

The Co-operator

At Your Store

WHAT'S NEW AT YOUR CO-OP?

August Co-op Advantage Sales begin Wednesday, August 2.

MEMBER APPRECIATION DAYS

Sundays: August 13 and Sept. 10
Shop 8 am - 9 pm

BOARD OF DIRECTORS MEETING

All members are welcome.

Check the front entrance for dates and times

THE CO-OPERATOR DEADLINE

September 1 for the October 2006 Issue
All submissions and ads are due.

For more information, call Member Services at 412.242.3598.

JOIN US FOR A CO-OP ORIENTATION NIGHT

Learn the secrets every member wants to know EVERY TUESDAY — 7pm
Customer Service desk

Sign up or call 412.242.3598

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East End Food Co-op

7516 Meade Street Pittsburgh, PA 15208
412-242-3598 www.eastendfood.coop

It's Apple Harvest Time!

by Jesse Sharrard

August, in my mind anyway, marks a change in season: not yet from summer to autumn, but rather from tomato to apple. Taking my first bite of a fresh, local apple each year brings back memories of childhood trips to the orchard, where I got to eat while my parents shopped for about a half-dozen apple varieties. But why so many varieties? Isn't an apple just an apple?

As it turns out, the several apple varieties you scratch your head over at the Co-op are only a fraction of the 7,500+ that are cultivated worldwide; count wild apples and there's virtually an infinite range of apple varieties because each apple seed grows a unique tree.

Apple seeds require two parents. The result of each coupling is a unique offspring bearing parental characteristics, though not necessarily all of the "desirable" ones. In fact, most apple trees grown from seed produce unpalatable, bitter and astringent fruit. Occasionally, though, the result is delicious. Some of today's most popular apple varieties were originally chance seedlings, including: Red and Gold Delicious, Granny Smith, McIntosh, and Northern Spy. The only way any variety is still cultivated, though, is because someone grafted branches

from the original tree onto different rootstock. Afterwards, everything that grows from grafted branches produces the sought-after fruit. The same basic cultivation pattern has enabled people to produce their favorite types of apple since almost the beginning of recorded history.

As for Johnny Appleseed spreading apples throughout the country by growing them from seed? Much of the myth is true, explains Michael Pollan in *The Botany of Desire*. John Chapman collected seeds from cider mills right here in Allegheny County, took them to the edge of the wilderness, planted orchards, and waited for settlers to catch up to him. Then, he sold them trees. Nobody expected the fruit that grew from Chapman's trees to be palatable; instead, they expected that the fruit would be good enough for cider, which would be a reliable source of alcohol. Despite the reality of Chapman's endeavor, his efforts did assist in diversifying apple species because he produced so many chance seedlings. Inevitably, some of his trees did produce tasty fruit; one such tree is the Grimes Golden.

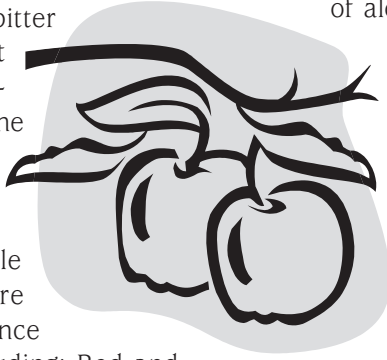
Deciding what types of apples to buy can sometimes be tricky. Charts are widely available that counsel whether an apple is best for salads, eating, cooking, pies, or sauce, but what is it about each apple that leads to these recommendations?



When cut, salad-appropriate apples will not brown as much or as quickly as most other apples. An apple marked for eating generally has a pleasant taste and texture right out of the hand. These apples vary along the sweet/tart and crunchy/mushy spectra; the best way to decide if you prefer a particular variety is to try it. Apples for cooking may be a bit tart or bitter when raw, but under the influence of heat, their natural sweetness emerges. A sauce apple will break down quickly when cooked; a pie apple will hold its shape better. Sometimes I'll include a sauce apple or two in my pie so that when the pie is done, it has a range of textures: the chunkier apples swathed in a sauce.

Next time you're puzzling over which apple variety to buy, get a few, including a few new ones. Taste them all and use them for different things. Just because an apple doesn't knock your socks off when you first bite into it, doesn't mean that it won't yield a delicious apple sorbet or roast apple and pumpkin chutney.

— *Apple Recipes*, page 5



DON'T MISS MEMBER APPRECIATION DAY — AUGUST 13

MEMBERS RECEIVE 10% OFF SHELF PRICE ALL DAY! SAMPLES AND TASTINGS 8AM TO 4PM

All members are welcome to attend the Co-op Board Meetings. Check the bulletin board in the front vestibule for dates and times.



WE OWN IT - CO-OP

East End Food Co-operative
7516 Meade Street
Pittsburgh, PA 15208

www.eastendfood.coop

and Vegetarian Cafe



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In the Community

Local Partners Profile:

Natural Attachment Homebirth Services

Michèle James-Parham is a Traditional Midwife who moved with her husband and son from Oklahoma City, OK, to Pittsburgh one year ago. Her husband William is involved in media production and her son Elijah will be 3 years old this September. Michèle enjoys spending time with her family visiting museums, the library, the park and local coffee shops. Though Michèle and her family live on the North Side, they spend the majority of their time in the East End.

Michèle left a thriving homebirth practice in Oklahoma but is eagerly looking forward to building ties within her new community. She is active in supporting Women's Rights, especially those concerning health care, childbirth and motherhood. Her main focus is offering safe and natural choices for birthing mothers, espe-

cially those who are low-income, activist, single or teen mothers.

Through Natural Attachment Homebirth Services, Michèle offers holistic prenatal/postnatal care, homebirth assistance and breastfeeding support to mothers and their families in the Pittsburgh area. She stresses self-education, relaxation, excellent nutrition and above all else, informed consent and self-responsibility of care. Michèle also supports and encourages vegan/vegetarian pregnancies. Contact Michèle today for more information: PghMidwife@naturalattachment.com

Members can sign up at Customer Service in August for a free Local Partners raffle of a \$50 gift certificate for Natural Attachment Homebirth Services!

Community Highlight

On Your Mark, Get Set... Race!

Join your neighbors and community members for friendly competition, outdoor fun, and a day of friendly competition and outdoor fun sponsored in part by your Co-op!

**Regent Square's
24th Annual "Run Around the Square"
Saturday, August 26, 2006
1.5 mile Run/Walk 8:15 am
Henrietta and Milton Avenues
5K Run/Walk 9am
Henrietta and Milton Avenues**

Themed water stations, music and friendly dogs welcome in the 1.5 mile run/walk. Proceeds benefit the Regent Square Civic Association and Frick Park Environmental Center. 412.422.6562 or www.regentsquare.com for more information.

**Greater Pittsburgh Literacy Council's
5th Annual "Run for Literacy"
Sunday, September 10, 2006
5K and 2 Mile Walk 8:30am
Highland Park, Highland Avenue Entrance
Presented by Greater Pittsburgh Literacy Council**

Benefits the many programs of GPLC which help adult learners and English as a Second Language students improve their literacy skills and improve their chance for a more fulfilling and successful future. Want more information? Visit www.gplc.org or call 412.661.7323.

SUMMER RECIPE BONANZA

TEX-MEX LASAGNA

submitted by Linda Raden

Serves 8 or more, is GLUTEN-FREE, though NOT soy-, dairy- or egg-free. This lasagna is messy to prepare and takes about a half hour to get ready for the oven. It can be made ahead of time, refrigerated and baked later. It also freezes well.

Ingredients: 1 med onion, chopped
3 cloves garlic, chopped or minced
2 c. textured soy protein, crumbled
1 can (14 to 16oz) tomato sauce
1 cup salsa
4 oz. can diced green chiles
2 tsp chili powder
1 tsp cumin
1 can 8 oz. whole kernel corn, drained
1 can 16 oz. red kidney beans, drained
8 oz. Ricotta (or 1 c. cottage cheese)
1/4 cup grated Parmesan cheese
2 eggs, slightly beaten
1/2 tsp oregano
1/2 lb. cheddar cheese, grated
12 corn tortillas

Directions: Pre-heat oven to 375 degrees. Soak the soy protein in hot water for ten minutes to soften. Drain.

Meanwhile, sauté garlic and onion in a large cast iron skillet or heavy pot until onion is translucent. Add soy protein. Add tomato sauce, salsa, green chiles, chili powder, cumin, corn and kidney beans. Stir to mix and simmer on low heat 5 minutes, stirring frequently.

In a separate bowl, combine eggs, ricotta cheese and oregano.

Arrange 6 tortillas on bottom and up sides of lightly greased 9" x 13" deep-sided baking pan, overlapping as needed. If using lasagna pasta arrange a first layer of noodles so the ends hang over the sides of the pan. (The ends will be laid back-over the top for the final layer).

Then add about 1/2 of the protein, bean and tomato sauce. Spoon cheese and egg mixture on top of the protein sauce and add 1/2 of the cheddar cheese. Add a second alternating layer of tortillas or pasta, the protein sauce and cheese mixture and top with remaining cheddar cheese. If using noodles, at this point fold over the ends from the first layer.

Bake at 375 degrees for 30 minutes, or until cheese is bubbly. Allow to set for 5 to 10 minutes before cutting. Serve extra parmesan or shredded cheddar cheese at the table. Extra salsa or hot sauce can also be served.

How would you complete this sentence?

1 way I could improve my Co-op would be _____

Bring your ideas to the Customer Service Desk. Responses will be printed in future editions of *The Co-operator*.

Apple Harvest Time, continued from page 1



Apple Sorbet

Yield: 1 quart

I like to use somewhat tart apples when I make this sorbet, and I also go a little light on the sugar, but make the dish to suit your tastes. I like it as an intermezzo, something to clear the palate between courses, but adding more sugar places it squarely in the realm of a dessert. Really, there's no wrong way to make it—unless you don't cool the mixture fully before freezing it!

3 cups large chunks of fresh, peeled apples
2/3—1 cup of sugar (depending on the sweetness of the apples)
1 cup water
1 tsp. Cinnamon
3/4 tsp allspice
1/2 tsp ginger
1/4 tsp nutmeg
Pinch of cardamom

Combine all ingredients in a saucepan, and bring the mixture to a boil. Let it simmer until the fruit is soft and cooked, about 25-30 minutes. Purée the syrup in a blender and then transfer to another container and let it cool completely. If you're trying to hurry the process along, you can set the syrup over a bath of ice and water, but don't put ice cubes directly into the syrup, or else you'll water it down and it won't freeze correctly. If you've got the time, refrigerate it uncovered for several hours or overnight.

When the mixture has cooled all the way, transfer it to your ice cream maker and freeze it according to the manufacturer's directions.

Roast Apple and Pumpkin Chutney

Yield: main course for 3-4 or appetizer portions for 6-8

This dish can be made with any type of winter squash: hubbard, acorn, or butternut, just as easily as it can be made with pumpkin. The squash takes a bit longer to cook than the apples, so what I normally do is to start cutting the apples when I put the squash in the oven, and by the time I have them ready to go (10-15 minutes), the squash has had enough of a head start that I can add the apples to the pan and everything finishes at the same time.

Because you want the apples to hold their shape after having been roasted, it's best to use pie apples for this dish. But don't feel limited to using just one variety of apple: using 2 or 3 types of apple makes for a wider range of flavors in the finished dish.

4 cups winter squash, peel and seeds removed
6 cups apples (peeled and cored), cut in 3/4-inch cubes
1 1/2 Tablespoon cinnamon
2 1/2 tsp. ginger
1 tsp allspice
Pinch of nutmeg
Pinch of cloves
Salt to taste
Olive oil

Preheat the oven to 375° F.

Mix the spices (minus the salt) together and set aside.

Cut the squash in 1/2-inch cubes and toss in a bowl with olive oil to coat it. Add a bit less than half the spice mix plus salt to taste and toss until the squash is well-covered with seasoning. Transfer to a cookie sheet with a rim and put in the preheated oven. Set the timer for 12-15 minutes.

Meanwhile, peel, core, and cut the apples. Toss in the same bowl you used for the squash with a touch more olive oil, the rest of the spice mix, and a touch more salt (optional). Add to the cookie sheet with the squash and bake for about 8-10 more minutes, or until the squash and apples are soft to the touch and can easily be pierced with a toothpick. Toss them together in a bowl and serve immediately.