

THE CO-OPERATOR

a monthly newsletter of the East End Food Co-op

Pittsburgh, PA

STORE NEWS

TOTE BAG DRIVE!

Drop off your new or gently used re-usable totes throughout July — benefits Greater Pittsburgh Community Food Bank clients.

BOARD OF DIRECTORS MONTHLY MEETING

ALL MEMBERS ARE WELCOME.

Check meeting times in store entrance for next meeting.

Check out the weekly deals for
MEADE STREET MADNESS
on our website:
www.eastendfood.coop

CO-OP ORIENTATION

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

Register with Outreach Coordinator Berry Breene, at 412.242.3598, ext 208, or outreach@eastendfood.coop.

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SPECIAL INSERTS:

6/29 – 7/12 CO-OP DEALS
7/13 – 8/2 CO-OP DEALS

EAST END FOOD CO-OP

7516 MEADE STREET
PITTSBURGH, PA 15208
412-242-3598
www.eastendfood.coop

EAT LOCAL—ANYWHERE!

How to eat local during your travels

Eating locally makes good sense. Whether you're a dedicated locavore (only eating food grown or harvested within a certain radius, say 50, 100, or 150 miles) or simply appreciate locally grown fare, choosing local foods supports small farmers and your community as well as the environment. Not that it's a sacrifice: because local food is biodiverse and grown for taste rather than shipping or industrial harvesting, it delivers premium flavor, too.



But what happens when you're not local? At home you may have joined your food co-op and identified key restaurants that serve local fare. You know when and where to catch the farmers market, and maybe you've even established relationships with a local farmer or two. But on the road, in a new town?

Actually, not only is it easy to eat locally while traveling, it can enrich your trip. For one thing, you can learn a great deal about a place through the food grown and served there, for example. Do the residents of the area eat spicy foods? Which spices do they enjoy? Do they drink wine or beer from a local brewery or vineyard? Is seafood a mainstay? Is the area well known for a particular dish or food or for special preparation techniques? Are there local delicacies? What grows best in the climate? What's in season right now? What shows up in abundance at the farmers market?

Purchasing local fare (food and crafts items, too) helps support the community you're visiting. At the same time, you'll likely enjoy the most healthful, delicious food available—rather than the least healthful and tasty, which is often the case when on the road and eating food that has more miles on it than you've traveled.

What to look for in your new locale:

Co-ops. Not only is the neighborhood co-op a sure bet for local produce, baked goods, and other healthful local fare, it's also a great first stop once you reach your destination. Patrons and staff are apt to know where the best food in town can be found (besides the co-op, of course!). Check the flyers and bulletin boards, too, for events in the area.

While you're at the co-op, stock up on snacks (fresh fruits, bars, veggies, nuts, beverages), and purchase the ingredients for any fix-it-yourself meals. Be sure to check out the deli counter in lieu of a fast food restaurant. You're also likely to find a good wine to tuck in that picnic basket next to the freshly baked bread and local cheese. (Remember to stop by the co-op before you leave town, too, to stock up for the next leg of your trip.)

Local farms. Tour a local farm, and/or harvest your own fruit at a U-Pick farm. This is a great way to spend half a day of your trip. You'll get to know a local farmer, experience the environment, and harvest your own produce—most often berries or other fruits that you can pick and purchase by the pint or bushel. Taste a half dozen varieties of apples or pears (or whatever's in season) before you go home.

Community Supported Agriculture (CSAs). While membership in a CSA usually involves purchasing a share for a season, you may be able to buy leftovers or share in the harvest with willing local residents who are members. Visiting a CSA farm offers a fun one-day outing opportunity.

Farmers markets and farm stands. Discover the community's bounty, including produce, baked goods, canned goods, and even craft items. Markets and stands are often lively social gatherings too, where you can meet interesting people from the community you're traveling through.

Wineries and breweries. Some local producers offer tours of their facilities, complete with taste testing. Seek local bakers, cheesemakers, and other food artisans while you're in the area, too.

Restaurants serving local fare. Eating at a generic restaurant you can find elsewhere (everywhere, for that matter) is easy, but not necessarily much fun. Seek

out restaurants that serve "authentic" food that's been grown, harvested, and cooked by local folks.

Eating locally includes the fun of asking around when you get there and the serendipity of running across roadside farm stands and side-street cafes serving up local cuisine. But it's also a good idea to arrive with some solid possibilities in hand for local foods. Here are some groups that can help you identify great sources. Investigate when you're in the planning stages, or get online at your destination.

▷ **Eat Well Guide.** Simply type in your zip code (or state) and this site will tell you the farms, bakeries, creameries, farmers markets, restaurants that serve local foods, food co-ops, CSAs, U-pick farms and farm stands in the area. A traveling locavore can even plan a trip by entering starting and ending locations. <http://www.eatwellguide.org>

▷ **The USDA lists farmers markets online.** And it's more likely than ever that you'll be able to visit one in your travels. In 1994, the USDA tallied 1,755 farmers markets operating in the US; in 2008 they totaled 4,685. Search according to city and state, and the site will provide locations and hours. <http://apps.ams.usda.gov/FarmersMarkets/>

▷ **Local Harvest** also provides a listing of Farmers Markets, as well as CSAs, restaurants serving "real food," and co-ops. You can search for local sources by state or zip code. <http://www.localharvest.org/farmers-markets/>

Good, authentic food —local food—enriches most any experience, travel included. And think of the vacation memories you'll create — like your cherry stained fingers from the day you picked your own dessert and your first taste of prizewinning huckleberry pie. You may even forge some new friendships at the local co-op or farm stand. 🍷

The 6th Annual Co-op Art Harvest is Sunday, September 25!



WE OWN IT - CO-OP

Dated Materials — DO NOT DELAY

East End Food Co-operative
7516 Meade Street
Pittsburgh, PA 15208
www.eastendfood.coop
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Rob Baran,
General Manager

rob's corner

This month, let's discuss the end of Member Extra Discount Day (MEDD). Last month's newsletter article was actually written for the majority of members who wanted change. And so it naturally upset many of you who really count on MEDD. It's obvious that we need to get more information out about our decision to make a move from a monthly Sunday MEDD to a quarterly 10% Member Bonus of your choosing.

Changing MEDD was not any easy decision. It was driven by some very specific things; falling participation levels, persistent member complaints over a half decade that this benefit did not work for many of you, and the difficulty we as an organization and staff had serving your needs on this wildest of days. Now I know that some of you reading this strongly disagree with our decision, and feel MEDD was a great benefit the way it was. From your perspective, I know it's a tough pill to swallow, many of you have told us so over the last month. Ultimately, we do our best to serve the membership as a whole, and it was very clear MEDD was not working for the majority of the membership. As an example, we have over 5,000 active members we see here at the Co-op; on average 730 of you having been braving the lines every month on MEDD this year.

And let's be real. We did get talked into this. Talked into this by unhappy members, by unhappy staff, by our inability to provide the infrastructure necessary to effectively serve our customers needs on a day once a month when we would try to be a business 3 times larger than we actually are. It has been really challenging, but we still did not want to give MEDD up. Folks just beat our door down. And we finally had to make this decision. Now let's get into some very specific numbers, the kind of numbers that heavily influenced this move.

This transition is about fairness to all of our members. One of the biggest member complaints at the Co-op over the last five years is the MEDD day. Many members actively avoid the store on MEDD days.

Approximately 15% of our active memberships take advantage of the MEDD discount per month, the other 85% don't.

Sales on MEDD day have been declining — down 9% — while the overall store growth is up 10%.

Our Co-op is not big enough to effectively service our shoppers on MEDD. We never have enough staff, we never have enough storage space for product, and hence we are constantly running out of popular items, constantly struggling to give you the service you deserve.

We are anticipating spending more on member discounts with this transition. MEDD day provides about \$80,000 in discounts each year. The change to the quarterly discount program is conservatively projected to provide \$100,000 in discounts. As another example, if we had a monthly Member Bonus Day instead of every 3 months, and 60% of the members used it, our discount costs would go from \$80,000 a year to \$240,000 a year. Where would we get this extra money to pay for the benefit?

We have to be conservative initially because it is actually quite easy to imagine the membership utilizing the new benefit above the 60% mark now that it will be so much more convenient for the majority to use. 60% of the active membership using a quarterly Member Bonus discount would equal the 15% usage we have been getting from the monthly MEDD. If usage comes in low initially, we will add more days.

This was one of the toughest decisions we have made since I became the GM. The record MEDD was 48k in sales when I started in 2005. I remember our first 80k day in 2008, and how exciting that was for a lot of us on staff. MEDD was that day every month when I usually get out and work a cash register, stock the shelves, and touch base with you on how we're doing. Personally, I will miss it for sure. But something had to give, and this seemed like the best all-around decision for the majority of the members.

Please feel free to contact me if you wish to discuss this further. rbaran@eastend-food.coop

Call for Candidates for EEFC Board of Directors:

Shape the Future of Our Co-op

by Mark Frey, Board Member through 2012,
Chair, Nominations and Elections Committee

In the midst of a rapidly changing natural foods environment, the East End Food Co-op offers more than just groceries. The Co-op is founded on and operates by the ideas of member-ownership and dedication to the cooperative principles. In addition to local, organic, sustainable and healthy food, the Co-op offers community to its member-owners and outreach to the entire Pittsburgh region.

Serve on the Co-op's Board of Directors!

The Co-op's current challenges include remodeling, expansion, and introducing healthy food and the cooperative movement to new audiences. Important decisions will need to be made to ensure our Co-op's success in the changing environment as we face these challenges. If the Co-op is important in your life, there is no better time than now to contribute your experience and insight.

About the Board

The Board of Directors is a democratically elected governing body of nine member-owners. One Board seat is held by a staff representative, currently employed by the Co-op and engaged in operations. Board Members are elected to three-year terms. Each year, three of the nine seats are up for re-election.

What the Board Does

The Board of Directors is responsible for the visioning for and leadership of the Co-op. The Board does not directly make day-to-day decisions about the operations of the store — rather, it is responsible for establishing and monitoring policies that guide the Co-op. Its responsibilities are set out in the Co-op's bylaws and articles of incorporation. The Board follows the Policy Governance model to carry out these responsibilities.

The Board of Directors establishes and monitors policies describing:

- the guiding principles of the Co-op
- the authority of the General Manager
- the relationship between the Board and the General Manager
- the processes of the Board itself

Additionally, the Board of Directors:

- sets long-term goals for the Co-op and monitors their implementation
- oversees responsible use of the Co-op's resources
- approves capital and operating budgets
- supervises and hires the General Manager
- recruits new directors for service on the Board
- hosts an Annual Meeting to report to member-owners on the condition of the Co-op

Board Committees

The Board has an Executive Committee and other committees including Finance, Member Linkage, Nominations & Elections, and Board Development that meet as needed to achieve their goals.

Qualities of a Good Board Candidate

In addition to being dedicated to the Co-op and its principles, a good candidate for the board possesses the following qualities and abilities:

- Excellent communication skills
- Ability and desire to work closely with other Board members as part of a cohesive team
- Vision for the future, and an ability to see present-day decisions in the context of the long-term health of the Co-op
- The ability to speak openly and independently in group discussions, while also being able to abide by decisions arrived at collectively by the Board
- Good judgment, honesty, and courage

Qualifications

To run for the Board, a candidate must:

- Be a voting member of the Co-op, at least 18 years old, and must not have an overriding conflict of interest with service on the Board.
- Attend at least one Board of Directors meeting before the end of the election cycle
- Complete the declaration of candidacy form, found in the Candidate's Packet available from Member Services.

Candidates should plan to attend at least one Board meeting before the Annual Meeting, attend the Annual Meeting itself, provide a short "Questions for the Candidates" article and photo to appear in the Co-operator, and attend a membership event where candidates can meet and answer questions from member-owners.

Expectations of Board Members

Board Members are expected to attend and prepare for all meetings of the full Board, including the monthly Board of Directors' meeting and any additional meetings requiring Board action. Board members also attend the Board Retreat — a training session on Co-op boards and leadership typically held in November. Board members typically serve on one or more committees, and complete whatever tasks are required for committee service in addition to full Board commitments. Additionally, Board members are expected to adhere to the Board Code of Conduct.

How to Get Involved

Help us shape the Co-op's future! Elections for the Board of Directors will take place this fall, and the Board will be accepting candidates through August 1. **If you are interested in becoming a candidate, pick up a candidate packet from Member Services and complete it before August 1.**

Questions?

Questions or concerns about candidacy or Board service may be directed to eeec.nominations.and.elections@gmail.com.

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ENDS POLICY STATEMENT

East End Food Cooperative, a member-owned business, exists to create, promote and sustain a healthy, strong, and vibrant local community that serves the need for physical well-being, mutual respect, social connectedness and economic vitality while ensuring sustainability in the use of all resources toward this end. Adopted by the EEFC Board of Directors, January 24, 2005

STATEMENT OF COOPERATIVE IDENTITY

Definition

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

Values

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

Seven Principles

The co-operative principles are guidelines by which co-operatives put their values into practice.

1: Voluntary and Open Membership

Co-operatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political and religious discrimination.

2: Democratic Member Control

Co-operatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and Women serving as elected representatives are accountable to the membership. In primary co-operatives members have equal voting rights (one member, one vote) and co-operatives at other levels are also organized in a democratic manner.

3: Member Economic Participation

Members contribute equitably to, and democratically control, the capital of their co-operative. At least part of that capital is usually the common property of the co-operative. Members usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing their co-operative, possibly by setting up reserves, part of which at least would be indivisible; benefiting members in proportion to their transactions with the co-operative; and supporting other activities approved by the membership.

4: Autonomy and Independence

Co-operatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their co-operative autonomy.

5: Education, Training and Information

Co-operatives provide education and training for their members, elected representatives, managers and employees so they can contribute effectively to the development of their co-operatives. They inform the general public-particularly young people and opinion leaders- about the nature and benefits of co-operation.

6: Cooperation among Co-operatives

Co-operatives serve their members most effectively and strengthen the co-operative movement by working together through national, regional, and international structures.

7: Concern for Community

Co-operatives work for the sustainable development of their communities through policies approved by their members.

Source: ICA News, No. 5/6, 1995. Last updated: 2 June, 1996.

MEMBERS SPEAK OUT



Why can I not get a raincheck on a non-MEDD? Especially on a sale item?

Now that we have moved away from Member Extra Discount Days to pick your own Member Bonuses, you can! The Co-op will offer a raincheck for sale items that are out of stock on any day you shop.

— Kara Holsopple, Member Services Manager

Please stock Bob's Red Mill Barley Grits.

I'm sorry, but our distributor doesn't carry Bob's Barley Grits.

— Maureen Girty, Grocery Buyer

I noticed in some of your vitamins there is gelatin, magnesium stearate, stearic acid and silica, which are toxic and don't do anything for you. Also, solid pills aren't good.

I would just encourage you not to use products that you don't think are suitable for you. These are very standard products in the industry.

— Dan Denlinger, Supplements Buyer

COMMENT CARDS and the Comment Card Box can be found at the CUSTOMER SERVICE DESK.

MEMBERS SERVICES MESSAGE

— by Kara Holsopple

This month we start our new **Member Bonus** discount program! This means you will get an opportunity to shop at a **10% DISCOUNT ONCE EACH QUARTER** — and you pick when.

We really appreciate all of the feedback you have given us as we have been making this transition. I know that gaining flexibility is not necessarily a welcome trade for losing additional opportunities to get a 10% discount. We hope that sometime in the future we can increase the number of times per year that members can use the 10% Bonus.

This is also a great time to clean up any member card business you might have that's standing in the way of you and your discount. Remember that the discount is tied to your membership number. If you share your household discount with someone else living at your address, you receive one discount per quarter — it's for ONE transaction at the register.

- 1. Do you need to add or subtract household members from your account?
- 2. Do you need a new membership card?

This is a good time to visit us at Customer Service and make that happen. And we can also answer any questions you might have about the program at Customer Service.

Here's how it works:

- ▷ **Check out with your membership card.** The only way to activate the discount is with your card. If you need a replacement card, check in at the Customer Service desk



sometime before you plan to use your 10% discount to order one. We'll send it out to you in the mail.

- ▷ **Let the cashier know when you want to use your 10% discount.** When he or she swipes your card, the discount will show up on the register, and you will be asked if you want to redeem it. If you are still making payments on your membership, the cashier will take down your membership number, and you will still receive the discount.

- ▷ **Use your 10% discount ONCE PER QUARTER.** The dates for this year are:

- July 1 through September 30, 2011
- October 1 through December 31, 2011
- January 1 through March 31, 2012
- April 1 through June 30, 2011

- ▷ **Your Member bonus discount "stacks" with other discounts you may receive.** If you are a senior and use the bonus on a Tuesday or Thursday, you can receive a total of a 15% discount. Volunteers can use the bonus discount with their volunteer discount for a 20% discount.

Please note: The Member Bonus does not accrue. If you don't use it in the quarter, you will not be able to use it in the following quarter.

I hope you will consider taking advantage of some of the other ways you can save money shopping at the Co-op — by volunteering or special-ordering your staples. ☺

WITHIN REACH

by Berry Breene



Bill Wekselman, shown right, is the **Super Man of Volunteers**. His humble, quiet disposition outside the stockroom is akin to Clark Kent. Behind closed doors he is a machine. Though packing dried fruit and other bulk items for the co-op isn't exactly like saving a baby from a burning building and flying away into the sunset, that's how I like to think of Bill, the Super Volunteer. Bill was recently presented with the Jefferson Award for

Public Service after a nomination from long-time co-op staff member Water Sedaskus.

To further honor Bill and his generous donation of over 25,000 hours of service over more than two decades, Water has written a poem we would like to share with our fellow co-operators after attending the Jefferson Award Ceremony in April. Thanks to all the great volunteers, and congratulations, Bill! ☺

NOBLE SERVICE by Water Sedaskus

20 years
Once a week
Humble intelligence
Lawyer trained
Bill is there
Packing
Sun dried fruits
Creating a cornucopia
Helping us
Queen of Camelot
Jacqueline
Received 39 years ago
An idea
For inspiration
To honor our true roots
Volunteering
Caring workers
Resonating in the ancient call

Journey to Oakland
April 13, 2011
Steeltown's pastoral grace
Of early 20th century
To be honored
In King Andrew's marble palace room
Wined and snacked
Stunning
Digesting our treats
In the near by musical hall
Caring Corporate Hearts
Eloquently speak of these
Inspiring 44
Words penetrate
A glow of happiness received
Fancifully dressed
Matching the charmed night
Unique yet different individuals

Walk out into the sacred space
Alone
Across this seemingly vast stage
Various walks spry
One foot at a time
Jolly M.C.
Warmly bestows
The golden, shining medallion
Jefferson Award
Public honoring grace
Common nobility
Loud hoot for one of our own
Handshake as he passes
He sits down
Back into the waving fabric
Of us
Thanks for showing me the Coop

THE FOOD YOU EAT

what's cookin' at the co-op café kitchen!



For this recipe, the title of the column should be 'What's NOT Cookin' in the Co-op Café Kitchen.' Who wants to cook when the weather heats up? For this recipe, you can grill your tofu in advance whenever you have the grill fired up. Cool the tofu and combine with the veggies and sauce for a tasty, gluten-free, and sweat-free salad that's loaded with color and personality. Of course, you can also pick it up in the Co-op's deli case—enjoy!

Curry Lime Tofu Salad

1# firm or extra firm tofu, grilled and diced small
¼ cup coconut flakes, toasted
¼ cup raw cashew pieces, toasted
¼ cup raisins
5 ounces frozen mangos, thawed
1 small red bell pepper, diced small
1 small carrot, peeled and shredded
¼ red onion, diced very small

SAUCE

1 1/3 Tablespoon olive oil
pinch cayenne
1 1/3 Tablespoon lime juice
¼ cup mango chutney
1/3 cup Veganaise Vegan Spread
½ teaspoon salt

1. Cut block of tofu into three slabs about a ½ inch thick.
2. Cook them in a skillet or on a griddle with a little bit of olive oil until they are golden brown on both sides.
3. Put the grilled tofu in the fridge to cool. When cold, cut the grilled tofu into bit sized cubes and set them aside.
4. Toast coconut and cashews separately in the oven until brown, and set them aside to cool.
5. In a medium sized mixing bowl, whisk together the ingredients for the sauce.
6. Mix tofu, coconut, cashews, raisins, mangos, peppers, carrots and onion into the sauce.

Yum-m-m-m-m!

CULINARY MEDICINE

Cultured Yogurt and Other Drinks

by Deborah Uttenreither CHC AADP

In continuing our series on fermentation and cultured foods, one of the most interesting are the cultured drinks and yogurts found in other cuisines including those of Russia, Japan, central Asia, Europe, the Middle East and even South America. Most of these drinks are made of fermented unpasteurized milks of various animals. Cow's milk is the most prevalent of fermented drinks although goat, sheep and even mare's milk are used.

In Turkey and Southern Europe for example cold yogurt is mixed with water and a bit of salt. This is served with pastries, grilled meat dishes and pilafs. Some parts of the Black Sea area and the Mediterranean coast yogurts are made with goat's milk or ewe's milk. Some yogurt drinks in this region are often quite frothy, and sometimes have mild alcohol content. Other drinks are flavored with mint, cinnamon or a bit of cumin or turmeric.

In India, yogurt is used in cooking as a marinade, at meals as a cooling cucumber and yogurt sauce called 'raita' and as a drink called 'lassi.' This drink is much like a smoothie and is quite refreshing. Made of yogurt and blended with water and spices it is served very cold. Varieties are the salted lassi and the sweet lassi. Mangos are sometimes blended with yogurt (mango lassi) and other varieties use such spices as saffron (saffron lassi).

Kefir is a fermented milk drink thinner than yogurt that has origins in the region of Northern Russia. Nomadic shepherds discovered that fresh milk carried in leather pouches would occasionally ferment into an effervescent beverage.



Kefir is made from grains that resemble cauliflower. Like the scoby used in making kombucha, kefir grains are a living symbiotic culture of bacteria

and yeasts in a mold of proteins, sugars and lipids. They can easily be found prepackaged in the freeze dried form as well.

Yogurt and kefir have gained popularity in the United States with many commercial companies using lab-created strains of bacteria. These commercial yogurts are typically pasteurized with large amounts of extra sugars and varieties of flavors added including chocolate. The author has found these products to be useful in a pinch; however making one's own yogurt, kefir and other drinks is easy, satisfying to the palate and healthier.

As a family, making yogurt or kefir can be really fun too! Yogurt used in smoothies can be a meal in a glass. The kids can make there own recipe by adding there favorite fresh fruits, nuts and spices. Versatile yet tasty, yogurt can be used in baking as well as sauces, and soups. A variety of milks can be used to make yogurt including coconut, soy and nut milks.

If you want to find out more about making fermented yogurt and drinks in your very own kitchen, join the author at the Co-op July 12 @ 7 pm. Call 412.242.3598, #5, and reserve your seat today. Come and taste the goodness! 🌱

TOTE BAG DRIVE!

The Pittsburgh Tote Bag Project:

Drop off your new or gently used re-usable totes throughout July — benefits Greater Pittsburgh Community Food Bank clients.

REDUCE, REUSE, RECYCLE!

Calling all Co-op Artists and Crafters

You are invited to participate in the **6TH ANNUAL CO-OP ART HARVEST** on Sunday, September 25! See details below...

We are also looking for performers, arts and craft demonstrators, and local food vendors and samplers for the day. Please contact Kara at 412.242.3598, x 103, or memberservices@eastendfood.coop for details.

6TH ANNUAL CO-OP ART HARVEST - GENERAL INFORMATION

Date/Time: Sunday, September 25, 2011 12-5pm
Location: In front of East End Food Co-op
7516 Meade Street Pittsburgh, PA 15208
412.242.3598

Registration Deadline: Wednesday, August 31, 2011
Participation Fee: \$25 EEFC members \$35 non-members
Fee due with registration. Make checks payable to "EEFC"
Fee includes one table and chair under the big Art Harvest tent.

More info for you:

- Vendors bring all table coverings and signage, and change needed — Co-op cannot provide change.
- All items for sale must be handmade, and participation will be based on quality of work.
- Artists will be notified by September 9 about participation.
- East End Food Co-op reserves the right to determine product acceptability.
- No cancellations after September 18, 2011.
- East End Food Co-op is not responsible for stolen or damaged artwork.

6th Annual Art Harvest Application

Please return this form and return it, along with your check, by Wednesday, August 31, 2011, to: Customer Service, EEFC, 7516 Meade Street. Pittsburgh, PA 15208 or e-mail to memberservices@eastendfood.coop

Questions? Call Kara at 412.242.3598 or e-mail memberservices@eastendfood.coop

Name _____

Name of Promotion _____

Address _____

Phone # _____

E-mail _____

Circle one: Member or Non-member

Member #: _____

Describe items to be sold: _____

Please attach a photograph or example of your work.

If YOU or ANYONE YOU KNOW Eats... More Insanity in Genetic Engineering

by Theresa Sabatini

Genetically Engineered (GE) crops figure big in the Farm Bill, and not just in the crop subsidies either. It's in the very attitudes and assumptions the Farm Bill represents, assumptions that bigger, faster, more is always better. Attitudes and values that support short-term profit at the expense of long-term health and human freedoms: political, economic, personal, and environmental.

GE proponents tell us that with their technology we can feed the world. Even if that were true, which recent research disproves, what are we feeding the world, and why don't we care? Why is cheaper better? Why is faster food better? Why is convenience king? Our system of industrial agriculture and the Farm Bill are a big part of that story.

The original Farm Bill, the Agricultural Adjustment Act of the 1930s, was created to control grain supply to mitigate huge price fluctuations. Tom Philpott summed it up well in a 2008 Grist article: "When farmers began to produce too much and prices began to fall, the government would pay farmers to leave some land fallow, with the goal of pushing prices up the following season. When prices threatened to go too high, the payments would end and the land would go back into cultivation." At the same time the government bought up the excess grain and held it in reserve, releasing it when needed to keep the prices from spiking. "The overall goal was to stop prices from falling too low (hurting farmers) or jumping too high (squeezing consumers)." ¹

This effectively put a floor and a ceiling on prices. But over the decades following, the floor was lowered, until finally in 1996 the floor crumbled away with the adoption of The Freedom to Farm Act, supposedly designed to get government out of agriculture. But just two years later, when grain market prices collapsed, the government was back in agriculture paying out millions in subsidies to farmers.

What the Freedom to Farm Act achieved was to provide commodity crops, like corn and soy, to food processors and huge livestock operations at prices much lower than what it cost the farmers to produce. The government continues paying farmers to make up the difference between costs and market price, and farmers plant more and more of these crops, flooding the market, thereby keeping prices low.

There are four crops that receive 90% of direct payment subsidies through the Farm Bill: corn, soy, cotton, and canola. And since it's estimated that 86% of corn and 93% of soy, cotton, and canola grown in the US is now Genetically Engineered, who and what are we really supporting with all that tax money? ²

It would be easy to jump to the conclusion that subsidies are the problem and the fix is to abolish subsidies. But subsidies are a symptom caused by the government abandoning supply management that supported fair prices for farmers. This did away with the farmers' "minimum wage," leaving them dependent on government help to stay alive. Even though the government tripled its payments to farmers from 1996 to 2001, there was still a 16.5 percent drop in net U.S. farm income during those years. ⁴

The big losers are farmers, taxpayers,



and eaters, while the big winners are the agribusiness giants who sell the seed, buy the grain, feed the cattle, and make all the processed junk on supermarket shelves that keeps us sick and dependent on pharmaceuticals, many of which are genetically engineered and made from the same stuff as high fructose corn syrup!

The Farm Bill, as it stands, represents an agricultural mindset out of step with Americans' growing hunger for slower, smaller, cleaner food. Signs touting "local" hang above produce displays and banners announcing the "120 organic produce selections" are found at even the most mainstream supermarkets. (Sometimes I think they must count each grape and banana to arrive at that number!) But with the growing market in local and organic goods and with access to the Internet driving increased knowledge about what's happening with our food supply, the Farm Bill doesn't satisfy.

So if you or anyone you know is an eater, it's time to stand up. The small town of Sedgwick, Maine recently passed its own "Food Sovereignty" law, making it illegal for the state or any other regulatory body to interfere with their right to buy and sell local food within the town, including raw milk and home-processed meats. While some question their legal standing, their spirit gives me hope. It's not too late for us to take charge of our food-destiny, and take back the land and seeds for the farmers and eaters!

HERE'S SOMETHING YOU CAN DO

Food and Water Watch is organizing a "Call the White House" campaign.

Call the White House comment line at 202-456-1111 urging the president to make good on his campaign promise to enforce anti-trust laws and create a level marketplace for farmers.

Go to
www.foodandwaterwatch.org
to learn more.

REFERENCES:

1. Tom Philpott, "The Butz Stops Here: A reflection on the lasting legacy of 1970s USDA Secretary Earl Butz", <http://www.grist.org/article/the-butz-stops-here>, accessed June 8, 2011
2. http://en.wikipedia.org/wiki/Genetically_modified_food, accessed June 10, 2011
3. <http://www.nffc.net/Issues/Domestic%20Policy/page-domestic.htm>, accessed June 10, 2011
4. R. Dennis Olson, "Below-Cost Feed Crops: An Indirect Subsidy for Industrial Animal Factories", http://www.agobservatory.org/issue_farmbill.cfm, downloaded June 13, 2011

MORE GOOD READING:

- ▷ www.nffc.net/Learn/.../King%20Corn%20Fact%20Sheet.pdf
- ▷ <http://www.i-sis.org.uk/GMcropsfailed.php>
- ▷ <http://www.nffc.net/index.html> - See their spring newsletter for the story about Sedgwick, Maine
- ▷ http://www.utne.com/Politics/Americas-Subsidy-Garden.aspx?newsletter=1&utm_content=06.03.11+Politics&utm_campaign=UTR_ENEWS&utm_source=iPost&utm_medium=email

Composting with Steel City Soils and friends

A Local Profile by Claire Westbrook

If you've had a chance to dine at the Co-op anytime in the last few months, you've probably noticed the compost bin along side the refuse and recycling. If you're like me, you may have wondered, "Where is all that stuff going to, anyway?" Well, you may have also



seen right above the compost receptacle a poster explaining that the local business Steel City Soils (SCS) is making use of all our leftovers through their CompoTable program, which is designed to capture nutrients and retain them for agriculture in our region.

So where does all the composting take place? I had a chance to talk with Matt Peters, who's been involved with the composting project as a worm farmer for the last year and a half. Right now Construction Junction currently houses the bin where worms (thousands of them!) are living the high life. As he pointed out during our conversation, there are many connections that are actually involved with the whole process — from the worms' and people's work — that adds to the whole community.

For example, the actual collecting and transporting of the compost is done by Jeff Newman (one of the founders of SCS), and the maintenance of the compost bin and the worms is where Matt comes in as Full Circle Soil. And then there are the worm castings

(MoBitty Bits) that are produced that are packaged and sold back to the East End Food Co-op for retailing to you, the customer that made it possible with your leftovers!

What's really great is that there are even more partnerships and community involvement with SCS like Blackberry Meadows Farm, The Pittsburgh Garden Experiment, and Pennsylvania Resources Council, to name a few. Hopefully they will ensure the success of composting in all areas of the city since the opportunity (leftover food and paper products) is there....all that's needed now is more people who are interested in supporting sustainable practices to really get things going.

Fortunately, by applying the technology that's available to reuse organic waste, the goals that SCS has of reducing the amount of wasted organic nutrients in our region, improving local soil quality, health, and biodiversity, and eliminating the need for pesticides and chemical fertilizers in agriculture can be met a lot more easily. And SCS offers even more than just composting services to businesses; they'll test and assess your soil, help you design a "farmette" or mini-farm, and even have rain barrels for sale, amongst other things! For more info call (412) 992-8640 or www.steelcitysoils.com

Free Herbal Walks

JULY 17 — 4-4:45 PM

JULY 23 — 3-3:45 PM

AUGUST 6 — 3-3:45 PM

AUGUST 20 — 6:30-7:15 PM

Join Leslie Alexander, RH (AHG) of Restoration Herbs and Michelle Czolba of Pittsburgh Permaculture for herbal identification walks this summer!

Meet just outside of the entrance to the Pittsburgh Theological Seminary at 616 N. Highland Ave, Pittsburgh, 15206

We'll stroll the streets of Highland Park, talking herbs; identifying medicinal herbs — what many call "weeds."

Our free community herb walks are
OPEN TO PEOPLE OF ALL AGES.

We will begin and end at the Seminary gates and
NO, we will NOT be walking in the rain.

Check out the four dates for community herb walks coming up and join us once, twice, or each and every time we walk!

EAST END FOOD CO-OP

TOTE BAG DRIVE

for The Pittsburgh Tote Bag Project
July 1-July 30



Deposit new or gently used re-usable tote bags in the bin in the Co-op's entrance. Tote bags will be donated to The Pittsburgh Tote bag Project, so that food bank clients can tote home their groceries more efficiently and sustainably.

You can also buy Co-op Totes for \$1 in the store to donate. East End Food Co-op will also donate 100 of these new Co-op totes to The Pittsburgh Tote Bag Project.

un-classified ads

TIRED OF CHOOSING MAKING A LIVING OVER MAKING A DIFFERENCE? Work from home supporting renewable energy. Your earning potential is up to YOU! Find out how: Allison / (412) 606-4169 / asburyam@gmail.com

PITTSBURGH MOBILE YOGA — Let me bring Yoga to you! Private and small group instruction in your home. For information: www.pittsburghmobileyoga.com or 412-225-1452.

pittsburghecotours.com — Five entertaining walks through the best of Pittsburgh's East End. Explore parks, gardens, shops, food, museums, architecture, history, lovely neighborhoods, culture & art in guided walking tours without cars.

ORGANIC GARDENS & LANDSCAPES. — Design, installation, & maintenance. No chemicals, no pesticides, no way! Friendly to pets, people, wildlife, & the environment. Visit kettlegardens.com. Spring is the perfect time to plant! Don't wait!

HOLISTIC PSYCHOTHERAPY, PERSONAL COACHING — Natural, highly effective approaches (EMDR, TFT, plus more) to stress, anxiety, depression, panic attacks, trauma, PTSD, relationships. Over 15 years experience. CO-OP member discount. Michele Bertini, Med, PhD. 412-365-2020.

ANJALI YOGA TEACHER TRAINING — Share what you love while you deepen your practice. Become a Yoga Alliance 200 hour certified Yoga Teacher at our beautiful retreat center located nearby. Starting July 2011. See <http://anjaliyogateachertraining.com> for details.

STEREO RECYCLERS — We buy old speakers, receivers, tape decks, turntables, etc. and put them back into circulation. We can repair and rebuild your worn out speakers. Don't let unused stereo components sitting in storage end up in landfills. 412-244-0337; shos15218@comcast.net

DE-CLUTTERING FOR THE WHOLE YOU — Creating openness and breathing space in your home and in your life. It's not just "straightening up" one more time. Co-op member discount. Jude Goldstein, M.A. in Counseling, 845.641.7908/judegoldstein@yahoo.com

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GUITAR LESSONS IN POINT BREEZE, two blocks from the Co-op. Let's tug on the roots of American music together! Call David at 412-812-8131.

THERAPY FOR BUSY PEOPLE WHO NEED A BREAK — Deep Tissue massage or Shiatsu. Co-op member discount. More info at www.bodyharmonyph.com Marcia Smith. 412-871-5388.

DR. DONALD MANTELL, MD, ND, Natural Health Solutions, Treats All Cancers. Wholistic Approach for Optimum Health with 30 years of experience in wholistic medicine. 3495 Greensburg Rd. Murrysville, PA 15668, 724-327-5604.

EDGAR CAYCE, Father of Holistic Medicine in U.S. — Lectures, classes and study groups on holistic health, dream study, meditation and spiritual growth. (412) 661-5947 or (724) 443-2576.

GOT CLUTTER? Get organized with the non-judgmental help of In Its Place...Specialists in organizing your stuff, optimizing your space, transforming your life. Call Jody Adams, Certified Professional Organizer® at 724.850.7282 or visit www.in-its-place.biz

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WHO WE ARE

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

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

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

MANAGEMENT TEAM

Rob Baran, **General Manager**
Justin Pizzella, **Operations Manager**
Jane Harter, **Administrative Manager/HR**
Aaron Young, **Produce Manager**
Kara Holsopple, **Marketing and Member Services Manager**
Allisyn Vincent, **Front End Manager**
Thomas Murphy and Amber Pertz, **Café Managers**

EAST END FOOD CO-OP

7516 Meade Street
Pittsburgh, PA 15208
Store 412.242.3598
Café 412.242.7726
Credit Union 412.243.7574

www.eastendfood.coop
memberservices@eastendfood.coop

Black and Gold City Goes Green: Commuting and communing with nature

On National Bike to Work Day on May 21, close to a dozen riders bikepooled from Friendship to Downtown. The group ranged from those just breaking in their bike seats to Bike Pittsburgh's Executive Director Scott Bricker. What some of us found out, and what many already know, is that commuting this way can lift up your spirits as well as tone up your muscles, as you take in the sights and some fresh air before work. Riding with another person or in a group is also less intimidating, more fun, and safer, since you're more visible to drivers.

Biking to work also has a big impact on your global warming pollution. Substituting your traffic-congested drive with a nice bike commute on one of Pittsburgh's trails just one day a week cuts your global warming impact by 1200 pounds a year. Bike commuting five days a week could save you up to 335 gallons of gas a year and 540 pounds of carbon dioxide pollution a month.

Have your efforts counted by visiting www.theBlackandGoldCityGoesGreen.com and reporting your bike commute, and any actions you take to reduce your impact on the planet. We'll tell you how your actions keep heat-trapping gases and air pollution out of Pittsburgh, making your commute even more enjoyable.

Want to learn even more? Friend us on Facebook and follow us on Twitter (@PghGoesGreen) for up-to-the-minute details about making Pittsburgh even cooler by fighting global warming.



THE CO-OPERATOR

Kara Holsoapple, Editor/Advertising Sales
Linda Raden, LR Design, Design, Layout & Production

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

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

WRITE TO US ... We welcome letters to the editor!
Send your message (250 words or less) to:
Kara Holsoapple, Member Services, East End Food Co-op,
7516 Meade Street, Pittsburgh, PA 15208.
Or e-mail to: memberservices@eastendfood.coop

SUBMISSION DEADLINES

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

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

STAFF NEWS

Welcome to our our many NEW STAFF MEMBERS:

Maggie Dahl (Co-op Cafe) is a back up singer, and she loves natural health and reading anything about it that she can get her hands on.

Chloe Hansen (Produce) is originally from Oregon, and is currently a grad student in the Communications Department at the University of Pittsburgh.

Anne Johnson (Administration) is passionate about food—where it comes from and how it affects our bodies. And she climbs weekly at our neighbor, The Climbing Wall.

Jessica Mealy (Co-op Cafe) has been teaching herself about vegetarian cooking, and a dream of hers is to open a holistic guesthouse for travelers with a friend.

Justin Pizzella (Operations Manager) has been a Co-op member for 10 years, and he likes playing with his kids, gardening, cooking and hiking.

Jessica Santacrose (Co-op Cafe) is interested in the entire food process, from farm to consumer. She's also interested in urban farming, living in community, and Slavic history.

Chelsea Toone (Co-op Cafe) enjoys making and eating health vegan food. She also likes cycling and spending time outside with friends.

Welcome all!

NEW IN THE AISLES

- Aisle 2*
- ☉ Banh Spring Roll Wrappers
 - ☉ LOCAL PRODUCT! York Springs, PA — Latimer Valley Organic Tomato Basil Soup
- Deli*
- ☉ Beemster Aged Dutch Cheese
- Aisle 5*
- ☉ Carol's Daughters Black Vanilla Leave-in-conditioner
 - ☉ Evan Healy Facial Care Products
 - ☉ Naked Organix Soaps and Facial Creams — Argan, Neem, Sea Buckthorn, Tamanu



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★ 10 LENTIL VEGGIE BURGERS

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Look for Eat Local America!

Tips, tools and work-
shops for your Co-op
in this issue of
The Co-operator!

DID YOU KNOW...

Step Seven in the Better Eating For Life Program is **“Got Calcium?”**

Depending on age and stage of life and health condition, everyone has different needs when it comes to calcium intake. From dairy, fortified products and supplements and foods like beans and leafy greens, most people can get all of the calcium that their bodies need for everything from strong bones to keeping blood pressure in a healthy range.

The Step Seven Better Eating for Life Packet contains recommendations for daily calcium intake based on information from the Institute of Medicine, as well as a chart of calcium “heavyweights”, foods naturally rich in calcium, like Romano cheese, sardines and tofu prepared with calcium sulfate.

Also included in the packet are tips to fit more calcium dense foods into your existing diet and calcium absorption and lactose intolerance information. There are also recommendations about how to get enough calcium without eating dairy.

The recipes in the “Got Calcium?” packet are Amaranth with Kale Italiano, Spinach Dip and Berry Fruity High Calcium Bread Pudding, among other tasty takes on traditional favorites. Web resources and information on cookbooks is also provided.

You can find a new installment of **Better Eating for Life** at the Customer Service Desk each month. Previous months' installments are also available by request.

Better Eating for Life is a twelve-part educational program for incorporating healthy eating into any diet, created by Mary S. Choate, M.S., R.D., L.D., Food and Nutrition Educator at Co-op Food Stores, Hanover and Lebanon, NH.

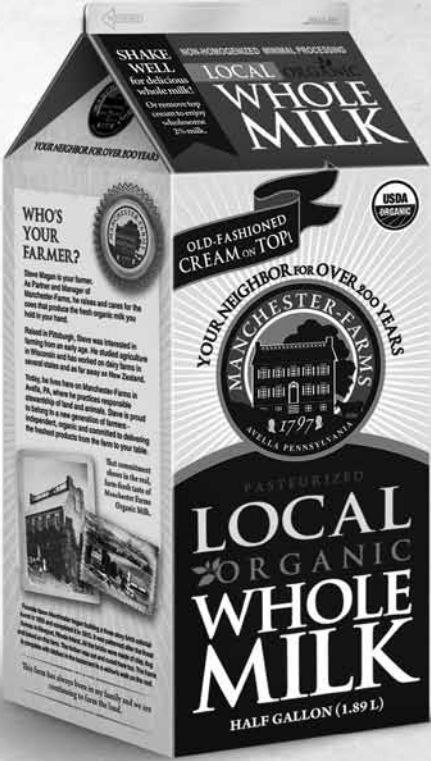
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TUESDAY, JULY 12, 7 PM

CULINARY MEDICINE, PART FOUR

New Fermented Drinks and Yogurt

With Deborah Utttenreither, CHC, AADP of LifeFuel Health Coaching

Learn the ancient craft of making fermented yogurt, kefir and other drinks. Tasty yet healthy for digestion, these drinks will become a staple in your kitchen.

Fabulous, fun and easy—samples provided!

THURSDAY, JULY 7, 7PM

Businesses of spirit™ — Creating Success in Community

With David Park

There is a quiet revolution happening. Companies are weaving human factors into every aspect of life and business. They recognize that people are not messy, inconsistent inconveniences and should not be ignored or squashed in a drive toward success. People are the core of success. Such Businesses of Spirit™ have been emerging for some time now, although they have not been widely recognized. In this presentation we will briefly consider characteristics of Businesses of Spirit™ and how these characteristics support greater creativity and success.

David Park holds degrees from MIT, NYU, and CMU. He worked as a software systems architect, project manager, and sales person. He received leadership training in the Army National Guard.

In 2008, he suffered a severe stroke. Due to many years of meditation, he was able to maintain conscious awareness of his death process and chose to come back to life at the last moment.

David works as a writer and business coach and leads classes on a variety of topics. He lives in Pittsburgh, PA with his wife, son, and two dogs.

July 2011 ... hot bar specials

sunday monday tuesday wednesday thursday friday saturday

Serving DAILY vegetarian and vegan specials, vegetable and grain side dishes — all made from scratch in the Co-op Café. Also featuring fresh soups, a salad bar, and deli sandwiches and salads. Don't forget your made-to-order smoothie, juice or Fair Trade espresso drink!						
					1 Pizza Dairy & Vegan	2 Honey Dijon Seitan
3 Chef's Choice	4  Independence Day — Café Closed	5 Cannellinis in Summer Tomato Ragu	6 Burrito Bar	7 Butternut & Walnut Lasagna	8 Pizza Dairy & Vegan	9 Tempeh Adobo
10 Chef's Choice	11 Summer Pasta Bake	12 Tea & Ginger Simmered Chickpeas	13 Indian Kitchen	14 Grilled Tofu w/ Tomato Peach Relish	15 Pizza Dairy & Vegan	16 Quiche Lorraine
17 Chef's Choice	18 Black Bean & Yam Quesadillas	19 Chinese "Beef" Noodle	20 Stir Fry Bar	21 Curried Tofu & Spinach w/ Cashews	22 Pizza Dairy & Vegan	23 Coconut Curry Eggplant
24 Chef's Choice	25 Black Eyed Peas w/ Butternut Squash	26 Butternut & Walnut Lasagna	27 Pasta Bar	28 Ginger Cilantro Tofu & Kale	29 Pizza Dairy & Vegan	30 Seitan alla Diavola
31 Chef's Choice	Happy 4th of July!					

Eat Local, America!

EAST END FOOD CO-OP'S EAT LOCAL CHALLENGE!

Join us all August long for eating, shopping and cooking local tips! Pick up an EAT LOCAL CHALLENGE starter packet at Customer Service beginning August 1. Shop locally at the Co-op with our Local Foods Guide. Track your locally -made meals with the EAT LOCAL CHALLENGE calendar. And share pictures of your meals, and recipes, with other EAT LOCAL CHALLENGE participants on our blog, "You Ate What?" (www.showmethelocal.blogspot.com). You can also connect with local shopper and eaters all over the country on the national website, www.eatlocalamerica.com.

And please join us for these special EAT LOCAL CHALLENGE workshops and events! They are FREE, but please call 412-242-3598 to let us know if you will attend.

TUESDAY, AUGUST 9, 6PM

Kids Can Cook!

Bring the kids and join Elizabeth from **Slow Cooked Pittsburgh** for a fun evening of cooking, talking and eating all things local. Learn tips and techniques for encouraging our kids to develop more awareness about the benefits of eating locally while we prepare and sample a selection of seasonal items. Most of all, come have some family fun and be prepared to be amazed by what some of our young ones already know (and can teach us!).

Class starts at 6:00 pm but feel free to come by as early as 5:00 p.m. to shop the Co-op for some of the evening's tasty treats.

TUESDAY, AUGUST 16, 7PM

Home Canning 101

The Farmer's Wife, aka Maggie Henry of Henry Family Farm, provides more than just cage free eggs from heritage breed chickens raised on organic pasture at the East End Food Co-op. While her eggs are exceptional — animals are fed only organic grains (no hormones, medication, GMOs or animal by-products), grown on the farm plus all the green grass, clover and bugs they can eat — Maggie does more than provide farm fresh eggs to the co-op. Like many small family farmers she is a renaissance woman. Maggie will lead a workshop on pressure canning and water baths. Learn to "put up" your own homegrown haul, or your farmer's market (or Co-op) finds. Extend local eating well into the winter, and save money, too!

TUESDAY, AUGUST 23, 7PM

Screening of "The Real Dirt on Farmer John"

The ultimate in local foods education—from the ground up. The film documents the evolution of one sustainable Midwestern farmer as he takes over the family farm and puts his own unique mark on it.

Jeannette Catsoulis of The New York Times said, "[The Real Dirt] offers one man's extraordinary life as a gateway to a larger history of tragedy and transition. It's an unflinching account of what farming takes—and more important, what it gives back..."

The film runs about 82 minutes. More information on the film at www.angelicorganics.com. Free organic popcorn included!

TUESDAY, AUGUST 30, 6:30-8:30PM

Meet Your Neighborhood Farmer: Garden Dreams Urban Farm and Nursery

You can buy Garden Dreams herb, tomato, eggplant and pepper plants each spring and early summer at the Co-op. But did you know that their herbs will now be available in the produce department all summer long? And what to do with them when you get them home. Join us for a meet and greet with urban farmer Mindy Schwartz right in the store. She'll give you ideas on how to use herbs to make the most of your local foods feasts. And if you are lucky, maybe she'll throw in a few tips for how to tend your own plants. We'll have samples of local foods recipes to try (with herbs, of course) courtesy of the Co-op Café, and recipe cards to take home with you.

Summer 2011 Herbal Medicine Workshop Series

With Leslie Alexander of Restoration Herbs and Michelle Czolba of Pittsburgh Permaculture

SUNDAY, JULY 17, 10 AM-2:30 PM

Plant medicine: an herbal medicine making intensive to support family health

Plants abound and it's time to make medicines! This workshop is aimed at those wishing to begin stocking, or expanding, their own herbal medicine cabinet with safe, effective, natural means of addressing common health issues. Join us to gain hands-on experience! Learn to make herbal tinctures and healing salves, how and when to infuse oils and decoct herbs ~ as well as how to best use each of these preparations.

SATURDAY, JULY 23, 10 AM-1:30 PM

Our bodies, ourselves!

Borrowing our title for this workshop from that women's classic, this workshop focuses on women's health! Our bodies ourselves is about how we feel, our reproductive health and how to enhance our well-being. We'll talk about our cycles and how comfortable they can be as well as the changes our bodies undergo as we move through our reproductive years. While this is not a hands-on medicine making workshop, we will most definitely be focusing on how best to integrate herbal supports at different times in our lives.

SATURDAY, AUGUST 6, 10 AM-1:30 PM

Herbal Approaches to Relief from Stress and Anxiety

Stress can manifest itself in any number of changing ways and whether or not we experience it over the short-term or over longer periods of time, it takes its toll on our health and well-being. When we can't remove the cause(s) then we are left with changing how we respond and addressing our personal symptom experiences.

Herbs help. They really do. Join us as we explore how to integrate a variety of herbal approaches to overcome the effects of stress and anxiety.

SATURDAY, AUGUST 20, 1:30-5 PM

Herbal Cordials and Tisanes

Learn how to make alcohol-free tisanes and delicious dessert wines! Cordials are sweet liqueurs, dessert wines, that take on the flavor and personality of the fruits, nuts, or herbs they are infused with. You might even say the same of tisanes, although they are always alcohol free. You'll be sure to leave with your own taste treats!

**Please go to <http://pittsburghpermaculture.org/uncategorized/summer-2011-herbal-medicine-workshop-series> for more information and to register or call Michelle at 724-531-1100.

ONE MONTH, TWO FLYERS, LOTS OF GREAT DEALS!

FIRST FLYER RUNS FROM **WEDNESDAY, JUNE 29 TO TUESDAY, JULY 12**

SECOND FLYER RUNS FROM **WEDNESDAY, JULY 13 TO TUESDAY, AUGUST 2**

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