

# the Shuttle

## Manager's Corner

### A Farmer is Hired

by Glenn Bergman

As my kids remind me, I am an old man. In my many years of interviewing and hiring staff, managers and chefs for restaurants, I have interviewed countless people and hired many. Never have I had the opportunity to interview for a position called "Farmer." As we move ahead with an experiment to move the Co-op into the world of urban farming on a larger scale for the 2007 growing season. These have been some of the more interesting interviews I have experienced at Weavers Way.

So, I asked myself, "Self, how did I get to be hiring a farmer? Am I crazy? Are we going to send the Co-op down the tubes?" I have been reassured by many that this is a great direction for us to go in and that there are many who will assist us as we invest in our mission to buy local and to give back to the community.

We met some wonderful people, Co-op members and non-members alike, and I'm excited to announce that we hired David Zelov, an energetic horticulturalist with experience managing a

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## A New Face Down on the Farm

**An ecologist-turned-horticulturalist steps into a new role as Weavers Way farmer**

by Cristina Adams

David Zelov did not grow up on a farm. Neither is he from a long line of sturdy farming stock. But he did grow up in a farmhouse, where his parents, both avid green thumbs, had a sprawling vegetable garden. Still, that doesn't explain how this New Jersey native fell into farming.

"It happened when I was still in college, on an edible plants class tour," Zelov recalls. "We were walking around a farm looking at weeds and trying to figure out which ones we could pick and eat. Then I found out it was a student-run organic farm."

He wound up working at Rutgers University's Cook Student Organic Farm for the next two years, both during the school year and the summer break. It was an on-the-job educational experience, as he learned the ins and outs of running a farm, from crop planning to fertility management and harvesting.



NEW CO-OP FARM MANAGER DAVID ZELOV

"That's what really got me interested in farming," he says. "It wasn't what I expected to do."

Nevertheless, after graduating from Rutgers in 2001 with a degree in natural resource management, Zelov went on to become a community-supported farm manager at Gold Farms in Roosevelt, New Jersey. It was the beginning of what will undoubtedly be a fruitful career.

Since then, Zelov has worked as a greenhouse consultant as well as a cosul-

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## Tell FDA "No" to Cloned Animals in Food and Food Production

Adapted by Steve Hebden from an article by Will Fantle, Research Director for The Cornucopia Institute

The Food and Drug Administration has given preliminary approval to the use of cloned animals for food. According to the agency's chief of veterinary medicine, milk and meat from cloned cows, pigs, and goats, and from their offspring, are as safe to eat as the food we eat every day.

Luckily, the Cornucopia Institute (<http://www.cornucopia.org>) has taken up the issue and is working to stop this from happening. The Cornucopia Institute is dedicated to the fight for economic justice for the family-scale farming community. Through research, advocacy, and economic development, our goal is to empower farmers both politically and through marketplace initiatives.

The Cornucopia Institute strongly disagrees with the FDA's draft report. They believe there are several identifiable problems as well as numerous questions that must be answered before the public becomes a guinea pig for another grand experiment by corporate agribusiness.

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## Expanded Home Delivery Program Offers Added Convenience to Busy Members

by Rick Spalek

Are you running around like a chicken with his head cut off?

No time to shop?

Well, maybe it's time you took advantage of the Weavers Way Home Delivery program.

For years we have offered a home delivery program. Initially it was only for homebound members, but in the past year we have expanded it to become a convenient service for all of our members.

Simply place an order with Emily (ext. 309) by Saturday for Monday delivery, or by Wednesday for Thursday delivery. Orders can also be placed via email or fax, or you can place your order on our new, revamped website, [www.weaversway.coop](http://www.weaversway.coop).

We still want to serve those unable to get to the store, so if you have an elderly parent or friend who cannot drive himself to the store, or someone who is pregnant,



EMILY NEUMAN ON A HOME DELIVERY RUN

or injured, please refer them to Emily via the home delivery program at 215 843-2350, ext. 309.

The delivery charge for homebound members is \$7.00 or 10% of orders \$75.00 and above. The charge for everyone else is \$10.00, or 10% above \$100.

If you have any questions about this program, ask for a brochure in the store, or leave a message for Emily.

## Corners & Porches:

### Neighbors Go Online to Fight Crime

by Don Silver

On Oct. 16, several hundred residents of West Mt. Airy gathered at Summit Presbyterian Church to discuss crime and safety in our neighborhood. The meeting was the idea of Susie Bloch, an acupuncturist and long-time Co-op member, who'd been mugged in front of her house on Sedgwick Street. That night in October, neighbors reconnected or met for the first time and listened to stories of crimes ranging in seriousness from houses being egged to armed robbery. Afterwards, sign-up sheets circulated, committees formed, and after listening to real-life crime stories that made what little hair most of us had curl, Shai Gluskin suggested we create a listserv as way of pooling knowledge about crime and safety.

If you are wondering who the list serves, you are probably someone's parent and perhaps a bit on the older side. Like podcasts, domain names and spam, listservs, or groups of people linked by a common interest who send and receive e-



SUSIE BLOCH, AND HER PORCH

mail, are outgrowths of the internet. Ours is one of thousands. There are listservs for singles looking for dates, married people looking to cheat, compassionate conservatives, Pagans and professionals, Christians and crackheads, stunt kite flyers, terrorists, troll collectors, divorced dads and now, us.

Ours was set up on "the Google" as our president might say and was given the rather quaint moniker, Corners and Porches. Anybody can join, but you need to be invited first and have your email address entered by somebody who's

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And of course... scads more

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**Rebates are Coming!**

**Look for the notices on the bottom of your receipt!**

Editor’s Note

by Jonathan McGoran



As always, this issue of *The Shuttle* covers everything from soup (Peter Samuel’s entertaining article on page 11) to Nuts (Norm Weiss, p. 20).

Speaking of nuts, have you ever finished a delicious piece of steak and thought to yourself, “Wow, I wish I had another one just like it”? Well, with the FDA giving preliminary approval to allow cloned animals in food and food production, next time you order “*same again*,” you might just get it. The implications for the fast food industry are huge; what growth hormones and antibiotics did for “super-sizing,” cloning may now do for the “two-fer.” Critics say people are being used as guinea pigs in a dangerous experiment, and I say this is wrong; if agribusiness needs more guinea pigs, why can’t they just *clone* them?

Meenal Raval has an interesting article on how to reduce your household’s “carbon footprint.” As anyone with a fireplace can tell you, a “carbon footprint” can be a big problem, especially on white carpet. Some people say a little seltzer will clean it right up, but that just releases more CO<sub>2</sub>. Better to reduce it in the first place, which is why Meenal and her brother Ameet are introducing the Form CO<sub>2</sub>-EZ, to help you calculate your household’s “carbon footprint.” The form is pretty straightforward, but there are some subtleties (you cannot take a deduction for the inflatable doll you ride with in the carpool lane; I asked). Although Meenal seems to know what she’s doing, I’m not sure creating something that looks like a tax form is the key to getting people to comply (and personally, I need a deadline to know when I can put it off until).

On the subject of taxes, Weavers Way is pleased to announce the creation of the 501(c)3 tax-exempt nonprofit Weavers Way Cooperative Community Fund (WWCCF). Some might think, “A nonprofit? I thought we were already a nonprofit.” Technically, we’re a “*not-for-profit*” (as in, “we’re not *for* profit, it just kind of happens”). WWCCF frees us from even the flimsy constraints of a not-for-profit so we can pursue any old cockamamie idea without worrying about a return on our investment (The Norman Weiss Cooperative School of Delusional Acting?).

Finally, Margie Felton poses the question every child at some point asks: Where do cookies come from?

The answer of course, is Glenside.

The *Shuttle* is published by Weavers Way Co-op and is mailed to all members.


**Deadline for the next issue is:**  
**Feb. 10, 2007**

**Statement of Policy**

Articles should be under 500 words and can be submitted neatly typed, on disk, or e-mailed to [jonmcgo@weaversway.coop](mailto:jonmcgo@weaversway.coop). Be sure to include your name, phone number, and membership number. Drop them off by the deadline to the *Shuttle* mailbox on the second floor of the Co-op. The purpose of the *Shuttle* is to provide members with information as well as education about co-ops, health food practices, and other matters of interest to the members as consumers and citizens of the community.

Articles express only the views of the writers and not those of the Co-op or the board of directors, unless identified as such. Articles, letters, comments, criticisms, and suggestions are welcome and should be directed to the editor. Space limitations require that the editor has the right to edit all articles.

Ad rates are available upon request, in the advertising mailbox on the second floor, or at [www.weaversway.coop](http://www.weaversway.coop). All ads must be camera-ready and submitted with payment. Products or services advertised in this paper should not in any way be construed to be endorsed by Weavers Way Co-op.



The *Shuttle*  
is printed on 100%  
recycled paper

Corners & Porches  
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already a member (presumably to prevent said bad guys from monitoring us monitoring them). Its stated mission: “to provide a communication center to share information that promotes safety and community in the neighborhoods surrounding Weavers Way Coop and Henry School.”

Since October, 165 people have signed up. In the beginning, it seemed like we were getting messages every few hours containing home improvement tips, invitations to social events, hints about city services (including how to notify the city you don’t want those circulars tossed in your driveway every week) as well as some not-so-gently worded advice on how to behave. At times, the listserv has seemed like a call to arms, a community bulletin board, an organizing tool, a place to vent or voice hurt feelings, and a general communication tool. Since then, the messages have gotten more focused and less frequent. And some really good things have come out of it.

Thanks to an active parent (Kevin Peter) and a receptive principal (Caren Trantus), most of us know a lot more about the Henry School than we did before. In November, a half dozen or so people got together and fixed up the park at McCallum and Ellet. A women’s self-defense class was announced and conducted. A stolen car was lost and found and at least two groups of mischievous kids who were either disturbing the so-called peace or vandalizing property were identified and their parents contacted.

The listserv has also provided some of us with some choice spoofing opportunities. In the spirit of political correctness, someone suggested banning capital letters which CAN BE CONSTRUED BY SOME AS SCREAMING After hearing that Mt. Airy was named one of America’s best urban Eco-Neighborhoods, I heard another neighbor wonder whether our criminals stole only high-mileage cars, used lead-free bullets, and wore ski masks made from natural hemp fiber. And last month, a conspicuously named Coroners & Porsches appeared alongside our listserv -- purportedly for medical examiners who drive hot rods.

Besides being a source of entertainment and providing information to help raise awareness about quality of life issues, neighborhood projects and emergencies, the listserv, like a photograph that captures a ghost, is making real the Mt. Airy vibe and ethos we all know and love.

New Co-op Farmer  
*(continued from page 1)*

tant to organic farms. Most recently he worked as a horticulturalist at the Rutgers Cooperative Research and Extension in Mt. Holly, New Jersey.

As resident horticulturalist, Zelov juggled numerous different roles: he developed lectures and taught classes on numerous gardening-related topics; trained Master Gardener interns; pursued and maintained working relationships with county and state government agencies; studied plant pest and disease problems; and helped Rutgers with its Environmental Stewards Program, which essentially educates and equips non-experts (i.e., regular people) with enough basic scientific knowledge so they can have an informed say when it comes to local and statewide environmental policy.

In his new role as Weavers Way farmer, Zelov is looking forward to applying his past experience to the job.

“I’d like to take my experience in education and bring people out to the farm, show them how we do things here and how they can then do some of these things at home,” he says. “It would also be great to educate people about the benefits of farming in an urban environment.”

Weavers Way General Manager Glen Bergman agrees, noting that this is the first time he has ever interviewed people for a “Farmer position.”

“We are excited to have David join the management team as the Weavers Way Farmer,” Bergman says. “It is the start of something new for us, urban farming,

that started with a dream of Mort and Norma Brooks. It is our goal to continue this dream, expand it into the community and enjoy the fruits of our labor. We are looking forward to David helping us reach these goals.”

The farm, which aims to be self-sustaining, is all that: a community-based business.

Until recently, Weavers Way farmed a half-acre tract on the grounds of Awbury Arboretum in Germantown. According to Awbury’s Executive Director Gerry Kaufman, Weavers Way and Awbury negotiated the addition of another acre to the farm. That’s a good thing on a variety of levels. For Awbury and its education program, which includes field trips during the school year as well as an out-of-school-time program, the expanded tract of land will offer an even better place to introduce children to urban farming. The farm also benefits those students enrolled in Awbury’s landscape apprentice program.

“Part of what interests us in having the Co-op expand this farm is that we can teach our apprentices something more about urban agriculture,” Kaufman says.

Zelov, too, supports urban farming. During his tenure as a consultant to The Vinegar Factory, a high-end food store and restaurant in New York City, he got a first-hand look at a successful urban farming environment – the store grows much, if not most, of its salad greens and tomatoes on six rooftop greenhouses in the city.

“That’s something I’d be inter-

ested in doing at some point,” Zelov notes. “Growing food as close to your market as possible reduces your costs and usage of fossil fuels, and it adds greenery to an urban environment.”

Those are just some of the selling points that attracted him to the Weavers Way farm in the first place. A guaranteed market also provided a strong incentive. One of the difficult things about farming, he notes, is determining where to sell your goods and whether or not you will be able to sell them.

“I’m a big supporter of co-ops, and the relationship with Weavers Way is a great relationship for a farmer to be in,” he says. “You have a guaranteed market, and you have the plus of urban agriculture and of being able to do something good for the city and the environment.”

## Co-Oops Corrections

A headline in the January 2007 issue of *The Shuttle* erroneously referred to “*Institutional Memberships*.” *Weavers Way* does not offer memberships to institutions, but does now offer “*Institutional Accounts*,” allowing institutions to purchase from *Weavers Way* without membership.

In the November/December 2006 issue of *The Shuttle* an article titled “*WMAN Hosts Meeting on Parking at Greene & Carpenter*” lists *PhillyCarShare*’s per-mile price at \$0.90/mile, but it is actually much cheaper, just \$0.09/mile.

To sign up for the Corners & Porches listserv, ask a current member of the liststerv to:

Go to <http://groups-beta.google.com/group/CornersAndPorches>.  
Log in (if you forgot your password, you can have it emailed to yourself)  
Click on “Invite members.”  
Enter your email address, a short note then click “Invite members”

If you want to join but don’t know anyone already on the Corners & Porches listserv, send an e-mail to: [don-silver\\_2000@yahoo.com](mailto:don-silver_2000@yahoo.com) with your first and last name and the name of the street you live on.

The Thing About E-mail

Why is it email messages are frequently and often flagrantly misunderstood? For one reason, sending them is so easy. You sit there in your pajamas thinking up something hilarious or obvious and, without having to muster up the moxie to say it out loud to somebody, you tap away at the keys, hit send and walk away.

The problem is according to the *Journal of Personality and Social Psychology*, you have only a 50/50 chance of being understood. Why? Egocentrism, or the belief that because you hold certain beliefs, opinions and perspective, your recipients will too. Experimenters compared expecting your email to be understood to asking someone to guess a song whose rhythm you’re tapping out. You hear the song in your head and you think, how obvious.

A listserv is an email amplifier. Take a muddled thought, write a few words down about it and broadcast it to a couple hundred people and you’re taking even more of a chance of being misunderstood.

~ Don Silver

# Where Do Those Cookies Come From?

by Margie Felton

Do you ever wonder when you bite into one of those irresistible Noreen’s chocolate chunk cookies, just who is Noreen? Do you feel guilty eating something so sweet and delicious? Erase the guilt; in fact, have another cookie, because you are supporting the local small business of long-time Co-op member Noreen Attman.

Noreen bakes chocolate chunk and other cookies, as well as loaf cakes and other sweets in her “commercial certified” home kitchen in Glenside. She delivers the products to Weavers Way in person.

Noreen started her business in January 1973, the same month and year Jules Timmerman started Weavers Way Co-op. By April of the same year, Noreen discovered Weavers Way as a great place to buy inexpensive ingredients for her business and became one of the first 100 members of the Co-op.

Noreen started her baking business as a way to make money while staying at home with her children. She started baking loaf cakes because at that time people were still baking cookies at home and there was little demand for home baked cookies baked in someone else’s home (cookies were added about five years later). She began selling to individuals but quickly realized this did not work



PHOTO BY JONATHAN MCGORAN

CAKE AND COOKIE MAVEN NOREEN ATTMAN

well for her so she started selling to retail stores. Her first accounts included The Women’s Exchange in Chestnut Hill, Apple and Things (Orchard stores in the NW suburbs), Ashbourne Market, and Weavers Way. Weavers Way still sells Noreen’s cookies and cakes.

For Valentines Day, Weavers Way will carry Noreen’s Valentines treats.

HEART SHAPED CHOCOLATE CHUNK COOKIES  
and  
HEART SHAPED CAKES & BROWNIES  
as well as our usual selection of Noreen’s cookies and cakes

# Grocery News

by Chris Switky

Howdy, Co-op shoppers. Lots of grocery news this month, probably more than we have room for (just like the store itself... more food choices than we generally have room for.)

First, a word about **Kirsten Bernal**, who has taken over management of the pet supply store. Kirsten started at the Co-op’s pet store this past fall, and she has the place looking fabulous. Her regular hours at the pet store are Mondays 9-2, Tuesdays 12-4, and Wednesdays 10-3. If you’re a pet food shopper, stop by and see her during these hours (skipping out of your own job as needed to do so). Kirsten also works as a chef in our Prep Foods department, and thus far, she has managed to keep the two jobs separate and distinct. No rawhide chew sticks on the veggie dip platter. No “Venison-rice-olive tapenade for senior dogs.” Not yet, anyway.

New items abound in the grocery aisles of Weavers Way Look for **bulk raw wheat germ** in the baking section, \$1.93 per pound. Look for **Desert Pepper pineapple salsa**, newly added to the salsa section...delicious In the freezer, we’ve added **shelled edamame beans**, next to the whole edamames that we’ve always had. **Terra Nostra organic chocolate bars** are new in the candy section, four types: milk raisin pecan, dark raisin pecan, intensely dark, and Norm Weiss’s favorite: rice milk chocolate, a milky type chocolate bar that is actually vegan. Also, **raw organic hemp seeds** (replacing the toasted hemp seeds, which seemed not to sell), displayed next to the Glenny’s soy crisps.

Due to popular demand, we’ve established a permanent home for **Stacy’s pita chips**, above the organic produce cold case. Four flavors: plain, garlic parmesan, Texarkana hot, and tomato pesto. And yes, we will be carrying them year-round

Cento sardines are back by popular demand, as are the Twinings teas (Earl Grey, English Breakfast, Irish Breakfast, Darjeeling) that we dropped back in the fall. The Equal Exchange teas, which we brought in to replace Twinings, did not hold up well in a blind taste test. We’ve since learned that Twinings Tea was (and is) a founding member of the Ethical Tea Partnership (see [www.ethicalteapartnership.org](http://www.ethicalteapartnership.org)), and therefore felt that bringing Twinings back was the right decision. The Ethical Tea Partnership, founded in 1997, works with tea growers and buyers to ensure that tea leaves are grown in a socially responsible way, and to safeguard fair wages for the growers.

Don’t forget about **Natural Dessert Jel-O mixes**, on the bottom shelf of the cookie section. We’ve got cherry, orange, raspberry and strawberry, all vegan. They go great with any of the aforementioned grocery products (but not the tapenade ) Also, keep in mind that raw (un-pasteurized) organic milk, from Lancaster county, is available on a weekly, or one-time, preorder basis. Delivery is Tuesday late afternoon, half-gallons are \$2.94, gallons are \$4.86.

That’s it, folks. I’ll be running into you...in the grocery aisles.



# Produce News

by Jean MacKenzie

## Local Spring Mix in Winter?

From mid-April through Thanksgiving, we get a reliable supply of wonderful baby salads from Paradise Organics in Lancaster County. Until now, we’ve been stuck with far inferior salads shipped from California during the winter and early spring. Finally, some hope: Woodland Produce is a new, small producer of hydroponically-grown Spring Mix and Spicy Mesclun Mix, in Fairton, NJ. Owners Maury and Helen Sheets offered samples of their delicious mixes at a fall local foods gathering, and I immediately asked them if they could supply Weavers Way from December through April. They are working hard to increase their production to meet our demand, but have encountered some difficulties. Look for their salads in mid-January, we hope. And check out their website at [www.WoodlandProduce.com](http://www.WoodlandProduce.com).



## Speaking of Winter . . . .

Are we all really tired of the holiday comfort foods? Ready to try something different? In February and March, we’ll try to bring in some slightly more exotic produce. We’ll see what’s available (and affordable), but my thinking right now is to

focus on Latin American and Caribbean items for a few weeks, then Asian. After that, I may indulge my own preferences, and only get really, really cute produce. Or maybe really ugly produce. And after that, maybe science fiction produce. If you have suggestions, requests, or recipes, PLEASE let me know. I need more ideas.

## Excerpts from *The Packer*

I now receive a wonderful weekly newspaper, *The Packer*, about commodity produce – that is, produce grown and distributed in large quantities. Many of the articles in *The Packer* describe natural conditions that will affect crop quality and availability. For example, there may be a shortage (read: higher prices) of fresh russet potatoes this year because of “overall lower volume” combined with increased demand from processors (read: McDonald’s). This article also states that this year’s potato crops are outstanding, which, if true, we have yet to see.

Other articles discuss political considerations that impact agribusiness. Let me quote: “The supply and demand for workers remains the big unknown this season for the harvesting and packing of Florida tomatoes . . . It will stay scary until our Congress sets some rules up so people know what’s going on...” said the CEO of Six L’s Packing Co. Inc. in Immokalee. ‘...It’s scary about getting enough labor,’ said Richard Levine, president of Immokalee Produce Shippers, Inc., Immokalee, FL. ‘Without them, we might as well not open the front door.’ . . . [Levine] said Immokalee Produce Shippers tries to help its work force by doing things such as providing an occasional catered meal [emphasis mine].” Well, Richard, I think that’s mighty kind of you. And we’ll be thinking about your work force -- all of whom are documented, we’re sure -- when we eat our Florida tomatoes this winter.



## Produce from Far Away, Part I

Weavers Way is part of the Buy Fresh, Buy Local campaign, and it’s great when we can get local produce. But we’re just not going to find those local bananas, pineapples, mangoes, kiwi and citrus any time of year. In February, we’re also not going to find anything local unless it’s grown indoors (mushrooms, organic herbs) or pulled from storage (apples, organic sweet potatoes).

But how far away is too far? Right now, our asparagus is from Peru. That’s about as far as you can go and still be in the Western Hemisphere and -- NEWS FLASH -- it’s really expensive. Today’s price is \$5.53/lb. All our garlic is from China, and that’s about as far away as you can go, period. Unlike the asparagus, it’s really cheap – which is why, currently, we cannot get garlic from anywhere else; U.S. growers just can’t compete with China’s low prices. Also unlike the asparagus, it’s terrible stuff – very little flavor, not at all fresh.

I’ve asked several small local growers to consider growing garlic, and lots of it. (Weavers Way shoppers buy about 75 pounds of garlic every week.) I’ve told them I would replace both conventional and organic garlic with locally-grown, sustainably-grown garlic, even if it’s double the price we’re now paying. Wouldn’t you pay more for good, fresh garlic? Let’s hope our local growers come through for us next year. And if you’re planting garlic in your garden, plant an extra row for the Co-op.

## Far Away, Part II

I have to add here that I’m a bit leery of our emphasis on buying local. Aren’t we also supposed to feel good about buying crafts from World of Good or Ten Thousand Villages? Is our carbon footprint different when we’re buying coinpurses shipped from Bangladesh than when we’re buying kiwi shipped from New Zealand?





Managers Corner

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community supported farm. With help from Emily Neuman, David has already started planning out the additional parcel of land that we are renting in Awbury. He will be responsible for working with the Farm Committee and Jean McKenzie, WW produce manager, to plan out the garden for 2007. He is also preparing the new acreage for use this year, if possible.

While our goal is to expand the dream of Mort and Norma Brooks et al., to work with children and to have a farm within the city, it is also our goal to have the farm make a profit within the third year. This means that we will be making an investment in labor, equipment, green house, etc., over the next few years, but the return to the Co-op will be in local product, educational funding, and a place for members and family to go out and work and get together.

In the winter of 2006, when I had the chance to attend a Pennsylvania Association of Sustainable Agriculture (PASA) event at Penn State with Emily Neuman and a few other co-ops. This meeting brought together over 1,300 people representing different aspects of the small family farmer to larger, locally owned farms in Pennsylvania. One of the more interesting sessions I attended with members of the Farm Committee was the session on urban farming.

At that presentation, a farmer from Canada and farmers from the Somerton Tanks project at the Water Department site in Northeast Philadelphia presented their Small Plot Intensive farming programs, called SPIN. They projected between \$50,000 and \$75,000 in retail

produce sales per acre. Over the last few months we have been in contact with local urban farmers and decided that we would make a multi-year commitment to farm additional acreage in Philadelphia.

Our decision to use some of the Co-op's yearly profit to start the project comes from several beliefs. Our Mission statement states that:

"We're committed to the environment. We work to sustain a healthy planet, promote environmentally sound products and practices, encourage and support local and organic farming, and try to act with environmental consciousness in all our endeavors." The farm allows us to work in conjunction with Awbury Arboretum on education programs as well as focusing on production and bottom line objectives.

More practical considerations include the fact that the price of specialty produce, organic flowers, and herbs is high and not expected to drop. The continued climb of organic prices makes local urban growing economically feasible. We have a secure selling location because we can sell everything we grow at the Co-op. Our very active farm committee volunteers at the Mort Brooks Farm on a regular basis and we also have cooperators who can fulfill their work requirement at the farm.

We're confident the farm can break even or be a profit center after a few years, and we are excited about the possibilities of this project. As David settles in and learns more about the Co-op Farm Committee, Awbury, and the community, we look forward to his success and to the future, expanding the farm to vacant land locations in Germantown and Mt. Airy.

Who Would Have Thought?  
Energy-Saving Washing Machines

by Sandy Folzer, Environment Committee Chair

No, I'm not going to tell you about organic washing machines, but someday there may be such an animal.

I recently learned that washing machines can make a difference for the environment. Next time I need one, I plan to buy a front loading type. Why? Because they use half the amount of water as a top loading machine.

This translates into using 15 gallons per load or 6390 gallons per year. (Don't ask me how they figured out how much laundry you do.) They estimate you also use 68 percent less electricity to heat the water when you're using less.


And front loaders spin at 1000 rpm's, unlike the 600-700 rpm's of top loaders. This means that the clothes come out dri-

er, which means less energy is needed to dry them. They actually extract 35 percent more water. And without an agitator in the middle taking up so much room, you can wash larger loads. There is 25-35 percent more capacity. Gravity does some of the work. It is gentler on the clothes without the agitator. It's also quieter. Consumer Reports says front loaders use less detergent. Another plus for the environment.

The down side of front loading washing machines is that they cost more money. The reason is their suspension is heavier duty. Sears' Kenmore does start at \$649, GE at \$699, and the price increases from there.

Here are some web sites if you're interested.

- [http://www.eartheasy.com/live\\_frontloadwash.htm](http://www.eartheasy.com/live_frontloadwash.htm)
- <http://www.sdearthtimes.com/et1000/et1000s8.html>
- <http://www.galttech.com/research/buying-online/best-washing-machines.php>
- <http://www.greenerchoices.org/products.cfm?product=washer&page=RightChoices>



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Cloned Meat

(continued from page 1)

The cloning process is accomplished through the implanting of an adult somatic cell from the preferred donor animal into the uterus of the female. An electric current is run through the somatic cell to spark cell division prior to its placement in the female. The animals birthed by the process carry the hopes of scientists and industry seeking replication and perpetuation of high-production dairy cows, superior breeding stock, and other prized genetic traits.

The reality of cloning, according to information gathered by the Center for Food Safety has been rather different, including:

- 64 percent of cattle, 40 percent of sheep, and 93 percent of cloned mice exhibit some form of abnormality, with a large percentage of the animals dying during gestation or shortly after birth.
- High rates of late abortion and early prenatal death, with failure rates of 95 percent to 97 percent in most mammal cloning attempts.
- Defects such as grossly oversized calves, enlarged tongues, squashed faces, intestinal blockages, immune deficiencies, and diabetes.
- When cloning does not produce a normal animal, many of the difficult pregnancies cause physical suffering or death to the surrogate mothers.

It is questionable whether engaging this technology, with its collateral damage to both mothers and offspring, could ever meet the definition of humane animal husbandry.

There are other concerns as well. Cloning may lead to the dramatic loss of genetic diversity in livestock, with farmers and our nation's food supply left susceptible to devastating epidemics due to a monoculture gene pool. Cloning is also dependent on the heavy use of artificial hormones to enable the reproductive process and to induce labor in the mother.

While calling cloned foods "virtually indistinguishable," the FDA has not announced any intention of requiring an identifying label on cloned food products—despite public opinion surveys suggesting that many are suspicious of and don't want to eat food from cloned animals. In fact, one recent opinion poll conducted by the Food Information Council



found that 58 percent of Americans surveyed would be unlikely to buy meat or milk from cloned animals, even if supported by FDA safety endorsements.

The FDA is not proposing a tracking system for cloned foods that would allow for tracing back to the source any problems that may develop. This is particularly troubling in that they assume that only healthy cloned animals and food will enter the food stream. Furthermore, simply because the cloned animals are virtually indistinguishable does not mean that there may not be subtle subclinical physiological or biochemical anomalies. Scientists suggest such anomalies could include alterations in key proteins and other molecules, affecting the nutritional content of food, leading to dietary imbalances.

Lastly, there is no guarantee that some aspects of cloning will not creep into organic food. For example, a cloned bull could potentially be used to impregnate dairy cows as high-production operations seek ways to further maximize their facility's milk production, and those offspring could, under the USDA's present lax enforcement standards, find their way into organic production.

The Cornucopia Institute is urging cooperatives and their members to take a vigorous stance against cloned food and cloned food products. Let the FDA hear and respond to your concerns.

Consumers and the public now have until April 2, 2007 to send comments to the FDA concerning their Draft Animal Cloning Risk Assessment report. E-mail comments may be sent to clones@cvm.fda.gov. Written comments can be sent to Division of Dockets Management (HFA-305), Food and Drug Administration, 5630 Fishers Lane, Rm. 1061, Rockville, MD 20852. Be sure to reference Docket No. 2003N-0573 in written or e-mail comments.

The FDA will also accept telephone messages of up to 3 minutes on the draft cloning report at this number: 240-453-6842.

Introducing Leidy's Natural Traditions Pork Tenderloin

by Dale Kinley

Leidy's is a Pennsylvania Company that has been raising pork since 1893.

Recently they introduced a naturally raised line of pork, called Nature's Traditions.

It is 100% natural pork and raised with absolutely no antibiotics or other additives. The animals are humanely raised and provided with the finest quality,

all-natural diet. The American Humane Association has awarded them their Free Farmed Certification because they raise their pigs in a healthy, low stress environment, where they are free to express their normal behavior. They are provided with proper facilities, fresh water, sufficient space, adequate shelter and comfortable resting areas.

Pork Tenderloin Amandine

- 1 pound pork tenderloin, cut into 8 equal pieces
- 2 teaspoons butter
- 1/4 cup slivered or sliced almonds
- 1/4 cup flour salt and pepper, to taste
- 1 tablespoon lemon juice

Cooking Directions

Place each tenderloin piece between two pieces of plastic wrap and gently press to 1/4-inch thickness. Set aside. In skillet over medium heat, toast almonds for 1 minute or until golden, stirring constantly. Remove almonds and reserve. Melt butter in skillet. Lightly coat tenderloin cutlets with flour and sauté over medium-heat 4 to 6 minutes, turning once. Remove pork to platter and keep warm. Add lemon juice and almonds to pan, stir and heat through. Pour sauce over pork and serve. Serves 4.

Serving Suggestions

Garnish this dish with almonds for a bit of a crunch. Serve with Parmesan roasted potato wedges and steamed green beans.

Nutritional Facts

- Calories: 230
- Fat: 10 grams
- Cholesterol: 75 mg
- Carbohydrates: 8 grams
- Protein: 26 grams
- Sodium: 150 mg
- Saturated Fat: 2 grams
- Fiber: 1 grams

Food Exchanges:

3 lean meat, 1/2 fat, 1/2 starch

recipe courtesy of Leidy's

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## New Programs at the Schuylkill Center for Environmental Education

By Erin Johnson

This February will mark the beginning of a five-part adult evening seminar series on “Greening Your Home” from the inside out. Local experts and business owners will discuss strategies, resources, and will share knowledge about many topics. Some of these include: internal environmental air quality, occupancy health, product sourcing and environmental impact, benefits of environmentally friendly materials, innovative “green” products, green roofs, energy efficiency, native plants and ecology, habitat creation, and environmentally sustainable alternative energy solutions.

Our new monthly film series, “Green on Screen” features documentaries introduced by knowledgeable regional speakers on a broad spectrum of topics. Our January film, the award-winning documentary *Pale Male*, presented the story of a famous red-tailed hawk that lived near a Fifth Avenue Manhattan Apartment in 1991. The February film, *Ancient Futures: Learning From Ladakh*, is an exploration of how the development of land, conservation of the environment, and culture interact internationally and regionally. In March, *The Men Who Killed the Easter Bunny* introduces the theme of invasive species through the story of the unusual Australian Bilby and its tough competitor, the rabbit.

Please contact 215.482.7300, ext. 110 for more information and for details, or visit [www.schuylkillcenter.org](http://www.schuylkillcenter.org).

## Friends of the Wissahickon Sponsors “Protect Our Watershed” Education Series

By Denise Larrabee

The Friends of the Wissahickon (FOW) is launching a lecture series to educate residents in northwest Philadelphia about the environmental degradation in the Wissahickon watershed caused by excess stormwater runoff and what they can do to help reduce it. The four lectures will explore regional solutions to stormwater management, the use of rain barrels in reducing runoff, creating various natural areas habitat (such as meadows and wetlands), and steps individuals can take in their own yards to protect the watershed while creating habitat beneficial to wildlife.

The series is part of FOW’s Protect Our Watershed (POW) program, which seeks to proactively address stormwater runoff in the lower Wissahickon watershed and to protect the area’s significant remaining open space parcels of land. FOW’s Board of Directors recently approved an ambitious Land Conservation & Stewardship Plan for the POW program, which can be viewed on their website at [www.fow.org/watershed.php](http://www.fow.org/watershed.php).

Several organizations are partnering with FOW on this project, including: the Fairmount Park Commission; Philadelphia Water Department; Natural Lands Trust; Chestnut Hill Historical Society; and the Morris Arboretum, which is offering classes on native plants, managing deer, sustainable gardens, and the preservation of the Wissahickon as part of the POW Program. Visit [www.business-services.upenn.edu/arboretum/education2.html](http://www.business-services.upenn.edu/arboretum/education2.html) for more information.

### POW Education Series

**Saturday, February 3**

1:00 – 3:00 p.m.

**Wissahickon Watershed Partnership Rain Barrel Workshop for Homeowners**

The rain barrel workshops teach participants how to install a rain barrel, as well as how to use and maintain it, gaining a sense of the positive impact that one individual can make in protecting our streams. Participants who register in advance receive a free rain barrel.

To register, contact: [Joanne.Dahme@phila.gov](mailto:Joanne.Dahme@phila.gov). Sponsored by FOW and the Philadelphia Water Department.



AUDUBON AT HOME’S STEVE SAFFIER

**Wednesday, February 7, 2007**

7:30 p.m.

**Watershed Planning and Stormwater Management: Regional Case Studies and Collaborations**

Dr. Jeffrey Featherstone, Director of the Center for Sustainable Communities and Research Professor, Department of Community & Regional Planning at Temple University’s Ambler Campus, will discuss regional solutions to stormwater management. His teaching expertise includes planning theory, planning law and administration, and environmental planning and politics. Dr. Featherstone holds a Ph.D. in Public Policy from Temple University.

**Wednesday, March 7, 2007**

7:30 p.m.

**Managing Natural Areas Habitat**

Pam Morris, Natural Areas Manager for the Morris Arboretum, will share management practices of the Morris Arboretum Natural Areas including mead-

ows, streams, wetlands, and forest. Her talk will also cover the selection of Native Plants as well as the challenges of invasive plants. Learn how to create a Native Plant community that will enhance wildlife habitat from insects to migrating birds.

**Wednesday, April 4, 2007**

7:30 p.m.

**Audubon At Home: Healthy Yards, Healthy Watershed**

Steven J. Saffier, Audubon At Home Coordinator with Audubon Pennsylvania, will discuss simple steps we can take in our own yards that will not only protect the Wissahickon watershed, but enhance it with birds, butterflies and other beneficial wildlife. Learn how Audubon At Home is transforming habitat in backyards, campuses, and other properties around the state.

All lectures will be held at the Chestnut Hill Library, 8711 Germantown Avenue. For more information, visit [www.fow.org](http://www.fow.org) or contact FOW’s offices at [office@fow.org](mailto:office@fow.org) or 215-247-0417.

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What’s Global Warming Got to Do With Me?

by Meenal Raval

Global warming is rapidly changing our climate. We’ve read about it and felt it in recent temperature swings. But what can we do about it? We feel helpless and wish our leaders could solve it for us so that we could move on with life.

It seems as though our planet is asking us to help her; her pleas are visible in hurricanes and feverish temperature fluctuations. Our consumption of fossil fuels releases greenhouse gases into the atmosphere, faster than can be absorbed by the ecosystem.

When trapped in the atmosphere, these gases cause global warming. The most notable of the greenhouse gases is carbon dioxide. Each American annually uses an average of 57.5 barrels of oil and emits an average of 24 tons of carbon dioxide (or 135 lbs per day). The interesting number is that 43 percent of this consumption is in our direct control: our transportation, electricity and home heating choices.

And having direct control, the solution is in our hands. We already know that we can decrease our solo driving trips by car-pooling, by using SEPTA, by walking, and of course, by not traveling. We can turn off lights and appliances when not needed, and purchase more efficient lights and appliances. With the money saved on electric bills, we can purchase electricity generated by clean wind instead of dirty coal-powered plants. We can heat less space by closing off unused rooms (or downsizing to a smaller home), setting the thermostat to drop the temperature when we aren’t home and even by lowering the overall house temperature, and supplementing the central heat with space heaters for only the rooms being used.

Watching Al Gore’s *An Inconvenient Truth* piqued my curiosity: what is our household’s impact, also known as our carbon footprint? I learned of carbon calculators to aid in measuring carbon footprints, and learned that our household’s contribution to the worldwide ecosystem,

at 12.8 tons a year, is half the national average. Whew

As my brother Ameet and I dribbled a ball at the Allens Lane playground in the sweltering summer (2006 was the hottest year on record), we came up with an idea for a simple form, easily filled out at the kitchen table, to tabulate a household’s impact on the worldwide ecosystem using vehicle maintenance records and utility bills. Thus evolved the Form CO2-EZ, asking the basic questions:

- 1. How many gallons of gasoline consumed?
- 2. How many Kilowatt hours (KWH’s) of electricity used?
- 3. How many CCFs of natural gas or gallons of heating oil used?

Taking these numbers, it is simple to convert each of them to what really matters to the worldwide ecosystem today: pounds of carbon dioxide, which represent the CO2 emissions.

To lower our household’s emissions, we traded a minivan for a much smaller car, replaced our incandescent light bulbs to compact fluorescents, set our thermostat to drop the temperature when we weren’t home, and replaced a couple of drafty windows. On New Years Eve, I projected our 2007 emissions to be 7.2 tons, a 56 percent reduction from where we started in June ‘06, and one-third of the national average; this for a four bedroom Mt. Airy twin

This form is not intended to place judgment on any of our lives, but rather to guide us, helping us see a current snapshot of our energy consumption as we begin the new year. Maybe by next January, we’ll all have before and after pictures to share of trimmer households and a less feverish Earth.

What’s your carbon footprint? Questions? Comments? Need help with the Form CO2-EZ?

Contact: Meenal Raval at 215-438-1517 or meenal@mtairygreening.net.

Form **CO2EZ**

Department of Natural Resources—Atmospheric Sciences Service  
**For Computation of Yearly CO<sub>2</sub> Offset  
Obligation to Worldwide Ecosystem**

**2006**

Estimated time to complete  
this form is 20 minutes.  
Rev. 2006/05/06

**Transportation**

Estimate annual amounts.

1

Number of miles traveled by primary vehicle last year : \_\_\_\_\_  
+ by average miles per gallon \_\_\_\_\_ : \_\_\_\_\_  
x by 20 lbs CO<sub>2</sub>/gallon of gas : \_\_\_\_\_ lb CO<sub>2</sub>

1a

Repeat the above for all additional cars, motorcycles etc.  
and add : \_\_\_\_\_ lb CO<sub>2</sub>

2

Number of miles of air travel per year (all household  
members) : \_\_\_\_\_  
x 0.7 lb CO<sub>2</sub>/mile : \_\_\_\_\_ lb CO<sub>2</sub>

3

**TOTAL TRANSPORTATION**  
Add (1), (1a), (2) \_\_\_\_\_ lb CO<sub>2</sub>

**Electricity**

Look at most recent utility bills.

4

Kilowatt hours of electricity used per year (if using  
100% renewable energy enter "0") : \_\_\_\_\_

5

**TOTAL ELECTRICITY**  
x 1.5 lb CO<sub>2</sub>/kWh : \_\_\_\_\_ lb CO<sub>2</sub>

**Heating**

Look at most recent utility bills.

6

Therms of natural gas per year (or "ccf" or 100 x cubic feet) : \_\_\_\_\_  
x 12 lb CO<sub>2</sub>/therm : \_\_\_\_\_ lb CO<sub>2</sub>

7

Gallons of heating oil per year (if heating by oil): \_\_\_\_\_  
x 25 lb CO<sub>2</sub>/gal : \_\_\_\_\_ lb CO<sub>2</sub>

8

**TOTAL HOME HEATING**  
Add (6), (7) \_\_\_\_\_ lb CO<sub>2</sub>

**TOTAL**

9

**TOTAL CO<sub>2</sub> EMISSIONS in lb CO<sub>2</sub>**, per year, for household  
Add (3), (5), (8) \_\_\_\_\_ lb CO<sub>2</sub>

10

**TOTAL CO<sub>2</sub> EMISSIONS in tons**  
+ by 2200 lb/ton \_\_\_\_\_ **tons**

**SIGN HERE**

Note that a yearly carbon offset may be purchased at the cost of approximately \$10/ton from a variety of sources including  
nativenenergy.com, carbonfund.org and terrapass.com.  
Learn more about global warming at [climatecrisis.net](http://climatecrisis.net), [stopglobalwarming.org](http://stopglobalwarming.org) and [fightglobalwarming.com](http://fightglobalwarming.com).

Check here to indicate that you commit to purchasing a carbon offset to neutralize your  
household's greenhouse gas emissions. ☐

Check here to indicate that you are signing your household up to exceed the Kyoto Protocol, by ALSO  
committing to reducing your household emissions 5% yearly until a 20% reduction is achieved. ☐

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Number in household: \_\_\_\_\_

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Personal Micro-Financing: Changing the World With Your Wallet!

by Betsy Teutsch

As a great fan of microfinance, the loaning of small sums to impoverished women in the developing world to help increase their income generation, I was thrilled to learn of its originator Muhammad Yunus winning the 2006 Nobel Peace Prize. His simple experiment, loaning illiterate women small sums to help them work themselves out of marginal existences, has proven a brilliant instrument for moving families out of extreme poverty.

His Grameen Bank has continually expanded and now it, and many other microfinance institutions based on its model, loan millions of women (and some men, too) the small amounts they need to expand their productivity. Their payback rates are impressive and their standard of living and literacy rates have improved dramatically.

Until recently it was not possible for individuals (as far as I know) to invest money in microfinance institutions, though they have gladly accepted donations. Now there are two ways to invest; instead of donating, you can now loan whatever amount you choose. Most people can loan more than they can donate, since they expect the loan to be returned, so this is a way to extend more credit dollars, empowering ever more participants in the global economy.

Kiva.org is an amazing website which utilizes PayPal technology to connect your dollars to screened microfinance participants. A photo and biographical sketch for each loan requester appears, along with a description of work history and the business plan. The amounts requested run from around \$250 to \$2000. Individual loaners pick whom they want to loan to (this is hard – baby boomers may remember the TV show “Queen for a Day” here...) and submit funds, mostly under \$100, through PayPal. A typical applicant will be funded by 10 or 20 people, and as funders sign on, you can see their first names and locations; some even include their photos and a personal statement. These are not donations, but rather no-interest loans which are paid off within 18 months. You can check your balance and are notified when payments are received, but you cannot remove your money until the whole loan has been repaid. Though it is small, there is some risk; do not loan more than you could afford to lose. In August I loaned



CHANG SOKHIM, OF CAMBODIA TURNED HER MICROCREDIT LOANS INTO A SMALL BUT SUCCESSFUL BUSINESS.

\$25 to Agnes Kigony, a 53-year-old woman from Kangema, Kenya, for construction of “a shed for her cows to improve on cattle feeds so as to increase milk production.” Her total loan was \$300; she has, according to the website, now repaid \$100 of the loan. Go Agnes

For those in a position to invest a minimum of \$1000 for three years, the Fair Trade farmers’ cooperative Equal Exchange is offering a CD at 4.45%. This is a very competitive rate, and the money is used as a credit line for their farmers to cover expenses during the growing season until the crop is harvested and sold. According to their prospectus at [www.equalexchange.com/eecd](http://www.equalexchange.com/eecd):

“Your money can be used for tremendous good. For example \$2000 can buy, at Fair Trade prices, the complete coffee harvest of a typical family farm. That 5-acre farm, perhaps high in a remote Peruvian valley, might support 6-8 people. So with a \$2000 CD you can help keep a family on their land, providing hope that they can improve life for their children. You earn a competitive interest rate, too.”

Most of us have very little idea what our investment dollars support in the world, and probably a lot of us would be upset if we found out. This is a remarkable opportunity to achieve market rate returns and support economic justice and expanded opportunity. The CD’s are not guaranteed, so just as with Kiva, be sure that you educate yourself about the small risks involved.

Eek! E. Coli

by Sara Lomax-Reese

The year 2006 was a very bad year for some of our best foods. Tainted by the fear of deadly bacteria, spinach and lettuce went from health food to health hazard. The culprit: a virulent strain of e. coli known as 0157:H7. In September, hundreds were sickened due to tainted spinach from California. In fact, three people died in that outbreak. One month later, lettuce was recalled due to concerns about e. coli contamination. And in December, lettuce was again blamed for an e. coli outbreak at several Taco Bell restaurants in New York, New Jersey and Pennsylvania.

It makes you wonder about what’s going on with our food supply. Some say we need better technologies that will kill these deadly micro-organisms, while others have called for tighter regulations on how crops are cultivated. Since e. coli comes from animal waste, which sometimes gets into irrigation systems that water crops, produce grown in the dirt (like lettuce and spinach) are especially susceptible. Add to this that leafy greens are naturally more vulnerable to contamination and you have a potentially lethal combination.

Some link the rise in e. coli to the rise in factory farming. In large factory

farms most cattle are fed grain. Grain-fed cattle are more likely to have e. coli in their digestive system (which is not harmful to them, but potentially deadly to us), than grass-fed cattle.

So what do we do? The bottom line is that nothing is fullproof at this point. But making conscious, informed choices is a start.

Go organic: Even though organically grown greens were under a cloud of suspicion in the September outbreak, the fact that there are stringent federal guidelines for organic certification makes organic greens a better bet than conventional.

Buy Fresh: Inspect your greens and only buy those that appear fresh and vibrant with no brown spots. If you’re buying bagged lettuce or spinach, look for signs of deterioration in the product, such as brown or wilted leaves, moistness in the bag, or swollen bags. And look for the latest possible “sell-by” date.

Wash Your Greens Well: Even if you buy pre-washed lettuce or spinach, wash it well before eating it. It may not kill any bacteria but it will freshen it up.

Keep it Cold: Make sure you store your greens in the refrigerator as soon as you get them home.

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# Rich Rudin and Maplewood Music Expand to Chestnut Hill

by Abigail Perkiss

When Rich Rudin declared his major in piano and musical composition at Temple University, his goal was simply to learn music. Nothing more, nothing less. He did know one thing above all else, though: he wanted to do anything but teach.

Three decades later, Rudin is known around the city as the founder and music director of Maplewood Music Studios, a northwest Philadelphia-based company that offers classes in jazz, blues, classical, rock, and folk music. The studio originally opened in 1980 at the Maplewood Mall in Germantown, and this fall, Rudin opened a second branch, at 8405 Germantown Avenue in Chestnut Hill.

For Rudin, the expansion marks the realization of a vision that began when he was a 20-something musician, looking for a space where he could play his piano at all hours of the night, and make money while he was at it.

In the summer of 1978, Rudin took a teaching position at the Lighthouse Arts and Music Camp in Pine Grove, Pennsylvania.

“It was billed as a summer camp for normal kids who were involved in the arts,” says Rudin. “They didn’t advertise for the extraordinary ones, but that’s what they got.”

At the camp, Rudin had the opportunity to teach an eclectic mix of jazz, folk, rock, blues, and classical piano.

“I had some early success in connect-

ing to the kids, really exploring things together. We were making different kinds of music everyday. It was thrilling. It was there that I decided, ‘this is how I want to participate in making music.’”

When the camp folded in 1980, he sought to create a new venue for this kind of holistic musical experience. And if he was going to do it, he said, he was going to do it right.

Rudin, who grew up in East Mount Airy, knew that he wanted to return to northwest Philadelphia. He wanted to find a space where he could play his own music and teach others at the same time. He didn’t want to be hampered by thin apartment walls or neighbors that wanted to sleep through the night. Rudin thought about Chestnut Hill, but at the time, the properties were beyond his financial reach.

Before long, a place opened up in the Maplewood Mall off Germantown Avenue, in Germantown. For Rudin, it was too good to be true. He made the back of the building into his living quarters, kept the tenant who was renting one of the rooms for extra income, and converted the rest into a small studio. Originally, there were two rooms for lessons. When his tenant moved out seven years later, though, he expanded into the whole building and brought in new teachers.

The teachers, for Rudin, were the biggest surprise of all.

“I always knew that there were a lot

of great musicians in Philly,” he said. “But I wasn’t sure how many of them would be interested in teaching at a place like this. I’ve been amazed, though, by the quality of educators that have come through here.”

The studio has thrived over the past two and a half decades, offering private lessons in a variety of instruments, to a diverse range of students. With six rooms at the Germantown studio, they’ve seen a high of 150 students at a given time. Still, Rudin never completely forgot about Chestnut Hill.

Though Rudin wasn’t actively looking to expand, when Ken Goldenberg of the Goldenberg Group, a Philadelphia-based commercial real estate company, approached him about opening a new studio, he couldn’t pass up the opportunity. The new space in Chestnut Hill, which is located above the artistically-oriented store, Intermission, has four rooms. According to Rudin, that means that another 100 students are feasible.


He’s hoping that the new location attracts a wider demographic of students, as well. With a revamped advertising campaign – a joint venture with Intermission – he intends to bring in clientele from the western suburbs surrounding Chestnut Hill. For folks in Springfield, Wyndmoor, and Flourtown, he says, it is a more viable option than



PHOTO BY BARBARA SHERF

STANDING IN FRONT OF MAPLEWOOD MUSIC STUDIO’S NEW CHESTNUT HILL LOCATION ARE FOUNDER AND DIRECTOR RICH RUDIN (R) AND OFFICE MANAGER DEBBIE SYZDEK.

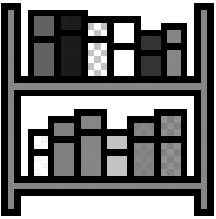
trekking out to Germantown. For Rudin, though, the most appealing part of this new endeavor is the collaboration with his downstairs neighbor. In joining forces with Intermission, Rudin seeks to continue his efforts to foster a dynamic musical community in Philadelphia. Through their new partnership, he says, they are trying to create a living musical experience. And that, after all, is why Rudin began studying music in the first place.



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# Geechee Girl Rice Cafe Moves to Germnatown Ave. & Carpenter Lane

by Sloan Seale

As many of her devoted customers already know, Valerie Erwin's Geechee Girl Rice Café has recently relocated from its home of three years in Germantown, up the Avenue to 6825 Germantown Ave., right at the end of Carpenter Lane, in the former location of Limpopo. Geechee Girl was already going strong, but the move up the Avenue gives Valerie a larger space with room to expand, and greater visibility on a well-traveled block. On her side of the street, Geechee Girl is now neighbors with Groben's Seafood and Avenue Art (formerly The Framing Barn); Tesserae is located across the street.

The greatest misconception that people have about her restaurant, Valerie told me in a recent interview, is that the food is African or Asian. "But it's not," she says. "It's American Southern food, influenced by some international cuisines." The international influences come mainly from Valerie's student days at Princeton, where she studied politics and where she had a number of international roommates, particularly Japanese and Chinese, who taught her about their home-grown cuisines. "So how did you go from studying politics at Princeton to being a Germantown restaurant owner?" I wanted to know. Valerie told me that, like everyone just out of college, she needed a job, and she started working as a chef. She'd always enjoyed cooking, and found that she loved cooking professionally, at the old La Terrace, Striped Bass, and Roller's, among other locations. After some years of being a chef, she started cooking up a business plan of her own. Knowing that she wanted her restaurant to have a streamlined concept, she looked back to her family's roots in the Carolinas. Even though her grand-



VALERIE ERWIN, OUTSIDE HER NEW GEECHEE GIRL CAFE

parents were all city people from Charleston and Savannah, and her parents both grew up in Philly, their family meals almost always included rice, the basis of the Geechee daily cuisine. The origins of the term "Geechee" are themselves a bit murky. In the era of slavery, plantation owners would abandon captured West Africans on the islands off the coast of the Carolinas, Georgia and Florida. Left to their own devices to work the swampy and mosquito-infested island plantation lands — which at that time were accessible to the mainland only by boat — the West Africans lived communally and developed a rice-growing culture akin to their homeland's. It wasn't until the 20th century that bridges connected the islands to the mainland. By that time the Geechee culture was well-established and has remained to some extent, despite the

encroachment of resort living, such as that on Hilton Head Island. Yes, Geechee and Gullah are very similar cultures, although not interchangeable. So -- Valerie now had the experience to run a restaurant, and the concept ready to go. The next question was, where to set up shop? As luck would have it, Valerie learned from a colleague of the space about to be available in the 5900 block of Germantown Ave., close by the old Germantown Farmers Market. Valerie snatched it up and opened Geechee Girl Rice Cafe in March 2003. Business started to boom right from the start, thanks in part to great word-of-mouth positive reviews in the local press. Soon she had a loyal following whom Valerie describes as "a self-selecting group, and the world's best customers. Geechee Girl attracts people who like being in a friendly, relaxed atmosphere." After a couple of years, she started thinking about moving to a larger space, and when she heard that Limpopo was opening up, she liked the idea of staying close by, but moving up the Avenue to Mt. Airy, where Geechee Girl is more "in the market," and more visible to people who go out to eat regularly. When word got around last year that Valerie was planning to move the cafe, she had so many offers of help from her customers that she was able to dispense with hired movers and do it with customers and friends.

Many of Valerie's customers here in Philly are "Southern ex-patriots," who

exclaim gladly at the authenticity of her menu. "Your cornbread tastes like cornbread" is a compliment which Valerie has heard many times. Her own favorite item on the menu is shrimp and grits, another popular item with ex-Southerners who miss their grits, along with the Carolina gold rice, imported from Carolina; and the black-eyed peas and ham. True to the restaurant's concept, rice accompanies almost everything on the menu, and the rices change regularly. White rice, jasmine and heirloom Carolina gold are always on the menu along with a couple of other offerings, which rotate between brown, wehani, black and other specialty rices. Along with her sister, Valerie does almost all of the cooking at Geechee Girl. Her other sisters and her mother work the floor and pitch in wherever else is needed. Right now, Valerie is looking to hire more dining room staff — one of the necessities of moving to such a larger space. So if you are looking for a restaurant job, this might be your opportunity... Geechee Girl Rice Cafe is open Wednesday through Sunday for dinner, from 5:30—9:30, and for brunch on Sundays. They are currently not open for lunch, but if demand is great enough that is a possibility for the future.

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*Soup – Part I*  
**Sopping Soup at Supper**

by Peter Samuel

We are a big home-made soup family. Meaning that on just about any night if I ladle out bowls of delicious home-cooked soup, my children will inevitably lap it up and get that certain glint in their eyes, and I can tell their hearts have been “put at ease.” A couple of my children have even been known to make soup on their own, in particular African Peanut Soup, which is super yummy (and calming). Not too long ago, one of the kids suggested that we get busy and open up a restaurant that just serves soup.

“Kids, did you know that the first soup was really broth that people ate with thick bread instead of a spoon. They called the whole thing sop or sup. The word ‘supper’ comes from people eating soppy soup at the end of the day so it was sopper, or supper. Don’t stare at me like that, it’s true,” I said. “And besides someone has already done that restaurant idea in New York and Boston.” (More on soup restaurants next time.)

Besides the fact that soup is the perfect way to “calm down the violence of hunger,” it is also an economical way to feed many people and in the process put together a variety of vegetables and other nutritious items without following a recipe. It’s possible to hide all kinds of vegetables in a soup that people might not otherwise eat -- especially if you take the batch of steaming lumps and smooth it out in the food processor to make a puree.

Just before Christmas I joined a group of students from Germantown Friends School and members of the Germantown Monthly Meeting to cook up a cauldron of turkey noodle soup that we delivered to a church that provides food to the homeless. We do this once a month, and more often than not we prepare soup and something to accompany it like biscuits or muffins. In December, we coupled it with half a dozen turkey potpies.

Many times we have made gallons of delicious vegetable soup, to feed sixty, and at least eight people have had a hand in randomly chopping, sautéing, boiling and seasoning. One of the favorites is a tomato black bean and vegetable soup. We simply keep adding ingredients, running beans through the cuisinart, and adding flavorings until it is thick and tasty. It includes four pounds of dried beans (soaked the night before), canned tomatoes, many pounds of fresh potatoes, celery, carrots, onions, garlic, various spices and, of course, water. When you add corn muffins to the meal, the ingredients still cost only about \$40, which means each person’s nutritious supper is under a dollar.

Soup kitchens in America started around 1929 when the effects of the Depression began to be felt. The need for the soup lines intensified when the economy worsened in 1932, and 12 million Americans — about 25 percent of the normal labor force — were out of work. For centuries, soup has been a reliable way to

feed many without spending a lot of money. At the end of the nineteenth century, soup was often served for free in taverns at lunch.

For those of you who only know soup in a can or a package and have never made a homemade soup, now is the time to get down to the Co-op, buy yourself an armful of vegetables, or beans or chicken bones and then come home and get busy at the stove. The Co-op also sells handy little packs of bean soup mix that come with a variety of legumes, and includes a pack of spices and flavoring. You just add water and perhaps a can of tomatoes to make yourself a huge steaming pot of nutritious soup.

Soup seems to be the one thing that you can be pretty sure everyone will like. First there is the fragrance that fills the house for many hours while it is slowly percolating on the back burner. That alone is enough to get young and old stomachs in a mood to eat. But mostly it may be the comfort factor, the “eliminating the tensions of the day”, that makes this nourishment a truly visceral extravaganza.

Whenever I cook a whole chicken, after the meal I throw the carcass, skin, and fat into a crock pot with water, celery, onions and carrots and turn the whole concoction into a savory stock. After skimming the fat off, it can be made into soup immediately or the broth can be frozen for up to a few months.

As a kid, one of my earliest cooking memories was making a can of soup and



doctoring it with a variety of fresh herbs and spices. And even though my days of eating soup from a can, a foil package or a cardboard cup of freeze dried broth are long gone, I appreciate the need for the convenience factor of just popping open, pouring boiling water on, or microwaving in seconds. But for many it is important to know exactly what is going into their soup and to be able to control the taste.

Campbell’s perfected the “condensed” soup in a can (the red and white labels were made even more famous in the sixties by Andy Warhol) sometime in the 1890s, but it wasn’t until the 1950s that they introduced Chicken Noodle, which became their best seller. Who can forget the “Campbell’s Kids” or the “mmm, mmm, good” jingle?

Lipton’s was the company that made a breakthrough with dried soup in 1943. In the fifties, their dried onion soup became the main ingredient of something called “California Dip,” and in fact there were all kinds of crazy recipes where either dried or condensed soup was the essential ingredient.

It is only recently that people began to realize that it is the high salt content that makes those commercial soups palatable.

(continued on page 12)

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Soup

(continued from page 11)

It is also the salt content which can be so dangerous. A person can get nearly half their quota of sodium in one bowl. If you eat the whole can, you are done for the day – no more salt. That’s about 2400 milligrams or one teaspoonful of salt. There are low-sodium products out there, but the companies struggle with taste.

There was a time when my family seemed to survive on those salty ramen noodle packages. Apparently, these are far from the original dish from Japan that includes broth and noodles topped with meat and scallions. But it provides people on a limited budget with their daily dose of sodium.

If you are hunting for canned or dried soup at the Co-op you will not find Campbell’s or Lipton’s but you will find fifteen other brands including a few organic varieties. The Co-op also has two

soups bubbling away everyday in the deli. You may have already tasted these at lunch. The head of the deli, Margie Felton, says that Co-ops slurp down 4 to 6 gallons of fresh soup per day.

Those fresh soups come from a few different providers: Michele’s (now owned by Helen’s Pure Foods in Cheltenham), Culinary Crossing of Harleysville, Moshe’s in Wyndmoor (he provides a variety of chiles) and Kettle Cuisine, which is a large producer in the Boston area that sells in over 40 states. “You can get a 12 oz. cup of soup or take home a whole quart to feed your hungry family,” Margie says.

Whether you make it fresh, buy it in a can or a dried package, or take advantage of the ready-made soups in the Co-op deli, it’s always a good idea to sop some soup as soon as you can.

Next month: Soup’s history and vital info on the health benefits.



PHOTO COURTESY OF VALLEY GREEN BANK

ATTENDING THE AWARD CEREMONY ARE (L TO R): JENNY GELIEBTER, AMY’S MOTHER; AMY GELIEBTER, ESSAY CONTEST WINNER; JAY GOLDSTEIN, PRESIDENT AND CEO OF VALLEY GREEN BANK; RICHARD LEONARD, AMY’S TEACHER AT OUR MOTHER OF CONSOLATION; AND BRUCE HAGY, PRINCIPAL OF OUR MOTHER OF CONSOLATION

Valley Green Bank Announces Essay Contest Winner

by Leslie Seitchik

The winner of Valley Green Bank’s Essay Contest, “What Being Part of a Community Means to Me” is Amy Geliebter, a seventh grader from Our Mother of Consolation School. Amy won a \$2,500.00 scholarship from the Bank to be used for her higher education. She was presented with a Certificate of Recognition and an oversized check from Jay Goldstein, President and CEO of Valley Green Bank, at an awards ceremony at the Bank. Amy’s parents, John and Jenny Geliebter, along with the principal of Our Mother of Consolation, John Hagy and her teacher, Mr. Leonard, were present for the presentation at the Bank.

The contest was open to all 7th and 8th grade students who either live or attend school in Mt. Airy or Chestnut Hill. The jury was comprised of three experts, two of whom have ties to Weavers Way – Shuttle editor and novelist Jon McGoran and Co-op member Michael Bamberger, who is a published author and senior writer at *Sports Illustrated*. The other judge was Deb Dempsey, a retired English teacher from Springside School. “I was impressed with the quality of the writing,” said McGoran. “It wasn’t easy to select a winner from among these talented, young writers.”

In her winning essay, Amy recommends, “sharing a smile, using a trash bag and having fun.” Those are good words to think about in our daily lives.

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Reading African American Literature

by Mark Goodman

African American History Month has created controversy because of the compartmentalization of African American culture into a one-month extravaganza. In an *Inquirer Magazine* article several years ago, novelist David Bradley, author of *The Chaneyville Incident*, lamented how he hated being popular in February but relatively invisible for the rest of the year.

However, in my opinion, it doesn't hurt to shine a light on African American culture as long as there is a consistent presence and awareness of this part of our national heritage in our schools, media, and homes during the rest of the year, as well.

With that in mind, here are some books to consider reading over the next year. In 2003, we marked the one hundredth anniversary of the publication of *The Souls of Black Folk*, by W.E.B. DuBois, a collection of fourteen essays by the renowned scholar, sociologist, editor, essayist, journalist, novelist, and activist. The three essays that have best withstood the test of time are "Of Our Spiritual Strivings," where he develops the concept of the "double consciousness" of African Americans; "Of Mr. Booker T. Washington and Others," which delineates a polarity of opinion at the turn of the twentieth century that reemerges in the 1950's in the contrasting political philosophies of Martin Luther King, Jr. and Malcolm X; and "Of the Training of Black Men," which espouses his controversial idea of the "Talented Tenth." Younger readers (ages thirteen and up) can approach DuBois through the biography *Cheer the Lonesome Traveler*, by

Leslie Alexander Lacy.

Closer to home, Lorene Cary's novel, *The Price of a Child*, was chosen several years ago as the first book in the "One Book, One Philadelphia" program, an effort to enhance local awareness and appreciation of literature and books. However, *Black Ice*, her autobiographical account of her transition from West Philadelphia to an elite private school in New Hampshire, is also an engaging book which exemplifies DuBois' "double consciousness."

Also emanating from Philadelphia is *Sweet Summer: Growing Up With and Without My Dad*, a memoir by Bebe Moore Campbell, who died recently. She touchingly recounts her life growing up with her mother and grandmother in North Philadelphia, and her summers spent with her father and his family in North Carolina.

If you like fiction, consider *A Lesson Before Dying*, by Ernest J. Gaines, a book that is becoming a modern classic. It tells the story of an illiterate young black man who is unjustly accused of murder, and of the African American school teacher who befriends him.

Here are two anthologies that offer broad chronological and stylistic panoramas of African American poetry. *The Black Poets*, edited by Dudley Randall, is more politically oriented and includes folk poems, spirituals, and 19th century poems by Phillis Wheatley and Frances E. W. Harper, as well as twentieth century poets up to the 1960's. *The Garden Thrives*, edited by Clarence Major, focuses on twentieth century poetry with 200 pages of poetry since the 1960's. Poets

with a Philadelphia connection included in the two books are Larry Neal, Sonia Sanchez, Ntozake Shange, and Etheridge Knight.

For younger readers, *Young Martin Luther King, Jr.: I Have a Dream*, by Joanne Mattern and illustrated by Allen Eitzen, is appropriate for second and third graders, and is a good introduction to the Civil Rights movement. *Jackie Robinson*, by Joshua E. Hanft and illustrated by Pablo Marcos, is a chapter book biography for third to sixth graders that is oriented sociologically and historically, as well as athletically.

In the realm of adult non-fiction, I recommend *In Search of Our Mothers' Gardens*, by Alice Walker, who in my opinion is a much better essayist than she is a novelist or poet. This volume contains her first collection of essays, written from the mid-1960s to the early 1980s.

Some are autobiographical, some are literary, most are political, and all are feminist, or as Walker says, "womanist." Her search for Zora Neale Hurston's grave is particularly touching.

John Edgar Wideman is my favorite African American writer, not because he was a great basketball player at Penn, but because his books are penetrating and raw in a way that lets the reader know that Wideman has opened his heart, mind, and soul. In basketball parlance, he *left it all out on the court* (didn't hold back). I think that *Brothers and Keepers*, a non-fiction account of his brother's incarceration for being an accomplice to a murder, and its effect on Wideman, is his best book. *Philadelphia Fire* and *Damballah*, both novels, are close behind.

Remember, it doesn't have to be February to appreciate African American culture and literature.

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# What To Do When You Find An Injured Animal On The Road

by Brenda Malinics

Over the past three months, I have had the unfortunate “luck” of finding three red fox kits who had been hit by cars near my house. Their den was in the Wissahickon near a busy road. I’d seen the beautiful vixen several times but never with her kits. I am always in awe of these majestic animals who are true survivalists managing to eek out territory under the worst conditions.

My first encounter with the kits was a rainy Friday night. The kit was only about nine weeks old and in the darkness, I thought it was a kitten lying in the road. Out of respect for animals and in an effort to ascertain whether an animal is still alive, I try to stop whenever I see an animal casualty. If dead, I move the body to the side of the road. I leave the animal — whether wild or domestic — in the vicinity of where it was hit. A carcass can provide sustenance for wild animals, and even the dead body of a pet can bring comfort to its owner, who can then put it to rest. I think that there is nothing worse than always wondering what happened to

a missing pet.

This tiny kit was still alive, warm and soft, but motionless and near death. I picked up his small body with both hands, supporting his spine as well as I could, and placed him on the floor of my car. An injured animal should not be placed on the car seat, where it can roll off and sustain further injury, and the uneven surface of a car seat could cause additional pain. This kit died within 30 minutes of its rescue while being examined at the Schuylkill Wildlife Rehab Clinic. Its spine was broken.

Ideally, an animal should be placed in a secure carrier. Wearing leather gloves and using a towel, slowly approach the animal with a towel draped opened so that the animal views it at his eye level as you come closer. Depending on the condition of the animal, put the towel over the animal’s body, especially over its face. If it is going to bite (in fear or pain), it can bite into the towel. Gently scoop up the animal’s body using both hands to support its weight at both ends. Be mindful of its back and spine and try to keep that

area as straight as possible. Slowly and carefully lower the animal into the carrier while it is still wrapped in the towel. Do not attempt to remove the towel from around its body. Be sure to securely close the top or door, depending on the type you are using. Even animals that appear comatose can escape when adrenaline kicks in and the car starts moving.

I keep a cardboard transport carrier in my car at all times. They are sold at vets’ offices and animal stores for under \$10. The cardboard types are easier for me to use than the hard plastic kind with the front metal doors because I like the wide top. A large opening is more convenient, and it is often less painful for the animal to be lowered into the box than through a side opening. Sometimes I have had to slide an animal into a carrier sideways, depending on the animal’s injuries and condition, and the plastic types do not afford me that option.

About a month after I saw the first kit, I came upon another young kit in the road on Bells Mill Road very early in the morning. It was about three months old. The sun was just coming up and I suspect that it was returning to its den after a night of hunting with its mom. This kit was dead, but it hadn’t been that way for very long. It was still actively bleeding. As odd as it sounds, it can be difficult to ascertain if an animal is dead or just in shock if you come upon it soon after it has been hit. Often it is motionless with eyes open, and is still warm and supple. In this situation, you should first assess the

breathing, which may be so shallow that the chest wall is barely moving. Check the eyes. Attempt a reflex by gently touching one of the corners of the eye with a tissue. If you’re still not certain if the animal is dead, attempt to get a pain reflex by firmly squeezing the paw. Once an animal has died, it often releases its bowels and bladder. Look for this evidence near the body.

No matter how many times I have stopped to help injured animals, I still experience an intense adrenaline rush. Having a plan and the right equipment in my car at all times, helps me to remain calm and be as efficient as possible for the animal’s sake and mine. My “traveling medical kit” does not take up a lot of space, and is helpful for transporting injured domestic animals to vets as well.

Keep a list of names and phone numbers of rehabbers, vets and SPCA’s in your car. Remember that once an injured animal is in your car, do not play music or converse with passengers. Dark and quiet are key words to remember. Keep two to three bath-size towels; one to go inside the box and one to cover the box. I have a pair of leather gloves to use when the animal is alive and latex gloves for when I need to move a dead animal from the middle of the road. I also keep a fisherman’s size net in the car. This comes in handy if the animal tries to escape as I approach, and most wild animals will attempt to flee, no matter how grave their injuries. I also keep a flat cookie sheet in the car to slide under an animal if it is badly injured. I’ve transported animals on this “gurney.”

(continued on page 19)



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Antifreeze a Tasty Poison to Pets, Wildlife

by Brenda Malinics



Antifreeze, ethylene glycol, poses a danger to all animals, including wildlife. Records show that high numbers of wildlife and domestic animals are poisoned during the months of October, November, and December. The change in weather often motivates people to change the antifreeze in their cars as winter approaches. Because antifreeze tastes so sweet and does not freeze, the leaks and spillage caused by careless disposal are very attractive to thirsty animals who have found that most of their favorite sources of water have become frozen.

Alarmingly small doses of ingested antifreeze can be lethal. Initial signs of the poison can begin to show within 30 minutes. Learning to recognize the symptoms may help save animals' lives. Early treatment is necessary, and even then, survival rates tend to be low. Ethylene glycol is quickly absorbed into the body. It gets metabolized in the liver, en route to the kidneys. Calcium oxalate crystals form in the renal tubules. These crystals are insoluble and quickly cause blockages. Renal failure results within days. Early signs of toxicity can be seen from 30 minutes to 6 hours after inges-

tion and include:

Nausea, vomiting, lethargy, depression, ataxia, increased thirst and increased urine output.

As with any poisoning, it is recommended that you contact a veterinarian for a domestic pets and a rehabilitation center for weak and compromised wildlife. The Schuylkill Wildlife Rehabilitation Center treats native PA wildlife free of charge, seven days a week, 365 days a year and is staffed primarily by volunteers. For more information on wildlife, to become a volunteer, or to make a donation, phone 215-482-8217. With reduced winter hours, be sure to call ahead to ensure that someone is available to receive the animal. If the clinic is closed, do not leave an injured animal outside.

*Heated water bowls are available at pet stores and through specialty catalogs. They are made of sturdy plastic which can be kept outside throughout the winter. There are also electric heating elements designed to be placed in bird baths which can keep water thawed for bird bathing and drinking. I have both in my yard and am amazed at how many thirsty animals come to refresh themselves at my "watering holes." The bowl is kept on the ground for strays and the heating element resides in a raised bird basin. Refill them daily and when snow is on the ground it is fun to identify the variety of animal tracks present around the site.*

Pesticides in Produce:

What to do When You Can't Buy Organic

by Marsha Low for the Environment Committee

Most people know about pesticide contamination in produce. In the best-of-all- possible-worlds, we'd all be eating only organically-grown fruits and vegetables. But while some organic produce is reasonably priced, many organically-grown items are costly. For those on a tight budget, there are some fruits and vegetables which are relatively low in pesticides. Other items are highly contaminated and should be purchased organic if at all possible.

The Environmental Working Group (EWG) recently developed a ranking of 43 fruits and vegetables. The ranking was based on the results of nearly 43,000 tests for pesticides on produce collected by the U.S. Department of Agriculture and the U.S. Food and Drug Administration between 2000 and 2004.


Food News from the Environmental Working Group, in a news release published in October of 2006, lists the 12 most "consistently clean" items as follows (the first item in the list being the cleanest): onions, avocados, sweet corn

(frozen), pineapples, mangoes, asparagus, sweet peas (frozen), kiwi fruit, bananas, cabbage, broccoli and papayas.

The 12 most contaminated items, or the "Dirty Dozen" are (the first item being the worst): peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, pears, grapes (imported), spinach, lettuce, and potatoes.

Eating the 12 most contaminated fruits and vegetables will expose a person to about 15 pesticides a day, on average, while eating the 12 least contaminated will expose a person to fewer than two pesticides a day. Washing and rinsing fresh produce may reduce levels of some pesticides, but it does not eliminate them. Peeling may reduce exposures, but valuable nutrients are often removed along with the peel.

For more information, go to [www.ewg.org](http://www.ewg.org). For the full list of fruits and vegetables, and for a free download of the Shopper's Guide, a handy, wallet-sized card that lists the "Dirty Dozen", as well as the 12 most "consistently clean" items, go to [www.foodnews.org](http://www.foodnews.org).



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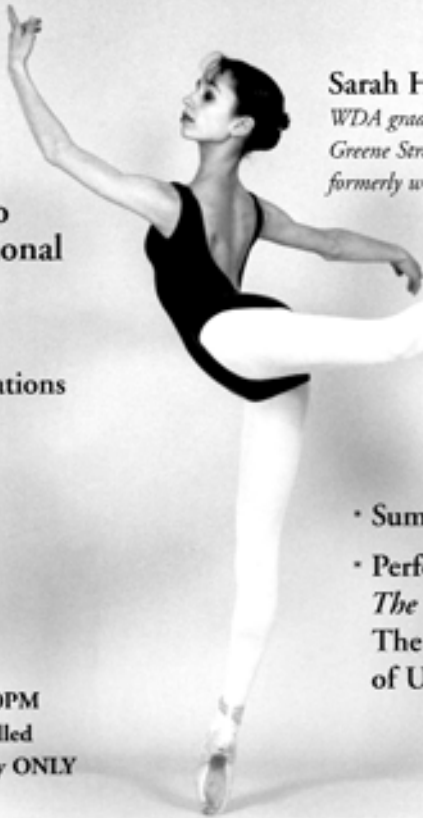
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St. Croix: Naturalist’s Paradise

by Mark Goodman

Our family did something unusual Christmas week of 2004 — we went on a vacation farther than Long Beach Island. Yes, we spent Christmas Eve to New Year’s Eve in St. Croix in the U.S. Virgin Islands. The trip to the tropical paradise began inauspiciously as our US Air flight was delayed for two hours, just long enough to miss our connecting flight in San Juan, Puerto Rico. When we finally touched down at St. Croix, fourteen hours after we began our journey, we were luggageless. For two days we lived in our funky flight clothes, disgruntled at our missing wardrobe, but thankful to be at our destination.

We stayed at an oceanside resort, mellifluously named Carambola, which has a pool for those who don’t like sand, waves, and crabs, all of which are abundant. The lodging area is magnificently landscaped with the expected coconut palms along with other tropical trees such as the aptly named flamboyant, which sports not only bright red and orange flowers, but long brown seeded pods that can be used as percussion

instruments when shaken. Graceful mahogany trees, world renown for furniture wood, also embellish the landscape. A unique specimen, the sausage tree, sends out runners which hang down 10 to 20 feet from the branches, and then flowers from the tips of the runners. Shrubs include our friend the hibiscus, the showy kinds that grow as annual patio plants up here. Lush-leaved sea grape shrubs surround the pool border, with the older plants yielding edible fruits. A camellia-like shrub, exora, grows in abundance with red flower clusters catching the eyes of humans and hummingbirds alike. The orange-striped butterflyflies seem to prefer the pink, yellow, and orange flowering bougainvilleas, which sprawl in exotic profusion.

On the beach, stand gnarly, wide-branched sea hibiscus trees, perfect for hanging hammocks. From this comfy vantage point, a relaxing, weary, or lazy tourist can view the pelicans, egrets, and herons that populate the shoreline. Since our resort is smack in the middle of a sea turtle egg-hatching site, people sometimes have to shoo the pelicans away

from the newly hatched turtles as they scurry from the beach into their ancestral home in the ocean. The ocean begins near shore as light blue, then changes to aqua, and then becomes dark blue as it melds with the horizon.

One day while my wife Shelley and son Alex went horseback riding, my daughter Angela and I hiked through the surrounding hills. At times, walking the narrow trails with the dense canopy, leaf-littered floor, serpentine vines, birds chirping, snails, dry stream beds, and, alas, empty beer cans, I felt that we could have been in the Wissahickon.

But here’s how I knew that we weren’t in Kansas: Yellow and black-striped butterflyflies and large (bat-sized) black moths flit and swoop among the foliage; ubiquitous lizards scoot behind tree trunks as soon as we get close; and large fungus-like termite nests cluster at the bases or in the crooks of trees.

Other notable differences include turpentine trees with reddish peeling bark that tower over the other trees. I could smell the pungent turpentine as it oozed down the trunk. The locals call it gumbo-limbo tree or “tourist tree” because the bark peels like a sunburnt tourist. The kapok or silk cotton tree has 1-2” triangular bumps on the trunk, obtruding like stegosaurus hide. The silky down was

once used for bedding and stuffing pillows. One plant that I recog-

nized is lantana, which grows up north as a garden annual or potted plant. In the Virgin Islands, lantana grows wild and much taller (4’+) than it does in Philly.

If you don’t like creepy-crawlies, go to Disney World, not St. Croix. In the wooded hills are 4” black millipedes (harmless) and 1” dark brown slugs shaped like mussel shells. However, the biggest surprise was the hermit crabs that scurry along the leafy ground with the shells of other sea creatures on their backs. The ones that we saw ranged in size from ¾” to 6” across. One way they protect themselves is to withdraw into their shells. Another defensive strategy is to roll downhill in their shells to escape potential predators.

We enjoyed our vacation (especially when we finally got our luggage), because of its wonderful balance of relaxation and healthy activity — all in the midst of a nature-lover’s paradise.





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# Co-ops Keep the Organic Spirit Alive!

from the National Cooperative Grocers Association

As demand for organics and organic food offerings continues to grow, consumers must insist companies stay true to the movement's standards and spirit. With an increasing number of companies seeing financial opportunity in the organic food industry, consumers must hold their feet to the fire when it comes to maintaining the standard and spirit of organics, says the National Cooperative Grocers Association (NCGA), a business services cooperative representing 106 food co-ops nationwide.

Savvy shoppers are increasingly looking for healthful, ethical choices when it comes to buying food. In 2006, the organic food industry continued to grow at an incredible pace, and has grown between 15 and 20 percent every year since 1998.

Attracted by the growth and premium price potential, mass market retailers like Wal-Mart and big name manufacturers like Campbell's are jumping on the organic bandwagon. The result is an even greater push for organic products. That growth has both positive and negative implications for the organic food industry, according to Robynn Shrader, chief

executive officer for NCGA.

"The good news is that more consumers are being exposed to organics and sustainable food choices," said Shrader. "The bad news is the implications that growth has for the industrialization of organics. This not only has an environmental impact — as we begin transporting organics across the globe — it could have a devastating effect on the small family organic farmer, who will struggle to keep up with discount-store prices.

"Giant growers are already applying pressure to weaken the organic standards so they can more easily meet the requirements set for organic certification. Support for maintaining, and even strengthening, these standards will need to come from a committed base of organic advocates, such as NCGA's co-op members, consumer members, and shoppers."

NCGA suggests a variety of ways for consumers to make their voices heard regarding the industrialization of organics, such as contacting their congressperson or writing letters to companies that are attempting to weaken the standards.

"It's worth the effort to keep a watchful eye on companies offering organic

food," said Shrader. "We will continue to stand with consumers and farmers in pressing the USDA for the highest organic standards as well as enforcement of those standards. By doing so, we can ensure that the organic label continues to be meaningful and true not only to the letter of the law, but also to the spirit."

Natural food cooperatives and their customers always have believed that organic food is best for people and the environment. Organic foods meet all of the government safety standards that other foods must meet, plus the requirements necessary for organic certification.

Foods that are grown organically have been shown to be more healthful — higher in vitamins, minerals and antioxidants and produced without pesticides, GMOs and other synthetic hormones

and antibiotics that have been linked to health problems. Animals on organic farms are typically treated more humanely.

While conventional farming practices cost taxpayers billions of dollars in environmental damage and federal subsidies, organic growers protect soil sustainability, respect the water quality, and contribute to biodiversity. Organic farming protects the health and welfare of farm workers as well as consumers, and it provides the world with the safest, most healthful food available.

In addition, those who buy organic products grown or produced locally eliminate the need for unnecessary middlemen, greatly reducing transportation costs and directly supporting farmers and their communities.

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# Co-ops Looking Beyond Organics

by Barth Anderson,  
reprinted from Cooperative Grocer Magazine

Organic food is still growing at a remarkable clip, especially now that this pure product has made the leap from food co-ops to megastores like Wal-Mart, which is infamous for driving down wholesale prices and paying nada wages to workers. But with no social justice component in sight for USDA organic standards, many co-op customers and other ethical shoppers are turning their attention to Fair Trade. These consumers would like to know that U.S. farmers, along with international Fair Trade coffee growers, are making a decent profit on the food they grow and that farm laborers have been paid well for their hard work. Unfortunately, that's easier said than done: Inexpensive food is financed by cheap labor in this country. According to the USDA's own study, about 45 percent of all hired farm workers 25 years and older earn less than the poverty threshold for a family of four. Over one-third have annual family incomes of less than \$15,000. And according to another recent study, most farmers who work 100 acres or fewer have an average net profit of minus 20 percent. To address these unsustainable elements in our marketplace, groups like the Local Fair Trade Network (LFTN) in the Twin Cities are gathering co-op groceries, sustainable farmers, and farm labor organizations together in order to create a label that will be meaningful to consumers. Furthermore, LFTN is acting as the Fair Trade pilot program for the Agricultural Justice Project (AJP) out of North Carolina. The goal is to construct a set of standards that would give credibility to a

Domestic Fair Trade label. “[Agricultural Justice Project] has been creating the standards for Fair Trade for years,” says Erik Esse, Director of LFTN, explaining how that partnership came about. Now they're working with a small group of farmers that they will be able to certify as truly Fair Trade next growing season. **Don't wait. Cooperate** Esse, who also serves as the merchandising and marketing coordinator for North Country Cooperative in Minneapolis, says that grocery co-op buy-in is essential for the good intentions of this Fair Trade movement to gel into a marketplace force. Consumer co-ops are where the resources are. They have their own publicity and marketing departments and can coordinate in ways that no individual co-op could do. Plus, says Esse, “Co-ops have expertise in presenting abstract concepts like sustainability and social justice to the consumer, a real boon for the burgeoning Fair Trade movement.” “Co-ops have always been the forefront of any food movement,” says Joe Riemann, the National Cooperative Grocers Association’s liaison on Domestic Fair Trade. He also serves on the steering committee for the LFTN pilot project. “Our shoppers care where their food comes from, where its produced. This is something that fits well within [our] principles.” But paying a living wage to farm workers and a return of profit to farmers is going to cost and that money has to come from somewhere. Greg Reynolds of Riverbend Farm in Delano, Minnesota, is a strong supporter of Domestic Fair Trade, but says that customers and co-ops should understand

what a Fair Trade label might require. According to Reynolds, if he were to pay his workers a living wage, his produce prices would increase anywhere from 15 to 30 percent. Will co-op shoppers pay more for Domestic Fair Traded produce? Riemann says people are already paying a premium for local so they already understand the implications of buying direct and making sure we have a sustainable food system. Sean Doyle, general manager of Seward Co-op in Minneapolis, says that Domestic Fair Trade will resonate with his shoppers and members. “I think ethical shoppers would like the assurance that the product is Fair Trade, but if they have that assurance, they'll buy the product regardless of price.” Doyle also says that creating a certification process will make the label more transparent and resonate with a broader grocery market. “The good news is that there's a precedent with organics,”says Esse. People said paying more for their groceries wouldn’t

work, but it did work. Then there's democracy and fairness in the workplace to consider, especially for farm workers who aren't often in a position to act collectively. “For them to be full partners is a real challenge,” Esse says, referring to cultural, language, and political barriers. As a result, LFTN has begun working with and seeking guidance from Centro Campesino, a regional farm worker organization. There's a particular road, of course, that's been paved with good intentions. Avoiding that road, as Doyle suggests, will require stringent, credible standards. Big Organic’s clean reputation has been smudged, after all, because USDA organic standards were perceived to have been eroded. But so far, the Domestic Fair Trade effort seems genuine, with players like Organic Valley, Equal Exchange, and NCGA all taking an active interest in a meaningful label.

## What to do with an Injured Animal

(continued from page 14)

About a month after the second kit had been killed, I received a call at the Schuylkill Wildlife Center on my weekly shift about an injured young fox behind the Hair Cuttery in the Andorra Shopping Center. I knew it had to be the same family so I went out to do a retrieval. This young terrified fox had broken hind legs and a spinal injury. He tried to run as I approached and it broke my heart to think how he was suffering. I suspected that he had been hit by a car on Henry Avenue during the night and had tumbled down the incline into the alley when

he was discovered. It was a sweltering day and flies were circling him ready to lay the maggots which within hours would be eating his flesh. His injuries were so extensive that he was immediately euthanized. I felt so sad to know that three beautiful young foxes had met their death on roads within months of their birth. They would never experience the crispness of autumn or a first winter snow. A believer in karma, I also wondered why I found all three under these circumstances. Most people never get to touch a fox, yet I touched all three, in both life and death.

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Suggestions

by Norman Weiss

Greetings and thanks for writing. As usual, suggestions and responses may have been edited for brevity, clarity, and/or comedy.

We recently completed a market survey regarding how and where we should expand. The results are kind of surprising, especially considering what has been going on in Chestnut Hill lately. The consultant suggests we open a dollar store that also offers check cashing. He suggests we prepare our market area by putting up some announcement banners across Germantown Avenue in Chestnut Hill and Mt Airy. He stressed that we proceed with this expansion soon, since he saw the signs in Chestnut Hill looking for dollar store tenants, and it is important that we get ours up and running first to scare off potential competition.

suggestions and responses:

s: “Can you order a good quality chicken bouillon? I asked before and you said yes and asked what brand. I don’t know — any w/o MSG would be fine — perhaps one of the brands we use for vegetable bouillon. Also, can you order the herb croutons more often? There are always garlic and onion but not so often the herb ones.”

r: (Chris) We’re stocking “Better Than Bouillon Chicken Base” in response to your request. Bonnie reports it is excellent, and it is organic. (Margie) The herb croutons are occasionally out of stock, but I will continue to order them. I am also hoping to bring in croutons from a different company for more variety.

s: “Chris, for god’s sake — Anna made what we both thought was a simple request for granola bars and I thought, oh, yeah, of course, the Co-op will have *tons* of granola bars and how many kinds are there? THREE THREE TROIS DREI Get it? Not so many. What is *up* with *that*??”

r: (Chris) You may remember, from high-school physics class, that certain things are only found, throughout the known universe, in *three* types. For instance, *matter*: comes in gas, liquid or solid... that’s it Granola bars (which, incidentally, are made of matter) are similar: *three kinds*, chocolate chip, blueberry, and date/almond. I can’t change physics

s: “Is it possible for us to carry whole wheat bread crumbs? Thanks.”

r: (Chris) We do. See the “baking section” above the flour and sugar.

s: “I’m sad because lately all the sandwiches seem to be soggy w/mayonnaise. I *hate* mayonnaise. Well, I can put up w/it in small quantities, but the sandwiches lately are just not it. I eat lunch from here two or three times per week. Could there

be some moderation? Some no-mayo sandwiches.”

r: (Bonnie) We will do more sandwiches with mustard, also with chutneys, pestos and hummus. (Norman) I feel obligated to inform you that having emotions about the quantity of mayonnaise in our sandwiches is not considered normal human behavior (I am an expert in “normal human behavior,” and am myself “certified normal”).

s: “Buttermilk in non-plastic containers?”

r: (Chris) I agree, plastic containers of *all kinds* should be illegal. Unfortunately, Merrymead Farm, our local dairy, which delivers excellent products, uses plastic, and we don’t have space to add a second buttermilk option (like “organic”). I’m sorry...

s: “What happened to Celestial Seasonings Emperor’s Choice? Do they make it anymore?”

r: (Chris) No longer available anywhere.

s: “If we identify by country in BIG signs, then why not Italian, etc. olive oil. Why Palestinian? I object to politicizing WW.”

r: (Norman) Palestinian olive oil was stocked as a result of an explicit request from a very well-attended membership meeting, which is why we called attention to it.

s: “What happened to Gimme Lean *sausage* style? I and others greatly prefer it to Ground Beef style. I suggest some of each if possible.”

r: (Margie) We carry both and they share a spot in the case. You may have to look behind the beef style. If you don’t see it, ask the Deli staff.

s: “The Earthbound spring mix is not a good alternative to Paradise Organics — I can buy it at Whole Foods, Trader Joe’s. It has moisture in the bag — it goes bad much faster. Please order Paradise. Thank you.”

r: (Jean) I couldn’t agree with you more. Once global warming has progressed to the point where the temperature from December to April allows Paradise Organics to grow baby greens, I guess we’ll have them. On the other hand, I suppose we’ll have other problems that may supersede our desire for

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fresh, local salad greens. Until then, we’ll have a sporadic supply of hydroponically-grown salad mix from Woodland Produce (NJ), and a dependable supply of the far inferior California mixes.

s: “It would be great if you could stock *whole wheat* pastry flour — Arrowhead Mills makes it in the same size package (small) as their other flours.”

r: (Chris) We do stock this item, bottom shelf of the flour and sugar section.

s: “In the spirit of Reduce Reuse Recycle, is there a chance we could stock the refrigerated, recyclable half gallon containers of Rice Dream’s original flavored rice milk? The tetra paks don’t recycle well, and Pathmark seems to be the only local carrier (@\$3.99 a half gallon). This request also contains my annual plea to obtain a bulk water dispenser (reverse osmosis, please). Again, Pathmark is the only local carrier @ \$.39/gallon, and I’d rather haul my 5 gallon jug around here, within wheeling distance. I think many co-opportunists would use it if it were available.”

r: (Chris) The refrigerated rice dream would require refrigerated shelf space, which is in very short supply at the Co-op. It doesn’t look like we can add this anytime soon. At present, no room in the store to add a reverse osmosis dis-

penser...we’ll keep this in mind when we *expand* the store. (Norman) Remember that even though tetra paks are not recyclable in our area, they save the substantial amounts of energy by *not* having to be refrigerated.

s: “Sealtest orange juice is *very* inferior. Please carry a different brand ”

r: (Chris) We do carry: 1. Just Pikt O.J. (in the dairy case) 2. Minute Maid O.J. (frozen) 3. Cascadian O.J. (organic, frozen).

s: “What happened to the large bottles of Palestinan olive oil? I hope they haven’t gone the way of Palestine...”

r: (Norman) The supply of the larger size was sporadic, so we went with the more dependable smaller size. We did find a new supplier of large bottles though; they should be back sometime in late February.

s: “Why doesn’t the Co-op sell cars? I needed one today and had to go to a dealer.”

r: (Norman) We do sell cars, displayed upstairs on the shelves with bowls. We offer easy financing, just ask a cashier for a loan. Ask a Floor person for help getting your car down the steps.

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Questions?

Contact Emily Neuman, ext. 309

Welcome to Weavers Way Cooperative Association

Dear Neighbor,

If you are not already a member of Weavers Way Co-op, you are invited to join. Weavers Way is a member-owned, not-for-profit cooperative. Our bylaws require that in becoming a member, someone from your household attend an orientation meeting, where details of membership will be explained. Meetings are held at the Germantown Jewish Center (GJC), Lincoln Drive and Ellet Street, and at Church of the Annunciation (CA), Carpenter Lane and Lincoln Drive. Upcoming Orientation Meetings are on the following dates:

| DAY       | DATE          | TIME      | LOCATION |
|-----------|---------------|-----------|----------|
| Wednesday | Feb. 7, 2007  | 6:45 p.m. | GJC      |
| Wednesday | Mar. 7, 2007  | 6:45 p.m. | GJC      |
| Wednesday | Apr. 11, 2007 | 6:45 p.m. | GJC      |

Meetings start promptly and last about 1¼ hours. Latecomers cannot be admitted. Written reservations are required, so please fill out the tear-off sheet below and return it to the store. At the close of the orientation meeting, you will be expected to pay your initial \$30 annual investment (check or cash). We look forward to seeing you and welcoming you into the Co-op.

*Robin Cannick, Membership Manager+*

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Someone from my household will attend the orientation meeting on \_\_\_\_\_

Name (please print) \_\_\_\_\_

Phone Number \_\_\_\_\_

Address (including zip code) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_