of Sheridan and Harvard (right behind Union Pig & Chicken), as well as additional street parking in the neighborhood. (Note: Please do not park in the private lots adjacent to EECM, as towing is strictly enforced.) After parking, please enter EECM through Entrance B, located on Harvard Street near Centre Avenue. A map can be found on our website’s Know Your GMOs event page.

This event was coordinated in observance of Non-GMO Month, which takes place every October. Non-GMO Month was created by the Non-GMO Project in 2010, as a platform for raising awareness about genetic engineering. The Co-op supports transparency of GMOs through labeling laws, and every year since the inception of Non-GMO Month, the EECF has registered as a participating retailer. Our buying policies emphasize GMO-free products, and throughout October the store will be promoting Non-GMO Project Verified products by way of labels on the shelves and endcap displays.




This Non-GMO Month Event is Proudly Presented By:





Learn how GMOs are impacting our food and our farms



64 nations already require genetically engineered foods to be labeled. The United States does not. Together, we can change that.

Including Presentations & Panel Discussion By:

Greg Boulos
Local Organic Farmer - Blackberry Meadows

Ron Gargas
Local Organic Farmer - Ron Gargas Certified Organic Farms

Tim Schwab
Food Researcher and Journalist - Food & Water Watch

Justin Pizzella
General Manager - East End Food Co-op

When?




Saturday, October 24th
6:30 PM - 8:30 PM

Where?

East End Cooperative Ministry
6140 Station St, Pittsburgh, PA 15206

For more information and directions, please visit: www.eastendfood.coop/co-op/events

Thanks to the following organizations for their participation and support:



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BOARD OF DIRECTORS:

The next board meeting is Monday, October 19th 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 December 31st! The next quarter goes from January 1st - March 31st.

E-NEWS:

Would you prefer to receive *The Co-operator* online? Email memberservices@eastendfood.coop for details.

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Annual Meeting Recap

by Tina Russell, EEFC Board Director

The board of directors welcomed 68 members to the 2015 EEFC Annual Meeting held on Saturday, September 12, at the East End Cooperative Ministry’s Community House in East Liberty.

Director Maria Bowman began by introducing the directors and inviting members to compose questions to be used for a board candidate question and answer (Q&A) session later that evening. She drew everyone’s attention to the delicious meal provided by the Co-op Café, as well as the slideshow featuring highlights of the forthcoming Annual Report that ran the entirety of the event, and also mentioned that there was a children’s activity table.

Co-op member Karen Bernard facilitated an icebreaker activity. Members drew sketches depicting what they value about our Co-op and others then attempted to interpret the drawings. Values that were identified included: community, good food, pesticide-free food, local food, bulk items, social justice, consumer ownership, and closeness to home.

Following the activity, General Manager Justin Pizzella reported highlights from the past year: 690 households joined the Co-op, bringing total membership to more than 11,750; The year ended with \$11.1 million in sales, more than 26% of which was sales of local products; The amount donated by the Co-op last year to local groups exceeded \$50,000 and the Register Round Up program continues to grow. A continued focus on improvement of store systems and processes last year included training staff on a comprehensive customer service program, making preparations to bring the financials in-house, and introducing a rewards and recognition program to acknowledge staff. Another key area was revamping the Café’s work processes in order to accommodate higher volume while offering a wider selection.

Looking ahead, Justin shared that one of his goals this year is to present the board with an expansion plan for making the existing store larger and more accessible. In the interim, the Co-op is undertaking a minor renovation in order to improve the produce department.

Lastly, Justin reported that Co-op staff members are scheduled to vote on unionization Monday, September 14. Voting will be by secret ballot, facilitated by the National Labor Relations Board. He thanked the staff and the two unions for making it an amicable process.

Then, Director Emily Mercurio provided an update on the Member Linkage Committee, whose role is to facilitate communication between the board and members and to provide awareness of board activities. Emily said she believes that “Board in the Store” was the most successful event the committee coordinated. Directors set up a table in the store, which allowed them to reach members they may not otherwise have met at board or committee meetings.

Sarah Aerni then presented the President’s Annual Report. After reflecting on the many changes that the Co-op has undergone over the years, she noted that there has been a 4,564 member gain since 2006. She said the current size of the membership dictates that updates to the EEFC’s policies and procedures are needed.

Sarah discussed the power entrusted to members to vote and to run for election. She stated that, under the cooperative business model the Co-op uses, members democratically elect nine directors to the board. These directors are designated to act as fiduciary stewards and are charged with the responsibility of protecting the Co-op from risks. Because directors represent the membership at large, they must balance the needs of individual owners with the needs of all member-owners.



Sarah used expansion as an example: while some members believe the Co-op should not grow, others make requests that can only be accomplished by updating the existing space or by securing new space. A decision has not been reached at this time regarding what form expansion will take, but despite the changes that may occur, Sarah assured members that the board’s commitment to running a sustainable, member-owned business open to everyone will not change. She invited all members to attend board meetings to learn more about the board’s decision-making process and to express their thoughts.

Time was then allotted for members to ask questions, one of which was why the financial report was not available at the Annual Meeting. Sarah explained that this is related to the timing of the release of certified audit results by the Co-op’s external accounting firm. The finalized results will be included in the Annual Report, which will be available at the store, printed in *The Co-operator*, and published on the EEFC website. Consideration has been given in the past to changing the date of the Annual Meeting to insure that financial results are available, and this will be revisited when scheduling next year’s event.

Throughout the meeting, members had an opportunity to cast their ballots in this year’s Board of Directors’ Election. There are three open seats with five candidates running for election: Mark Frey (incumbent), Dirk Kalp (incumbent), Alice Leibowitz, Caldwell Linker, and Tom Pandaleon.

Maria introduced the candidates and each spoke briefly about their experience and qualifications for the board seat. Then each candidate responded to five questions selected at random from those submitted by members at the beginning of the meeting. After the business portion of the Annual Meeting, members had an opportunity to speak informally with candidates and directors and to ask questions that time did not permit during the Q&A sessions.

The board of directors thank members and candidates for their attendance and participation, and we’d also like to recognize the many Co-op employees whose efforts helped make this year’s Annual Meeting a success. If you were unable to attend, but have a question or comment you’d like to share, members are always welcome to drop a line to directors at boarddir@eastendfood.coop.



Members Speak Out

submitted by Denise Badolato, member since 2014

While we all want to promote awareness of injustices and extricate them from our societies, government and politics have utterly miserably failed to solve humankind’s problems. Whether the society/government is socialist, communist, capitalist, or monarchy, people suffer injustices under their rulership. Imperfect humans make up imperfect governments and cause injustices in all societies regardless of their political make and form of government.

The U.S. Declaration of Independence, Bill of Rights, and Constitution were signed by men from various political ideologies and religions backgrounds, which included Christians, Jews, atheists, and communists. They strived to create the most just and

equal body of law for the new country they were leading. Many other countries have followed suit and use the U.S. Constitution as the basis for their own constitutions. Educating people to respect all cultures, faiths, and differing backgrounds are the basis to fair, just, and equal treatment of all humanity.

Whether the East End Food Co-op’s members wish to be part of a “radical potential of genuine cooperation to create a just world,” as Zoe Mizuho proposes in his September 2015 “Members Speak Out” article, is up to the individual members. They may choose to follow a political principle or other ideology. However, the Co-op should remain neutral to politics and cannot impose such on their members.

BOARD UPDATE

ELECTION

Voting in this year’s board of directors election concludes September 30, 2015.

Stay tuned for next month’s issue to learn which candidates will be seated on the board of directors.

Thanks to everyone who voted, and to all of our candidates!

Members:
Interested in sharing your thoughts with other members?

Consider submitting content for “Members Speak Out,” featuring articles, updates, and notices from members in the Co-op community.

The Co-op embraces diversity and opposing viewpoints and hopes to encourage an active dialogue amongst our membership. To leave space for a larger number of member voices while maintaining efficiency in producing our newsletter, we have established guidelines for submission. Please email memberservices@eastendfood.coop to note your interest in making a submission and to request these guidelines.

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

Please do not salt samples of veggies for those of us with salt restrictive diets! Just a thought. Also put a sign out indicating there is salt. Thanks.

This was certainly an oversight on our part, so thank you for bringing it to our attention! In the past, we have placed a salt shaker with the samples as an optional addition, and will resume this practice going forward. We’ll also work to make additional ingredients more prominent on our sample signage.

-Bethany, Produce

I really appreciate the excellent variety of dry goods you have. Every time I have researched a new tea or powder or extract to use for my health, I have been able to find it at the CO-OP! When I take people there I always highlight that section. God bless.

Wonderful! Let me know if you ever need something we don’t carry, as I can get certain unusual herbs in 4 oz. pack size.

-Mary Beth, Bulk Herbs

It is freezing in the store, why is that? Isn’t it possible just to cool certain areas?

To maintain the integrity of our products, we aim to keep the store at 72 degrees year-round. Aside from items in refrigerated cases, many items in the Produce, Bulk, and Grocery Departments start to degrade in warmer temperatures.

-Dorrall, Facilities

Have a thought that you’d like to share?

We’d love to hear from you!

Submit a comment card at customer service!

October’s Round Up Recipient: East End Cooperative Ministry



EAST END COOPERATIVE MINISTRY

The East End Cooperative Ministry (EECM) is an interfaith ministry dedicated to building a community of opportunity in Pittsburgh’s East End. Founded in 1970, EECM serves people in need by providing food, shelter, and a system of support for vulnerable adults and at-risk youth. The EECM Community House is located at 6140 Station Street, just two miles from the East End Food Co-op.

The services offered by East End Cooperative Ministry have developed along with the needs of the community. Currently, EECM is focused on providing food assistance, housing service, and youth programming, including summer camps and tutoring. Just last year, their Community Kitchen served 24,760 lunches and their Food Pantry provided 570 households with emergency groceries.

EECM seeks to make a difference in the lives of the individuals and families it serves by tending to their needs for today as well as their hopes for tomorrow. To learn more about EECM and the work they’re doing, visit their website or give them a call at 412-361-5549. And if you want to support them in their mission, be sure to tell your Co-op cashier that you want to Round Up your total this month!

Your spare change can result in positive change!

www.eecm.org

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:

SHADY SIDE ACADEMY STUDENT ZAC COUGHLIN



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Roasted Cauliflower Mac & Cheese
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COMMUNITY IMPACT

OUR CO-OP GREW BY



NEW MEMBERS

OUR OUTREACH REPRESENTATIVES REACHED



PEOPLE AT EVENTS

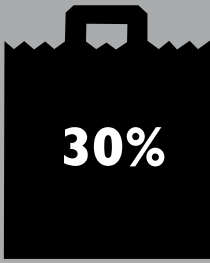
OUR CO-OP RAISED



THROUGH THE REGISTER ROUND UP FOR



LOCAL PRODUCTS MADE UP



OF TOTAL STORE SALES

OF OUR PURCHASES



WERE FROM LOCAL SUPPLIERS

DATA COLLECTED DURING AUGUST 2015

Featured Community Partner: Dragonfly Castle Toys

The East End Food Co-op is proud to partner with Dragonfly Castle Toys. 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.



Dragonfly Castle Toys is a toy store that specializes in American and European-made, sustainably-produced toys. Located in Lawrenceville at 4747 Hatfield Street, one block off Butler on a developing commercial street surrounded by remodeled Victorian homes, this little store is bursting with toys from companies like HABA, Plan Toys, and Vermont Maple Crafters. There is a carefully chosen selection of books, games, and smart gift items that even grown-ups will love. Their motto is "No Batteries, No Screens, Pure Fun" and they live up to this—even the robot toys are solar-powered! It's worth

seeking out this little gem of a store to find toys that will delight infants to adults.

Co-op members will receive free gift-wrapping and buy one, get one half-off on Blue Q recycled totes. To take advantage of this discount, fully paid 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... ...October is Non-GMO, Fair Trade, and Cooperatives Month?

As we enter the first month of fall, many people around the nation are celebrating a trio of causes. October is the Month of the Cooperatives, Fair Trade Month, and Non-GMO Month. While each of these themes drives the Co-op's purchasing and education principles year-round, throughout this month we'll be highlighting and observing all three in a number of ways.

Month of the Cooperatives

The Month of the Cooperatives provides an excellent opportunity for cooperatives to educate their members, the greater community, and public opinion leaders about the many advantages of participating in cooperatives. Shopping at the Co-op and talking to our staff is a great start to understanding these advantages.

Once again, we'll be using this month to highlight all the products we carry that are made by cooperatives. Look for special tags around the store that say "Made by a Co+op." And we're excited to partner up with fellow cooperative, East End Cooperative Ministry. They're our October Register Round Up recipient (more information on page 3) and will also be hosting the East End Food Co-op's Know Your GMOs event in their Community House on October 24th (more information on page 1).

Fair Trade Month

Fair Trade Month aims to raise awareness of the importance of fair trade, and to promote buying and using socially and commercially sustainable products in place of commodities which may harm the environment, the economy, communities, and individuals. Fair trade food and beverages have been in the U.S. for nearly 25 years. Here at the Co-op we prioritize local and organic goods, but we also strive to promote fair trade items and

carry them as often as possible.

Throughout the month we will be featuring fair trade items on our store's endcaps. And as always, customers can stop by our Café for a coffee or tea, and shop our large, year-round selection of Equal Exchange (the largest Fair Trade co-op in the U.S.) products, like coffee, tea, chocolate, bananas, and avocados. You can also pick up a free copy of Fair World Project's *For a Better World* publication, available in the store's entryway brochure rack while supplies last.

Non-GMO Month

Non-GMO Month was created by the Non-GMO Project in 2010 as a platform for raising awareness of genetic engineering, and genetically modified organisms (GMOs). In addition to our year-round commitment as a Supporting Retailer of the Non-GMO Project, once again this year the Co-op has registered as a Participating Retailer in Non-GMO Month. Next time you're in, look for shelf markers and special endcaps featuring Non-GMO products. You can also find Non-GMO Shopping Guides in the aisles and at Customer Service.

This year we are hosting two free community events on the topics of GMOs. First, on Wednesday, October 14th at 7 PM, you can join us in The Factory's POWER/EEFC Conference Room for a screening of *Open Sesame*. This documentary details the impacts of corporate ownership of 82% of seeds worldwide, and the issues caused by cross-contamination of GMO seeds for farmers in particular. We will also once again be hosting Know Your GMOs on October 24th from 6:30-8:30 PM at the East End Cooperative Ministry's Community House (more information on page 1). We hope to see you there!

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schoolhouseyoga.com

gentle yoga
prenatal yoga
yoga levels 1,2,3
ashtanga yoga
yin yoga
kids yoga



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Coffee at Risk

by Lynsey Miller, Equal Exchange

Growing coffee on far-flung mountain slopes in ways that respect the earth and build rural communities is quite an accomplishment, there are routine, significant challenges to overcome. Now there is a new threat that is hitting many communities hard all at once.



Coffee Leaf Rust, or *roya* in Spanish, is a fungus that starts with visible spots on the coffee tree’s leaves. As it progresses, Rust renders the leaves unable to photosynthesize, essentially choking the plant. The fungus spreads from tree to tree, farm to farm, community to community. Its range has reached across continents. Its spread is fast and impact severe. Some farmer co-ops have seen production levels drop 80% in a span of 3 years.

The cause of this plague is due to a variety of factors, but likely one of the most significant is climate change, specifically an increase in temperature in higher altitudes where this fungus previously could not have thrived. This is an example of how unsustainable use of resources in industrialized countries contributes to climate changes that leave some of the most vulnerable communities to bear the biggest burden.

For some farmers, the solution to Rust is chemical. But the most effective fungicides are not organic and are unrealistic solutions for our farmer partners. For farmers committed to small-scale, organic production, the answers need to fit that model. Through their own field tests, farmers report that the best results come

from bolstering soil health and replacing diseased trees.

Equal Exchange has responded in two ways. The first is to continue doing what we do: focusing not just on a product, but on the people and infrastructure that grow the product. We provide pre-harvest financing, support replanting projects and facilitate info-sharing between farmers. We have also dedicated \$150,000 this year to directly fund Coffee Leaf Rust projects that farmers are managing in Mexico, El Salvador, Peru, and Guatemala.

Equal Exchange products will be on sale in October and we hope to draw attention both to the serious challenge of Coffee Leaf Rust, and to the perseverance and leadership of small farmers in finding better solutions. With your help and your purchases, together we continue to fuel an alternative trade model that does more than just trade.

For more thoughts and analysis on this ongoing work, please visit our website (www.equalexchange.coop) and blog (www.smallfarmersbigchange.coop).

Know Your Farmer: Ron Gargas Organic Farms

by Kate Safin, Assistant Marketing & Member Services Manager

Ron Gargas Organic Farms is a 130-acre Certified Organic farm in Plain Grove Township, Lawrence County, that serves Western Pennsylvania with organic grass-fed beef, cereal grains, and edible beans. Ron is a member of Pennsylvania Association for Sustainable Agriculture (PASA) and the Union of Concerned Scientists. You can find Ron Gargas organic grass-fed beef at the East End Food Co-op. To learn more, visit www.rongargaszorganicfarms.com and be sure to attend Know Your GMOs on October 24th to hear Ron speak (more information is on page 1).

East End Food Co-op (EEFC): What inspired you to start in this business? Ron Gargas (RG): I was born and raised on a dairy farm. My formal education is in biology and environmental sciences. Organic farming made total sense. I had to prove that organic farming made economic as well as environmental sense and that it could be done sustainably.

EEFC: What makes products from your farm unique? RG: My farm operation is relatively small and is nourished predominantly by my footsteps and my love of nature.

EEFC: What is the most important thing for customers to know about your products? RG: The beef and grains are raised by the most sustainable production methods.

EEFC: What is the biggest challenge of being a farmer? RG: The persistence of the labor that’s required. That means no days off.

EEFC: What is a typical day on your farm like? RG: Starts at 6 AM and ends at 9 PM. If you have a mixed operation of livestock and crops, you never know exactly what has to be done until you get up and see what the weather is. Based on the weather you develop the day’s agenda accordingly.

EEFC: What are you most proud of as a local farmer? RG: The fact that I can make a good living on relatively small acreage compared to my conventional farm neighbors.

EEFC: What is your hope for the future of your farm? RG: I hope that someday I can turn it over to someone who will nurture and sustain it as I have.



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) _____

New In The Aisles

TOFURKY - Chick’n (Thai Basil, Sesame Garlic, and Tandoori)

CLIF KID - Z Bars (Goblin Chocolate Chip)

VOLPI - Prosecco Salami

GOAT RODEO FARM & DAIRY - Bamboozle Raw Goat Cheese

CLOVER CREEK CHEESE CELLAR - Winemaker’s Select

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www.loriwynnpt.com*

GMOs: Profit at Any Cost

by Bob Madden, Garden Dreams Urban Farm & Nursery

Currently the majority of our food channels through massive international networks of trade. Farmers around the world have been stripped of their ability to make a living on their land, which disrupts strong communities worldwide, while prices on our end keep going up. So how is it that with more and more advanced technology (GMOs being the extreme thus far), both food prices and malnutrition around the world are increasing?

Eroding Farm Communities

In the last 50 years, most national governments have bent over backwards to compete in the world market. They’ve taken out massive loans and restructured their spending so as much money as possible goes into building roads and infrastructure. All of this is directed by international corporations planning to build giant factories and/or hydroelectric dams. In the meantime, most social spending for education, health, small business support, and workers’ safety is stripped to pay the bill.

Peasant Farmers in the World Market

After cheap foreign goods flood their markets, farmers have little choice but to grow the way they are told to grow. As a result of the delicate needs of GMO seeds, these farmers are often required, or otherwise compelled, to go into debt to buy equipment and supplies. Often they can’t afford to keep paying for the advanced equipment and eventually sell out. The resulting consolidation of land is a recurring outcome of global “free market” capitalism.

“Science Will Save Us”

Statements from the food industry and political leaders have been clear: “Trust

us, and our new technology—everything will be great.” Yet it seems that each time corporations present a new solution to a problem, it creates an even bigger problem. This equation is environmentally devastating, yet very profitable to the corporations that control agricultural production and technology, since every time there’s a problem to solve, farmers and consumers are willing to spend more money for new technology and new promises (and then new problems!). The best example of this is the continual strengthening of chemical herbicides and pesticides. The basic science of natural selection is that the weeds surviving after spraying have a tolerance to those chemicals, and their offspring spread out and fill in the niche left by the weeds that were killed. Now you have an army of resistant plants, so you buy an even stronger and more expensive herbicide. It’s a never-ending cycle, and the chemicals continue to be more and more destructive.

No matter how anyone feels personally about GMOs, I find it concerning that our food system relies on seed that is trademarked, very expensive, only usable by those with large expensive equipment, and dependent on large doses of toxic chemicals. Together, let’s keep building a rich local food culture to end our dependence on this catastrophic structure.

Bob Madden is the Outreach Manager at Garden Dreams Urban Farm & Nursery in Wilkinsburg, which provides vegetable, herb, and flower starts to home gardeners, community gardens, nonprofits, schools, and retail markets (including the Co-op).

GMO Labels are a No-brainer

by Tim Schwab, Food & Water Watch

Monsanto and the rest of the biotech industry spent more than half-a-billion dollars lobbying Congress over the past decade, winning favorable judgements and successfully fighting calls for the labeling of food containing genetically modified organisms (GMOs).

The fact that biotech companies are fighting so hard—and spending so heavily—to defeat simple labels shows how fearful these companies are of an open, honest conversation about this risky technology. Much of the rest of the world, including Europe, and even China, have long required labeling. And American consumers overwhelmingly want food containing GMOs to have labels because of environmental, economic, social, and/or health concerns.

The need for labeling is also justified in light of how little we know about the science of GMO technology. For example, just this year the World Health Organization’s cancer agency declared that the weed killer glyphosate is a “probable carcinogen” for humans. Why does this matter? Because most of the GMOs that end up in the food system were genetically engineered to be sprayed with glyphosate, which is sold by Monsanto under the name Roundup. This is supposed to make weed management easier for farmers; instead of pulling weeds by hand or carefully spraying herbicides, farmers can simply douse entire fields with glyphosate. The GMO corn, soy, canola, and alfalfa that have been engineered to withstand glyphosate continue to grow, while the weeds die.

Managing weeds in this way has allowed farmers to expand the size of their operations

with less labor, pushing more and more acres into input-intensive, industrial-scale GMO monocultures sprayed with glyphosate. Not surprisingly, it has also led to dramatic increases in total pesticide and herbicide use in U.S. agriculture—by more than 400 million pounds between 1996 and 2011, according to a University of Washington scientist. And, as predicted, weeds have begun to develop their own resistance to glyphosate, leading to even heavier sprayings, which have impacts on the environment and, potentially, human health.

The World Health Organization’s determination that glyphosate is probably carcinogenic for humans is especially notable because it arrives after almost two decades of heavy spraying on GMO crops, illustrating how the risks associated with GMOs are not well studied or understood before these crops enter our food system. It’s yet another reason that labeling foods containing GMOs is a no-brainer.

Join me at Know Your GMOs, hosted by your Co-op, on Saturday, October 24th, to learn more about why GMOs are unnecessary and risky for our food system. I’ll also discuss the current labeling initiatives that are being reviewed, and share ways you can get involved. You can find more information about the event on page 1.

Tim Schwab is a researcher at the non-profit advocacy group Food & Water Watch, based in Washington, D.C. He previously worked as a journalist. You can learn more about Food & Water Watch by visiting their website at www.foodandwaterwatch.org.

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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

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Editor: Heather Hackett
Design & Layout: Molly Palmer Masood
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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.

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EMPLOYEE
OF THE MONTH



Congratulations to **Jen Lawton** who was chosen as the Co-op staff pick for Employee of the Month. Jen has worked here for a year and is our Cheese Coordinator.

Q. What’s your favorite thing about the Co-op in general?

A. I like that all the people who work here are very true to themselves — a unique bunch of people, and all very interesting. Every single one of us would make an interesting character in a graphic novel.

Q. What are your favorite products here?

A. Brunton’s Chocolate Cream; Golden Kiwi; Curry Lime Tofu Wraps. They are terrible if you combine them, of course, but separately . . . !

Q. What do you like to do when you’re not at the Co-op?

A. I have a sort of elaborate garden, and some ducks and chickens. I do art semi-professionally. I have a family, which requires some time.

Q. What wouldn’t you ever change about the Co-op?

A. Independent spirit! Unique identity! It has a sense of place. I don’t want to feel like I could go elsewhere and it’ll be the same experience. Also, it is a mile from my house.

NEW FACES

Camille Christian, Front End

Camille believes that eating foods that are organic and local is the healthiest and most environmentally friendly way a person can eat. Camille plans to major in Environmental Science or a related field, in order to help protect our planet. In her free time, Camille enjoys hiking, reading, and watching movies.

Lily Molloy, Café

Lily has a variety of experience in food service. Before joining our team, Lily worked as a barista, at an ice cream parlor, and at a baseball park selling hot dogs and beer. Lily appreciates the cooperative business model, believing that workers ought to control the means of production. Lily enjoys playing the guitar, biking, dabbling in programming, and is stoked to be here!

DeAnna Srock, Front End

DeAnna worked at natural food stores while living in Detroit, MI, and her most recent job was at a small jewelry company in Berkeley, CA. The desire to work with like-minded folks who care about community, sustainability, and healthy living attracted DeAnna to the Co-op. DeAnna’s interests include cats, biking, camping, reading, movies, and making jewelry.

Allison Turner, Front End

Allison loves having a vote in co-ops like ours as a member-owner, because it helps voters take ownership and to keep integrity close. Outside work, Allison creates art with friends, and enjoys reading science fiction, and hanging out in the garden with her partner and her dog.

Richy Wellington, Café

Richy believes that growing food organically is a large solution to issues of consumer health, and to those of the land where it grows. Richy hopes to someday start a sustainable, permaculture food forest, and to be a steward to the land. Richy likes to laugh and to be peaceful.

YEARS OF SERVICE RECOGNITION

Thanks to the following employees for their contributions:

Erin Myers, IT	17 Years
Vince Rose, Facilities	4 Years
Patrick McHale, Front End/Marketing & Member Services	3 Years
Tyler Kulp, Café	1 Year
Jen Lawton, Cheese	1 Year
Tom Mulholland, Grocery	1 Year

Café Specials • October 2015

SUN	MON	TUE	WED	THU	FRI	SAT
				1 GREEK KITCHEN	2 INDIAN KITCHEN	3 AM: BRUNCH PM: LASAGNA
4 AM: BRUNCH PM: QUESADILLAS	5 BURRITO BAR	6 GERMAN KITCHEN	7 WHITE BEANS & KALE CAKES	8 GREEK KITCHEN	9 INDIAN KITCHEN	10 AM: BRUNCH PM: LASAGNA
11 AM: BRUNCH PM: QUESADILLAS	12 BURRITO BAR	13 GERMAN KITCHEN	14 WHITE BEANS & KALE CAKES	15 GREEK KITCHEN	16 INDIAN KITCHEN	17 AM: BRUNCH PM: LASAGNA
18 AM: BRUNCH PM: QUESADILLAS	19 BURRITO BAR	20 GERMAN KITCHEN	21 WHITE BEANS & KALE CAKES	22 GREEK KITCHEN	23 INDIAN KITCHEN	24 AM: BRUNCH PM: LASAGNA
25 AM: BRUNCH PM: QUESADILLAS	26 BURRITO BAR	27 GERMAN KITCHEN	28 WHITE BEANS & KALE CAKES	29 GREEK KITCHEN	30 INDIAN KITCHEN	31 AM: BRUNCH PM: LASAGNA

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

OCTOBER 2015
COMMUNITY EVENT SERIES

WEDNESDAY

7TH

7:00 PM

COOKBOOK CLUB

East End Food Co-op
POWER/EEFC Conference Room
Are you looking for an excuse to try out a new recipe? Gourmands and novices alike are invited to join us for Cookbook Club! Bring your appetite and a dish to share, along with a list of its ingredients.

WEDNESDAY

14TH

7:00 PM

OPEN SESAME FILM SCREENING

East End Food Co-op
POWER/EEFC Conference Room
Open Sesame illuminates what is at stake and what can be done to protect the source of nearly all our food: seeds. Following the film, we'll have a brief discussion and share our thoughts.

WEDNESDAY

28TH

7:00 PM

ENDING THE WAR ON FAT

Jenni Calihan, Eat The Butter
POWER/EEFC Conference Room
For the past 40 years, we've been asked to cut back on the amount of saturated fat in our diets. Join us to learn more about whether we should put natural fats back onto our plates.

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

Save The Date:

Winterfest

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

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

Look for your Co-op at these upcoming events:

Saturday, October 10th, 12 – 8 PM: Be sure to stop by our table for vegan samples if you're attending **Pittsburgh Vegan Festival**. Featuring vegan food, dessert, drinks, products and services, there will also be cultural dance and music, wellness activities, games, kids' activities, guest speakers, cooking demos, and more!
More information: www.facebook.com/PittsburghVeganFestival.

Sunday, October 11th: The **3-2-1 Ride** welcomes cyclists of all skill levels to enjoy a day of fun and fundraising for The Woiner Foundation, whose mission is to fight melanoma and pancreatic cancer by increasing awareness, supporting patients, survivors, and families, and fundraising. The Co-op will provide snacks for the rest stop located at The Wheel Mill.
More information: www.321ride.org/events/event/3-2-1-ride-pittsburgh.