

The Co-operator

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



Supporting Pollinators

by Kate Safin, Assistant Marketing & Member Services Manager

Growing successful plants is often chalked up to a few basics: soil, sun, and water. But there is another essential feature that is being overlooked: pollinators, an often underappreciated element of the ecosystem that provide tremendous benefit to our environment and our economy. Pollinators include bees, bats, butterflies, moths, flies, beetles, and hummingbirds. Without them, we would lose nearly all the fruits, vegetables, nuts, and herbs we have become accustomed to eating. Farmers would essentially have no crops, and therefore consumers would have very little food.

Pollination is what starts seed and fruit production in flowers, making it a vital stage in the life cycle of all flowering plants. Pollination occurs when a pollinator visits a flower to feed, collect pollen, or simply to rest and get warm. Pollen from the flower rubs off onto the pollinator's body and is then carried to other flowers as the pollinator moves from plant to plant. While wind and water can also transfer pollen, 90% of all plant species depend on pollinators to do this important job for them. It is estimated that 75% of the plants we depend on for food, fiber, spices, beverages, and medicines require pollination, and that one out of every three mouthfuls of food we eat is produced with the aid of pollinators. Additionally, they help keep plant communities healthy, which in turn provide food and shelter for wildlife, prevent erosion, and keep our waterways clean. Pollinators

directly contribute billions of dollars to the economy via their role in the production of agricultural crops; honeybees alone contribute \$10 - \$15 billion annually.

Given their important role in food production and their positive impact on the environment, it is alarming that pollinator populations are in rapid decline. There are over 30 pollinator species, including bats, birds, and butterflies that are federally listed as endangered in the United States. The degradation, destruction, and fracturing of native pollinator habitats have essentially left pollinators homeless, with nowhere to nest, mate, or rest as they migrate. The use of pesticides, which are designed to kill insects, is a direct link to the death of many pollinators. Herbicides that kill the wildflowers pollinators depend on for food are another cause for population decline. Monarch butterflies have been hit especially hard by the industrialization of farmland in the Midwest. The increase in herbicide-based agriculture in that region is destroying milkweed flora, a plant monarchs depend on for food and for laying their eggs.

The plight of the honeybee is probably the most prominent example of a pollinator population in crisis. In 2006, beekeepers reported a sudden, unexplainable loss of hundreds of thousands of hives, which were found completely abandoned by the bees and their queen. This strange phenomenon was named Colony Collapse Disorder (CCD),

and the exact reason it happened, and is still happening, remains somewhat of a mystery, though many beekeepers suspect the use of systemic pesticides called *neonicotinoids* to be the culprit. Others blame poor genetics, the environment, and/or an increase in invasive mite populations in bee colonies. The loss of honeybees is especially disturbing because of their direct role in pollinating commercial agricultural crops. Every year, commercial beekeepers truck thousands of hives across the country to pollinate almonds, fruit trees, and row crops. With hive losses at an all-time high, commercial beekeepers struggle to keep up with the demand for honeybees. And when there aren't bees to pollinate these crops, there simply are no crops.

While pollinators are facing lots of challenges, there are many ways to help them. A habitat for regional pollinators can be replicated in a backyard, on a rooftop, or in any small outdoor space available; all it requires is planting appropriate vegetation and providing a water source, like a birdbath. Planting a pollinator garden full of native plants that flower during different parts of the year will provide an ongoing source of food for pollinators. Decreasing (or better yet, completely eliminating) the use of pesticides and herbicides, and instead relying on natural and organic methods of pest control will also help pollinators. Feeders filled with one part sugar to four parts water will attract hungry hummingbirds. And while it may seem

frightening to invite bats onto your property, constructing bat houses provides a safe place for these important nocturnal pollinators (who are also very good at keeping bug populations in check). For folks who are feeling more ambitious, learning how to keep bees can prove very rewarding, both to the bees and the beekeeper. For those not interested in raising their own bees, simply supporting beekeepers by purchasing local honey is a huge help.

National Pollinator Week is June 16 - June 23. This is an ideal time to reflect on ways to help ailing pollinators. Small steps taken today can help ensure the livelihood of pollinators and the security of our food for decades to come. Consider attending "Landscape Strategies for Nourishing Bees" with beekeeper and Burgh Bees member Christina Neumann, here at your Co-op on June 18th (more information on page 8). You can also learn more about how you can help at www.pollinator.org.



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CO-OP DEALS FLYERS:

June 4th – June 17th
June 18th – July 1st

MEMBERS ONLY:

Be sure to use your 10% quarterly discount by June 30th!
The next quarter goes from July 1st – September 30th.

BOARD OF DIRECTORS:

The next meeting will take place on Monday, June 23rd at 7 PM.

NEW MEMBER ORIENTATIONS:

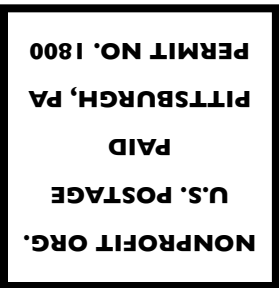
To register, call 412.242.3598 ext. 103
or email memberservices@eastendfood.coop

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



DO NO DELAY
DATED MATERIAL:

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



GM Report

by Justin Pizzella, EEFC General Manager

Every day at the Co-op we strive to uphold the 7 Cooperative Principles that all co-ops share. One of my favorites is Principle 6: Cooperation among Cooperatives. The International Co-operative Alliance defines this principle as “Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional, and international structures.”

The most visible way we practice this principle is by selling products that are sourced from other co-ops. Produce from Clarion River Organics and Tuscarora Organic Growers, along with Organic Valley dairy products are just a few examples. But another way we support the cooperative model is by participating as members in other industry co-ops. In recent weeks I represented our Co-op at two conferences that were both hosted by partner co-ops, Equal Exchange and the National Cooperative Grocers Association (NCGA).

The first of the two was a Banana Conference (yes, a conference on bananas) hosted by Equal Exchange. This simple, delicious fruit that we take for granted is at the center of much injustice in Central and South America. There are currently four corporations that control nearly all the banana sales globally and they play banana producing countries against each other to gain the lowest-cost bananas possible. As a result, the workers who staff these plantations are commonly mistreated and poorly paid. The cultivation of bananas also has environmental consequences since they’re mostly grown on monoculture plantations that are sprayed with pesticides and herbicides.

In this sea of abuse, Equal Exchange, along with partnering fair trade organizations in Europe, have helped small farmers who grow organic bananas in several South and Central American countries to get fair compensation for their efforts. At our Co-op we are committed to only carrying Equal Exchange bananas when they’re available. (Because the supply of these bananas is limited, any delay at port or gap in production will result in short-term supply issues.) Making sure that the farmers get paid adequately while remaining competitive in pricing comes at a cost, however, and everyone in the supply chain is taking a bit of a hit. Currently we sell our fair trade bananas at \$0.99 per pound to remain competitive in the marketplace, but the reality is that these bananas should be retailing at a price somewhere between \$1.29 and \$1.49.

At the conference, Equal Exchange representatives presented information to members that painted a more thorough picture of the econom-

ics and justice issues surrounding this fruit. They explained how businesses like our Co-op support small farmers and help to curtail the injustice surrounding this fruit. They also provided industry news to help prepare us for the future.

Shortly after attending the Banana Conference, I travelled to the National Cooperative Grocers Association (NCGA) Spring Conference. NCGA is a business services cooperative for retail food co-ops throughout the United States. They represent 142 food co-ops operating over 190 stores in 38 states. Our NCGA membership provides us many benefits, including the Co-op Deals program, marketing support, business support, and the consolidated purchasing power of the member co-ops.

Twice a year NCGA invites each co-op’s designated representative to meet at their Fall and Spring Conferences, the latter of which also serves as the Annual Meeting. These gatherings present a great opportunity to speak with other general managers to compare what we do at our respective stores. The presentations and networking facilitate an infusion of new ideas that we can all take home with us. Our membership in this great organization is invaluable.

This year’s Spring Conference and Annual Meeting took place in St. Paul, Minnesota. Minnesota is the country’s most cooperatively organized state, with more than 1,000 businesses identifying themselves as co-ops in industries as diverse as banking and childcare. In the Twin Cities area alone, there are no less than 13 cooperative grocers operating - some with multiple locations!

NCGA and Equal Exchange represent two very different kinds of co-ops in terms of governance, structure, and membership. But one commonality is that membership enables co-ops like ours to extend our impact beyond our immediate geographical area. NCGA is a certified B Corp and their charitable giving far surpasses our budget restrictions and supports important causes like GMO labeling and the integrity of organic certifications. Equal Exchange’s membership allows us to directly support small farmers in faraway countries.

Our participation in these co-ops, and my attendance at their respective conferences, really reinforced the incredible value of Principle 6 for me. Although there’s a diversity of ways that cooperatives can shape and serve our world, the fact remains that we really are all stronger together.

Outreach Report: Highland Park Tree Planting with the Pittsburgh Parks Conservancy

by Eryn Hughes, Outreach and Volunteer Coordinator

Recently I had the pleasure of recruiting Co-op volunteers to support a tree planting workday in Highland Park, hosted by the Pittsburgh Parks Conservancy. Though this isn’t an opportunity we are frequently able to coordinate with community groups, it’s always rewarding to witness co-operators joining up with other organizations to help preserve the green spaces and natural resources in our region.

Many of you are probably familiar with the reservoirs located in Highland Park even if you aren’t aware of their history. As Pittsburgh’s population rapidly grew during the late 1800s, the need for a municipal water system became apparent. The innovation of a pumped water system dramatically changed the quality of life and health of the city’s citizens, whose drinking water supply had previously been limited due to hilly terrain and contaminated ground water. The addition of the reservoirs in Highland Park, one covered and one with a membrane filtration plant (beneath the surface of the collected water), further aided in meeting the need for copious amounts of fresh, clean water. In addition to filtering 20 million gallons of water each day, the reservoir is enjoyed by people who like walking around its peaceful water.

The surrounding park is also a destination for outdoor recreation, including hiking and biking. The playgrounds and community pool are popular spots in nice weather as well.

Working alongside other environmentally-minded folks from our community, your Co-op’s representatives planted white pines, red maples, pagoda dogwoods, basswoods, and magnolias in a section of the park nicknamed “knotweed bowl.” At the farmhouse, other service groups planted serviceberry, hackberry, flowering dogwood, hawthorn, and swamp white oak, amongst other types of trees. In total, 140 volunteers came together near the city’s water reservoirs to plant 50 trees, remove 39 bags of trash, clear 13 tires, mulch 3 separate sites, and pull countless invasive plants.

In addition to the contributions of our volunteers, your Co-op was happy to lend support by providing healthy fruit and snacks to keep the volunteers’ energy high for the work at hand. We’d like to thank the Pittsburgh Parks Conservancy for the work they do in our community, and everyone who joined us for this day of service. For more information about how you can get involved with the Parks Conservancy’s volunteer opportunities, visit www.pittsburghparks.org.

Board Corner

by EEFC Board of Directors

Build a stronger, healthier region through Co-op leadership. Announce your candidacy for the East End Food Co-op Board of Directors!

What’s your vision of your community at its healthiest? Your investment in active Co-op membership demonstrates a drive toward fulfillment of this potential. You understand that the benefits of local, sustainable agriculture go beyond the nutritional and ecological. Thriving local food producers provide secure local jobs and a more resilient local economy. You’ve sensed the revolution in consciousness taking place as people are becoming increasingly aware of their power to demand high-quality food options and an enhanced level of wellness.

You recognize that the opportunities for positive community transformation and growth have never been greater.

Share your vision. Contribute to the strategic leadership and development of an organization well-positioned for opportunity. Serve your Co-op and your community as a member of the East End Food Co-op Board of Directors.

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;
- 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

Directors are elected by the EEFC membership. To run for the board, a candidate must:

- Be a voting member of the Co-op, at least 18 years old, who has fulfilled his/her financial obligations to the Co-op;
- 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 in September, in addition to encouraged attendance at other membership events including the Annual Meeting;
- Complete the Declaration of Candidacy form, found in the Candidate’s Packet available at Customer Service or on our website at www.eastendfood.coop/co-op/board.

Elections for the board of directors will take place this fall. If you are interested in running, pick up a candidate packet from Customer Service or at the web address above, then visit http://bit.ly/eeec_candidacy before June 30, 2014, to submit your answers along with a photo. You can learn more about running for the board of directors on page 7. Questions or concerns about candidacy or board service may be directed to eeec.elections@gmail.com.

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

RUN FOR THE
BOARD OF DIRECTORS

If you are interested in running, pick up a candidate packet from Customer Service or at www.eastendfood.coop/co-op/board, then submit your answers along with a photo online at http://bit.ly/eeec_candidacy before June 30, 2014.

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Create more living space.

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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:

- 1. A sustainable member-owned business open to everyone
- 2. An ethical and resilient food infrastructure
- 3. A vibrant, dynamic community of happy, healthy people
- 4. 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!

Looking for tamarind paste or tamarind pulp. Would love to know where I can find it here!

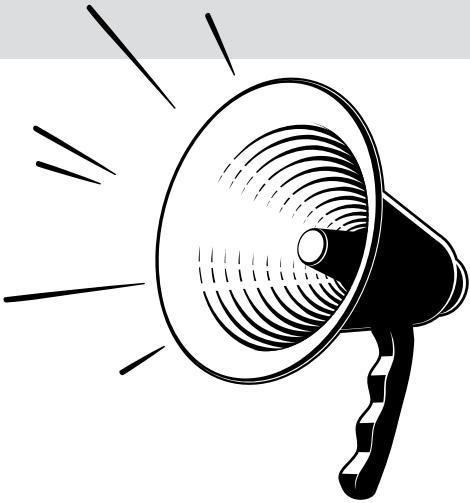
This product is not available from our vendors, but we will keep on the look out for it as we get requests for it often.
-Maura, Grocery

Most delighted by the following: Herb and spice section! This is a useful resource for health and well-being. Organized and attendants are helpful. Thank you for stocking the corn tortillas without preservatives. So happy the co-op is reducing paper waste and serving as a steward by the new paperless receipt option. Good going!

On behalf of the many folks involved in providing you with delight - thank you! We always love to hear positive feedback and it’s rewarding to know that our efforts to make improvements are appreciated by our members and customers.
-Heather, Marketing & Member Services

This Co-op Rocks!!! Please carry antibiotic free apples and pears.

Why thank you! Every other week we have access to a local, certified organic orchard called Oyler’s in Biglerville, Pennsylvania. I bring in as much of their stuff as possible as they are the cleanest apples available in our region. It’s also important to know that organic apples get sprayed with antibiotics in their flower stage and not the actual fruit that you’re eating. This prevents the many fungal diseases of which apples trees are susceptible to.
-Evan, Produce



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!

June’s Round Up Recipient: Hope Haven Farm Sanctuary



Hope Haven Farm Sanctuary is a 501(c)(3) nonprofit that rescues abused and neglected farm animals and educates the public about animal welfare and compassionate life choices. The 7-acre farm located in Sewickley provides a home to almost 100 animals, including goats, a llama, alpaca, a mini horse, pigs, ducks, chickens, roosters, guineas, and even an emu! The animals are cared for by Karen Phillips, VMD, the farm’s founder who lives on-site.

Hope Haven works with local shelters, humane agents, confiscation cases, and factory farm rescue situations to remove animals from abuse and provide them with a comfortable home on the farm. The organization relies entirely on donations to buy animal food and bedding, provide medical care, and pay utility bills. Hope Haven has been honored with the IN Community CASE award in 2013 and the Pittsburgh Post-Gazette Jefferson Award in 2014.

Hope Haven is a resource for increasing public awareness about the plight of animals raised for food. To learn more about the farm and its resident animals, check out the article on page 5 or visit their website. And if you want to support them in their mission to be a safe haven for farm animals and to provide education about humane practices we can all take part in, be sure to tell your Co-op cashier you want to Round Up this month!

Your spare change can result in positive change!

www.hopehavenfarm.org

Growing in Cooperation

In the month of April we welcomed 67 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. 103 or email memberservices@eastendfood.coop.



East End Food Co-op
Federal Credit Union

ANNUAL
MEETING

Sunday, June 29, 2014
Lunch: 1:00 pm
Meeting: 2:00 pm

Westinghouse Park
(Thomas Boulevard
between Murtland
and Lang)

Please join us for lunch, a full report on the year’s business and a discussion of the future.

Industrial Hemp Documentary Joins Dialogue About Farming Legalization and Policy Reform

by Heather Hackett, Marketing & Member Services Manager

“Hemp” is the word used for distinct oilseed and fiber varieties of the plant species *Cannabis sativa*. Tall and slender, hemp has been cultivated worldwide for over 10,000 years. In 2013, 21 states across the country introduced industrial hemp legislation supporting its growth, but a federal policy created in the 1930s still places a barrier on production at this time. More industrial hemp fiber, seed, and oil is exported to the U.S. than to any other country, and American consumers are purchasing over \$500 million in hemp products annually.

The recent Farm Bill provision for hemp research and pilot programs has sparked national media awareness and conversation about hemp. For people interested in learning more about this topic, a screening of the award-winning documentary film *Bringing It Home* will be hosted by the East End Food Co-op on Thursday, June 5th at 6:30 PM at the Homewood Branch of the Carnegie Library of Pittsburgh (7101 Hamilton Avenue, Pittsburgh, PA 15208). *Bringing It Home* explores the question of why a crop with so many widespread benefits cannot be farmed in the United States by looking at its history, related industries, and current farming legalization efforts.

Filmmakers Linda Booker and Blaire Johnson were inspired by environmentally-conscious home designer Anthony Brenner’s story of searching for the healthiest materials avail-

able to build a safe indoor environment for his young daughter Bailey, who has a sensitivity to synthetic chemicals. Brenner received national media attention when he and Hemp Technologies completed “America’s First Hemp House” for the former mayor of Asheville, North Carolina. Booker and Johnson tell the story of hemp through animation, archival images, and footage they filmed with hemp business leaders and entrepreneurs like Brenner in England, Spain, Washington D.C., California, and North Carolina.

“We made *Bringing It Home* with the intention of reaching a broad spectrum of viewers – from policy makers and civic groups, to farmers and health advocates, from consumers to the construction industry – with the same strategic message about how hemp offers solutions and hope,” says Director Linda Booker.

East End Food Co-op is committed to providing education and information about a diverse range of topics to our members and community, which is why we are excited to present this screening in observance of National Hemp History Week (June 2-8). Hemp History Week is a national grassroots and retailer education campaign forming in the U.S., featuring over 1,000 events in cities and towns throughout all 50 states. More information and a new promotional video for the campaign are available at www.HempHistoryWeek.com.

Know Your Farmer: North Woods Ranch

North Woods Ranch, located in Allegheny County’s Marshall Township (just south of Cranberry), produces 100% grass-fed Scottish Highland beef, Heritage Berkshire pork, honey, and maple syrup. Established by Oliver and Jodi Griswold, the 180-acre family-owned and -operated ranch is the product of Oliver’s interest in health and the nutritional value of modern foods, along with the inspiration he found in the pages of Michael Pollan’s book *The Omnivore’s Dilemma*. After training with several farmers, including Joel Salatin of Polyface Farm in Virginia, the Griswolds began Full Circle Farm in 2009 before launching North Woods Ranch in 2010. According to the Griswolds, the concept of the ranch is to “raise incredibly nutritious food in a natural manner that enables the animals to live wonderful lives and restores the land while increasing biodiversity and wildlife.”

North Woods Ranch is a member of the Pennsylvania Association for Sustainable Agriculture (PASA) and practices “beyond organic” farming methods. You can find nose-to-tail cuts of their Berkshire pork and select cuts of their Scottish Highland beef in the Co-op’s Meat Department. Photos and videos from the ranch are posted daily on their social media pages; you can find them on Facebook, Twitter, Google+ and Instagram. You can also visit their website at www.nwranch.com.

What are you most proud of as a local farmer?
Providing healthy and humanely raised food while enhancing and beautifying our suburban location. It’s very gratifying to see the local enthusiasm for ranching in folks’ backyards.

What is the most important thing for customers to know about your products?
When someone purchases beef or pork from North Woods Ranch they can know that the animal was cared for with the utmost respect and kindness. The animal was a fellow worker on a ranch that’s actively helping to restore the lands and increase the biological worth in a completely natural manner.

What is the biggest challenge of being a farmer?
Without a doubt the biggest challenge is going head-to-head with big agribusinesses that



are subsidized to the hilt. Differentiating our end product from other more “conventional” farms with labels is an ongoing effort and we appreciate our customers who understand those dynamics and know that quality nutrition has real costs.

What makes products from your farm unique?
Our animals are heritage breeds. This means they are not genetically engineered in order to thrive in feedlots and Concentrated Animal Feeding Operations (CAFOs), but instead thrive in natural environments. They are treated with care and respect, and are appreciated through clean living conditions and gentle handling each day. Our animals are born and raised on our farm in our care, so the pigs and cows get to enjoy their young throughout the natural bonding and nursing periods. Calves are never weaned and piglets enjoy a full three months with their moms. We also never practice castration, ear clipping, or any other bodily harm.

Both Scottish Highland beef and Berkshire pork are known for great flavor. Our beef is 100% grass fed, never finished on corn. They are always pastured on pesticide- and fertilizer-free grass or hay. Our pork is raised on pasture and spacious wood lots. They are fresh-air pigs that get to roam, root, snooze in the sunshine, and wallow in mud puddles. They are fed a top-shelf custom mix of non-GMO, non-soy forage. We take great efforts to also offer naturally smoked charcuterie cuts of bacon and hams. These are nitrate/nitrite free and naturally cured.



Sesame-Honey Tempeh & Quinoa Bowl

Quinoa & Carrot Slaw:

- 1 1/2 cups water
- 3/4 cup quinoa, rinsed
- 2 cups grated carrots (about 3 large)
- 2 tablespoons rice vinegar
- 2 tablespoons sesame seeds, toasted
- 1 tablespoon sesame oil
- 1 tablespoon soy sauce

Sesame-Honey Tempeh:

- 2 tablespoons sesame oil
- 2 8-ounce packages tempeh, crumbled
- 3 tablespoons honey
- 3 tablespoons soy sauce
- 2 tablespoons water
- 1 teaspoon cornstarch
- 2 scallions, sliced

Preparation:

To prepare quinoa: Bring 1 1/2 cups water to a boil in a small saucepan. Add quinoa and return to a boil. Reduce to a low simmer, cover and cook until the water is absorbed, 10 to 14 minutes. Uncover and let stand.

To prepare carrot slaw: Meanwhile, combine carrots, rice vinegar, sesame seeds, 1 tablespoon oil, and 1 tablespoon soy sauce in a medium bowl. Set aside.

To prepare tempeh: Heat 2 tablespoons oil in a large nonstick skillet over medium heat. Add tempeh and cook, stirring frequently until beginning to brown, 7 to 9 minutes.

To prepare sauce: Combine honey, 3 tablespoons soy sauce, 2 tablespoons water, and cornstarch in a small bowl. Add to the pan and cook, stirring until the sauce has thickened, about 1 minute.

Serving:

Divide the quinoa among 4 bowls and top each with 1/2 cup carrot slaw and 3/4 cup tempeh mixture. Sprinkle with scallions.

New In The Aisles

QUE PASA - Organic Tortilla Chips: Yellow, Blue, and White

SO DELICIOUS - Organic Coconut Milk

EQUAL EXCHANGE - Organic Tamari Roasted Almonds

EQUAL EXCHANGE - Organic Roasted Salted Cashews

JUBILEE HILLTOP RANCH - Variety of Steaks, Ground Beef, Soup Bones, and Liver

NATURE’S PATH - Gluten Free Cereal: Crunchy Cinnamon and Crunchy Honey

ST. GABRIEL’S ORGANICS - Insect Dust & Diatomaceous Earth

GARDEIN - Meatless Meatballs

ALMOND DREAM - Gelato: Chocolate, Caramel, and Vanilla Bean

SIPP - Lemon Flower and Ginger Blossom Sparkling Beverages

TAZO - Iced Tea Bags: Black, Green, and Passion Fruit

MOON VALLEY ORGANICS - Assorted Body Care Products

GRINDSTONE NECK OF MAINE - Smoke Roasted Atlantic Salmon Kabob

GRINDSTONE NECK OF MAIN - Cold Smoked Organic Atlantic Salmon

CHIA POD - Yogurt: Banana and Blueberry

Get Growing with Garden Dreams: 10 Tips for Growing Delicious Heirloom Tomatoes

by Hannah Reiff of Garden Dreams Urban Farm & Nursery

1) Don't buy a tomato seedling with lots of flowers and tiny tomatoes already forming. Why? Because ideally flowers and fruit shouldn't develop until after the plant has grown in the ground for a while. Fruiting in the pot is the plant's last ditch effort to spread its seed and occurs when a tomato plant is on its last leg! Look for stocky, sturdy seedlings with thick stems and healthy-looking, green leaves.

2) Break up the roots if the seedling is root-bound and bury the stem up to the first or second set of leaves. You can even bury the plant deeper than that. Tomato seedlings will send roots out of their buried stems, making stronger plants!

3) Water deeply and less often, not shallowly and once a day. Water once or twice a week and really stand there for a while. Use a nozzle that has a fairly gentle spray, but deliver a liberal amount of water. I recommend Damm's One Touch Shower/Stream Hose Nozzle.

4) Focus on good gardening practices, not on finding that perfect variety of tomato that is resistant to every single disease. I think keeping tomatoes from succumbing to the many diseases they are susceptible to is mainly about good management. Start with healthy plants. Then mulch with leaf mulch or grass clippings to keep soil from splashing on the foliage. Don't handle your plants or pick tomatoes when the foliage is wet or after you have been smoking. Don't crowd your plants too much; airflow is good. (We use 21" row spacing at Garden Dreams.) Rotate where you plant tomatoes in your garden each year, if space allows. And finally, experiment with compost teas or seaweed sprays which can coat the foliage with beneficial stuff, leaving less room for pathogens to enter.

5) Beware of aphids. Aphids don't usually kill plants but they can weaken them. Do not over-fertilize your plants with nitrogen, which cause excessive foliage to grow that is very attractive to aphids. Plant dill, fennel, cilantro, and sweet alyssum and let them flower to attract beneficial insects to combat aphids.

6) Learn the difference between "indeterminate" and "determinate" tomatoes. Determinate tomatoes are shorter plants and set their fruit over a shorter time period. This

variety includes Roma tomatoes, and they are great for processing or sauce-making. Most heirloom tomato varieties are indeterminate, which grow into larger vines and set their fruit over a longer period. Pinching suckers (new vines growing from the stem) can control the number of vines on indeterminate plants, but you should not pinch the suckers of determinate plants.

7) Prevent blossom end rot as best you can. Blossom end rot (black sunken spot on the bottom of the fruit) is caused by lack of calcium or the inability of the plant to absorb the calcium present. We add aragonite (from mollusk shells) to our potting mix to provide calcium.

8) Accept that tomatoes need sun. For full flavored tomatoes that produce well, you need a minimum of six hours of sun. If you get less than that, you could try growing cherry tomatoes and stay away from large varieties like beefsteak tomatoes that require extra energy to grow.

9) Look at your plants often to see what is going on with them. Observe and learn. Resist the urge to reach for the nearest organic spray as soon as you see an insect that might be a pest.

10) Repurpose that puny little 3' tall tomato cage cone right now. Though it will work for cucumbers or peas, it's not big enough to grow tomatoes with! Indeterminate tomatoes are large vines that need serious support. You can use some serious stakes, a large tomato cage, a tall fence, or a number of other creative methods. Just don't underestimate how large and tall these plants can get! If a larger size presents a challenge for you, acquire a bush cultivar or go with a determinate plant since they often stay smaller.

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

Why Do We Need Farm Sanctuaries?

by Karen Phillips, VMD of Hope Haven Farm

Hope Haven Farm Sanctuary is a nonprofit organization in the North Hills of Pittsburgh that is dedicated to rescuing abused and neglected farm animals. I opened the farm's doors to needy creatures in May of 2013 and the operation has already grown to nearly 100 animals that are now receiving warm shelter, nutritious food, veterinary care, and lots of love.

To many people a shelter for farm animals may sound bizarre, but consider this: Where would a horse go if it were a victim of abuse? Where would a herd of goats go if their owner



abandoned them? When county humane agents confiscate a flock of illegally obtained chickens, where can they take them?

The idea of Hope Haven was born in 2008 while I was driving back to Pittsburgh from my hometown in Vermont. I was thinking about my career as a spay/neuter veterinary surgeon and how I loved working to stop the pet overpopulation problem. But I had begun to get upset by the number of unwanted ducks, pigs, and chickens that were being surrendered at the shelter where I work. Most shelters do not have the capacity or facilities to properly care for barnyard animals, so I was taking many of these animals home to care for myself. After rehabilitating several animals this way, I became inspired to create an environment of proper housing and care for these neglected animals and bought the land Hope Haven resides on in the summer of 2011.

Hope Haven has taken in a number of farm animals involved in hoarding cases. An animal hoarder is defined as someone "keeping a higher-than-usual number of animals as pets without having the ability to properly house or care for them, while at the same time denying this inability." According to a 2002 Public Health Report performed by Gary Patronek of the Hoarding of Animals Research Consortium,

there are an estimated 700 - 2,000 new cases of animal hoarding every year in the U.S., and farm animals are involved in 11 percent of these cases. Locally, the humane agents at the Western PA Humane Society, Animal Rescue League, and Animal Friends respond to multiple hoarding cases within our own region every year.

There is also rampant abuse toward animals being raised for food, fiber, milk, and eggs in the factory farm industry. Pigs, cows, sheep, goats, and birds raised and killed in the factory farm industry largely suffer in silence with minimal laws and regulations to protect them. Farm sanctuaries strive to educate the public about these operations in the hope that more people will decide to stop contributing to the abuse when purchasing animal products. A sanctuary is also a safe place for any escapee off a transport truck or one lucky enough to avoid the slaughter floor, like our beloved Frankie, a midget turkey who was rescued from an organic turkey farm. She now spends her days bringing joy and happiness to Hope Haven Farm, as do all the animals that live here.

If you'd like to learn more about Frankie and Hope Haven's other wonderful residents, please join me at your Co-op on June 11th at 6:30 PM. Attendees will learn more about why farm sanctuaries are needed, and the process required to get Hope Haven up and running. I'll also fill folks in on how to get involved in our efforts, including volunteering, donations, animal sponsorship, and artist collaboration.

Karen Phillips, VMD, is a practicing spay/neuter veterinarian at the three largest animal shelters in Pittsburgh. She is also the founder of Hope Haven Farm Animal Sanctuary, which will receive the proceeds of the Co-op's June Register Round Up. You can learn more by visiting www.hopehavenfarm.org.



Food Deserts of Western Pennsylvania

by Danielle Roberts of Republic Food Enterprise Center

A number of communities in Western Pennsylvania are considered food deserts. The USDA defines food deserts as "urban neighborhoods and rural towns without ready access to fresh, healthy, and affordable food." Instead of supermarkets and grocery stores, these communities only have fast food restaurants or convenience stores that offer very few nutrient-rich, affordable food options. With a lack of access to wholesome food sources it's hard to maintain a proper diet and, consequently, communities of low access have been shown to have higher levels of obesity and other diet-related diseases, such as diabetes and heart disease. Raj Patel, author of *Stuffed and Starved*, a book critiquing the global food system, states that "The irony is that in rich, developed countries like the U.S., if you're poor you're more likely to be overweight."

The USDA has set two standards in order to qualify communities as food deserts. First, the area must be considered a low-income community by having a poverty rate of 20 percent or greater, or having an average family income at or below 80 percent of the regional median income. Next, it must be considered a region of low-access, meaning that a large portion of the community lives more than one mile from a supermarket or large grocery

store in metropolitan areas, and 10 miles or more in rural regions. Food deserts affect both rural and urban populations throughout Western Pennsylvania.

Unfortunately, there are many communities right here in Pittsburgh that do not have access to fresh, healthy food, such as Clairton, Millvale, and Homewood. According to Just Harvest's 2013 *A Menu for Food Justice Report*, "for nearly half of our Pittsburgh neighbors (47 percent), the simple act of getting fresh food at a store is a huge difficulty."

Local rural communities are affected by low access as well. In Republic, PA, located in Fayette County, the only option for buying groceries within 10 miles is a dollar store. Although you can purchase milk, cheeses, meats, and canning items in addition to snacks and sodas, this store does not sell fresh produce. Fayette County families are in desperate need of more fresh, nutritious food options. According to the Uniontown Hospital's Community Health Needs Assessment, 24.26 percent of Fayette County students in grades K - 6 are obese.

Food deserts are a reality for many within our community, but there are organizations in our region working to eliminate food deserts, includ-

ing Republic Food Enterprise Center, which is launching a retail produce outlet in Republic this summer. Additionally, the recently signed Farm Bill will authorize the continued support of programs like ours through the Healthy Food Financing Initiative that will provide start-up grants and affordable loan financing for food retailers, farmers markets, and cooperatives that sell and deliver healthy goods to food deserts. With the motivation of community organizations and some support through the federal grant programs,

I believe we can work together to eliminate food deserts throughout Western Pennsylvania.

Danielle Roberts is the Sales and Marketing Coordinator at Republic Food Enterprise Center. While studying for a bachelor's degree in Environmental Science from St. Vincent College, Danielle came to believe that sustainable food systems will make people and the planet much healthier and happier. To learn more about RFEC, visit www.republicfoodenterprisecenter.org.

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Featured Community Partner:
Schoolhouse Yoga

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

Schoolhouse Yoga offers a variety of classes for everyone from beginner to advanced, as well as special workshops geared towards specific needs. Schoolhouse Yoga founder Leta Koontz, RYT, has been studying yoga since 1998. She trained at the Ashtanga Yoga Research Institute in Mysore, India, has been certified to teach yoga by the Himalayan Institute, and has completed Ashtanga Yoga

teacher training. Yoga is an individualized practice that has been shown to increase strength and flexibility, lower stress and anxiety, and improve digestion and sleep, among many other benefits.

Schoolhouse Yoga operates at several locations throughout the city. For locations, hours, and class information, please visit their website: www.schoolhouseyoga.com. Co-op members receive their first class free. To take advantage of this discount, fully paid Co-op members must be sure to present their green plastic membership card at the time of payment. If you have any questions about the Community Partners Program, contact Member Services at memberservices@eastendfood.coop or call 412-242-3598 ext. 103. You can check out the full listing of your Co-op's partners on our website at www.eastendfood.coop/co-op/community/community-partners-program.

Participating in the Local Food System

by Heather Mikulas of Penn State Cooperative Extension

There are many reasons to support our local food system, as the benefits range from the very personal to the global. Our taste buds enjoy the freshness of local foods, and every cell in our body benefits from the better nutrition. Ecologically speaking, local foods are earth-friendly. Starting with seeds, small farmers sometimes save their own from year to year, or buy from small organic companies, rather than purchase from large, far away corporations. And with shortened supply chains for local foods, on both the production and distribution ends, less fossil fuel is consumed in transportation. Also, regional food usually involves much less packaging compared to national products, which further shrinks their carbon footprint. Supporting the local food system supports your community's economy as well, providing producers with the fiscal means to stay in business. This enables all of us to have continued access and choices since we maintain access to food that is outside of the commercial supply chain.

Most of us envision our participation and support of these efforts from a consumer's perspective. Whether it's joining a CSA, shopping at a local farmers market, or keeping an eye out for the local items available at grocers such as your Co-op, it's possible to support local food systems with every decision you make about the food you buy to stock your cupboards. But wouldn't it be exciting to flip that paradigm and think of yourself as a producer? Annual industry food trends reports document the rise of artisanal and craft food product businesses, many of which are started by people just

like you. Some of these entrepreneurs start their home businesses based on an interest in a specific health or diet issue (think gluten free or vegan options), or out of concern about particular aspects of the commercial supply chain. Others simply want to share a treasured family recipe with the world. Regardless of the motivation, anyone interested in beginning their own food business must be aware of the many practical considerations in terms of interacting with regulatory agencies and ensuring safe food production and handling, along with business planning, marketing, and pricing.


If you happen to have an interest in reaping extra income from sales of your own deliciously produced goods, consider attending the Food for Profit workshop that Penn State Extension is hosting with our partner, Pittsburgh Public Market. This event will provide an overview of how to start and successfully operate a small food-product business. The class costs \$45 (including lunch) and you can register through June 9th on our website at www.extension.psu.edu/food/entrepreneurs/courses/food-for-profit. If you have any additional questions, you can contact me at 412-473-2540 or via email at hem12@psu.edu.

Heather Mikulas has a MSc in Agroecology and works for Penn State Extension. Her focus is on agricultural marketing, value-added products, and entrepreneurship as they relate to regional food systems. She is also chair of the Pittsburgh Food Policy Council, a collaborative working group that supports modernization of agriculture activities and zoning.

Unclassifieds:

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Did You Know...

as a fully-paid member of the EEFC, you are eligible to run for election to the board of directors?

The Co-op's board of directors is a group of dedicated volunteers elected directly by the membership, and is made up of members just like you. Board members work to ensure accountability regarding cooperative principles, while also making sure the Co-op remains a sustainable business. They do this through a system of checks and balances called policy governance.

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

- There are nine directors on the board.
- Directors may be appointed as officers or as committee chairs.
- Each director is elected for a term of three years.
- There is no limit to the number of terms that a director may serve.
- Each year, three positions are up for election.

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

innovation, and flexibility in running the Co-op and meeting our Ends.

The board's accountability to membership includes providing an annual report, convening an annual meeting, and keeping members informed regarding pertinent decisions. Board members also work toward advancing the Co-op's vision and ensuring continuity of the board and the general manager. To these ends, board members are expected to attend monthly meetings and participate in committee work. Time commitments are typically between 6-15 hours a month.

The benefits of serving on the EEFC board of directors include:

- the opportunity to support the Co-op and to make a difference in the community;
- personal and professional growth achieved through attendance at national and local workshops, retreats, and planning meetings;
- connecting with others who share similar goals and ideals.

If you are interested in running for election to the board of directors, please see the "Board Corner" on page 2 for more information on the elections process, then visit the website or Customer Service desk this month to receive a candidate packet.

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

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

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Café: Amber Pertz
Front End: eric cressley

THE CO-OPERATOR

Editor: Heather Hackett
Assistant Editor: Kate Safin
Design, Layout & Production: Katy Nevinsky
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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:

East End Food Co-op
Attn: Member Services
7516 Meade St.
Pittsburgh, PA 15208

Email: memberservices@eastendfood.coop

Phone: 412.242.3598 ext. 103

EMPLOYEE OF THE MONTH



Congratulations to **Mike Eaton** who was chosen as the Co-op staff pick for Employee of the Month! Mike has worked here for almost 2 years and is both a Marketing and IT team member, as well as a stocker.

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

A. My favorite thing is the fact that my coworkers and I do actually cooperate to make this place as awesome as it can be.

Q. If you could change one thing about the Co-op, what would it be?

A. For whatever reason, the Co-op has some sort of “exclusive” reputation in certain circles, or others perceive us as some kind of roadside stand with hay bales. I’d like for more people to be aware that we function as a grocery store that just cares a little bit more about what we have on our shelves.

Q. What’s your favorite product here?

A. There is one thing that will always make me feel better: dark chocolate pretzel NuGo bars. I defy anyone to have a bad day after eating these.

Q. How did you feel when you found out you were the Employee of the Month?

A. I felt pleased. Additionally, I felt a little awkward because I write announcements about this sort of thing and I had to ask others to help me write an announcement about myself that wasn’t too ridiculous.

NEW FACES

Doreen Constantine *Front End*

Doreen has always loved natural food and the Co-op! When she’s not working at the Co-op, she and her sisters are managing the family farm they grew up on. Doreen’s interests outside of work include gardening, flea market shopping, music, and spending time with her dog, Rocco.

Blake Murphy *Café*

Blake has been working in kitchens since he was a teenager. He wants to change people’s eating habits from being all about “food-like substances.” In his spare time, Blake enjoys bicycling, painting, and illustration. A fan of paleontology, he hopes to one day publish a children’s book about dinosaurs.

Carlin Chruscicki *Front End*

Carlin is a vegan with a love of natural food. She believes that natural foods fuel your life in a positive way, and appreciates the variety of healthy products available at the Co-op. Carlin enjoys reading, running, and drawing, and plans to join the Peace Corps after she graduates.



Join the Green Energy Collaborative (it’s free) and switch to a 100% Pennsylvania Wind Energy Plan offered at a low fixed rate by TriEagle Energy.

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The Green Energy Collaborative is a program of CITIZEN POWER, Inc. For more information call your local CITIZEN POWER office at 412-421-7029.

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SUN	MON	TUE	WED	THU	FRI	SAT	<div>Café Hours</div> <div><div>SOUP, JUICE & SALAD BAR:</div><div>DAILY 8AM-7PM</div><div><div>HOT BAR:</div><div>DAILY 11AM-7PM</div><div><div>WEEKEND BRUNCH:</div><div>9AM-1PM</div></div></div></div>
1 CHEF'S CHOICE	2 MOROCCAN CAULIFLOWER & LENTILS	3 OKONOMIYAKI	4 BURRITO BAR	5 SPRING VEGETABLE CURRY	6 PIZZA DAIRY & VEGAN	7 HONEY BBQ TOFU	
8 CHEF'S CHOICE	9 SWEET 'N' SPICY TEMPEH WITH QUINOA	10 CURRIED RED LENTILS WITH CHICKPEAS & CHARD	11 INDIAN KITCHEN	12 SEITAN DIAVOLA	13 PIZZA DAIRY & VEGAN	14 MEAN GREEN PASTA	
15 CHEF'S CHOICE	16 TOFU STEW WITH LEEKS & ARTICHOKES	17 LATIN QUINOA	18 MEXICAN KITCHEN	19 COCONUT CURRY TOFU	20 PIZZA DAIRY & VEGAN	21 SOUTHWEST QUESADILLAS	
22 CHEF'S CHOICE	23 SMOKED MUSHROOM LASAGNA	24 PEANUT SESAME ORANGE TEMPEH	25 THAI KITCHEN	26 PENNE WITH LEMON RICOTTA SAUCE	27 PIZZA DAIRY & VEGAN	28 BROCCOLI & MUSHROOM QUICHE	
29 CHEF'S CHOICE	30 CAJUN WILD RICE						

June Co-op Events

"BRINGING IT HOME" <i>Documentary Film Screening</i>	THE NEED FOR FARM SANCTUARIES <i>Karen Phillips, Hope Haven Farm Sanctuary</i>	LANDSCAPE STRATEGIES FOR NOURISHING BEES <i>Christina Neumann, Burgh Bees</i>	BACKYARD COMPOSTING <i>Nancy Martin, Pennsylvania Resources Council</i>
<div>JUNE 5, 6:30 PM <i>Carnegie Library – Homewood</i></div> <div>Industrial hemp is a non-psychoactive plant, grown in over 30 other countries, but prohibited in the U.S. Legalization advocates say it could help American farmers, create jobs, and replace thousands of harmful petrochemical and synthetic products. Join us in observance of Hemp History Week to watch this 52-minute film, which explores the question “Why aren’t we growing it here?” The film discusses hemp’s past, present, and future with business owners using it for construction, textiles, nutrition, soaps, and bio-plastics in America and abroad.</div> <div>This event is FREE; just call 412-242-3598 to reserve your spot!</div>	<div>JUNE 11, 6:30 PM <i>Gemini Children’s Theater</i></div> <div>Join us for this heartfelt discussion on why farm sanctuaries are needed and how you can help. Hope Haven is a 501(c)3 non-profit farm animal sanctuary nestled in the North Hills of Pittsburgh. Its mission is to rescue neglected farm animals and provide the opportunity for them to live out their lives with comfortable housing, nutritious food, medical care, companionship, and affection. Learn how you can be involved in Hope Haven’s compassionate efforts, including volunteering, donations, animal sponsorship, and artist collaboration.</div> <div>This event is FREE; just call 412-242-3598 to reserve your spot!</div>	<div>JUNE 18, 6:30 PM <i>Gemini Children’s Theater</i></div> <div>Celebrate National Pollinator’s Week by learning how the landscape of your home and broader community can create natural beauty while nourishing beneficial bee species at the same time. Bees provide an essential service to our ecosystem by pollinating plants, and the issue of bee conservation in the face of rapidly declining populations is an urgent concern. This workshop will explain the importance of pollination, identify bee species that provide crop pollination, and illustrate landscape strategies that support and nourish these beneficial bees.</div> <div>This event is FREE; just call 412-242-3598 to reserve your spot!</div>	<div>JUNE 25, 6:30 PM <i>Gemini Children’s Theater</i></div> <div>Come learn how to expand your recycling efforts to include kitchen scraps and yard debris, while simultaneously making a natural, home-made soil conditioner for your lawn and gardens – compost! Composting helps reduce waste, plus it’s easy and enjoyable to do. This workshop will thoroughly cover the importance and benefits of composting, the process of setting up a compost pile, and how to perform proper maintenance. Participants will receive an 80-gallon composting bin in the workshop and learn how to use the finished compost.</div> <div>This event costs \$50/person or \$55/couple; call 412-488-7490 ext. 247 to reserve your spot!</div>

Look for your Co-op at these upcoming events in your community:

- Sunday, June 1st, 7 AM – 5 PM:** **PASA’s Bike Fresh Bike Local – Allegheny County** will begin and end at the North Park Ice Skating Rink. This annual bike tour of the Allegheny County countryside includes a celebration of local foods. Registration is available for 25 or 50 mile rides and the cost is \$50 for walk-ins. Check out their website for details at www.pasafarming.org/events/pasa-events/bike-fresh-allegheny-county.
- Sunday, June 8th, 12 PM - 5 PM:** Your Co-op is coordinating an educational table for all ages at the Carnegie Library **Summer Reading Extravaganza** again this year. Get ready for summer reading with an afternoon packed with live entertainment, crafts, and activities. This free event will take place on the lawn at the Carnegie Library Pittsburgh – Main (Oakland). More info is available at www.carnegielibrary.org/summer/extravaganza.
- Sunday, June 15th, 1 PM – 6:30 PM:** Join us on Liberty Avenue in Downtown Pittsburgh between 6th Street and 10th Street for **PrideFest**. This free event is organized by the Delta Foundation, whose mission is to increase awareness and understanding of and improve the quality of life for the Lesbian, Gay, Bisexual, and Transgender community in Western PA. Visit the website for more info: www.pittsburghpride.org/events/pridefest.
- Saturday, June 21st, 10 AM - 3 PM:** **Hometown Homegrown** is a celebration of local foods that encourages visitors to enjoy samples and swap recipes with their favorite Pittsburgh vendors. This fun and flavorful food expo will include activities ranging from live music to cooking demonstrations and cookbook exchanges throughout five floors of the Heinz History Museum. More information can be found here: www.facebook.com/GoodTastePgh.