

the Shuttle

Manager's Corner

Expansion Update

by Glenn Bergman, General Manager

Weavers Way's expansion efforts proceed on a number of fronts. Here's a quick round-up:

Chestnut Hill

If you have been following the saga of Weavers Way looking for a second home in Chestnut Hill you might remember that our market consultant pointed us in the direction of a mid-size store in the Chestnut Hill area before we move into other areas of the northwest (German-town, East Falls, or Mt Airy). So, it seems that due to the cost of acquisition, construction, equipment, and inventory the total cost of this location may be out of our reach. We are working on one more angle (or should I say an angel) before we totally walk away from the Chestnut Hill concept. We have been searching for a 5,000-7,000 sq ft retail space to fit all of the services that our members have been asking for over the years: prepared foods, an area to sit down and eat, a community room with a kitchen to provide cooking classes, more refrigerated displays for dairy, cheese, meats, seafood, and more. If anyone knows of a location in this area, please let me know. Remember, it must

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Merchandising Committee Returns

by Josh Giblin

It has been a year now that I have been working as the Merchandising and Marketing Coordinator. My job has been to improve the visibility, legibility and look of our store signage. I have also worked at updating existing informational pieces and creating new ones. My goal has been to improve the shopping experience by making it easier to navigate some of our idiosyncratic practices and find the information you need quickly. Some projects you may have noticed include: deli meat pricing guide and case signage; updated co-operator schedule sign-ups; family of brochures for the store, catering, farm and Marketplace program; monthly CAP flyers and price tags; and a host of temporary signage regarding holiday pre-orders, rebate information, chalkboard notices, etc. I have enjoyed the challenge of trying to



PHOTO BY JONATHAN MCGORAN

JOSH GIBLIN STANDS IN FRONT OF SOME OF HIS HANDIWORK.

get as much information out to our shoppers as the limited space allows.

My biggest challenge is simply tackling the large number of projects that have

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Nominations for Board of Directors
Elections will be held at the
Weavers Way Co-op Spring General Membership Meeting
Saturday, May 17, 2008
Board positions to be filled:
4 At-Large Directors for 2-year terms
1 At-Large Director for 1-year term
1 Staff Director for 2-year term
see page 2 for nomination form

Down on the Farm Winter Time is... Seed-Starting Time!

by David Zelov, Weavers Way Farmer

Hard to believe, but it's already time to begin starting seeds for the 2008 growing season. The days are getting longer and there is enough natural light to begin the growth process. Actually, the onions have already been started. Requiring a good ten weeks of indoor growing before being transplanted outside in late March, these were started under lights back in January. Soon it will be time to seed the other hardy crops that go out in March (perhaps with some insulating row covers) like broccoli, kale, kohlrabi, collards, and lettuce, which grow a bit faster and only require six weeks of indoor growth before setting outside. After many meetings and conversations with Weavers Way staff and customers, our list of crops grown has been revised. With this, a new farm map was drawn up, taking into consideration crop rotations to ensure nothing will be grown on the same piece of ground two years in a row.

The figures are in, showing how much money we earned and spent. The good news is, we earned a lot more than we thought we would. But our earnings did

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Weavers Way to Open West Oak Lane Produce Store



PHOTO BY CATHERINE SAYRE

THE NEW WEAVERS WAY OGONTZ STORE, OPENING THIS SPRING AT CORNER OF 72ND AVENUE AND WALNUT LANE, IN WEST OAK LANE

by Jonathan McGoran

In a move meant to supplement current expansion efforts rather than replace them, Weavers Way Co-op, working with the Ogontz Avenue Revitalization Corpo-

ration (OARC), is reopening the produce market at 72nd and Walnut in Ogontz. Weavers Way was approached in November by the Ogontz Avenue Revitalization

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WWCP Secures Funds, Seeks Executive Director

by Amy Friedman

In the nine months since it was created, Weavers Way Community Programs (WWCP) has gone from just a great idea to a wonderful reality. Now, WWCP, the nonprofit organization created last year by Weavers Way Co-op to help coordinate and carry out its community enrichment efforts, is pleased to announce that it is seeking to hire a half-time Executive Director. While overseeing the three programs currently under the WWCP umbrella—the Weavers Way Farm Education Programs; the Marketplace Program; and Weavers Way's Environmental Programs—WWCP has also been raising funds to expand and maintain its mission of promoting community vitality, environmental quality, economic education, and sustainable production of healthy food in accordance with the cooperative principles of Weavers Way.

In addition to the grants dedicated to funding the executive director's position, WWCP has also raised \$36,000 for its programs from a variety of foundations, politicians, and individuals, including a

\$7,000 show of support from Weavers Way members, more than a third of whom have donated the cash portion of their 2007 patronage rebates. WWCP enjoys 501(c)(3) nonprofit status as a service group of Mt. Airy Community Services Corporation, making donations tax-deductible.

The WWCP executive director will be responsible for implementing the goals determined by the Board of WWCP, including fundraising; overseeing and expanding new and existing programs; working with Weavers Way and with other community groups and institutions; and supervising and recruiting staff and volunteers. WWCP seeks someone entrepreneurial and energetic to take on supervision of the Marketplace staffer and a farm education worker, and to work on additional liaison, grant-writing, and fundraising. (The deadline for applications is Feb. 11, 2008. More information is available at www.weaversway.coop, or by e-mailing wwcp@weaversway.coop).

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And of course... scads more

Weavers Way Cooperative Association
559 Carpenter Lane · Philadelphia, PA 19119



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Use It Lose It

Haven't redeemed the cash portion of your rebate yet?

You must redeem the cash portion of your patronage rebate by Feb. 28 or you will lose both the cash and equity portions. See cashier for details.

Editor’s Note

by Jonathan McGoran

Water, water every-where in this issue. Rain water, tap water, and most of all, bottled water. People are pretty down on bottled water these days, but not me. Chris Switky says the difference between bottled water and tap water is “negligible.” I’m not exactly sure what this “negligible” stuff is, but I’m pretty sure I don’t want it in my water.

Another thing I don’t want in my water is cysts. I’m not sure what those are, either, but when the salesman told me my water filter filtered out cysts, I said, “Sold.” After I had bought the filter and asked how many cysts were actually in the tap water, the guy shrugged and said, “It’s negligible.” Now, it’s all starting to make sense.

But while bottled water doesn’t have “negligible,” or “cysts” or whatever they’re called, what it does have is bottles, and usually plastic bottles, which apparently aren’t even really recyclable.

Another problem with tap water, however, is that there isn’t enough of it. In her article on page 11, Sandy Folzer suggests ways to save water, including the old classic, “if it’s yellow let it mellow.” My eight-year-old son has perfected a similar technique for conserving water, which we call “forgetting to flush the toilet” (the unfortunate mnemonic in our household is “if you’re a little fellow, let it smell-o”).

In a rare bit of good news, the state of Pennsylvania has overturned a rule making it illegal to label milk as being free of artificial growth hormones. That’s the one step forward. The two steps back come in the form of an FDA ruling allowing the sale of food from cloned animals. The FDA says that cloned animals are indistinguishable from non-cloned animals. Well, duh. I thought that was like, the whole charm. Apparently, if you want to double your milk production using controversial, biotech methods, instead of dosing your cow with synthetic hormones, you can simply clone her.

Finally, Mark Goodman has an interesting rumination on the connotative differences between dirt and soil. At one point I would have agreed that soil has a more positive connotation than dirt, but the more I mature, the more I disagree; I’d rather be a dirty old man than a soiled old man.

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

Deadlines for each issue are the first of the preceding month.
e.g. February 1 for March issue

Statement of Policy

Articles should be under 500 words and can be submitted neatly typed, on disk, or e-mailed to editor@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. All ads must be submitted electronically, or camera-ready with prior arrangement, and should be 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



A New Look for Weavers Way

by Josh Giblin

As I look forward to our store opening in Ogontz, I have an opportunity to start from scratch putting together an overall look for the store. The first big change that you will see at Ogontz, and eventually in Mt. Airy, is a new store logo.

The impetus for change was to improve versatility and visibility of our image. With our current “Apple” logo, our name is clear, but the details of the apple and the “market” tagline get lost at small sizes or at a distance. Logistically, it often requires a fair amount of space around it to give the apple room to “breathe.” I also think the apple is an image that has a limited range of associations that doesn’t fully represent what Weavers Way has become. I looked back at the old basket logo and liked how it tried to convey the interwoven nature of our community. However, the intricate level of detail could be difficult to read. I have heard that people confused us with a knitting supply store!

Our delicate logo is often overshadowed by bolder logos when shown side by side, as in a sponsored program guide. With our image becoming more and more public, I want to ensure that people notice us and identify us clearly. To that end, I have designed a logo which is text heavy, with a more abstracted “woven” image associated with it. Being more compact and



bolder allows for instant recognition at a glance, no matter what the size. I have emphasized the words “Weavers Way” as I feel that people come to know us by that shorthand, and also to help me make better use of space. I hope that you share my enthusiasm and I welcome your feedback on this, or any other, merchandising issue; your comments help me to know how well I am doing my job. Please do not hesitate to write me at joshgiblin@weaversway.coop

Nomination Form
For Candidates for Election to
The Weavers Way Co-op Board of Directors

All Nomination Forms must be submitted no later than 5 p.m., Monday, February 25, 2008. Place completed form with answers to the five questions (see below) and a photograph in the Leadership Committee mailbox on the second floor of the store, or email to Bob Noble, Leadership Committee Chair, bobnoble@msn.com. Please call Bob at 267-973-6619 to confirm your nomination was received. A copy of this form is also available on our website, www.weaversway.coop.

Name: _____

Member #: _____

Board Position (circle one): At-Large Director
 Staff Director (must be WW employee)

Phone: _____

Address: _____

E-mail Address (optional): _____

Please answer the following five questions on a separate sheet of paper. Your entire response to all five questions must not exceed 250 words.

1. Why is Weavers Way Co-op important to you?
2. What volunteer experiences have you had with other cooperatives or organizations?
3. What experiences and skills or unique perspectives will you bring to the Co-op Board?
4. What do you think are some important challenges for the Co-op in the short or long term?
5. Any other personal information you would like to share, i.e., family, hobbies, work experience, special talents, etc?

Expansion
Discussion Meeting
Sparsely Attended

by Anne Dubuisson Anderson

The rain kept away all but a few Co-op members from a meeting held Dec. 13 at Summit Presbyterian Church. Weaver’s Way manager Glenn Bergman and Board member Glen Hill were present to answer questions and to provide an update on Weavers Way’s expansion plans. Bergman confirmed that he and the Board are considering a specific site for a new store in Chestnut Hill. He also said that a small Weaver’s Way store will open soon at Ogontz Avenue and 72nd Streets.

The Chestnut Hill location would provide 5,000 to 7,000 square feet of retail space for a new co-op, and 3,000 square feet for office and potential rental space. The present building on the property requires substantial renovations to make it Co-op-ready. Negotiations are presently under way to secure the property and pay for renovations through bank financing, member loans and economic development grants. Bergman and Hill feel that a new, much larger co-op with plenty of available parking, a loading dock and a kitchen at this location will serve to absorb 20 percent of Weavers Way’s business at Greene and Carpenter, thereby alleviating crowding issues. It will also create revenue to potentially open smaller stores in other areas. While Bergman will know within a few months if all of these necessary sources of funding will go through, he confirmed that the entire process, from obtaining permits to opening the store, could take 18 months or more.

The timeframe for the Weavers Way “satellite” store on Ogontz is much shorter. Bergman is negotiating a lease for the property and is seeking to hire a manager from the neighborhood for the 700 square foot space which will stock mainly produce and dairy items.

One member raised the possibility of Weavers Way seeking another way to expand in the short term by moving departments of the Greene and Carpenter store to one or more of the four other properties the Co-op already owns. While Bergman confirmed that this is a future goal, the priority is now to secure a location for an additional store.

HELP WANTED

**Manager for
Ogontz Produce Store**

Weavers Way has been invited by the Ogontz Area Redevelopment Corporation (OARC) to assume management of the produce store at Ogontz and Walnut. This store, with 700 sq ft of retail space, aims to provide fresh produce and other, select items to the neighborhood. We are currently looking for a dynamic, experienced individual to serve as store manager, both for the start-up and long-term.

**Weavers Way Community
Programs (WWCP)
Executive Director**

The mission of Weavers Way Community Programs is the promotion of community vitality, environmental quality, economic education, and sustainable production of healthy food, working with local schools and other community groups when appropriate, in accordance with the cooperative principles of Weavers Way. The Executive Director will be responsible for implementing the goals determined by the Board of WWCP.

For more information on these two positions, visit www.weaversway.coop, or contact Dave Tukey at 215-843-6552 or hr@weaversway.coop.

February Hidden Treasure

Palette Fine Foods Jams for Cheeses

An assortment of interesting jams are available above the hot soups. Each jam comes with suggested cheese pairings. My favorite is the sour cherry and lemon balm jam paired with Chavrie goat cheese. This would make a colorful and delicious appetizer for Valentine’s Day.



Cows and Robots... Perfect Together

by Margie Felton, Deli Manager

In the January *Shuttle* I wrote an article about Hendricks Farm and Dairy and the great raw-milk cheeses produced on this small family farm in Montgomery County. This month, I am writing about the unique milking method used at this farm.

Hendricks Farm and Dairy is the first farmstead cheese maker in the nation to use the Astronaut A3 Robotic milking system. This system was designed with the needs and wants of the individual cow in mind. This system also records data related to each milking. How does this work and what does this mean for the cows?

This system allows the cows to decide when and how often they would like to be milked. The cows spend their day eating, walking about the barn, sleeping, grazing in the pasture, and when they want to, being milked by the robotic milker. The cows may visit the milker up to four times a day. They receive a molasses snack with each visit. The milker recognizes each individual cow by the ID collars they wear so the milk quantity and quality of each cow can be monitored.

During my visit to the farm, we were given a tour of the barn and milking area. We watched the cows going about their day. Some were eating, others were resting, and one cow was scratching her back on a revolving scratching brush attached

to the barn wall, and of course others were waiting in line to be milked by the robotic milker. Four or five cows waited patiently for their turn to be milked, until one bully pushed the other cows out of the way and moved to the front of the line. The most important results of this milking system are happy and healthy cows free to make decisions about their day.

Visit the farm store Tuesday-Friday 10 a.m. to 6 p.m. and Saturday 9 a.m. to 4 p.m. Don’t forget to ask to meet the cows!

Weavers Way will continue to sell Hendricks cheeses in the specialty cheese area of the prepared foods case. Look for the “Buy Fresh Buy Local” stickers.

Applegate Turkey Replaces Wellshire in the Deli

Whole Foods recently bought the exclusive rights to Wellshire deli turkeys therefore we can no longer sell this product at Weavers Way. We are replacing it with Applegate Farms deli turkeys. Applegate Farms deli meats are raised by Amish and Mennonite farmers. The animals roam freely during the day and sleep in well ventilated shelters at night. The animals eat vegetarian feed and are free of antibiotics, steroids, growth hormones, and preservatives. I’m sorry we had to make this change because I know the Wellshire Turkeys have many fans.

Grocery News

by Chris Switky, Grocery Manager

On the afternoon of Sunday, Dec. 30, I traveled downtown to meet John Nirimberg. John was coming through Philadelphia as part of a long walk, from Boston to the Washington DC office of Speaker of the House Nancy Pelosi. He was walking to promote the cause of bringing articles of impeachment against Richard Cheney and George W. Bush, collecting signatures and raising awareness along the way. I listened to John speak, walked about a mile with him and a group of 20 people, then shook his hand and thanked him. I took the train back to Mt. Airy. John continued walking.

I got to meet several other people who had come out to meet and support John Nirimberg that day. As we were walking along, talking a bit about action and politics, someone said these words that stuck with me: “There is so little we can do.” I chatted with the woman who said these

words; I asked her where she lived, and how she had gotten from home to the rally we were part of. Drove the car? Took the train? The conversation continued from there.

There is a lot that each of us can do, every day... which leads to the topic of bottled water. I’m not a fan of bottled water. The difference between most bottled water and filtered tap water is negligible. I cannot fathom the notion of trucks burning gasoline delivering bottles of water when almost every building you can find in this country contains a functioning faucet. Plus, most bottled water comes in plastic. That’s more petroleum, as that’s what plastic is made out of.

I try to keep certain critical connections at the forefront of my mind. When I think about plastic containers, or about the burning of gasoline, I think of global warming. I think of seabirds sickened or

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Neighborhood Expansion Meetings

Weavers Way is holding meetings in nearby neighborhoods to discuss the possibility of opening co-op food stores, either independently or as part of Weavers Way.

Chestnut Hill

Mon., Feb. 11, 7-9 p.m.
Chestnut Hill Library
8711 Germantown Ave.
(Germantown Ave. & Bethlehem Pike)

East Falls

Weds., Feb. 13, 7-9 p.m.
Tuttleman Hall
Philadelphia University, Schoolhouse Lane between Henry Ave. and Vaux St.

for more info e-mail contact@weavers

Produce News

by Jean MacKenzie, Produce Manager

January—Gone Already

Happy New Year, late.

Here’s a good resolution for 2008: Eat more fresh fruits and vegetables. The recommendation used to be five servings daily—not counting ketchup—but that has been revised upward, to 8-10 servings per day. I don’t think we’re quite hitting that mark here in Mt. Airy. We sell a lot of produce here at Weavers, but imagine 3,000 member households x whatever the average household size is x 8-10 servings. We’d have to have two or three produce deliveries per day. I think I’d ask to be paid on commission.

I find it easier to eat more produce this time of year, because I love root crops and hard squash, and I love soups and stews. I’m a pretty simple cook, by disposition, necessity, and principle, so I’m always looking for simple, few-ingredients recipes. My favorite cookbooks for soups and stews are *The Idiot’s Guide to Making Soup*, and *Simply In Season*. A new book I picked up on a field trip to Lancaster County—titled something like *What To Do With That Overabundance of Stuff From Your Garden*—is showing some promise, too.

Molly Katzen says that the tastiest way to roast vegetables is simply to crank your oven to 450, throw some olive oil on your



vegetables, and then roast them a little longer than you think is right. They’ll come out crispy and caramelized. I’m still working my way through all the vegetables my family likes (and a few we don’t), and so far, this method is fabulous and couldn’t be easier. There’s the added bonus of having a good excuse to heat up the kitchen in cold weather.

So far, I’ve roasted Brussels sprouts, sweet potatoes, beets, broccoli, onions and bell peppers. I’ve roasted romaine (yum!) and radicchio (eh) with grape tomatoes, for hot salad. Soon to come: Rutabagas, turnips, parsnips, celery root, asparagus, green beans, cauliflower. I think about this the way I think about grilling in the summer, so I plan to roast or broil fruit, too—apples and pears for sure, but maybe some citrus, mango, persimmons. My kids of course will continue to be the tasting panel, so you should probably ask them about

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Second Floor News

by Martha Fuller, Second Floor Manager

Tis the season... for Valentine’s Day, that is. It is my feeling that Valentine’s Day is for the sweeties in our lives, not just our sweethearts but in my humble opinion, it’s also for all the sweet folks we know. Is there someone whose presence in your life helps the days go smoother? Someone who treats you like you are the Queen Bee, Top Cat or Top Dog? I invite you to consider a Valentine’s Day card and/or gift for them. You could buy a kitchen gizmo or gadget, a candle, a hand/body lotion product, some coffee or tea, a journal or a whimsical toy. There’s so much to peruse on the Second Floor. We’d be glad to help you with your gift selection.

Danica Designs Candles

In 2007 we brought the Danica Designs Candlemaker company back, and sales have been fabulous! We thought you might like to know more about them.



These candlemakers combine old-world techniques with a blend of beeswax, other premium waxes, and dyes, to create a rainbow of hues in a palette made for today. Solid color throughout, the successive layering of their artful dipping process assures a quality candle. The pillars, jars and votives are hand-poured in small batches. The candles are dripless and smokeless

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Pet Store News

by Kirsten Bernal, Pet Store Purchaser

The pet foods that I find myself recommending most to members are those manufactured by the Natura company. Not only are they creating superior products, but I also appreciate that they are a smaller company that remains committed to quality and exceptional nutrition. The distributor that we purchase from is equally respectable and everyone is so pleasant and helpful, right down to the driver, who is always friendly and good-humored about our deliveries, which continue to grow larger week after week. Natura produces California Natural, Innova, and Mother Nature dog biscuits, which are the newest addition to our inventory. I am very excited about this product. From the quirky art work to the excellent ingredients and unique and varied recipes, they are an excellent choice for



treating your best friend. These premium dog treats boast a “fresh from the oven flavor and smell” and a crunch that is excellent for tooth and gum care. Mother Na-

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Merchandising Committee
(continued from page 1)

come up. I am reaching out to the membership to help me in this endeavor. I am hoping to revive interest in a Merchandising Committee to help me achieve some of my goals. Already, a few people have been helping me out with projects such as comparison shopping and putting together a gluten-free product guide. Other projects I have in mind include a store guide to local products; vendor bios; holiday merchandising schedule and suggestions; and more systematic in-store product sampling. Considering the farm and multiple store locations, there is plenty of work ahead to keep the committee and me busy.

I see this committee as project-based. The committee may feel it necessary to meet on a quarterly basis, but I hope to get the committee involved in tangible projects that relate directly to store operations.

Second Floor News
(continued from page 3)

under normal circumstances. To avoid discoloration, candles should not be exposed to long periods of sunlight.

Danica Designs does not use animal byproducts and all candles are made in the USA. They remind you that a burning candle should always be placed in a proper candleholder and never left unattended.

La Colombe Coffee recently announced that the Beaulieu variety has been discontinued. Please stay tuned for a new coffee from them and/or check the La Colombe shelf on the Second Floor.

Good-Bye To a Local Company
The idea of “Buy Local” is one we take

If you are interested, please drop me a line and let me know where your interests lie, what kind of skills you might bring to the table and what kind of commitment you are prepared to make. Many of these projects will require more than just the Co-op’s standard six hours of work. My hope is that committee members will invest some time over several months to a year to help get things going. We will also need a committee chair, to help organize and run meetings, and serve as a liaison between the committee and me, so keep that in mind.

Thanks for your support so far! I welcome all feedback regarding the work I have been doing. If you have thoughts about signage and information you see or don’t see around the store, please do not hesitate to drop me a line, whether or not you are interested in being a part of the committee’s work. My email address is joshgiblin@weaversway.coop

seriously when we look for new vendors. When we began to deal with Wixwax Candles last fall, we were happy: unique candles from a Mt. Airy business. The benefits were many.

You may remember that I profiled them for this column in our December issue. Imagine my surprise and dismay when I received a pre-Christmas email from them informing us that they are shifting their business model to concentrate all of their energies on private label and events candles and will no longer be selling in the retail and wholesale markets. We wish them well in their endeavors.

Thank you for shopping on the Second Floor!



CHRIS PETERSHEIM OF PARADISE ORGANICS
Produce News

(continued from page 3)

the results. Fortunately for me, they have always been pretty adventurous eaters.

Field Trip, Part I

In December, Farmer Dave Zelov and I visited three sites in Lancaster County: Paradise Organics, which supplies us with top-quality organic produce (think baby salads) in season; Kauffman’s Fruit Farm, a new-to-us source of local apples; and Four Seasons Produce, a major packer and distributor of organic and conventional produce—they send us our Fair Trade bananas.

Chris Petersheim’s 4.5 acre Paradise Organics is a model of efficiency and organization. Chris leases another ten acres nearby, but almost all of the beautiful and sturdy cooking greens, salad greens, and tomatoes we buy come from his carefully planned management of these few acres.

Dave was jealous of the washing/processing system, I was jealous of separate storage coolers for different kinds of produce, and both of us were awed by Chris’ detailed sowing schedule and customized, integrated computer software. I think Chris ought to start a second career as a teacher/mentor for micro-farmers. He and Farmer Dave would still be discussing row spacing, rotation, and simple hilling attachments for cultivating raised beds if I hadn’t been freezing (also clueless, but that’s a different story) and insisted we leave for Kauffman’s (indoor and heated) market.

Next month, you’ll hear more about Kauffman’s, but you already know their wonderful apples--local, low-spray, very high quality, and no, you can’t have the crate. Until then, keep warm, eat lots of fresh vegetables and fruit, and bring me product requests and recipes.

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Weavers Way Film Series

Stealing America:Vote by Vote

by Larry Schofer

It's not often that a well-done movie leaves the audience with a down feeling, but *Stealing America: Vote by Vote* did it. The full house at the monthly film (Jan. 9) sponsored by the Weavers Way Education Committee was speechless at the enormity of what they had just seen.

The documentary focuses on what the makers see as massive fraud in the 2004 presidential election.

Evidence

- Enormous discontinuity between the exit polls and the reported votes. One election statistician interviewed in the film said that the discrepancies had a one in a million chance of happening by chance (one in a million as a statistical probability, not just a figure of speech).
- Countless reports of voting machines switching votes from Kerry to Bush in Ohio.
- Tremendous irregularities in polling places in Ohio, with lines in African-American urban districts running three to eight hours, while the average suburban voter got through in 18 minutes.
- Testimony to Congress of apparently rigged voting machines in Ohio and south Florida.

Also disturbing, the mass media virtually ignored the story, calling critics of the election "computer freaks," "nerds," misguided bloggers, etc., etc. Why did they ignore it? No one knows—the movie makers hazard a guess that mass corporate ownership did not want to disturb the system, but there is no answer. Where were the investigative reporters? And why did the *New York Times* suddenly wake up on January 6, 2008, to this story of potential voting machine fraud, when critics have known about this since 2004?

Where is the problem? It lies in electronic voting machines that leave no paper record or any record of any sort. It is very easy for such machines to be manipulated, as appears to have happened in 2004. (The reference is to what are called "direct recording electronic" voting ma-



VOTERS PROTESTING IRREGULARITIES IN THE WAKE OF THE CONTROVERSIAL 2004 PRESIDENTIAL ELECTION.

chines, not optical-scan readers. Optical scans allow a ballot to be marked and then read by computer. There is an audit trail available.)

What to do? New Mexico has led the way in reinstituting paper ballots. Governor Bill Richardson proposed the bill, and the legislature approved. The filmmakers encourage viewers to form state committees to do the same in their states. (An Internet search shows votepe.us as the site in Pennsylvania working on this.)

What to do? That is what left the audience gasping. What to do?

The film is available for \$5 (full length film) from Concentric Media, Box 1414, Menlo Park, CA 94026. The website is stealingamerica.org.

In April the education committee and the social action committee of the Germantown Jewish Centre will sponsor a talk by a representative of Vote Smart, a national non-partisan group that has built a massive data base of the stands of national and state legislators from every state on a number of key issues. Check it out now at www.vote-smart.org.

Films are shown on the second Wednesday of the month at 7 pm. The next film in the series will be *Thirst*, about the difficulties caused by the sale of bottled water in our society (Feb. 13 at the Video Library, Germantown Ave. between Durham St. and Mt. Airy Ave.). A post-film discussion will be led by a representative of the Women's International League for Peace and Freedom, which is coordinating this campaign.

PA Reverses rbGH-Label Decision

Dairies free to advertise absence of artificial growth hormones

by Sustainable Food News

The Pennsylvania Department of Agriculture Thursday reversed its decision to not allow milk producers to inform consumers if they don't use recombinant bovine growth hormone (rBGH) on their cows.

In October, the state caused an uproar among industry and the public when it published regulations that prohibited dairies from indicating anything on milk labels about their use or non-use of hormones.

The rules were supposed to go into effect on Jan. 1, until Pa. Gov. Ed Rendell put a moratorium on the regulation asking for further consideration of the action.

RBGH, a synthetic growth hormone used to increase a cow's milk output, is sold by agrichemical giant Monsanto Company.

Dairy farmers around the country have pledged not to use rBGH, and are advertising that on milk labels. Still, other states including Washington, Missouri, and Ohio, are now considering regulations similar to those which Pennsylvania has abandoned.

The new regulations issued Thursday, which will go into effect at the end of January, bring Pennsylvania label requirements in line with the recommendations of the FDA.

One new requirement in the Pennsylvania regulations is that dairies must maintain procedures to verify any production methods claimed on their labels, including keeping a paper audit trail.

The news was applauded by the activist group, Consumers Union.

"This is a victory for free speech, free markets, sustainable farming, and the consumer's right to know," said Michael Hansen, a CU senior scientist. "Consumers increasingly want to know more about how their food is produced, and particularly whether it is produced in natural and sustainable manner. There is no justification for prohibiting information about rBGH use on a milk label. Pennsylvania deserves credit for realizing that its initial regulation prohibiting such labeling was flawed, and for reversing its position."

Weavers Way Film Series

“Thirst” looks at Bottled Water

“Thirst” – about the problem with using bottled water in our society – will be the February film sponsored by the education committee

Wed., Feb. 9, at the Video Library, 7141 Germantown Ave.

A post-film discussion will be led by a representative of the Women's International League for Peace and Freedom, which has begun a drive to convince people to stop buying bottled water.

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Solar Cookers: A Win-Win for Refugee Women and the Environment

by Betsy Teutsch

Darfur refugees have endured years of atrocities. For those lucky ones who have made it to refugee camps, whole new trauma and hardship unfolds. Living under harsh conditions with meager rations, life is made even harder by the absence of fuel for cooking. When outside of the refugee camps foraging for wood, untold numbers of refugee women have been attacked and raped.

Enter Solar Cookers International (www.solarcookers.org), an organization whose mission is spreading solar cooking technology to the world's impoverished. Solar ovens can be constructed of inexpensive materials—basically cardboard and tinfoil—providing work for women in refugee camps. The effectiveness of the solar ovens in hot, sunny climates obviates the need to hunt for firewood. This doubly benefits the family—they spend less of their time in pursuit of fuel, and are no longer exposed to harmful, dangerous fumes. And of course when trees are allowed to mature, they perform their magic—providing root systems which fight soil erosion, offer shade, produce seeds to plant more trees, and absorb carbon dioxide. Solar cooking technique requires some adjustment, such as timing, but has generally been enthusiastically embraced. Food takes longer to cook, but of course that is offset by the time-saving of not gathering firewood. And it increases the safety of the women themselves and allows them to



DARFUR REFUGEES IN IRIDIMI REFUGEE CAMP IN CHAD USE THE “COOKIT” SOLAR COOKER.

spend more time tending their children. Germantown Jewish Centre invites the community to see a demonstration of the Solar Cooking project and learn more about the situation in Darfur from Fatima Haroun, featured Darfuri refugee, on Sunday, March 2 at 9:30 a.m. Attendees will have an opportunity not only to learn more from the speaker's testimony, but can contribute \$30 to supply a family with solar cookers and supplies for a year. Details of the project are also available at jewishworldwatch.org.

Down on the Farm
(continued from page 1)
not equal our spending. It takes a significant investment to get this farm up and running. To be more exact, it took about \$47,243 in labor, \$9,299 in supplies, and \$4,451 in vehicle expenses, rent, utilities and insurance. Add a little staff training at \$497 and you come up with approximately \$61,490. On the other end of things, we sold \$31,417 in produce to the Co-op, \$783 in flowers to the Co-op, \$2,070 to the Fair Food Farmstand, \$744 to area restaurants, \$325 to Mariposa Co-op, \$3,316 at the Green and Carpenter Farmers Market and \$7,264 at the Headhouse Square Farmers Market for a grand total of \$45,919. Not bad for the first year. Our predictions were more in the order of \$25,000, so we're off to a great start. The goal for next year, of course, is to break even.

Since I've gotten a little bit of down time over the winter, I've actually had time to do some reading. After many a co-operator told me I needed to read "The Omnivore's Dilemma" by Michael Pollan, I have finally gotten around to it. Near the midpoint of the book, Pollan addresses the longstanding question of whether organic food is really better. I've always believed it is, not necessarily in taste (I think local is more important here) but certainly for the environment. Studying ecology in college, this was the primary reason I began to support it. Health benefits, for me, were just a bonus. Avoiding pesticide residues was a good thing, but until recently, I was not aware of any studies

showing that organically grown produce actually contained more nutrients. But Pollan cites a 2003 study done by University of California-Davis researchers showing that organically grown plants contain "significantly higher levels of both ascorbic acid (vitamin C) and a wider range of polyphenols. Polyphenols have been found to play an important role in health and nutrition; some are antioxidants, others fight cancer. So why do organically grown plants produce more of these compounds, you might ask? The authors of the study offer two theories:

Plants produce these compounds to fight pests and disease. The more insects and diseases a plant is exposed to, the more polyphenols it will produce. When farmers spray pesticides on a regular basis, plants don't have a need to produce as many of these compounds.

The second theory is that the soils on which conventional produce is grown are typically fertilized with just the three major nutrients a plant absolutely needs: nitrogen, phosphorous and potassium. However, the theory goes, while providing for growth, these nutrients may not provide everything the plant needs to produce these secondary compounds. The compost, manures and other plant or earth derived materials an organic farmer uses to fertilize, contain a much wider range of nutrients.

So it seems that by overspraying, or by oversimplifying the fertilizing of our fruits and vegetables, we may be missing out on something. Of course there are more factors at play here. One must consider the types of soils the plants are growing on, the variety of the fruit grown and the freshness of it. But it may be the beginning of scientific proof of what many people have been thinking for decades. One such person, Sir Albert Howard, an English agronomist considered by many a founding father of the organic movement, says we should begin "treating the whole problem of health in soil, plant, animal and man as one great subject."

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Say What? Recycling Doesn’t Work?

Adapted by Steve Hebden from Coop America Quarterly, Fall, 2007, www.coopamerica.org

Well, actually recycling does and doesn’t work. Here’s the good news (how it does work). Most of the readers of this article are probably committed to recycling. You put your large blue recycling containers out religiously every week and are on the bandwagon for single stream recycling in the whole of metropolitan Philadelphia. And in case you’ve forgotten, compared to landfilling or incineration, recycling is a significantly better deal for the environment. For just about all materials, recycling waste into a new product saves significant energy over creating the material from scratch (see sidebar).

There are 9,000 curbside recycling programs across the country, a growing number of which are “single-stream” programs, in which residents place empty glass bottles, aluminum cans, and plastic containers together in their bins. (Hopefully Recycle Bank’s single stream trucks will soon be covering the entire Northwest area of Philadelphia.) So how does all that mixed-up recycling get sorted out? The bins are collected and brought to a Materials Recovery Facility (MRF, in Philadelphia it’s Blue Mountain Recycling in Grays Ferry). In a MRF (rhymes with “smurf”), creative mechanical processes like blasts of air and magnetized devices sort recyclables. Teams of workers do the remaining sorting manually. How much of what the MRF collects ends up being recycled? Some materials are truly recyclable over the long term while others can only be diverted from the landfill once or twice. Glass and aluminum are perpetually recyclable, while paper can be “downcycled”

into lower-grade products several times. Plastics can usually only be downcycled once—if at all—into a different material that is not itself recyclable.

And now the bad news. The markets for various recycled materials fluctuate, and MRFs end up landfilling or incinerating some of whatever they collect that cannot be recycled or sold for recycling. A 2006 study of MRFs across California found that MRFs send between 6 and 14 percent of the recyclables they receive to the trash, particularly paper and plastic. Some MRFs will sell bales of mixed plastics to developing countries, especially in Asia, where they may be recycled, but are often burned or dumped unsafely.

And the really bad news—don’t kill me, I’m just a messenger talkin’ trash—the fate of plastics numbered three through seven is particularly unsustainable as they are currently rarely recycled or downcycled. Even when recycling programs accept these they are most likely doing so to simplify the program for customers, and will send these plastics to landfills or incinerators. Attention devotees to driving out to Pottstown’s Recycling Services—save the gas and time! You and the environment will be better off if you take a two hour walk in Fairmount Park instead. Plastic bags are sometimes downcycled i.e. used in the manufacture of plastic lumber, but most often plastic bags are shipped overseas, where they’re incinerated or landfilled. To help close the loop, make a commitment today to avoid plastic bags and bring your own cloth bags when and wherever you shop. And keep on recycling.

Recycle or Downcycle?

Even though we may toss all sorts of materials into our recycle bins, not all of it is recycled into the same kind of product. Much of it is downcycled into a lesser kind of product which often cannot be recycled again.

When you recycle	This happens to it	It may become	So is it recycled, or downcycled?
Aluminum	It's still aluminum.	Cans, auto parts, cookware.	Recycled! You can recycle it again.
Steel	It's still steel.	Steel cans, Beams and more.	Recycled! You can recycle it again.
Glass	It's still glass.	Bottles, tiles, marbles, asphalt and more.	Recycled! You can recycle it again.
Office paper	Fibers shorten every time you put them through the recycling process until they cannot be reused.	Recycled content paper, grocery bags home insulation, cardboard, egg cartons, news-papers, magazines.	Downcycled. May go through 6-12 more cycles, and when the fibers become too short to reuse, the remainder is landfilled.
Newsprint	See above.	Corrugated cardboard paperboard.	Downcycled. May go through a few more cycles, and when the fibers become too short to reuse, the remainder is landfilled.
Plastics #1 (PET or PETE)	It's turned into a new substance that is not recyclable.	Fleece jackets, carpet, fractional component of more #1 plastic.	Downcycled. After one cycle it's no longer recyclable and is then landfilled when thrown away.
Plastics #2 (HDPE)	It's turned into a new substance that is not recyclable.	Railroad ties, plastic lumber.	Downcycled. After one cycle it's no longer recyclable and is then landfilled when thrown away.
Plastics #3-7	These are rarely recyclable unless the manufacturer makes a special effort to take its product back.	Trash.	Rarely recycled or downcycled. Even when recycling programs accept these they are most likely doing so to simplify the program for customers, and will send these plastics to landfills or incinerators.
Plastic bags	Some stores accept them for "recycling" – they may be recycled but most likely they are shipped overseas and incinerated or landfilled.	Plastic lumber or trash.	Sometimes downcycled, but most often plastic bags are shipped overseas, where they're incinerated or landfilled. Make a commitment today to avoid plastic bags and bring your own cloth bags when you shop.

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Pet Store News

(continued from page 3)

ture dog biscuits are recommended by *Whole Dog Journal* and are available in more than a dozen distinctive varieties.

Natura's goal has been to create the finest pet products possible. To this end they follow a strict nutrition philosophy. This begins with the use of ingredients they would eat themselves, an idea that is in opposition with the commercial pet food industry, which is the primary outlet for by-products. They use whole-food ingredients that are nutrient-rich and unprocessed. Natura employs highly controlled cooking methods to maintain the natural levels of nutrients through 121 quality controls. Of course, their products never include artificial preservatives, colors, or additives. Natura products are formulated to provide the best diet for skin and coat and they continue to monitor and test to ensure that their products are always up to date with the latest nutrition advice. This commitment creates a benefit that I appreciate--your pet gets more nutrition from less food.

Also new this month is New Zealand's Ziwi Peak, another product recommended by *Whole Dog Journal*. We are stocking Good Dog Treats and Good Cat Treats in a variety of meat choices. Ziwi Peak uses only premium all-natural ingredients that are ranch-raised in New Zealand and are

free of antibiotics and hormones. Ziwi Peak promises a superior product that caters to a pet's need for a natural, meat-based diet free of additives and preservatives.

Another product we have recently added has been getting enthusiastic feedback from members. Greenies' Pillpockets are a delivery system for medication or supplements. They are available for cats and for dogs in two different sizes. They cleverly disguise a pill within a treat and members who use them really love them.

New to our pet supplies are Spiffy Dog collars and leads. These are great quality and perfect for wet weather because of their unique design. The collars and leads both come in many attractive, fun styles. Another exceptional product is Cosmic's Zoom Groom. This is a terrific grooming tool for both cats and dogs. They are hand-sized rubber-toothed combs that work magic on your pet's coat. Not only will you be shocked by the amount of fur that is removed but your pet will really enjoy the attention. We've also been able to add both tropical and goldfish foods. Wellness Welltabs are now available for cats and will replace pet tabs that contained inferior ingredients. As always, you'll find plenty of fun toys for both your cats and dogs, and thank you for shopping at the pet store.

Member Focus Group Offer
Feedback on Co-op Produce



LED BY HILLARY MACANDREWS (FAR LEFT, JUST OUT OF PICTURE) AND DAVE TUKEY (TOP RIGHT CORNER), A FOCUS GROUP OF WEAVERS WAY MEMBERS DISCUSSES PRODUCE AT THE CO-OP.

Upcoming Workshops

Animation Workshop

Saturday, Feb 9, 9 a.m.-12 p.m., 610 Carpenter Lane

Junior and Senior High Students—learn how to create animation. We will explore hands-on animation techniques and create a short animated film for you to take home and share with friends. We will also screen some animated short films and introduce you to the history of the medium.

Geoffrey Beatty is an Assistant Professor in the Animation program at Philadelphia University. He is also a freelance designer and animator, whose prior projects have appeared in museums, in film festivals, and online.

Geoffrey Beatty geoff@germantownstudios.com

Introduction To Socially Responsible Investing

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Tuesday, Feb 26, 7:30 to 9 p.m., 610 Carpenter Lane

Kathy Stearns is a board member of the Social Investment Forum, a national nonprofit dedicated to promoting the concept, practice, and growth of socially and environmentally responsible investing. She also serves on both the board and investment committee of the Calvert Foundation (formed by the sponsors of the Calvert mutual funds), a nonprofit community development financial institution committed to maximizing the flow of capital to disadvantaged communities in order to foster a more equitable and sustainable society. After more than 20 years working in community development finance with ACCION International and, most recently, Opportunity Finance Network, Kathy formed Arc Advisers, LLC to provide comprehensive financial planning services to individuals and retirement plan advice to nonprofit organizations. Kathy is an Accredited Investment Fiduciary® and a candidate for certification as a CERTIFIED FINANCIAL PLANNER™.

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Say ‘Cheese’ Please!

by Peter Samuel

It is not just because two of my sisters live in Wisconsin, the largest cheese producing state in our country, that I have a great affection for all kinds of cheese. It might be my parents’ fault for laying out a cheese board every night before supper when I was a kid. Besides the fact it often included items I wouldn’t dare go near because of their smell, it also had reliable standards like Gouda and Jarlsberg. Whatever the reason for my infatuation, I am now doing my darnedest to pass on the love of the stuff to my children. This education has even included a visit to one of the more than 1,500 cheese factories in “the Dairy State,” where the smell, sounds, and sight of milk turning into curds in those huge stainless steel vats, and then getting a fresh bag of squeaky curds to munch on, will be indelibly etched in all of our memories.

If you love cheese, you already know that the Co-op is a wonderful place to shop. And if you enter the building by launching up the stairs and opening the door at the corner, you know that one of the first things that greets you is the cheese cooler. I rarely burst into the store without first slamming on the brakes and browsing for something that will both delight and nourish my soul. Ah, cheese—isn’t it glorious what a cow, goat, sheep (or other mammals, like water buffaloes, camels, yaks) can do for us?

The Co-op sells almost 100 different kinds of cheese—check the website, they are all listed, but no camel cheese yet—and Margie Felton, the manager of the Deli, also oversees all of the cheese buying. She says that most of the cheeses are purchased through International Foods, but she also buys about ten percent of cheese locally, including a fresh Mozzarella made in South Philly by Claudio’s. Co-ops purchase approximately \$365,000 worth of cheese a year, with the most popular items being things like grated cheese, feta, cheddar, and mozzarella (especially the fresh kind popular in summer, when people are gobbling it up with tomatoes and basil).

Currently, more than one-third of all milk produced each year in the U.S. is used to manufacture cheese. Nationwide, cheese consumption has been on a steady increase and has quadrupled since 1950,



with the average American now eating almost 32 pounds of it a year. I hate to say it, but more than half of what’s consumed today is the result of our favorite saturated fat being included in commercially manufactured and prepared foods such as: pizza, tacos, nachos, fast food sandwiches, and packaged snack items. In fact, mozzarella has recently beat out cheddar in popularity because of its use on pizza. But even with all that cheese-eating, Americans are still only consuming about half of what the Greeks do (Greece actually beats out France and Italy)—probably because of their love for feta.

Cheese is one of those foods that have been around forever, and no one really knows exactly how it was first created. The legend says that sometime back when mankind first started settling down in the Mideast and raising animals (about 10,000 years ago and before they had buckets) someone was carrying around fresh milk in an animal skin. When the milk came in contact with the rennet (a naturally occurring enzyme found in the gut of a cow) the milk curdled and ahaa, cheese was born!

No one has recorded the rest of the magical story, how people figured out the process of pressing curds into molds and aging it (see cheese-making sidebar). The Roman Empire introduced cheesemaking to many parts of Europe and spread a uniform set of cheesemaking techniques. As Rome declined and long-distance trade collapsed, cheese in Europe diversified further, with various locales developing their own distinctive cheesemaking traditions and products—especially France and Italy. It was during the Middle-Ages that European monks invented more sophisticated ripening and aging techniques to produce stronger-tasting cheeses.

The aging period can last from a few days to several years. As a cheese ages, microbes and enzymes transform its texture

(continued on page 10)

The Cheese-Making Process

Curdling Curdling is the separation of the milk solids from the liquid components (the whey) achieved by adding ripening cultures such as rennet or lactic acid bacteria to milk. Sour-curd cheeses are made by adding lactic acid bacteria , which make the milk clot into small grains of curd. Cottage cheese, ricotta cheese and soft-curd cheeses like Brie and Camembert are of this type. Rennet cheeses are made by adding an enzyme from the Cow’s stomach which causes the formation of larger grains of curd. Harder cheeses are made this way. Some cheeses, like veined and semi-firm cheeses are made by mixing both bacteria and rennet. Vegetarian alternatives to rennet are available; most are produced by fermentation of a fungus, but others use extracts from the thistle plant.	
Draining This involves separating the curds and the whey to obtain the required moisture content for cheese. “Cheese cloth” is sometimes used. Sour curd is drained by letting the whey filter through the grains of curd, whereas rennet curd makes use of several active or manual techniques such as stretching (used for Mozzarella and String cheese), kneading, cutting, mixing and heating.	
Pressing When a curd mass is placed in a cheese mould, it expels more whey and becomes a solid mass. As a rule, hard cheeses require more pressure and have lower water content. For sour-curd cheeses little pressing is done. Rennet cheeses are sometimes heated, and then the curd is transferred into perforated moulds of different shapes and sizes to continue the draining. Cheeses are sprinkled or rubbed with salt or put in a brine bath where the salt acts as an antiseptic and also contributes to skin or rind formation and flavoring. Finally, cheese is often waxed to seal it. Some specialty cheeses are covered with wood ashes, herbs, or oil; others are smoked or painted.	
Ripening/Aging Ripening is a delicate procedure where the flavor, texture and aroma of a cheese develop. This requires a room where moisture, temperature and oxygen are controlled to promote maturation. Aging can last from a few days to several years. There are two principal ripening methods:	
Non-surface ripening Ripening begins and continues homogenously from the inside of the cheese mass outwards. The cheese is later hermetically sealed or coated with wax to prevent the action of oxygen on its surface. Swiss cheeses with curd-hole formation and Cheddars are examples of non-surface ripened cheeses.	Surface ripening Surface ripening begins on the outside of the cheese and progresses inwards. Micro-organisms are added to the surface of the cheese to promote skin or rind formation. Bloomy-rind and washed-rind cheeses are surface-ripened – such as Limburger and Port Salut.

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Say Cheese

(continued from page 9)

and intensify its flavor. This transformation is largely a result of the breakdown of proteins and milkfat into a complex mix of amino acids and fatty acids.

Salt has a number of roles in the process besides adding a salty flavor. It preserves cheese from spoiling, draws moisture from the curd, and firms up a cheese’s texture in an interaction with its proteins. Some cheeses are salted from the outside with dry salt or brine washes. Most cheeses have the salt mixed directly into the curds.

More than 100 years ago, cheese makers and dairy farmers who were immigrating to the United States often chose Wisconsin as their destination. These men and women represented almost every country in Europe, and arrived with a strong work ethic, determination, treasured family secrets, and the tradition of making favorite cheeses from the old country. Their cheeses quickly gained popularity in the United States.

Wisconsin has more skilled and licensed cheese makers than any other state. They must complete rigorous studies in dairy science and cheese making before they can be licensed. Additionally, Wisconsin is the only state to offer a Master Cheesemaker program, patterned on the rigorous standards of similar programs in Europe.

Cheese contains a high concentration of essential nutrients, in particular high quality protein and calcium, as well as other nutrients such as phosphorus, zinc, vitamin A, riboflavin, and vitamin B12. Research has shown that increased consumption of dairy products, by both children and adults, results in increased bone density later in life and a reduced risk of osteoporosis. Emerging research indicates that consuming low-fat dairy products will help with weight loss and weight maintenance, but keep in mind that the average one-ounce serving of cheese contains about 110 calories and may represent 20 to 30 percent of your daily saturated fat intake.

Numerous studies have found that increasing the intake of calcium, potassium and magnesium—nutrients found in dairy foods—lowers blood pressure and helps reduce the risk of hypertension. Several studies link the intake of dairy foods with decreased risk of certain cancers, such as colon and breast cancer. Certain cheeses, such as cheddar, Swiss, blue, and Monterey Jack have been demonstrated to reduce the risk of dental cavities. Many lactose-intolerant people find that they can tolerate low-lactose cheeses like cream cheese, cottage cheese, mozzarella, and provolone.

Margie says that the Co-op carries cheese from over a dozen different countries. The most unusual selection is called Rochetta. This is a raw milk cheese made from goat, sheep, and cow’s milk. It is from the Piedmont region of Italy, has a soft wrinkled rind (sort of looks like a brain), and the interior is similar to Brie and the very center is the texture of goat cheese.

Regarding the education of my children, I can safely divulge that every one of them loves some kind of cheese (the ‘real’ kind) and a couple of them even prefer things like brie and goat cheese. If you haven’t explored the cheese case at the Co-op yet, I encourage you do so soon, and say “hi” to Margie for me!

Types of Cheese

Soft Sometimes referred to as fresh cheese, these are usually mildly flavored and very high in moisture. They pair well with fruit or meats, or can be used as pasta fillings, or as breakfast cheeses in an omelet, or spread on bagels.	Cottage Cheese, Farmer’s Cheese, Crème Cheese, Neufchatel, Ricotta, Brie, Bleu, Roquefort, Mozzarella, Muenster, Chevre, Cas
Semi-Soft These are slightly stronger in flavor and cover a wide range of uses. Generally a good melting cheese.	American, Colby, Monterey Jack, Co-jack, Asadero, Quesa Fresca (these last two are Mexican cheeses)
Semi-Hard Semi-hard cheese has an even bolder flavor than semi-soft, and is often paired with fruit, or used on cheese trays and eaten with crackers. Also good sliced in sandwiches.	Cheddar, Provolone, Gouda, Jarlsberg, Edam
Hard Strong flavored. Often grated and used to top pasta, but are also wonderful as accompaniments for fruit, wine, nuts and other appetizers.	Parmesan, Romano, Asiago, Swiss, Gruyere
Moldy Molds are of two types, blue and white. The white molds are generally used while preparing cheese from goat’s milk. Blue mold cheese is commonly called bleu cheese. Penicillium bacteria is injected into the cheese, and the mold then grows within the cheese, as opposed to Brie and Camembert, where the mold is allowed to grow on the outside of the cheese. Bleu cheese can be of soft or firm texture.	Bleu cheeses: Stilton, Gorgonzola and Roquefort Moldy rind cheeses (ripened from the outside in): Camembert, Brie, Chevre-Boite (It’s important to eat soft-ripened cheeses when they’re perfectly ripe—if under-ripe, they’re pasty and bland, if overripe, they become runny and ammoniated. To fully appreciate their subtle and complex flavors, be sure to bring them to room temperature before serving them.)
Washed Rind Washed rind cheeses are periodically cured in a solution of saltwater brine and other mold-bearing agents which may include beer, wine, brandy and spices, making their surfaces amenable to a class of bacteria. These bacteria are responsible for their unique flavors and strong smell.	Washed rind cheeses can be soft like Limburger, semi-hard like Muenster, or hard like Appenzeller.
Processed Cheese Processed cheese is prepared by adding emulsifying agents, milk, preservatives, more salt and food coloring to traditional cheese.	American, Velveeta, Cheez Whiz Sadly, processed cheese is the most-consumed category of cheese in the U.S. It is sold packaged and either pre-sliced or unsliced. It is also available in spraycans!

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Cheese powders have a wide variety of applications including dips, sauces, prepared foods, snack coatings, dry mixes and frozen entrees. Compared to natural cheese, they provide a longer shelf-life and economies in shipping and storage. Cheese flavors are used in food ingredients, and consist of enzyme-modified cheeses. They are most often used in such products as: salad dressings, fillings and snack foods.



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Grocery News

(continued from page 3)

dead, coated with crude oil from a tanker spill somewhere. I think of the car exhaust haze that sickens people and affects all living things. I think about what my part in this is and has been.

With these thoughts in mind, I looked at the plastic bottles of Poland Spring “sport top” water that the Co-op was selling, and I said, “Enough. If Co-op shoppers have to buy water that comes in a container, it will not be in a plastic container that comes in a plastic ‘wrap-case’ instead of a cardboard box.” So, about two months ago, Poland Spring made way for Mountain Valley water (plain or sparkling), which comes in a glass container (recyclable curbside), with a metal cap (more biodegradable than plastic), in a cardboard box (also recyclable or reusable.)

Should the Co-op product purchasers lead or follow? Should we make decisions from our conscience and (hopefully) bring our members along with explanations of these decisions, or should we take all of our cues from members’ buying habits? Poland Spring sport-top water was a popular item; in summer, we probably sold almost 200 bottles per week. That’s over. The story will continue.

Here’s another drink that comes in glass: root beer. It’s not really a “health food” (I checked with Norman), and it’s not the thirst-quencher that cold water is. It’s basically dessert in a bottle, and it’s now available at Weavers Way. Twelve-ounce bottles are found on the shelf with the aforementioned spring water; larger bottles are in the cranberry crates near the ice cream freezer.

All this talk of drinks reminds me of a dinner I attended at Glenn Bergman’s house a few years ago. It was shortly after the Co-op’s initial recovery from the 2002-03 financial crisis, and Glenn had invited some Board members, and members of the Financial Recovery Committee, over for dinner. We would discuss the crisis, the recovery thus far, and how to proceed. The day of the dinner, Glenn mentioned getting a case of Czech beer for us to enjoy that evening. I said, “Sounds good, Glenn. As long as it’s not a ‘bounced Czech’ beer...”

Easy Ways to Avoid Wasting Water

by Sandy Folzer, Environment Committee

While flushing toilets is a taboo subject, it may eventually become a moral issue, for toilets consume most of our residential water, 40 percent.

“By 2010, the water shortage in many developing countries is recognised as one of the most serious political and social issues of the time. Lack of water is stopping development and in many countries the rural poor suffer as their water and other needs take second place to those of swelling cities and industry.” (*Guardian* UK, Aug. 17, 2006)

If your toilet was made before 1992, it uses 3.5 to 7 gallons of water each flush. (More efficient toilets use 1.3 gallons per flush.) With one third of the world suffering from lack of water, that is an enormous waste. If all U.S. citizens flushed one less time a day, we would save enough water to fill a lake four miles long and four miles wide and 4 feet deep every day.

Think before you flush.

Personally, I confess I flush infrequently. In fact, nothing raises my ire more than automatic toilets. By the time I get inside and hang up my purse, the toilet has already flushed several times. I leave so quickly, you might think the toilet were on fire.

The UN suggests using 50 liters of water (53 quarts) a day for washing, cooking and sanitation. In contrast, each U.S. citizen uses 80-100 gallons (320-400 quarts) a day, according to the U.S. Department of Interior. As aquifers, lakes, and rivers are drying up, we need to change our wasteful habits. The EPA and others suggest the following:

1) Fix Leaks. If you are unsure if you have a leak, read your water meter before and after a two hour period when no water is used. If the numbers are different, you have a leak. Or, you can put food coloring in your toilet tank. If color shows up in the bowl without flushing, you have a leak.

2) Shower Power. One quarter of all water used inside the home is for showers. (McKay and Bonnin (2006), *True Green: 100 everyday ways you can contribute to a healthier planet*. National Geographic)

Choose showers over baths, since baths use about 70 gal. of water. A regular shower might use 4-6 gallons a minute; an efficient shower head uses 1.5-2 gallons. You can shower “the Navy way.” Wet yourself, turn off water and soap up, then turn water on again to rinse. If you do take a bath, use only a few inches of water.

Heating water uses 15 percent of home energy bills. Every 3.5 gal heated conventionally generates two pounds of greenhouse emissions. Solar water heaters generate no emissions and pay for themselves within five years.

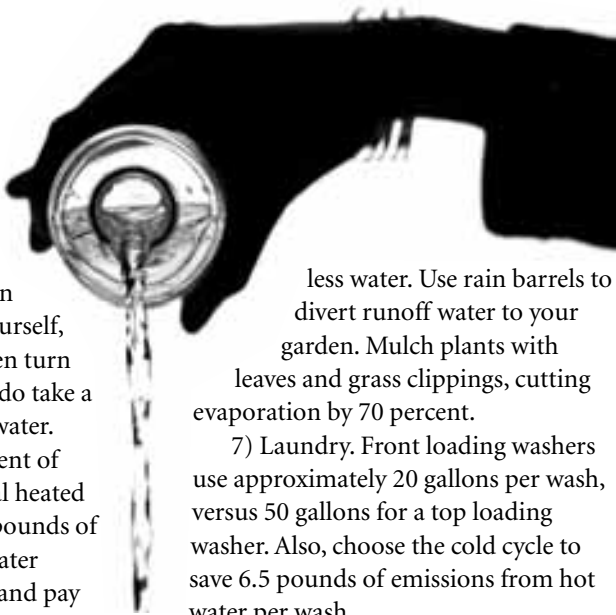
3) Toilet. Replace older toilets with more efficient models. You can save \$1000 over 10 years. Flush only when necessary. Hippies may remember the adage, “If it’s yellow, let it mellow; if it’s brown, flush it down.”

4) Turn it off. The average bathroom faucet flows at the rate of two gal. per minute. Turn off the faucet when brushing teeth or shaving. It could save eight gallons per day or 240 gallons a month.

5) Washing dishes and cars. Dishwashers use 10.5 gallons per cycle; an efficient dishwasher uses about five gallons. Only use dishwashers when full. Doing dishes by hand can use less if you don’t leave the tap running (2.5 gallons per minute). Wash and rinse all dishes together rather than individually.

When I wash my car, I take one or two buckets outside and dip an old t shirt in the water to wash. I don’t use soap as I figure I’m not going to be eating on the car.

6) Water wisely. Thirty percent of our water is used for the landscape, half of which is lost through evaporation or runoff. Drip irrigation uses 20-50 percent less. Buy native plants or those needing



less water. Use rain barrels to divert runoff water to your garden. Mulch plants with leaves and grass clippings, cutting evaporation by 70 percent.

7) Laundry. Front loading washers use approximately 20 gallons per wash, versus 50 gallons for a top loading washer. Also, choose the cold cycle to save 6.5 pounds of emissions from hot water per wash.

Use your clothesline to dry.

8) Eat less red meat. It takes 132 gallons to produce a pound of potatoes and 26,400 gallons to produce one pound of beef. Livestock account for 87 percent of our water consumption. (McKay and Bonnin, p.88)

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Manager's Corner

(continued from page 1)

have a loading dock, parking, be based in a community, and have good visual lines. Jon McGoran is also planning to schedule a community meeting to see how interested this community might ultimately be with a cooperative market. I hear there is strong interest, but a meeting will assist us in making a decision on the current site we are looking at or perhaps a less expensive location.

Ogontz

About the same time that we were learning that the site in Chestnut Hill might be too expensive, we began to work on a new, smaller site in Ogontz. Ogontz was not on our radar screen a few months ago, but then we were approached by the Ogontz Avenue Revitalization Corporation (OARC) to assume a small produce store of 700 square feet that closed in November. The request to our board and management staff was to open a fresh local produce store at 72nd and Ogontz Ave. This is not a large store, but a much-needed store in an area that is underserved.

This store does not answer the issues of taking business away from the current location or adding prepared food with a kitchen or a number of other goals we have had. It does go a long way with meeting our Ends goals to expand the co-op goals and to meet the needs of a community. It is also something that we heard at our last General Membership Meeting about serving the community.

We are working to have this store operational in March and will certainly let you know when it will have a soft opening.

Elkins Park

So if the surprise turn to do a small store in the Ogontz area wasn't enough, we also conducted a community meeting in Elkins Park concerning their desire to open a co-op. Jon McGoran and I rented the Elkins Park Library community room for the night and sent out a press release that simply stated that we were having an open house on how to open a food co-op.

We expected about 30 people to show up. Well, after 180 showed up and stuffed the hallways of the library we were told that another 30 people were sent away. The meeting went well and the group formed a steering committee that met in January to continue planning a co-op in Elkins Park.

East Falls

A few months ago we spent the morning touring the East Falls community looking for sites that would possibly be considered. To date we have not seen a site that would work for us. We are still waiting to see what might happen at the Rivage site across from the East Falls Bridge. This was a site that we had been interested in two years ago and would consider if other sites do not work out. We are planning to schedule a meeting in a community room in East Falls to help gauge the level of interest for this type of cooperative store.

Other smaller stores

Many of you have told me that you would like to see the co-op open small 700-2,000 sq ft stores in underserved areas. I understand your desires and I too want to do this. In fact, Norman would like to open many smaller stores throughout the region in all underserved areas. From a business standpoint small stores are hard to run and are also not easy to make a profit. One thing that we need to figure out is if we are able to secure grants for these stores, will those stores then break even. Whatever we do, you should know that we are always keeping in mind the values, vision, and ends of Weavers Way Co-op and will stay tuned into these at all times.

WWCP Seeks Executive Director

(continued from page 1)

For more information about WWCP, you can visit the Weavers Way website and click on Weavers Way Community Programs (WWCP), but that will only give you a snapshot of WWCP and three unique Co-op initiatives it oversees: the Marketplace, Weavers Way Farm's Education Programs, and the Environment Program. The web pictures of students running Marketplace healthy snack shops at their schools and people proudly digging at the Weavers Way Farm don't have any captions. So let's fill in some of the blanks here.

The continuing story of the WWCP is one of successful community outreach yoked to a clever organizational strategy that affords some direct benefits for members.

WWCP Board President Bob Noble enthusiastically reports on the three main strands of the WWCP. The Farm already boasts a full-time farmer on the Co-op's payroll, but it is aiming to expand both in acreage and its educational components. WWCP hopes to establish a farm-based educational curriculum, so that more urban school children and agriculture students may weave farm work into school work. The Marketplace grew from Co-op support of one school's need for healthier snack options, and five schools now benefit. But Noble is confident that even more schools can be included in this innovative project, which stresses peer-reinforced good nutrition and the math skills needed to operate the shops.

Last year's Marketplace Program

raised a combined \$4,000 in profits, which was distributed as donations to worthy causes chosen by the students, like Heifer International and Save the Children. That sum exceeded expectations.

WWCP Board Vice-President Liz Werthan touches on how these community initiatives tap into a deep-seated Co-op-member need to connect to positive community work. While there is now a paid part-time Marketplace staffer, Terri Rivera, there are always rewarding volunteer opportunities both in schools and down on the farm. Says Werthan, "I think there's opportunity for intergenerational contact, for interaction between people who would otherwise not find ways to get to know one another, and I think many members would treasure these experiences to give more depth to their understanding of our broader community and to build understanding." (Interested? E-mail terri@weaversway.coop)

The strategy that underlies creation of the nonprofit stems from the benevolence of the Co-op community itself. Community support has actually spurred the direction of WWCP. Co-op General Manager Glenn Bergman elaborates that "because people wanted to give to the program," it was reorganized as a non-profit that can take donations. Bergman calls the grants and donations, "a real vote for the growth of WWCP," especially the \$7,000 members donated from their cash rebates, adding, "At first, a goal of raising \$5,000 seemed ambitious." Along with fulfilling Co-op strategic plans and expanding them significantly, these member donations exceeded expectations as well.



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The Simplicity Dividend's Book of the Season
The Earth Knows My Name: Food, Culture, and Sustainability in the Gardens of Ethnic Americans

by Patricia Klindienst, Beacon Press, 2003

reviewed by Betsy Teutsch

Last summer I received this book as a surprise gift from my son's partner. The author is a like an aunt to her, and she thought I might enjoy it. I was very touched by this generous gesture and certainly hoped to like it; its vivid cover looked inviting and the topic intriguing, but my expectations were modest at best. Dutifully, I delved into it, and lo and behold, I didn't just like it—I loved it. The writing is lyrical, the stories are powerful. Its narratives, chronicling the experience of people bringing forth food from the earth, put this book squarely on the shelf with Kingsolver's *Animal Vegetable Miracle* and Pollan's *Omnivore's Dilemma*. English lacks a word for people who grow their own food while working a day job: hence the book's dissertation-length title, *The Earth Knows My Name: Food, Culture, and Sustainability in the Gardens of Ethnic Americans*. "Gardener" connotes flowers more than edibles; "farmer" and "grower" suggest full-time professionals, and "subsistence farmer" conjures up hardscrabble sharecropping. Our closest term is kitchen or cottage gardeners. The author highlights eight gardens, each created and nurtured by people whose pleasure in growing things and deep reverence for the earth are powerfully and poetically expressed--especially captivating since few

of them would be comfortable writing their observations and experiences. The reader feels privileged to sit in on the dialogue between author and subject—lush descriptions jump off each page, allowing us to see, smell, taste, and feel the bounty of these gardens. Each day's sequence of harvesting, preparing, preserving, and eating, along with myriad garden tasks, including saving the best seeds for the next year's planting, come to life. Klindienst skillfully recreates the narratives of these gardeners speaking their truths and sharing their intimate knowledge of producing sustenance; their garden labors sustain them spiritually as well as physically. Most of them are immigrants who bridge their old homes and their new by connecting with the earth. Meet the Khmer growers of western Massachusetts, aging immigrant survivors of genocide. Over time they have created a flourishing New England community garden featuring South Asian fruits and vegetables. In their garden these two sisters are at home,

at peace. From early spring to late fall they are busy every minute nurturing both their plants and the younger members of the family and community who help out; their organic produce is in great demand by local fans and restaurants. When the harvest season ends, the garden's proceeds fund *wat* restorations and schools in their home village in Cambodia, as well as new local Massachusetts Buddhist communities. When winter settles in, their aches, traumas, and flashbacks reappear. Cooped up indoors all winter, they long for their garden, a surrogate for their past lives, only feeling hopeful again when spring revives their spirits. Visit with Klindienst in Ruhan Kainth's Punjabi garden in Fullerton, California. Had she stayed in her comfortable home in India, Ruhan would have enjoyed the many privileges of high economic sta-

tus, but she would not have been free to garden—in her home culture, such work is considered beneath her. She learned about the wonder of growing things by collecting tenant farmers' rent for her physician father who worked abroad. In California she can, and does, grow everything she wants. Her South Asian American friends find it all very puzzling. Why would she want to get dirty? A visit to her recreated semi-tropical garden answers that question—she has her own private paradise, a quarter acre with over 50 fruits, vegetables, and herbs, including the centerpiece, a neem tree, one of only a few in North America. I gave a copy of this book to my South Asian friend Meenal, a newbie gardener, and recommended this particular chapter. When her parents recently went back for a visit to their native India, they asked Meenal what she might like them to bring back. Her answer: "Seeds!" So Ruhan already has already raised up a disciple. Perhaps one day Ruhan and Meenal will even trade their best seeds along with their stories—who knows?

(continued on page 14)

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GJC Clothing Swap

Declutter your closet, get some great clothes, and help out a good cause

by Betsy Teutsch

If you're in the winter wardrobe doldrums, put the Third Annual Mt. Airy Women's Clothing Swap on your schedule: Sunday, March 9, from 11:00-3:00 at Germantown Jewish Center (GJC), Lincoln Drive and Ellet Stree. A project of GJC's Women's Club and Social Action Committees, this beloved event has quadruple virtue:

- 1) you declutter your closets and donate things you don't wear,
- 2) you can take home as many treasures as you like (and bring them back the next year if they don't turn out so well),
- 3) your entry fee is a \$20 donation to the Darfur Alert Coalition, so you can feel

like you're contributing not actually shopping, and;

- 4) all leftover clothing is donated to PlanetAid.

Donate any gently-worn never-worn items such as apparel, athletic clothing, shoes, accessories, pocketbooks, maternity clothes and outer wear. Clothing donations can be dropped off at GJC starting the Sunday before the event, March 2. You needn't donate anything to come and shop, of course.

Volunteers are needed to sort the clothing and help the swapper-shoppers. For more information, contact Genie Ravital, geniebud@gmail.com.

Simplicity Dividend

(continued from page 13)

The last of its eight chapters chronicles the wondrous story of Whit Davis, an 11th generation Connecticut farmer who has recently presented revered Indian white flint corn to the descendants of the Native Americans displaced by his colonial ancestors. Along with the seed corn, he sends the following instructions via the author, who is doing the actual presentation: "Tell them they should plant two, three fields of it and to keep them separated. After three, four years, they should take the best seed from all three and mix them together and start again. That way they keep the corn strong. Tell them that I wish them well. Tell them that I wish them good luck in all their endeavors." I gave a copy of this book to my nephew Neil, a PhD in eco-biology, now a plant biologist developing drought resistant corn, and I directed him to Whit's story. Neil was astounded to read Whit's instructions, because they describe precisely the methodology he and his team utilize in their experimental fields.

We live in a time of keen interest in food politics and increasing ecological concern. One of the book's strengths is its

subtlety in these matters. The stories tell themselves, but they also enhance the reader's awareness of the need to support local farmers, preserve open space, and protect seed banks from corporate, monopolistic control. This book is suffused with deep and ancient wisdom. It is more than just an oral history book; it is a sacred text, helping us to relearn deep reverence and spiritual connection.

Considering how drawn in I was by Klindienst's work, it came as no surprise to me when I learned that she has won a 2007 American Book Award for *The Earth Knows My Name*. This prize highlights writing which expresses America's multicultural heritage. Just one suggestion: read the prologue after reading the main body of the book, at which point you will have fallen in love with all her subjects, and realize what an artful volume Patricia Klindienst has created. By then, reading her own story will make more sense. Another reading tip: there is a coherent order to the chapters, but each stands on its own, so no need to read them in sequence.

Warning: This book is powerful. Don't be surprised if, come spring, you find yourself planting a cottage garden...

Ogontz Store

(continued from page 1)

Corporation (OARC) about running the store, and they have been working closely with the Co-op to make it a reality.

"I am pleased to welcome Weavers Way into West Oak Lane," says OARC executive director Jack Kitchen. "The demand for fresh fruit and produce is high. For the past few years every Tuesday around noon lines begin to form near the corner of Homer Street and Ogontz Avenue in anticipation of the Amish farmer and the fresh products he and his family sell to the neighborhood. We are pleased that OARC was able to bring Weavers Way into West Oak Lane to provide fresh quality products, some locally grown, that will be available on a daily basis. The fact that this is a co-op that can eventually be owned by its members is an added feature that will further benefit the neighborhood." OARC had made reopening the store a priority since it closed last fall. Pam Rich-Wheeler of the Business Center for Entrepreneurship and Social Enterprise first suggested that OARC approach Weavers Way to run it.

Weavers Way General Manager Glenn Bergman emphasizes that the Ogontz store is in addition to the Co-op's other expansion plans, not instead of them. "We don't expect the Ogontz store to have a measurable impact on reducing pressure at our current store, but it will provide fresh, local, healthy foods in an area without adequate access to that, and that's another important part of our mission," Bergman explains. "We're excited to be working with OARC, and to be part of this

great community."

In addition to increasing the availability of healthy, locally grown foods, Weavers Way will also stand to gain valuable experience in operating multiple locations as the Co-op continues to pursue other, more ambitious expansion efforts. Weavers Way also looks forward to expanding its innovative Marketplace program into more schools in the Ogontz/West Oak Lane area. Currently at five public schools in the Northwest, Marketplace sets up student-run co-ops, selling wholesome snacks to their classmates and donating the proceeds to worthy causes of their choice.

Product selection at the Ogontz store is still being determined, but while the size of the store—700 square feet—will limit it to just the basics, "We will be emphasizing food that is fresh and local," says Bergman. "And that will definitely include plenty of produce from the Weavers Way Farm, just down the road on Washington Lane." Work on the store is still in the early stages, although Weavers Way is actively searching for a store manager. A preliminary timeline projects opening some time early this spring.

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Cultural Moment

Eritrean and Indian Cuisine at Dahlak/Desi Village in Germantown

by Patricia Szuhaj

Here’s a fun New Year’s resolution for 2008: Reinvigorate your taste buds and your cultural sensibilities by trying a new cuisine. Start with Dahlak-Desi Village in Germantown. This two-in-one restaurant features Eritrean and Indian cuisine, a surprisingly lively and compatible combination.

Dahlak/Desi Village is the younger sibling of Dahlak, located in West Philadelphia. The original Dahlak opened in 1983; its sister restaurant followed suit in 2003. Both restaurants are owned and operated by Neghisti Ghebrehwet, a native Eritrean whose birth as a chef took place at West Chester University in the 1980s. “I cooked for friends, who loved the traditional food so much that they encouraged me and my husband, Amare Solomon, to go into business. That was the start.”

Neghisti’s roots are grounded in a fine culinary tradition and a rich and colorful history. Eritrea, a country roughly the size of Pennsylvania, is located in Northeast Africa and includes the Dahlak Archipelago and other islands along the Red Sea coast. It is bordered by Sudan to the north and west, Djibouti to the southeast and Ethiopia to the south. Eritrea has endured great conflict with Ethiopia—following years of war which included fighting against a Soviet-backed Ethiopia in the 1960s and 1970s, Eritrean independence was affirmed in May 1993, and the border conflict with Ethiopia was resolved in 1997.

The cuisines of Ethiopia and Eritrea are similar, of course, owing to their close geographic proximity. Eritrean cuisine, however, features different seasonings and entrees in the form of tsebhis (stews). Tsebhis and other traditional Eritrean

foods, including tibbs (grilled meat) paired with injera, a staple of the Eritrean diet, are among Dahlak’s specialties. Injera is an unleavened bread made of teff, wheat or sorghum. It has a curiously spongy texture and a tangy flavor that complements the hearty dorho tsehbi (chicken); zigene (beef) or yebeg kay watt or yebeg alicha (lamb) stew. Vegetables also are used in stews. Dahlak’s dishes feature delicious vegetarian options of tikil gomen (a succulent and mild combination of cabbage, carrots, string beans and potatoes in a mild tomato-based sauce); okra with peppers, potato and garlic; yemisir aldcan (lentils in mild sauce) or yemisir watt (lentils in hot sauce); beets, chickpeas, collard greens or kale; and kinche, a spiced couscous. The meat stews are cooked for hours, leaving the meat tender and succulent.

Dahlak’s food is seasoned with a variety of spices that are not unlike those used in Indian cooking: Chili pepper and berbere are frequently used, as are cloves, coriander, turmeric (which gives the food a rich yellow color), and fenugreek. Dahlak’s chefs will adjust any dish to satisfy palettes that enjoy spices or those who prefer a milder taste.

The use of similar spices, as well as a similar culture surrounding the process of sharing food, binds Eritrean and Indian cooking. For this reason, Neghisti joined forces with her associate, Ali Boukari, and combined Dahlak with Desi Village in 2007. Neghisti notes, “The combination of Indian and Eritrean made sense to us. Indian food is more heavily spiced, but similar, and lighter than the stews served in Eritrean cooking.” Like Dahlak’s name, which comes from the series of small is-

lands in Eritrea in the Red Sea, Desi Village’s name holds special meaning for those familiar with India: It is the name of a village in that country.

Desi Village’s menu, which is combined with Dahlak’s, includes traditional Indian fare, including spicy samosa (cumin-flavored potatoes and peas in a baked pastry) and sami kabab (patties of finely ground lamb with a blend of mild spices); soups; and a host of vegetarian and non-vegetarian main courses. My family and I are frequent visitors to Dahlak and have enjoyed many fine Eritrean meals over the years. On a recent visit to Dahlak/Desi Village, we sampled the Indian fare for the first time. We enjoyed a “tasting menu” that included palak paneer (fresh home-made cheese and ground spinach), which has a creamy texture. In this dish, the mildly nutty flavor of the cheese picks up the bite of the spinach. We also enjoyed a traditional favorite, chicken tikka masala, another mild dish of chicken in a tomato, green pepper, and onion sauce, and, from Desi Village’s clay oven, tandoori mixed grill, a spicy combination of chicken, lamb and shrimp served with yogurt sauce. We also sampled the grilled, skewered lamb seekh kabab.

Along with our meat and vegetarian courses, we enjoyed fresh-baked naan, a leavened white flour bread baked in a clay oven. As injera is to Eritrean cuisine, naan



PHOTO BY NEGHISTI GEBREHWET


THOROUGHLY ENJOYING THEIR MEAL AT DAHLAK/DESI VILLAGE ARE (L TO R) BEN, TIM, AND TRISH SZUHAJ.

is a staple of the Indian diet. It comes in several forms—plain, suitable for eating with main courses—and stuffed with mixed dried fruit; garlic and spices; or spiced ground lamb.

Dahlak and Desi Village offer a wide range of options for your dining experience. The restaurant literally offers two distinct but related dining options. In addition to the delicious cuisine, diners will find the traditional Eritrean and Indian dining experience to be one of the most meaningful aspects of their visit to Dahlak/Desi Village. The act of sharing food with loved ones and friends is of primary significance in both the Eritrean and Indian cultures. In both countries, partaking of food with hands—not utensils—is traditional. In fact, the Eritrean dishes at Dahlak are served together on a platter on a bed of spongy injera, which soaks up the


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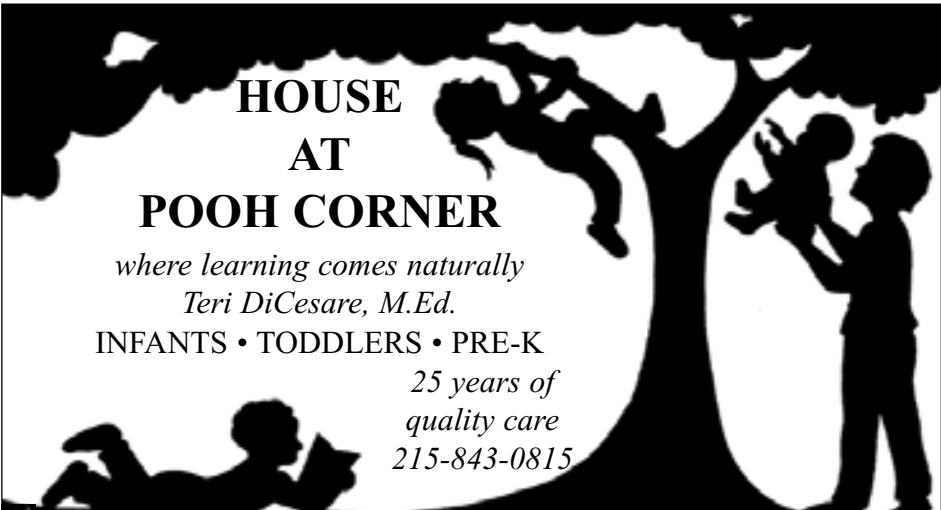
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Cultural Moment

(continued from page 15)

juices of the stews that rest on the bread. More injera is served in a basket and shared by all diners; the injera is ripped into small pieces and used to gather up the stew from the platter. Diners at Dahlak can't be afraid to use their fingers to eat! The process of eating with the hands and feeding a loved one or friend is called mukilas in Eritrea. Neghisti explains, "Mukilas happens when a host feeds the guests at his or her table with his own hand. Often, husbands and wives feed each other in this way. The act of feeding your mate with your own hand to their mouth signifies love and loyalty. It is part of our culture which brings families and friends together over a good meal." India shares the same tradition of eating with the hands, and it is important particularly in that culture to avoid touching your lips with your hands.

Bonding and strengthening relationships through sharing a meal is a central tradition in both Eritrean and Indian culture, and you can find a culture of sharing, togetherness and fun at Dahlak/Desi

Village. The ambiance of the restaurant, which includes low lighting, traditional music, Eritrean baskets and artwork, and a traditional Eritrean seating area of low tables and stools, is the perfect backdrop for dining in this fashion. Dahlak/Desi Village has received numerous awards, including a Zagat rating of excellent since 2004. The restaurant was featured in Philadelphia Style ("Spice It Up," January-February 2005) and was cited in City Search's Best of 2006 listing. If you want to experience not only a combination of interesting cuisines but also a refreshingly different and notable dining experience, be sure to visit Dahlak/Desi Village (5547 Germantown Avenue; 215-849-0788).

One tip: When you order your delicious combination of cuisines, be sure to save room for the injera at the bottom of the platter—scooping up the bread soaked with the juices of the stews is the perfect way to end your meal.

Books and Kids

by Mark Goodman

You want your kids to read books, right? Even with all the high-tech stuff out there, books are still the measuring rod for educated people. But your children would rather relate to MySpace, I-Pods, or the latest video game gadget.

Don't despair. There is light at the end of the YouTube. With younger kids the task is easier. Read to them—early and often. A colleague of mine from Philadelphia Community College even read to his unborn child in the womb. As children get older, the task is more challenging.

Here are some ways to keep kids connected to books and reading.

1. Make visits to bookstores and libraries a regular family event. Kids like to browse, and most trips to the library or bookstore result in at least one book or magazine coming home in a child's hand. My 26-year-old daughter, Angie, and I still like to visit bookstores together.

2. Make reading a family activity. This means that the TV, MP3 Player, and computer are turned off and parent(s) and child(ren) spend a cozy half hour, hour, or longer engaged in reading. This differs from reading to children in that it allows the children to read their books while the parents are reading theirs—kind of like parallel play. If it's too quiet, consider some calm music, without distracting words, in the background.

3. Read whatever your kids are reading. If they are reading *The Chronicles of Narnia*, R. Stine scary stories, books by Judy Blume or Louis Sachar, Langston



Hughes' poetry, the classics, or current literature, you read it, too. Not only will you know what they're reading, but you have a ready-made link for meaningful discussion. As they progress into high school and the books become more sophisticated, your teenage children may welcome an opportunity to discuss books with you. If your schedule is too busy to read your kids' books, particularly if you have more than one child or if your child is in high school, then at least ask them what they are reading.

The main thing is to see your child reading and enjoying it. I feel good to see my 14-year-old son, Alex, reading, whether it's *The Diary of Anne Frank*, *Old Yeller*, a biography of Rosa Parks, or a wrestling magazine. As long as he's reading something that interests him, I feel that his life will be more in balance with all the technological pulls around him. So don't let anyone tell you—or your children—that books are obsolete. Adults—parents, aunts and uncles, family friends, and neighbors—can show the children in their lives that books and reading are still an important and enjoyable part of life.

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Ned Wolf Park Asks, Are You a “Friend”?

by Bruce P. Murray

You’ve heard of the “Friends of...” (fill in some park name), right? Some are “Friends” of the Department of Recreation (DOR), and others of the Fairmount Park Commission (FPC). In 2007, I became a volunteer and a Friend of Ned Wolf Park, which was one of the new additions to the 85 parks now supported by Philadelphia Green, a division of the Pennsylvania Horticultural Society that helps volunteer groups run “Friends of” projects to clean up and maintain their local parks.

While my time toiling on the local project has often seemed a large task, one of the things that Philadelphia Green does is put me in touch with other volunteers who are involved in their own neighborhoods. This is very humbling. Many of those groups are small and their locations are large. Most are in neighborhoods with many more challenges than we have in West Mt. Airy. While some of the people leading park projects have supportive neighbors who volunteer and donate, some “Friends” groups are a small cadre of dedicated workers who do not have neighborhood help, local recognition or thanks for their efforts. (You have to wonder what motivates four to eight people to care for 10—40 acres of public land for more than a decade.)

Did you know that Philadelphia Green and the Philadelphia Parks Revitalization Initiative have been going on since 1992? Our West Mt. Airy group, Ned Wolf Park Project, is a small example of their city-wide program; one that is essential to the

quality of life in many of the toughest neighborhoods around the City. The first group ever to be served by Philadelphia Green is East Mt. Airy’s Cliveden Park. The neighbors there got started on their park 17 years ago (two years before Philadelphia Green formed) when children asked their parents to make the park usable for them to play in. So they took their children door to door handing out leaflets that proposed remedies in their neighborhood. (I will say more about those young people later.) Philadelphia Green is funded with profits from the Philadelphia Flower Show (run by the Pennsylvania Horticultural Society) and by grants from the William Penn Foundation. The Philadelphia Green program is now in their 15th year and committed to continued growth.

The annual Party for the Parks is one of the ways that Philadelphia Green and the city’s FPC and the DOR show their appreciation and honor all the volunteers throughout the city for all the work that has been done to restore the city’s parks

that year. The 2007 party held in December had approximately 400 “park” people that dressed up and met to eat, drink, talk about their successes, and let their hair down by dancing the night away. The highlight of the Party for the Parks is when a ceremonial “check” is presented to the City of Philadelphia representing the value of volunteer efforts from all of the Philadelphia Green projects. The total hours of park volunteer effort is multiplied by \$18.78 (a federal figure for this year), produced a total cash value in excess of \$1.4 million.

It was quite a moment for me to see the people who give freely of their time all year beam with pride at the cash value they have created. It was great to see the volunteers receive some recognition for the amazing effort many hundreds of people put in for some of our most needy neighborhoods.

I had another chance to see the value of this work at the “party.” Most groups have a table of their own, but representing Ned Wolfe Park was just myself and my wife, Friends of Ned Wolf Park’s founding Coordinator Ronda Throne-Murray. We

had to beg seats in the far corner, where we sat with five college-aged folks. They turned out to be the “children” that asked for their park to be rescued from the drug dealers 17 years ago. Not only were they the only young people at the party, they were accompanied by 30 (three tables full) of the Friends of Cliveden Park, all mature people who have personally been involved in the lives of these successful young adults. When I asked the young adults how or why they had stayed involved with the park work, they told me that “they [the adults] always made it fun.” (There has to be a lesson there.) Turns out two of them had come to accept their grandmother’s award as an “Outstanding Volunteer of the Year,” since she couldn’t make it to the event.

Eighteen people received “Outstanding Volunteer of the Year” awards for 2007. Among them was the Founding Coordinator of West Mt Airy’s Friends of Ned Wolf Park, Ronda Throne-Murray. Nominated by the project’s Garden Design and Botanical Coordinators, Syd Carpenter and Janet Novak respectively, they noted that “without Ronda the whole project to clean-up and improve Ned Wolf Park for the neighborhood would not have happened.”

While many neighbors tell me they are anxious to see more done, according to our Philadelphia Green advisors this has been an “incredible” first-year effort. This was the result of many individuals who made personal commitments, and then followed through with either hard physi-

(continued page 18)



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Ned Wolf Park

(continued from page 17)

cal work (sweat and ache equity), or with financial donations by those who could not help with the physical work or don't like to play with dirt. The time and talent that volunteers donated to Ned Wolf Park (some giving one hour and others giving 100s of hours) totaled 1,428 hours for 2007, for a monetary value in excess of \$27,400. We installed over 1,400 plants and have removed most of the environmental dangers that were present in the park for many years.

You may not be aware that the FPC and DOR are two separately funded entities that do not share their scant resources with each other. There is a hope that political work done in 2007 trying to change the city's charter will permit them to share resources sometime in the next mayoral term. Our city's parks system has not received an increase in funding to maintain our parks in 15 years. Incredibly, the city only has one small crew of men to handle all the trees in every park within the city limits; you can imagine the competition to make the two-year waiting list to take care of trees in imminent danger of falling

down. Our parks system is struggling to keep the world's largest city park in usable condition in some neighborhoods, and fails in others because of lack of funds and volunteers.

Please plan to give a few of your hours or dollars to the neighborhood park projects in 2008. Not only will you get to know more of your caring neighbors, but more important, you will be contributing to your property value, your safety and the greening of some of Philadelphia's best free municipal resources. It isn't sustainable or reasonable to rely on so few to maintain so very much for so many. Please pitch in one day with some time or a check in 2008, won't you?

I'll look forward to seeing you in the park.

To make a tax-deductible donation as many of neighbors have, please send your check to WMAN (with "Ned Wolf Park" in the memo section), 6703 Germantown Ave., Ste.# 200, Phila, PA 19119. If you would like to plan and work on an event, purchase a shirt, or join our group of really great volunteers who help in the park, contact Ronda Throne-Murray at (215) 848-4222 or at rondazmail@verizon.net.

February Garden Notes

by Mark Goodman

Q: When is dirt not dirty?
A: When you are planting in it.

Since I've been gardening (about 40 years), I've had some difficulty with the word "dirt." We all grew up thinking that dirt was something unclean. Of course, we need a word to express that state of uncleanliness. However, for those of us who grow things, dirt is our friend.

Dirt doesn't always have to be dirty. There are many positive connotations as well. For example, "to get your hands dirty" can mean that you have gotten actively involved in a difficult task and are not just a passive bystander.

To get "down and dirty" has a variety of meanings, including to roll up your sleeves to do what has to be done, even if unpleasant. For card players, the "down and dirty" last card in seven-card stud can be the lucky card that makes you a winner.

In sports, the players who do the "dirty work"—linemen in football or rebounders in basketball—are admired for their toughness. One pro football player from the 1970s and 1980s, linebacker Dennis "Dirt" Winston, was respected for his gritty, hard-nosed play.

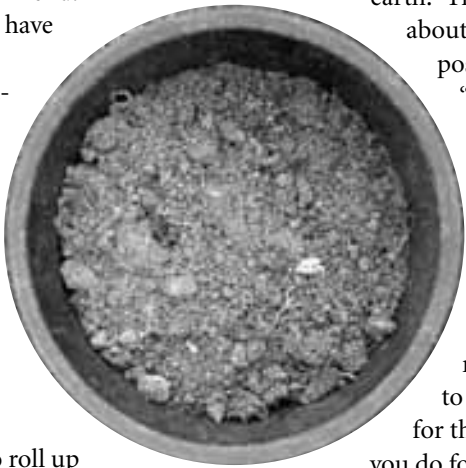
However, since dirt has so many negative associations, people often use the word "soil" when referring to a place to plant their seeds and flowers. "Soil" has a more positive ring to it. "Potting soil" and "soil test" sound better than "potting dirt" or "dirt test." For most people, soil is what's out in the yard, but when you track

it into the house, it becomes dirt.

But even soil has taken some of the negativity of dirt when we use the expression that someone has "soiled" his/her clothes. Why use the word "soil"? Because soil is dirt and dirt is dirty, so soil too must stand for that which is dirty.

The one word that has escaped any negative overtones when referring to a planting medium for shrubs, trees and all things horticultural and agricultural is "earth." There's nothing dirty about earth. "Earthy" has a positive connotation. "Down to earth" is one of the finest compliments that we can give a person. And there's no way that you can "earth" your pants. Also, what can be more respectful than to have the same word for the stuff you plant in as you do for your planet.

So the next time you're kneeling in the dirt-soil-earth and getting some dirt-soil-earth on your hands and face, remember—as the Zen Buddhists point out—that the word isn't the thing. And even if it is the thing, when you think "dirt" or "soil," also think "earth."





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Use Septa More, Reduce Our Gas-Guzzling Energy Consumption Habits

by Marion Brown

When we first moved to Germantown in 1972, we had two small children and no car. One bicycle with child seat and one heavy duty double stroller were our only wheels. We used SEPTA a lot. Among the first letters our children learned were H and XH.

What do you do with two small children while you are waiting at the bus stop for the H bus or the XH or the 23 trolley? You look around at everything and you talk about what you see. We read all the street signs and talked about whether we would be going north or south. We counted the number of people waiting at the bus stop and then did the math addition whenever another person came to wait. There were times when waiting for the bus was challenging and very tiring. However, it was also a great parenting opportunity and a learning experience for all of us in many ways.

Now, 30 years, several cars, and untold gallons of gas and earth-warming emissions later, I again find myself rediscovering the possibilities of using SEPTA. Com-

muting to work every day plus routine errands, well, this easily comes out to a tank of gas every week. I found myself getting too upset at this regular wallet drain. And, rush hour traffic often did in my sweet disposition before the day had hardly begun. So, I started taking the bus. I like the bus! I get to sit and read or take a quick nap. Sometimes I meet neighbors and chat a bit. I am more relaxed, less stressed out over the gas prices and driving challenges, listen to more music and less KYW traffic reports, and usually get a bit more fresh air and exercise in my day as well, with brief walks to and from the bus or the El.

It took me years to become a more creative SEPTA user. I do have the luxury of choosing whether to drive or ride ... or a combination. If it is raining, I can drive to the bus stop, park my car nearby, and sit in my dry car to wait for the bus. Sometimes I drive to a grocery store and park my car nearby, take the bus to work, then get off the bus at the grocery store to pick up groceries for supper and then drive the few remaining blocks home. On these days I feel like I am getting the best

of all worlds: some good reading time, no highway frustration, quick and convenient shopping for supper, and just a very brief drive home without having to stop for gas! I love it! Recently, I went over three weeks on one tank of gas. My wallet loves this!

Weavers Way and other businesses could do many proactive things to support and encourage people to use SEPTA, including:

- Sell SEPTA maps in the store. SEPTA puts out an excellent transit map, but most people do not know it exists and do not know where to find/buy it. Not sure if you can get these to sell, but it is worth inquiring;
- Post a laminated copy of the current SEPTA map in an obvious place. It would be great to have one inside and also one outside the store ... any store ... every store or place of business;
- Have available for people copies of the current bus schedules for routes near your place of business;
- Find out about the new SEPTA pass perks initiative and contribute. Many

places of business do this: show your current weekly or monthly pass and get a free cup of coffee, etc.;

- Include a box with public transit information on all flyers, publications, websites, and signs: "Convenient to H bus";
- Include another box that tells where people can purchase tokens and passes in your area;
- And consider selling passes and tokens. Stores that can sell postage stamps, which is a real convenience for shoppers, could also sell SEPTA tokens and passes!

Many places of business offer some type of consideration or free sticker to underwrite parking costs for their patrons. Could we come up with a mechanism to similarly underwrite non-parking costs for patrons who use public transportation?

I am sure other people have more ideas to add to this list. Let's grow this "Wheels on the Bus" brainstorm list!



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Rosin Your Bow, Wet Your Reed Or Blow Your Horn

...with Cheltenham’s “Music Ensemble” Course

by Cliff Hence, second clarinet

Are you pining to perform? Looking for an unintimidating musical outlet? Is that musical instrument you used to play in high school or college sitting around gathering dust? Well, before you think about giving up and posting it on Ebay, there is a class offered by the Cheltenham Township Adult School that can put you back in touch with your musical side.

The school is located at the Cheltenham High School building and presently offers over 200 adult education courses on a wide variety of subjects. One of the courses, entitled “Instrument Ensemble,” offers a unique opportunity for participants to dust off their old instruments and get back into the groove.

The structure of the course is that the students meet for nine weeks of rehearsal and then perform a (free) concert for family and friends on the final night of the course. The participants are, for the most part, amateur musicians. In real life they represent a wide variety of careers including professionals, teachers, retirees, and a

few Weavers Way Co-op members. One thing they share is a love for performing with other music lovers. The other important thing they have in common is a good sense of humor and the ability to overlook a few wrong notes and some unintended solos!

The Ensemble started over 20 years ago with about six participants. It has since grown to an average of about 20 musicians per session. Classes are held on Monday evenings in the school music room, during the Fall and Spring sessions of the school. There is, in theory, no limit to the number of persons who can participate in the course. This is one class where the more students who sign up, the better the experience.

The Ensemble participants play a wide variety of instruments but mainly in the following sections: strings, woodwinds, and brass. However, almost any instrumentalist can find a place in the ensemble. One section that has been lacking in the past few years is percussion. And, especially important if you are a bit rusty, no au-

ditions are required to earn a seat in any section. Even if you haven’t played in a while, after the first session or two, you will be surprised how quickly your ‘chops’ will come back. (However, please note: there is no musical instruction given during the course.)

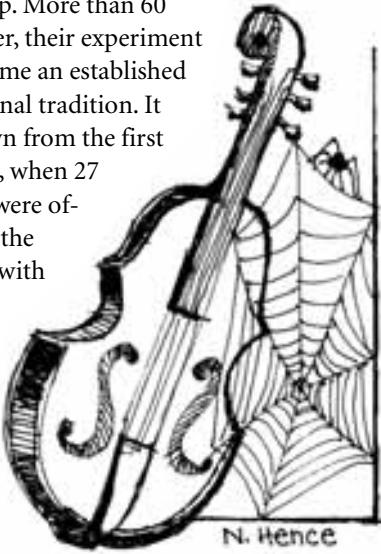
The leader/conductor of the Ensemble is Ernest Meyer. He selects the pieces for performance from a variety of sources, based upon the distribution of instrumentalists. While focusing on classical pieces, the selections also include show tunes, marches and the occasional pop standard. A recent performance by the ensemble featured: “Overture on French Folksongs” by Powell, “Two Waltzes” by Brahms, “Variations on a Theme” by Handel, “What I did for Love” by Marvin Hamlisch, “The Russian Sailor’s Dance” by Gliere, “The Turkish March” by Beethoven, and highlights from the “Sound of Music.” The group always keeps one piece in reserve for the always-requested encore. This year’s piece was “The Waltzing Cat” by Leroy Anderson.

If you’d like to shine, ensemble members are also encouraged to perform a solo of their choosing during the concert. This year’s solos included: a baritone horn rendition of “Raindrops Keep Falling on My Head”, “Sonata in E Minor” on flute, and a

cello duet entitled “Bring A Torch Jeanette Isabella.”

The next session for “Music Ensemble” will begin on Monday, March 3. For more information and fees for this course and the numerous others offered by the Cheltenham Adult School call 215-887-1720 or go to: www.cheltenhamadulthoodschool.org/Calendar.htm

The Cheltenham Township Adult School was founded in the fall of 1939 by a forward-looking group of men and women who pioneered education for adults living in and near Cheltenham Township. More than 60 years later, their experiment has become an established educational tradition. It has grown from the first semester, when 27 courses were offered, to the present, with over 200 courses and trips listed in their catalog.



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Are You Stuck in the Diet Mentality?

by Molly Kellogg, RD, LCSW

Are you a diet victim? You are if you find yourself thinking about your weight, what you eat, and how much you eat more than a few brief times a day. You are if these thoughts take time and energy from the important things in your life. You are if you find yourself continually going on a diet, even if only for a few hours. Going on and off diets is stressful and emotionally painful. Five myths reinforce a diet mentality.

Myth #1: Disgust and self-hate lead to change. How often have you said, “I have to get fed up enough so I will do something about my eating”? Diets generally begin because you have negative feelings about yourself. This is one of the reasons they fail. The diet feels like a punishment for being bad. True change in food habits occurs only through accepting yourself and choosing to feed yourself lovingly. When you face and examine your relationship with food, change and growth can occur.

Myth #2: I just need to find the right diet. Diets designed by others will never feel right for you in the long run. They do not respond to your changing needs and desires. Our bodies do work and can self-regulate given the proper skills. Eating from the inside out is the only approach

that “works” consistently.

Myth #3: All I need is more willpower/self-control. Willpower implies that you need to fight against your natural inclinations. This is what happens when you diet, and this is why diets fail. If it takes force of will to eat a certain way, there will naturally be moments when you don’t have the strength it takes to force yourself and you will go off the plan and feel like a failure again. Tuning into your own natural signals about when and how much to eat leads to a more comfortable relationship with food and does not take willpower. It will also allow your body to find its “natural” weight.

Myth #4: Weight equals worth. Thin is good. Fat is bad. Who says? Our culture is convinced that thin equals good. The media and the medical profession reinforce that message even though little evidence exists that leaner people are healthier than heavier people. The evidence shows that there is a very broad range of healthy weights. Research also shows that yo-yo dieting is more harmful to your health than staying at your current weight.

Other cultures equate beauty, particularly in women, with roundness, fullness and plenty of flesh. Rubens and many other artists have celebrated the beauty of

full-figured women. Yet today our culture loathes that full-figured look. Some contend that this is part of an anti-feminist backlash. In any case, those who are battling it on the front lines may benefit from remembering that this view of fat as bad is recent and specific to our culture.

As human beings we are miracles of creativity and ability. There is plenty on which to judge our self-worth. Why do we insist on using our body size to judge ourselves? People naturally come in all sorts of sizes, shapes and colors.

Myth #5: In order to eat well and have the body I want I need to be deprived. This is a common misconception that always leads to diet failure. No one can live for long in a state of deprivation. Our survival drive makes us break out and end the diet, often with a binge. This process is hastened by a very strict diet that is not nutritionally adequate.

Gyms and diet programs imply in their advertising that you can indeed have the body you want if you just work hard enough (and pay them enough). The often-ignored reality is that genetics almost completely determines what our bodies look like. Our inherited genes establish our bone structure, height, facial characteristics, skin, hair and eye color, and our body fat distribution. Where our body stores fat tissue is completely determined by genes. The amount of fat that a particular body is designed to have is also predetermined.

Even though the human body comes

in a wonderful array of sizes, shapes and colors, this diversity is not reflected in magazines, TV or the movies. In our image-conscious age, the bodies we see all fit into a very limited concept of beauty and acceptability. As a result, most of us don’t see our image portrayed and assume that our bodies are not acceptable.

One of the most common interactions between women involves judgment based on weight and eating. How many times a week do you hear, “I’ve been bad today” or “Oh, she’s being good tonight”? It is evidence of diet victimization when behavior is called good when the body’s signals are being ignored.

The diet mentality saps energy and leaves us feeling powerless. Accepting yourself is empowering and allows you to get on with the important things in life. The path out of this victimization includes learning new skills and ways of thinking about appetite, bodies and how feeding ourselves is a part of life.

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Groundhog Day and the Wisdom of Chinese Medicine

by Susie Bloch

A.B. woke hot and dizzy. The winds of change blow briskly in her life this season. There’s so much to do! A suggestion to spend a quiet day in bed napping with an easy read helped her system to rebalance, and she woke next day, no longer dizzy, eager for a brisk walk and ready for what’s next on her list. Stillness, quiet, down time, recharge our batteries.

R.L. gets blue in Winter, doubting herself, yet driven to do, do, do. She misses the light, warm sun on her skin, gardening. Escape to the tropics isn’t possible this year. Acupuncture has helped her grasp that Winter isn’t the same as Summer—in nature or in us. She chooses to conserve her resources for what is necessary now. Listening to her inner voice, R.L. has learned when to take time for rest, gathering in, and introspection. She no longer fears Winter’s long darkness. Chinese Medicine teaches us that Winter is as vital to our health and wellbeing as the more dynamic, outward, warm and noisy seasons of Spring and Summer.

According to Chinese cosmology, there is in fact more active energy available to us in Spring and Summer; we are buoyed and lightened by this abundant Qi. The falling leaves in Autumn mark a drop off in the outer energy and leave a stark landscape: still, quiet, dark and cold. The energy in nature (think sap), as in us, continues to move down and inward to Winter’s depths. The Yellow Emperor’s Classic of Internal Medicine (Nei Jing) teaches us to

follow the seasons: in Winter, go to bed early and rise later (like the sun), spend more time alone and to not expend too much energy in outward activity (a kind of hibernation). It is said that if we do so, in Spring, our systems will be primed for rebirth and new growth.

The Kidneys and Bladder are the organs of Water and Winter. The Kidneys hold and circulate our deepest essential energies—the deepest well of who we are constitutionally. Our inherited energies are finite. We can, however, preserve what we have been given with adequate rest, good nutrition, meditation and exercise. These energies fuel our development, reproduction and aging. Kidneys and Bladder govern the fluidity of every cell and every movement of our body, mind and spirit by keeping fluids in the correct proportions and in the right place. They cleanse and eliminate fluid waste.

The bones are the most solid aspect of the Water energy; attention to this energetic phase may preserve bone health.

The Kidneys and Bladder are susceptible to cold, so keep your feet (the Kidney channel begins on the sole) and your waist, lower abdomen and back (location of the organs) warm to conserve your foundational energy. There is a tradition in Japan to wear a “haramaki,” a band of soft wool to cover the kidney, lower spine and abdomen when it’s cold out.

Water fuels our ambition, motivation and purposefulness. The emotions of the

season are fear and courage. Because Water holds the deepest seed of our unique potential and Winter reminds us that our life is finite, we may be called to explore questions of identity and destiny at this time of year.

Groundhog day! The ancient Chinese called Feb. 2 the beginning of Spring. But, you say, we have to survive February and most of March to get there. In the Chinese worldview, this six-week period is a time of transition. So if you look closely, you will see signs of Spring now. Daylight is longer and stronger. Buds are swelling. Birds are more visible, practicing Spring mating songs. Attuning to these subtle changes can give you hope through the dreary days when Winter seems endless.

Perhaps last Spring as the buds were near bursting, you found yourself begging the climate gods for just a bit more time to stay inside with a good book. Maybe you become unusually cranky or achy/headachy as Spring approaches. These may be signs that you didn’t store up enough Kidney power in Winter. Look below for tips on how to make your Spring come alive with more ease.

Harnessing the Power of Winter

Don’t let cold weather keep you inside. Savor the daylight and breathe in the fresh, cold air.

Look up. The skies have greater clarity and stars are brighter. Looking up can literally lift your spirits by directing your attention skyward. A flight of birds may reward you.

Take a moment to notice the simple beauty of bare trunks and limbs—their structure, bark, and nuances of brown, black and gray have a subtle grace.

Visit a stream and feel the power of rushing water. Then, imagine yourself going “with the flow.”

Allow your plans to rest quietly and gather strength, like the daffodil bulb. When Spring comes, they will move forward more easily.

Light several candles to brighten the darkness. Sit quietly with them.

Rest your senses : for one day, no TV, radio, stereo or computer. Speak as little as possible. How is it for you?

Maybe you’ve noticed that your body wants more rest at this time of year. Take advantage of the longer night! Go to bed early and rise with the sun.

Consciously choose a quiet evening at home to snuggle with a book, a friend, partner, kittycat.

Keep yourself fired up by remembering the pleasures you enjoyed last Summer!

Winter can stir up our deepest fears. Any time you are fearful, take a few deep breaths, gently massage the kidney area until it feels warm. Then visualize deep blue gently filling the area. Blue and black resonate with the Kidneys, the Winter, and Water.


Some weight gain is our natural storing mode this season. Nourish yourself with warm, hearty, well-cooked foods, such as dried beans, root vegetables, stews and soups, and leave cold and raw foods and drinks for summertime.

Settle into a hot bath with a favorite essential oil, and feel the warmth seep into your bones.

Reflect on your experience of the recent holidays. How might you simplify gift-giving and make the season more meaningful and less overwhelming next year?

It’s not too late to use this time of transition to harness the power of Winter. You will be gathering resources for a vibrant Spring. So rest now. Ask yourself what brings you to more quiet wakefulness. Meditating? Sewing? Looking out the window? Reading poetry? Make room in your schedule for these.

Susan Bloch is a Mt. Airy acupuncturist specializing in Five Element Acupuncture. You can reach her at 215 844 7675 or susiebloch@earthlink.net.



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PEPPERIDGE FARM DISTINCTIVE COOKIES

ON SALE!!

50¢ OFF



regularly \$3.19 , now just

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offer good February 1 thru February 29, 2008

Suggestions

(continued from page 24)

mans could put together ingredients that “exist in nature” (whatever that means, if something didn’t exist in nature could we even talk about it?), and, if you assume human creative activities like cooking to be a natural process, then we could have some all natural marshmallows.

s: “I agree with the suggestion in the *Shuttle*—the bagels are terrible. People only “like” the Rolings because they are preferable to the horrible Goldbergs. Both leave a lot to be desired. Let’s look for a better source.”

r: (Nancy) I’ll look into it.

s: “I’m excited to see apple varieties that are new to me, like Goldrush and Keepsake. Supporting biodiversity is way cool, especially with cloned crops like apples.”

r: (Jean) Thanks! I agree, the Goldrush apples (from Kauffman’s Fruit Farm in Bird-In-Hand, PA) and the Keepsake (Solebury Orchards, New Hope) are the best apples I’ve ever eaten. Both these orchards are low-spray, sustainable orchards, and relatively local.

s: “I use a lot of ginger and have never seen organic ginger at the Co-op. Other stores definitely carry it. Can we get it in stock?”

r: (Jean) We’ve carried organic ginger once in a while—we would have to retail it for \$7.54/lb. I have to doubt many people would be interested. You could pre-order, though—right now the price would be \$29 for 5 lbs.

s: “Can we try to get in organic green onions? Most of the time we are eating these raw.”

r: (Jean) Good point. I’ll look into it. They would be about 2.5 times the price of conventional; today they would run about \$1.22 per bunch. On the other hand, that’s still fairly cheap.

s: “What happened to Stonyfield Fat-Free vanilla yogurt quarts?? There does not appear to be a no-fat or low-fat vanilla substitute.”

r: (Chris) Every year from mid-November through Jan. 1 we temporarily stop carrying Stonyfield 32 oz flavored yogurts in order to have room to stock eggnogs. At my house, we buy plain yogurt and mix in vanilla extract... Works well!!

s: “All this talk about Ian, his good looks, and how he should get a raise—what about good looking shoppers? Shouldn’t we get a discount, Norman?”

r: (Norman) Good point. We’ve modified our laser scanners to include face recognition software, so to ensure we get a good read of your face be sure to stare right into the laser light when checking out. But then how to judge “good looking”? We can create software that evaluates facial features, i.e. symmetry, cheekbone height, nose, chin and lip shape, forehead size, complexion, etc. But who will create evaluation criteria? Board? Committee? Staff? Modeling agency? Will there be “Fair Looks” certification? And, should we count hair? Body type? Are people that wear make-up cheating? Plus, since beards and bald spots would count toward good looks, is that unfair to women?

s: “Reduce ☺ rather than Add ☹ to the environmentally destructive packaging. I.E. go back to Paradise greens, and stop buying Olivia’s in the awful packaging. Comment please!?”

r: (Jean) Where to start. 1) Paradise salad mixes, baby greens: they are wonderful, fresh, robust, coming in a re-useable ☺ sturdy bag. The reason they are so robust, and therefore can be packaged in bags rather than clamshells, is that they are grown outside, in Lancaster County, where it is now winter ☹. 2) Our choices are: a) Olivia’s: grown indoors in Massachusetts, packed in clamshells, pretty good

product. b) Other brands: grown in—or outdoors in California (3,000 miles away) ☹, packed in flimsy cellophane, mediocre product. c) No salad mixes at all in the winter (Dec. 1–April 15). (Norman) I’m not sure what the best salad mix is, but I do think using happy and sad faces as punctuation is a form of pollution we should not tolerate, being toxic environmentally. We didn’t take action to stop global warming, if we allow smiley faces as punctuation we will slowly regress to cuneiforms and hieroglyphics. Please stop!

Interested in hosting a farm volunteer?

(There may be some free veggies in it for you!)

Short or long term stays

Weavers Way Farm occasionally receives offers from people who want to help out at the farm for a week or two, but are in need of housing during their stay. We are also interested in exploring possibilities for longer term stays for college age interns during the summer of 2008. If you are interested, or for more details, please contact Dave at 215-983-1616 or farmer@weaversway.coop

L • E • T • T • E • R • S

I am a firm believer in energy saving by the use of compact fluorescent “lamps” (the technical term for light bulbs.) However, before making major changes in home lighting, there are several drawbacks to be considered.

CFL’s hum when lit. They also give a very different quality of light. This combination gives many susceptible people a severe headache.

Other problems: they do not fit in many fixtures, especially recessed ceiling ones, or the globes; under ceiling fans clip-on lampshades; do not work on the spiral CFL’s; special ones are needed for outdoor use; special ones are needed to be used with dimmer switches; they all contain mercury (a danger if broken in the house); and disposal is a problem.

~ James Dannenberg

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	Co-op Meetings Board: 1st Tues., 7:00 p.m. Education: 3rd Wed., 7:30 p.m. • Environment: 1st Wed., 7:30 p.m. Finance: 3rd Thurs., 7:30 p.m • Diversity: 3rd Tues., 7:15 p.m. <i>Operations, Membership, Merchandising, and Leadership Committees meet as needed. All meeting schedules are subject to change. Committee meetings are held at 610 and 559 Carpenter Lane and at members' homes. Board meetings are held at Parlor Room of Summit Presbyterian Church. For more information about committee meetings, e-mail boardadmin@weaversway.coop or call the store.</i>		
	Weavers Way Recycling New Courtland Elder Service 6959 Germantown Ave. (Enter from Carpenter Lane) 9 a.m.-1 p.m., 3rd Sat./month		



Suggestions

by Norman Weiss

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

Expansion is still the hot topic, seems like we have to do something soon, due to both the internal physical pressures we're all so intimate with, and more and more due to external pressures too. A number of other neighborhoods have asked us either to help start a co-op there, or open a branch. So now my expansion scenario goes like this: We replicate the Carpenter Lane store like 20 times in other neighborhoods. Maybe not exactly replicate—hopefully new stores would be less crowded and not have four dumpsters, but the basic idea is that we open smaller, 1000-3000 square foot stores in neighborhoods that have expressed interest in having a co-op. (Our current store is about 2000 sq. ft. on the main floor.) Some of the communities that have approached Glenn are Ogontz, Elkins Park, East Falls, Manayunk, Strawberry Mansion, West Philly, and Chester. Add to that our own interest in taking some of the pressure off the Carpenter Lane by maybe opening stores in Germantown and Sedgwick Theater areas, and you can see we could pretty quickly have nine stores. When we have thought of expansion in the past we've thought about a larger store, 6,000—10,000 square feet, basically taking the form of a small format Whole Foods. That is what most other co-ops have done. Opening a number of smaller neighborhood stores is an alternative approach to expansion, one which no other co-op I know of has done. This model of expansion has the advantage of requiring a much lower up-front capital investment (as opposed to the \$4 million plus capital budgets of larger stores), and therefore is much lower in risk. Because some of these neighborhoods are considered poorly served in terms of having produce and other healthy foods available, there is also grant and development money available, the goal of which is to help decrease conditions like obesity, diabetes, and other health conditions related to diet. (See www.thefoodtrust.org.) Of course, small stores mean small selection, but that is okay since it means the focus can be on basic ingredients, which is in line with offering healthier choices anyway. Although we all have our favorite foods, do we really need to have the 30,000 options you find in a typical supermarket? By grouping together, small stores can also serve as a significant outlet for local producers, so the WW farm and our other local suppliers could still benefit from getting their products into a broader local community.

Anyway, since we were invited by the Ogontz Avenue Redevelopment Corpora-

tion (OARC) to take over a small (700 sq. ft.), vacant produce market in a neighborhood with no produce market (or super-market), it looks like fate has conspired to send us on our way toward exploring the small store model of expansion in at least one new location.

How membership will work in this scenario is still to be worked out, but current thinking is that everyone is a member of a broader Weavers Way, members can work and/or shop in any store, and base prices will be the same in all stores. Having non-working members in addition to working members is being discussed, as well as pricing levels, and overall administration and infrastructure. In addition, NCGA (the co-op of co-ops we're part of) is beginning to take note of the apparently unique phenomena in the Philly area, and are wondering what to make of it. Stay tuned, this might be an exciting time for food co-ops in Philly.

Incidentally, if we end up with a bunch of food co-ops in Philly, it would not be the first time. When I first got involved in a co-op at Temple U. in 1973 there was a federation of Philly co-ops. At its peak I think the Federation had maybe 15 member co-ops. I think three or four were stores and the rest were buying clubs, many operating out of churches. We did joint buying, mostly produce and bulk and a little cheese, and operated out of a warehouse in Powelton (interesting fun fact: the Federation sold to Move for a little while, and I attended one pretty lively Federation Board meeting with Move members, but this is another story). There was also a bakery, I think it was called the Grateful Grains Bakery, that had wonderful bread. Only Weavers Way and Mariposa Co-op remain from that era (Mariposa is also currently looking at expansion).

Suggestions and Responses:

- s: “Cabot makes a cheese they label ‘Seriously Sharp’ cheddar. Can you get this or equivalent?”
- r: (Margie) I think we can get this. I will try next week. We do have three different Cabot waxed cheddars in now. One is a vintage aged cheddar.
- s: “Can you please order the whole wheat alphabet vegetable soup mix? I really miss it. It cooks more quickly than the ones w/beans and is great for kids. It's too much to bulk order, so please order. Thank you.”
- r: (Chris) This soup mix was not as popular as the other three Brule Valley mixes that we are currently stocking, so, because of space limitations, I don't think we can bring it back. Sorry!

- s: “Could you ask Vintage to supply cherry seltzer on a regular basis? I drink it almost a quart a day. Thanks.”
- r: (Chris) Brewer's Outlet (a local company, Germantown Ave. and Gowen Ave.) is our source for Vintage seltzer. They are sometimes out-of-stock on certain flavors, but we will try to have cherry seltzer at the Co-op whenever possible. (Norman) FYI, Brewer's is one of the Germantown Ave businesses experiencing a sales decline due to the avenue construction, so please remember to patronize them and tell others, especially during this period.

s: “No more Ling Ling dumplings?”

What's this world coming to? Hope you're not making room for frozen veggie blends. Let 'em buy 'em fresh!”

r: (Chris) Ling Ling dumplings were slow sellers. You can preorder a case of nine for \$37.49. Talk to staffer Joe Black about splitting a case; he wants some too (or put a note on the bulletin board).

s: “Organic nuts? Especially cashews, and sunflower, pumpkin, walnuts. Thanks.”

r: (Chris) We do carry organic walnuts and sunflower seeds on the shelves above the bulk nut bins. Other items (pumpkin, etc.) are available as full-case pre-orders only; see Chris or Norman for details.

s: “On this special night, I see latkes being cooked for us! But where are the weekly specials on fresh latkes that we can always buy—or something similar? Hope you can find a vendor.”

r: (Margie) We used to carry Irene's latkes and other products, but Irene's often sent items that were moldy or expired before the holiday, so we dropped Irene's as a vendor a few years ago. I have taken scouting trips to Northeast Philly and have attended KosherFest in New York and have not found a supplier of fresh latkes and other products, only frozen. If

you have any sources, please let us know. One day when our prep foods department has an actual stove, maybe we'll make our own fresh latkes.

s: “Oil spray for cooking (not Pam), can we get this?”

r: (Norman) We can but don't because it is expensive (over \$5 for 5 oz) and there is an easy, cheap, more sustainable choice; we sell Norpro fill-able oil spray bottles upstairs for \$7.84.

s: “Could we get in (for the winter hot cocoa months) some “all natural” marshmallows. There are a few brands that do not use high fructose corn syrup and other nasty additives to the sugary treat.”

(Chris) I'll try to bring in an alternative marshmallow, most likely mid-January. (Norman) “Natural marshmallows” sounds oxymoronic. Dictionary.com definition of “natural” = “existing in or formed by nature”. Hate to break it to you, but there are no marshmallow orchards. Nor are marshmallows formed like diamonds, by some random occurrence of natural processes. However, I was interested to find out that marshmallows did start out using marshmallow plant extract as a gelling agent. So, in theory anyway, hu-

(continued inside on page 23)

Equal Exchange

FAIRLY TRADED GOURMET COFFEE

February Coffees of the Month

Organic Love Buzz

Created by a genius in Philadelphia, this sweet, sultry and smooth coffee has an unexpected bite and lasting finish.

\$6.99/lb.

Reg. \$9.33/lb.

Organic Café Mexico

Not too dark, not too light, but just right for this particular bean. Enjoy a balanced cup with medium body and light sparkle.

\$8.33/lb.

Reg. \$9.33/lb.

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. 6, 2008	6:45 p.m.	GJC
Wednesday	Mar. 5, 2008	6:45 p.m.	GJC
Wednesday	Apr. 21, 2008	6:45 p.m.	GJC
Saturday	May 3, 2008	10:30 a.m.	CA

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+

PLEASE RETURN THIS PORTION TO WEAVERS WAY

Someone from my household will attend the orientation meeting on _____

Name (please print)

Phone Number

Address (including zip code)