

# The Co-operator

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



## Co-operators Visit Local Farm

by Shawn McCullough, Finance Manager

Last month, Produce Manager Evan Diamond organized an outing to Who Cooks For You Farm (WCFYF) on October 7th. The purpose of this trip was to help our staff gain insight and further appreciation for our local providers. Though only five of us were able to attend, we represented multiple departments of the store and we all learned a lot from our adventure into the wilds of Western PA.

WCFYF is best known for their heirloom tomatoes, which you can find at the Co-op, along with their head lettuce, salad mixes, pea shoots, microgreens, cilantro, parsley, red tomatoes, sweet peppers, radishes, and



Swiss chard. Serving the Pittsburgh area since 2009, WCFYF is a 10-acre farm in New Bethlehem, PA. The farm is Certified Naturally Grown and a member of the Pennsylvania Association for Sustainable Agriculture (PASA), as well as a Pennsylvania Buy Fresh, Buy Local Partner. Owners Chris and Aeros work alongside six employees to cultivate a vast array of vegetables, culinary herbs, and some fruit. They work to ensure sustainable growing practices that encourage healthy soil systems, beneficial insects, and pollinators because they believe “food is the foundation upon which healthy communities thrive, both human and non-human.”



When we arrived at the farm, we were greeted by three clamoring canines as we pulled into the drive. Chris first gave us a tour of a field that is presently cover cropped with a clover and alfalfa seed mixture. Cover crops are a sustainable farming method wherein crops are planted primarily to manage soil erosion, soil fertility, soil quality, water, weeds, pests, diseases, biodiversity, and wildlife. Clover and alfalfa both add nutrients back into the soil and encourage the habitation of beneficial bugs.

After touring a few more small fields, Chris showed us WCFYF’s hothouses, including an herb hothouse which contained a large rosemary bush, cilantro,



and some other sundry herbs. At this point of the tour, EEFC employee Sam discovered a molted snakeskin, which prompted Chris to share a story about a copperhead snake that had previously gotten stuck in a small pipe in his irrigation system where it met its demise. Chris had to pull the snake from the pipe and nearly ripped it in two. Ahh, the joys of farm life...

We ended the tour with a home-cooked meal of a very substantial vegetable soup and some fresh, handmade bread. A special thanks goes to our hospitable friends at Who Cooks For You Farm for the tour and great information! To learn more about WCFYF, visit their website: [www.whocooksforyoufarm.com](http://www.whocooksforyoufarm.com).

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### CO-OP DEALS FLYERS:

November 5th - November 18th  
November 19th - December 2nd

### MEMBERS ONLY:

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

### BOARD OF DIRECTORS:

The next meeting will take place on Monday, November 17th at 7 PM.

### NEW MEMBER ORIENTATIONS:

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

### HOLIDAY HOURS:

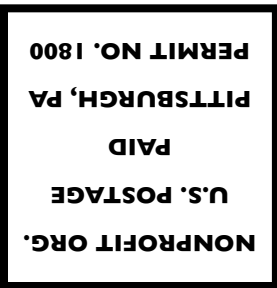
Your Co-op will be closed Thursday, November 27th.

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



DO NOT DELAY  
DATED MATERIAL:

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





## GM Report

by Justin Pizzella, General Manager

These last few months I have spoken with a number of members at a variety of events, meetings, and around the store about the topic of our Volunteer Program ending recently. I've appreciated the input and feedback I have received, and I've been sharing it with others in the organization, including our board of directors.

This month, on Thursday, November 6th at 6:30 PM we will be hosting a meeting with our members to further discuss this decision's timeline, the reasons behind it, and allow folks another opportunity to share their thoughts and concerns. Additionally, we are planning to spend a considerable part of the meeting working through a problem-solving process to explore possible ways that the volunteer program can be legal, vibrant, and impactful on our community.

The meeting is planned to occur here in the Co-op's Administrative Offices' Training Room, though we will explore options for a larger, handicap-accessible venue if the number of RSVPs we receive surpasses the Training Room's capacity. Members can RSVP by calling Customer Service at 412-242-3598.

### VOLUNTEER PROGRAM DISCUSSION

Join us to learn more about the reasons our Co-op's Volunteer Program has ended



**WHEN?** Thursday, November 6th 6:30-8:30PM  
**WHERE?** The Co-op's Administrative Offices Training Room  
 This event is open to all Co-op members, but please RSVP by calling 412.242.3598.

Prior to this meeting, we hope members will take a moment to review a number of items available on our website. At the time of writing, a "Frequently Asked Questions" document was posted that address the matters most commonly inquired about. We have also shared a Department of Labor opinion letter provided by our lawyer, Alan Blanco. Additionally, we will provide articles relevant to the topic from various co-op sources. We will continue to post information that we think may provide insight to the reasons behind this decision to keep our members better informed. Visit [www.eastendfood.coop/archives/6993](http://www.eastendfood.coop/archives/6993) to find these materials.

We hope to see many of you there, and appreciate your commitment to the Co-op!

## Board Corner

by Mike Collura, EEFC Board of Directors Vice-President

The 2014 annual election for the Co-op's Board of Directors has come to a close. This year you may have noticed that there were some changes in our election process. Elections are actually quite challenging to manage, and involve coordination between multiple directors and staff members. We have to go from accepting candidates, to distributing our formal candidate announcements and promotions in a rather short timeframe. Part of this is due to the production and printing schedule of *The Co-operator*, but it's also prompted by our desire to get the candidate information out to members with enough time for everyone to be informed before voting gets underway.

This year we made many efforts to streamline the election timeline. First, we began our call for members' submissions of candidacy a bit earlier this year, at the end of June instead of July. Another way we improved the candidacy process was by converting to an electronic submission form. We believed this would allow the most flexibility for our candidates and that it would ensure that candidacy packets were evaluated and recorded by the announced cutoff time without confusion. Previously this process was cumbersome due to the number of people that physically handled these packets. With more people involved there was greater possibility of error, or delay in internal mail delivery, preventing a packet from being received by the deadline.

We also made some changes to the physical ballots themselves. You may have noticed that we printed ballots on standard stock rather than card stock for this election. This small change helped to reduce costs significantly. We also made the process of distributing ballots in *The Co-operator* much more efficient and cost-effective by incorporating the statements and ballots directly into the

newsletter layout, rather than including them as a separate insert.

Another change this year was our voting period. Voting ran from August to the end of September, giving members a bit more time get their votes in. Additionally, we extended the close of voting past the Annual Meeting this year. Our goal was to maximize the time that members had to become familiar with our candidates and gather the information they needed to make an informed decision.

This year there were three open seats, with four candidates running for election. Two of the candidates, Tina Russell and Dennis Schauer, were board incumbents. After the close of the election, on October 1st, two directors from the Board Perpetuation and Elections committee counted the ballots.

The final results of the 2014 election are as follows:

Maria Bowman - 79  
 Tina Russell - 63  
 Dennis Schauer - 59  
 Molly McHolme - 54

Abstentions - 63  
 Ballots counted - 107

Congratulations to Maria, Tina, and Dennis 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 our election next year, please start inquiring early. That June 30th deadline 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 to declare your candidacy.

# 2015-2017

## EEFC BOARD MEMBERS

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



Dennis Schauer



Tina Russell



Maria Bowman

**Dollar Bank** & PITTSBURGH FILMMAKERS PRESENT:

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33rd Annual

# three rivers film festival

november 7-22, 2014

Regent Square Theater  
 Harris Theater  
 Melwood Screening Room  
 Waterworks Cinemas

**3RFF.com**

I was going to be cremated.

Until I learned about  
**GREEN BURIAL**

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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.

Members Speak Out!

Please get fresh hormone/antibiotic free liver.

All of our meat is antibiotic and hormone free. We get an order of fresh liver every Thursday. It does sometimes sell out before the next Thursday, but liver is not the kind of thing you want sitting around for too long because it loses some of its nutritional potency.  
-Jess, Meat

I would like to be able to buy ½ dozen eggs.

None of our local egg suppliers pack eggs in ½ dozen containers, but we will cut a dozen carton in half for you. Just ask one of our stockers.  
-Fran, Perishables

Most of your bars contain agave—agave is not a healthy food. Factory manufactured and marketed.

Some bars that we offer don’t include agave and may meet your requirements, including: Probar, Larabar, and most varieties of Clif Bar. I understand your reservations about agave, but we also try to meet the needs of customers who are looking for low glycemic and/or raw products. I hope this addresses your concern.  
-Ian, Grocery

I’ve heard there could be an East End Food Co-op in Carnegie, PA. GREAT IDEA!

We are considering many sites throughout the Pittsburgh area. The board is ultimately making the decision based off of a number of criteria. We will communicate more information as it becomes available.  
-Justin, General Manger



Do you have a thought you’d like to share with the Co-op’s staff?

Then fill out and submit a comment card at customer service during your next visit!

October’s Round Up Recipient: Backpack for Hunger



The Backpack for Hunger program provides a weekend supply of nutritious food for students at Kerr Elementary School who may experience food insecurity. At the end of each week, a bag containing two nonperishable breakfasts, lunches, snacks, plus fruits and vegetables is given free of charge to any child who wishes to participate. By providing food when school lunch and breakfast is unavailable on a weekend or school holiday, Backpack for Hunger hopes to offer resources that support the health, behavior, and achievement of every student that participates.

Food insecurity is the ongoing unavailability of food. Currently, 49% of students enrolled in Kerr Elementary meet the criteria for low Socioeconomic Status (SES) and participate in the free and reduced lunch program. For less than \$6 a week, Backpack for Hunger is able to offer a free bag of food to a child experiencing food insecurity when school is not in session. Since October 2013, 47 children have participated in Backpack for Hunger, with over half of those students in kindergarten or first grade.

Though Backpack for Hunger is intended to help those children whose families find it difficult to afford enough food for the entire month, all of the students are eligible for this program. To learn more about this program, please contact Sue Douglas at sue\_douglas@fcasd.edu. And if you want to support them in their mission to provide sustenance for Kerr Elementary students to ensure they’re not going hungry, be sure to tell your Co-op cashier you’d like to Round Up your total all month long!

Your spare change can result in positive change!

Growing in Cooperation

In the month of September we welcomed 47 new members to our Co-op!

We extend our gratitude to each and every member, whether you’ve been signed up for weeks, months, or years. We couldn’t do it without you - thank you for your support, your patronage, and your investment in this business!

We invite all of you new members to sign up for a Member Orientation with a member services expert. We will give you a guided tour of the store, explain the benefits of membership, and fill you in on the many ways you can become more involved in your Co-op. To reserve your spot, please call 412-242-3598 ext. 438 or email memberservices@eastendfood.coop.



Featuring Vegan and Vegetarian Cooking

including;

Meatless Stroganoff

Peanut Sunflower Tofu

Roasted Cauliflower Mac & Cheese

our “Veggyro” Vegan Gyro

and our famous Seitan Wings!

Meat items also available!







2339 EAST CARSON ST ★ PGH, PA 15203  
412-390-1111 DOUBLEWIDEGRILL.COM

# THANKSGIVING PREPARATION

## East End Food Co-op Thanksgiving Menu


### Delicious Desserts


Pumpkin Pie	\$12.99
Tofu Pumpkin Pie 	\$12.99
Maple Pecan Pie 	\$19.99
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

**Custom Cheese Trays**  
Each tray, custom made to suit the occasion and number of guests, is carefully crafted and accompanied by specially selected pairings.

Contact our cheesemonger at 412.242.3598 ext. 244 to discuss options, pricing, and any dietary restrictions or limitations.

Suggested themes include:

- American Artisanal
- Local Favorites
- Sheep and Goat's Milk
- Minerva Dairy Favorites

### 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 23rd.
- All orders will be available for pick-up on either Tuesday, November 25th or Wednesday, November 26th 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 our website at [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

Relax—Our professional kitchen staff makes it easy for you to enjoy a worry-free holiday gathering. Our oven ready, made-from-scratch vegetarian and vegan side dishes are the perfect compliment for your main entrée, all you do is heat, serve, and enjoy.

**Autumn Harvest Polenta**  
**Baked Tofu Turkey **  
**Mushroom Walnut Loaf **  
**Kale & Olive Oil Mashed Potatoes **  
**Roasted Garlic & Herb Mashed Potatoes**  
**Miso Mushroom Gravy **  
**Coconut Mashed Yams with Maple Pecans **  
**Lemon Dijon Brussel Sprouts **  
**Mushroom Sage Stuffing **  
**Bleu Cheese Creamed Kale**  
**Roasted Butternut & Wild Rice Pilaf **  
**Cranberry Relish **  
**Herb Biscuits **  
**Hickory Smoked Corn Muffins**

Milk, Tree Nuts	\$7.99/lb.
Soy, Wheat	\$7.99/lb.
Soy, Tree Nuts	\$7.99/lb.
	\$7.99/lb.
Milk	\$7.99/lb.
Soy, Wheat	\$5.99/pint
Tree Nuts	\$7.99/lb.
	\$7.99/lb.
Wheat, Soy	\$7.99/lb.
Wheat, Milk	\$7.99/lb.
	\$7.99/lb.
Tree Nuts	\$5.99/pint
Wheat, Soy	\$5.99/dozen
Milk, Eggs	\$5.99/dozen

 = Vegan



# THANKSGIVING PREPARATION

## Holiday Shopping List



The Co-op has everything you need for holiday meals and baking. Refer to this handy aisle-by-aisle guide to get your shopping list in order! Be sure to check out our ever-changing endcap displays for additional items and great deals!

### Produce

- |                 |                |                  |                   |
|-----------------|----------------|------------------|-------------------|
| • apples        | • cauliflower  | • celery         | • tomatoes        |
| • carrots       | • garlic       | • green beans    | • turnips         |
| • cranberries   | • shallots     | • potatoes       | • squash          |
| • corn          | • green onions | • sweet potatoes | • brussel sprouts |
| • broccoli      | • onions       | • salad mix      | • ginger          |
| • green peppers | • mushrooms    | • lettuce        |                   |

### Bulk

- |                   |         |                |                  |
|-------------------|---------|----------------|------------------|
| • chocolate chips | • flour | • nuts         | • coffee         |
|                   | • sugar | • dried fruits | • coffee filters |

### Cheese

- |                  |                      |                         |                         |
|------------------|----------------------|-------------------------|-------------------------|
| • gourmet cheese | • cooking cheese     | • cheese accompaniments | • cheesemaking supplies |
| • holiday cheese | • sliced cheese      |                         |                         |
| • grated cheese  | • specialty crackers |                         |                         |

### Aisle 1

- |            |                  |              |                     |
|------------|------------------|--------------|---------------------|
| • bay leaf | • rosemary       | • boxed tea  | • canned vegetables |
| • cinnamon | • parsley        | • olive oil  | • croutons          |
| • nutmeg   | • dill           | • spray oil  | • salad dressing    |
| • sage     | • pepper         | • shortening |                     |
| • thyme    | • loose-leaf tea | • stuffing   |                     |

### Aisle 2

- |                    |                   |              |             |
|--------------------|-------------------|--------------|-------------|
| • rolls            | • cranberry sauce | • all broths | • gravy mix |
| • specialty breads |                   |              |             |

### Aisle 3

- |                     |                  |                   |                |
|---------------------|------------------|-------------------|----------------|
| • additional spices | • corn starch    | • unrefined sugar | • icing        |
| • baking soda       | • flour          | • canned pumpkin  | • marshmallows |
| • baking powder     | • bread mix      | • canned fruit    | • molasses     |
| • baking chocolate  | • powdered sugar | • cake mix        | • maple syrup  |
| • chocolate chips   | • cane sugar     |                   | • honey        |
|                     | • brown sugar    |                   |                |

### Aisle 4

- |               |         |                |
|---------------|---------|----------------|
| • soft drinks | • juice | • drink mixers |
|---------------|---------|----------------|

### Aisle 5

- |                |                |               |                 |
|----------------|----------------|---------------|-----------------|
| • napkins      | • plastic wrap | • utensils    | • cheese cloth  |
| • paper towels | • foil         | • cups        | • nut milk bags |
| • toilet paper | • plates       | • nut chopper |                 |

### Aisle 6

- |                  |               |                                |                       |
|------------------|---------------|--------------------------------|-----------------------|
| • biscuits       | • half-n-half | • roasts                       | • frozen fruit        |
| • bread cultures | • milk        | • vegetarian meat alternatives | • frozen vegetables   |
| • butter         | • buttermilk  | • non-dairy cheese             | • turkey stuffing bag |
| • whipped cream  | • heavy cream | • corn                         | • cooking twine       |
| • ricotta cheese | • sour cream  | • pie crusts                   | • kefir grains        |
| • cream cheese   | • eggnog      | • ice cream                    |                       |
| • dip            | • ham         |                                |                       |
| • eggs           | • turkey      |                                |                       |

### Cookbooks

- |              |         |               |               |
|--------------|---------|---------------|---------------|
| • vegetarian | • raw   | • traditional | • gluten-free |
| • vegan      | • paleo |               |               |

## Turkey Pre-orders



### Pre-orders accepted through Sunday, November 16th

Orders may be submitted 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 Turkeys:** all local turkeys will be fresh.

**Koch's Organic Turkeys (\$5.99/lb.)**

\_\_\_\_ 10-14 lbs. \_\_\_\_ 14-18 lbs. \_\_\_\_ 18-22 lbs. \_\_\_\_ 22-26 lbs. \_\_\_\_ 30+ lbs.

**Murray's All Natural Certified Humane (\$3.99/lb.)**

\_\_\_\_ 10-14 lbs. \_\_\_\_ 14-18 lbs. \_\_\_\_ 18-22 lbs. \_\_\_\_ 22-26 lbs. \_\_\_\_ 26-32 lbs.

**National Turkeys:** all national turkeys will be frozen.

**Mary's Organic Free Range Turkeys (\$4.99/lb.)**

\_\_\_\_ 8-12 lbs. \_\_\_\_ 12-16 lbs.

**Mary's Natural Free Range Turkeys (\$2.99/lb.)**

\_\_\_\_ 10-12 lbs. \_\_\_\_ 12-14 lbs. \_\_\_\_ 14-16 lbs. \_\_\_\_ 18-20 lbs. \_\_\_\_ 20-22lbs.

### Pick-up date and approximate time:

Monday 11/24	(9 AM - 8 PM)	_____
Tuesday 11/25	(9 AM - 8 PM)	_____
Wednesday 11/26	(9 AM - 8 PM)	_____

Roast your turkey to perfection with our turkey roasting tips located on page 6.





## Turkey Roasting Tips

from *StrongerTogether.coop*

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.
  - If desired, the giblets and neck may be refrigerated and reserved for use in giblet gravy.
- 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.

*Reprinted by permission from StrongerTogether.coop. Find more recipes and information about your food and where it comes from at [strongertogether.coop](http://strongertogether.coop).*

## Know Your Farmer: Koch’s Turkey Farm

Koch’s Turkey Farm is a family farm located in Tamaqua, PA, that produces a wide variety of turkey products from fresh turkey to frozen entrées, strips, nuggets, and deli meats. In 1939, Roscoe and Emma Koch began raising turkeys on their small family farm. This inspired their son, Lowell, and his wife, Elizabeth, who founded Koch’s Turkey Farm in 1953. What began as a modest operation with only two turkey barns and a small processing plant has grown to 45 turkey houses, a hatchery, and an all-natural feed mill.

Now managed by the third generation of the Koch family (siblings Duane, Barb, Pam, and Beth), Koch’s Turkey Farm is committed to feeding their turkeys an all-vegetarian diet without any usage of antibiotics. Their turkeys are Certified Humane, Global Animal Partnership (GAP) approved, and they’re also certified by Pennsylvania Organic Certifiers. You can find their smoked turkey breasts, smoked drumsticks, fillets, and light and dark ground turkey at the Co-op. You can also pre-order a fresh Koch’s Organic Whole Turkey for Thanksgiving (see page 6 for more info). To learn more about Koch’s Turkey Farm, visit their website: [www.kochsturkey.com](http://www.kochsturkey.com).

**What makes products from your farm unique?**  
Our turkeys are antibiotic-free and have free-range access to outdoor areas that provide natural sunlight and fresh air. Our feed mill is located right on our farm, and utilizes locally-grown corn and roasted soybeans for our specially formulated feed. Our turkeys never receive growth hormones, stimulants, or antibiotics at any time. Animal by-products, fats, bakery, or pet food products are never used in our poultry feed.

**What are you most proud of as a local farmer?**  
Koch’s has been a pioneer in growing antibiotic-free turkeys with an all-vegetarian diet. We also started a humane program eight years ago, being the first turkey producer to be



Certified Humane with over 800,000 turkeys raised annually. Koch’s Turkey Farm was Global Animal Partnership approved a year later and as of 2013 we are proud to achieve Step 2 Status [of the 5-step program]. The high standards for raising turkeys this way provides Koch’s turkeys with twice the amount of space in the turkey barns as is required by normal commercial growing practices. In addition to meeting these guidelines, Koch’s scored a 100% on the Turkey Welfare and Humane practices independent audit by Steritech.

**What is the most important thing for customers to know about your products?**  
Koch’s Turkey Farm is one of very few family-owned turkey farms left that is committed to producing the cleanest, healthiest, and best tasting turkey you can buy. Our high growing standards focus on a pure vegetarian diet and humane practices that result in a stress-free life for our turkeys, which in turn results in a tender, great tasting turkey.

## Spicy Pumpkin Soup

**Soup Ingredients:**

- 2 tbsp. vegetable oil
- 1 1/2 cups diced onion
- 1/2 cup diced celery
- 1/2 cup diced carrots
- 1 1/2 tbsp. minced jalapeño, seeds removed
- 1 1/2 tsp. ground cumin
- 1 tsp. garlic powder
- 3 cups pumpkin purée (canned or fresh)
- 2 cups vegetable broth
- 1 1/2 cups milk
- Salt and pepper to taste

**Chipotle Sour Cream**

- 8 tbsp. sour cream
- 1 tsp. finely minced chipotle pepper in adobo sauce (see Note)
- 1 tbsp. minced cilantro

**Preparation**

1. Heat 2 tbsp of vegetable oil in a large stock pot over medium heat. Sauté the onion, celery, carrots and jalapeño peppers, stirring frequently, for about 10-15 minutes. Add the cumin, garlic powder, pumpkin purée, broth and milk. Bring to a simmer for another 5-10 minutes. Season to taste with salt and pepper.
2. While the soup is cooking, blend the sour cream ingredients together in a small bowl. Place a dollop of the sour cream on each soup serving.

**Note:** If chipotles in adobo sauce are not available, you can substitute 1 tsp of minced rehydrated dried chipotles, or a teaspoon of chipotle-flavored salsa.

REPRINTED BY PERMISSION FROM STRONGERTOGETHER.COOP. FIND MORE RECIPES AND INFORMATION ABOUT YOUR FOOD AND WHERE IT COMES FROM AT [STRONGERTOGETHER.COOP](http://strongertogether.coop).

## New In The Aisles

- AMBER LOTUS - Wall and Engagement Calendars
- VALENTINA'S HOME-BREWED - Mineral Bath Salts, Body Wash, & Massage Oil
- THE SPICE HUNTER - Mulling Spices
- FOOD MATTERS AGAIN - Mostarda (Pear and Crab Apple)
- OLD CROC - Extra Sharp Cheddar
- WEST SOY - Pulled BBQ Seitan
- VIANA - Veggie Spreads
- WONDERFULLY RAW - Snip Chips
- SCHARFFEN BERGER - Unsweetened Baking Chocolate
- THE VEGG - Vegan Egg Yolk
- SOPHIE'S KITCHEN - Vegan Toona

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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

Store: 412.242.3598  
8 AM - 9 PM  
Café: 412.242.7726  
8 AM - 7 PM

Credit Union:  
412.243.7574  
Wednesdays 6-8 PM  
Saturdays 3-6 PM

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Front End: eric cressley  
Produce: Evan Diamond

THE CO-OPERATOR

Editor: Heather Hackett  
Assistant Editor: Kate Safin  
Design, Layout & Production: Molly Masood  
Printed By: Typecraft Press, Inc.

The Co-operator is a monthly publication mailed to members of the East End Food Co-op. Additional copies are available at Customer Service, the store’s entrance area, 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  
Phone: 412.242.3598 ext. 103

EMPLOYEE OF THE MONTH



Congratulations to Caroline Hoyle, who was chosen as the Co-op staff pick for Employee of the Month. Caroline has worked at the Co-op as a Cashier for ten months.

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

A. I just love the heck out of this neighborhood!

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

A. The individuality of the employees. When you give people that little bit of room to be themselves, it really does shine, and I feel that customers like it, too.

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

A. The grateful feeling I get from long-time members and people in this area. It’s their local grocery store. They feel like they have a say in what they can accomplish here.

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

A. I really enjoy reading and have started finding more time for that recently. I’ve been reading Dolly Parton’s book. Magical in all ways; so beautiful!

NEW FACES

Sandy Overby Front End

A native of the East End, Sandy has spent a lot of time at the Co-op and with our neighbors in The Factory, and believes in supporting local business and community. Sandy loves that our Co-op prioritizes local produce, and aspires to someday have a career in art, design, and photography

Molly Palmer Masood Marketing & Member Services

Molly loves that our Co-op is ethical, member-owned, and community-oriented. She aspires to work with our Co-op for a long time to come as our graphic designer. Outside of work she enjoys reading, cooking, gardening and spending time with her family.

Julia Metelsky Front End

Julia believes the best way to get anything done is through collaboration and cooperation. Julia comes to us for the welcoming environment and the positive values our Co-op promotes. Also a laserist at the Carnegie Science Center, she encourages everyone to see a laser show.

Kaitlyn Weikel Grocery

Kaitlyn is new to Pittsburgh, and is hopeful that her time here and interest in local, organic products will connect her with the community. In Maine, she worked at a small health food store for four years. Kaitlyn would like to earn a welding certificate and to someday work and live in Alaska.

Rachael Whitmore Grocery

Rachael enjoys the atmosphere here at our Co-op. She is especially excited about our vegetarian hot bar, having come from a small town with few meatless options. Rachael formerly worked with an animal shelter and plans to one day go back to school and then start her own animal rescue.

Classifieds:

MASSAGE THERAPY – Looking for a truly therapeutic massage? Check my website for 20th ANNIVERSARY SPECIALS! www.bodyharmonypgh.com 412-871-5388.

SCHOOLHOUSE YOGA has classes for everybody: Gentle, Prenatal, Mommy & me, Kundalini, Ashtanga, Yin, Yoga levels 1,2,3. Strip District, Squirrel Hill, North Hills.

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

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Café Specials • November 2014

SUN	MON	TUE	WED	THU	FRI	SAT
						1 KALE & PORTABELLA PASTA
2 CHEF'S CHOICE	3 SPAGHETTI SQUASH CASSEROLE	4 BROCCOLI DAL	5 INDIAN KITCHEN	6 HONEY BBQ TOFU	7 BURRITO BAR	8 MUSHROOM & ONION TART
9 CHEF'S CHOICE	10 YAM, GREENS, & QUINOA GRATIN	11 MUSHROOM WALNUT LOAF	12 COUNTRY KITCHEN	13 SPINACH & BROWN RICE CASSEROLE	14 PIZZA DAIRY & VEGAN	15 SOUTHWEST QUESADILLAS
16 CHEF'S CHOICE	17 BUTTERNUT & WALNUT RISOTTO	18 HALUSKI	19 PITTSBURGH KITCHEN	20 SOUTHWEST TEMPEH	21 BURRITO BAR	22 PESTO MAC N' CHEESE
23 CHEF'S CHOICE	24 AUTUMN HARVEST POLENTA	25 COCONUT MASHED YAMS WITH MAPLE PECANS	26 THANKSGIVING KITCHEN	27 CLOSED FOR THANKSGIVING	28 PIZZA DAIRY & VEGAN	29 QUICHE LORRAINE
30 CHEF'S CHOICE						

Café Hours

Soup, Juice & Salad Bar:  
Daily 8AM-7PM

Hot Bar:  
Daily 11AM-7PM

Weekend Brunch:  
9AM-1PM

November Co-op Events

VERMICOMPOSTING

Nancy Martin, Pennsylvania Resources Council

ESSENTIAL JUICES AND SMOOTHIES

Jenni Hulburt, Health and Fitness Coach

HOLIDAY MEAL PLANNING

Emily Levenson, Holistic Health Coach

WEDNESDAY, NOVEMBER 5, 6:30 PM  
Gemini Theater

Whether you're completely new to composting or are looking to take your current routine up a notch, consider vermicomposting! Worms produce castings that are great for your soil and, if sheltered from the cold, they can stay in production all year round. Environmental educator Nancy Martin will provide everything attendees need to get started—including the worms! You will leave this event with a complete, ready-to-use vermiculture system, and the necessary knowledge to house, feed, and care for your own worms.

The cost of this event is \$50 per person and \$55 for couples; to register call Nancy Martin at 412-488-7490 ext. 247.

WEDNESDAY, NOVEMBER 12, 6:30 PM  
Gemini Theater

Essential oils are more than just pretty scents. As nature's potent plant extracts, essential oils boast therapeutic benefits well beyond aromatherapy. Join health and fitness coach Jenni Hulburt to learn how to use real food ingredients and food-grade essential oils to make healthy juices and smoothies, and get tips on incorporating them into your daily life. With a focus on holistic approaches to fitness and nutrition, Jenni will discuss how introducing essential oils into your diet can help you achieve your health and wellness goals.

This event is FREE; just call 412-242-3598 to reserve your spot!

MONDAY, NOVEMBER 17, 7 PM  
EEFC Café Seating Area

Are you hosting family and friends for a holiday meal this year? Even if you're just supplying a side-dish for a potluck dinner, accommodating special diets and food allergies can be difficult. Avoid the stress this season by learning how to plan a festive feast that takes into account different dietary concerns. Join Holistic Health Coach, Emily Levenson, for an hour-long conversation on planning for guests that are avoiding gluten, dairy, or sugar, as well as easy tips for including vegetarian and vegan guests in your menu planning.

This event is FREE; just call 412-242-3598 to reserve your spot!

Look for your Co-op at these upcoming events:

Saturday, November 1st, 12 PM – 8 PM: Your Co-op is excited to participate in the Vegan Meetup's fall edition of the Pittsburgh Vegan Festival! Come by the Unitarian Universalist Church of the North Hills to learn about vegan products and services, enjoy live music, yoga, cooking demos, and a children's Halloween Dance. Look for the Co-op's table where we will be sampling some of the vegan products we carry, including candy for trick-or-treaters! For more information visit: [www.facebook.com/events/735280543174880](http://www.facebook.com/events/735280543174880).

Save The Date: Saturday, January 31

Winterfest

At the Hosanna House  
807 Wallace Avenue, Wilkinsburg, PA  
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