



Weavers Way stores will be closed December 25 and January 1.
We will close at 6 p.m. on December 24 & 7 p.m. on December 31

the Shuttle

December 2008, Vol. 37, No. 12

Manager's Corner

A New Co-op Business Term

by Glenn Bergman, General Manager

Driving home (in my car—not my bike) one night I heard this report on the radio about a New Hampshire youth who, even in these times of recession and monetary caution, was planning to open up what he hoped would be the first of many toy stores targeted for the 13-and-up demographic. He had worked it all out with his brothers and family members. When asked by the reporter did he think this was the right time to be opening up a retail toy store, he responded confidently that he thought it was and that his “ju-ju” was good. That it felt right to open this retail store.

I sat there in my car, in the driveway (it was one of those news reports that makes you stay in your car sitting in front of your house like an idiot because the story hit some nerve). I remember saying, “Maybe that’s it, our ju-ju is right! We should stop worrying about the economic reports and just expand!”

In the house I went right to the computer and checked out the word “ju-ju”: “a magical property, usually having to do with spirits or luck... Good ju-ju can stem from almost any good deed: saving a kitten, or returning a lost book.” There was also bad ju-ju, but I didn’t want to go there or to the idea of ju-ju objects (e.g., elephant heads, monkey hands, fire extinguishers, or other objects).

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What’s Going on at 555?



555 CARPENTER LANE

by Jonathan McGoran

You may have noticed the construction taking place at 555 Carpenter Lane, the building adjacent to our store at Green and Carpenter Lane. Weavers Way has owned this building for several years now, and had been renting it out while waiting for our expansion plans to solidify. Meanwhile, as the store has grown more crowded, the Co-op’s offices have grown way more crowded. As Weavers Way has increased our outreach efforts and the scope of our expansion plans, space has grown tighter and tighter, with the addition of personnel in purchasing, administration, accounting, merchandising and communications.

While an expansion of our retail space into 555 would have been prohibitively expensive, we realized that a less costly way to take pressure off the current location would be to move many of our offices into 555 Carpenter Lane. Since we could do this without breaking through the wall, this could be accomplished without major construction. An ad hoc committee worked hard figuring out how to configure this space, and Steve Hebden is overseeing construction, which is expected to be finished by the end of the year. In addition to more office space, we will also gain a staff break room, a member lounge, and an easily accessible, ground-floor membership office.

The Election Season Isn’t Over Yet

by Leslie Green

December has come again. The icy air, frost-covered ground, and bare trees have returned. The holiday season is nearly here. It’s a time of year when we turn inward and meditate on what matters most to us. For many of us, the Co-op has a special place in our lives. Weavers Way is a place to gather, a place where you’re sure to run into old friends. It’s where new friendships have been formed while waiting in the long check-out line at 4 p.m. on a Sunday or while packing food in the basement during a work shift. It’s an integral part of what makes our community exceptional.

As members of the Co-op, we all do our part by paying the annual investment and working our shifts when the cycle rolls around. But with all that Weavers Way provides you, you may find yourself wanting to give back to it even more. Becoming a member of the board of directors is the perfect opportunity to make a difference. The purpose of the board is simple: to govern and guide the Co-op on behalf of the members. The Weavers Way community expects its board members to make decisions about the Co-op’s current and future role, and act as representatives of other members. Any member can run for the Board, and anyone who is passionate about all that Weavers Way stands for should con-

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High Point Café Opens New Location

by Lauren Kahn

There’s a new buzz in town—a coffee buzz that is. Our popular Mt. Airy village coffee shop, High Point Café, under the ownership of Meg Hagele, has recently branched out to take over Coffee Junction Café at the Allens Lane train station. Open 7 a.m.-7 p.m., seven days a week, you can stop in for one of the many delicious coffees brewed with Meg’s unique High Point blend, and a fresh baked pastry. You will find a newly renovated, freshly painted, sunny space that is the perfect spot to relax while you wait for your train.

Meg Hagele is no newcomer to the coffee business. Nor is she a novice en-



HIGH POINT STAFFER THERESA MCCAFFERY (L), MANAGER OF THE NEW HIGH POINT AT ALLENS LANE STATION.

trepreneur. Meg, who grew up in Mt. Airy and attended GFS and the George School, has been starting businesses since childhood. She ran a successful lemonade stand for years right near her newest en-

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This Year’s School Marketplace Program Now in Full Swing



JOINING THE STUDENTS AT HOUSTON SCHOOL’S MARKETPLACE ORIENTATION, OCT. 20, ARE FIRST-GRADE TEACHER JOANNE WILLIAMS (FAR LEFT), SCHOOL COUNSELOR JIM SALOM (REAR), AND MARKETPLACE COORDINATOR CARLY CHELDER (SEATED, FRONT). SEE PAGE 2 FOR MORE ON THE LATEST WWCP NEWS.

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And of course... scads more

Weavers Way Cooperative Association
559 Carpenter Lane, Philadelphia, PA 19119
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REBATE? DONATE?

If you still haven’t redeemed your patronage rebate, we urge you to consider donating the cash portion of your rebate to Weavers Way Community Programs, to help pay for great programs such as the Marketplace Program and our Farm Education Program. It’s tax-deductible and you can do it right at the cash register!

Editor’s Note

by Jonathan McGoran

Weavers Way is decarbonizing. When I first heard about this, I was against it. (What can I say? The little bubbles, they tickle my nose.) Then I learned that decarbonizing actually refers to our efforts to reduce our carbon footprint. Couldn’t we just wipe our feet before coming inside, you ask? Well, that’s important, too, but apparently, it’s not enough. So with help from Steve Hebden, we’re doing things like painting our roof with elastomeric coatings and installing low-flow toilets, and more.

Weavers Way is not just walking the walk, though, we’re talking the talk, as well. One recent addition to these talking efforts is our great new sustainability blog, Beyond Green (weaversway.coop/blog), which has been generating a lot of buzz (not as in, old-fluorescent-tube buzz, but as in happy-insects-lying-across-verdant-fields buzz). It is called Beyond Green, not because it is so green it is beyond any shade of green that exists in the visible spectrum (although this is true), but because while it focuses on green issues, its scope is beyond our little neck of the woods, i.e., Greene Street. (Yes, we know there is an “E” at the end of that Greene, but in the interests of saving countless pixels, dots-per-inch, and key-strokes, we thought it would be best if we left it out.)

The blog is brought to you by the inimitable Tom Laskawy. Actually, we assume he is inimitable, but as far I know, no one has ever tried to imit him. Let’s try it:

“In a recent article in the [New York Times](#), [columnist name-drop here] points out inconsistencies between the [definition](#) and the [meaning](#) of [sustainable](#). Does [green](#) really mean [sustainable](#)? And would our [carbon footprint](#) look different in a pair of [nice pumps](#) or are [food miles](#) just a [red herring](#)? For that matter, can a [red herring](#) really be green? You tell me.”

Nope, I guess he really is inimitable. Which means you’ll just have to check it out for yourself. And you should, because it is excellent.

The Shuttle is published by Weavers Way Co-op


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



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December at the Farm:A Time to Rest Up ...Sort Of

by Dave Zelov, Co-op Farmer

Ah, sweet December. The farm is put to rest for the winter and the farmers can rest easy for a time—sort of. After a long season of picking too many tomatoes, it’s easy to want to kick back, sleep in, and just be content to read about farming for a while. But alas, winter is one of the best times for farming—in a way.

Some advantages: Plant growth is slower and much easier to keep up with, including the weeds—no more thrice weekly tomato, squash and okra harvests, no more constantly germinating crabgrass. There are only so many hours one can spend in front of seed catalogs and computers—it’s nice to get into a greenhouse on a cold winter day. Even in an unheated hoophouse, the temperature can top 70 degrees on a sunny February day.

Theoretically, one can also get a higher price at market with winter production. The price for local baby spinach is higher when hardly anyone has it. On a more community-minded level, farming in the winter can provide educational opportunities more in line with the school year.

Right now, our most exciting growing time comes when kids are out of school. This will allow us to have a greater variety of activities when classes come out to the farm in November through April. Farming in the winter can also take some of the burden off the crazy summer season. If we don’t have to make all of our profit between May and October, we can eliminate some crops that are hard to grow during the summer, like lettuce, and concentrate



THE VIEW FROM INSIDE THE RECENTLY-COMPLETED HOOP HOUSE AT WEAVERS WAY FARM IN AWBURY ARBORETUM

on growing things that do well, like peppers. Lettuce can be grown in the off season. So with all of this in mind, we plan to spend the winter building hoophouses, high tunnels, unheated greenhouses, whatever you want to call them, all over the city. By the spring, we hope to have 40 up and running (OK, maybe just three): one at Saul (which we covered last winter), the one just finished at Awbury (donated by Penn State Extension) and yet another at Awbury, using a frame donated to us by the Institute for Innovations in Local Farming. These three are in addition to the heated structure donated and built by Philadelphia Green’s

City Harvest Program with some help from farm staff. That will house both organizations’ seedlings, as well as provide us with a space to grow more seedlings for sale.

December is also planning time for the upcoming season and we’d love to have your input. Are there any new crops you’d like to see us grow? Not satisfied with the current varieties of heirloom tomatoes? Want more red ones, black ones, purple ones? Should we start an orangery? Please let us know. You can email me at farmer@weaversway.coop and let us know how we’re doing and what you’d like to see in the 2009 season.

With Marketplace, Environment, and Farm Education, Things Keep Moving Along for WWCP



THE ENVIRONMENT COMMITTEE’S RECYCLING-BIN GIVEAWAYS AT WEAVERS WAY OGONTZ WERE A BIG A HIT.

by Tom Paine

As the seasons change, and we move closer to the darkest day of the year, Weavers Way Community Programs (WWCP) are moving along as well. Farm education did not slow at all this fall. David Siller continued to host a variety of school and community groups. Last week, when writing a small grant for gardening supplies, I looked back over the list of school and community groups that came out to the farm this past growing season. I was amazed to see the depth and breadth of visitors, clearly a reflection of our wonderful community of Northwest Philadelphia. From March through October 2009, students came from charter, public, private, Waldorf, Friends, and parochial schools, as well as the Pennsylvania School for the Deaf, Saul Agricultural High School, and youths who are part of a home school group. Others came from colleges, universities, community mental health centers, community organizations, religious groups, summer camps, 4-H groups, and an area

homeless shelter.

Regardless of from where the students (or adults) come, their level of engagement is always high. Everyone chips right in, open to new experiences and willing to help, no matter how challenging the task. Youth of all ages seem just amazed and excited to be on the farm. Under David and David’s direction, as well as Nina and Nicole’s, the farm serves as an outdoor classroom for which many educators would give anything. Farm education as project-based learning is a great way to engage students of different ages and backgrounds.

Meanwhile, Marketplace is moving along as well. Our first Marketplace sale of the year took place at the Harvest Festival at the farm on Oct. 11. With help from MLK Environmental Science teacher Tom Moffa and three students, we added to the ambience of the festival by selling apple cider and cider donuts from local vendors (Solebury Orchards and Merrymeade Farms), as well as our usual school marketplace fare. A week later, the school market-

place sales finally got started after much planning and organizing.

We are experimenting with some new products. One of my favorites, apple rings, has been slow to take off, but yogurt pretzels seem to be a hit. We have also added Knudson Spritzers (in many delicious flavors such as orange passion fruit) to the product line. The spritzers have no added sugar and allow us to introduce kids to the concept that carbonated beverages are not limited to soda. In addition to our mission of bringing healthy snacks to our participating schools, we are delighted to introduce students to foods they have never eaten before. We hope to add some new products throughout the year.

If you have a favorite healthy snack idea that you think would be a hit with our students, please e-mail it to Carly at marketplace@weaversway.coop. Ground rules: It has to be affordable, should not involve any cooking or be too messy, should be available at the Co-op, and be something we can

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PHOTO BY DAVE ZELOV

PHOTOS BY RACHEL MILLENBACH

Holiday Menu Ideas

by Dale Kinley

With the Thanksgiving holiday over, many of us have had enough turkey for awhile. With that in mind, I would like to offer some other menu suggestions.

Natural Acres offers beef cuts of all kinds like standing rib, beef tenderloin and brisket. Their beef is naturally raised with no antibiotics or hormones. The animals are pasture-raised.

Esposito’s, our South Philly butcher, also has any cut of beef. They also stock lamb and pork.

D’Artagnan has a more exotic line, with pheasant, quail, and goose. These items sell out quickly so pre-orders should be in to me by Dec. 15.

Martin’s sausage makes a seasonal flavor which is turkey breakfast link with sage. It is good for stuffing or a meal. All their flavors are exceptional.

Seafood is always a treat. Salmon, clams, mussels, crab, lobster, sea scallops and of course, shrimp. Chilean sea bass is no longer on the endangered list—it is still very expensive, but what a treat.

If you are interested in any of these items, please contact me at extension 104. I will give you current prices.

Of course, we will also have turkeys available, direct from Koch's turkey farm in Allentown, PA. The turkeys are naturally raised, without antibiotics or hormones, and cost \$2.49/lb. To order, fill out the form in the store or call 215-843-2350, ext. 323 and leave order on voicemail. Pick-up days are Tuesday and Wednesday, Dec. 23 and 24.

Happy holidays and have a great, great New Year.

E-mail Dale at dale@weaversway.coop

New Line of Hemp-Based Pet Products

by Kirsten Bernal, Pet Store Manager

We are featuring a new line of products in the pet store that are inspired by the many benefits of hemp. Nuhemp Pet Products is based in Ontario, Canada, where it is legal to grow hemp crops. We are currently stocking their grooming products and dog biscuits. Nuhemp products are of the highest quality, promoting the various advantages of hemp. I am very pleased to be supporting this company and I really like their products.

Harvesting hemp crops dates back for centuries. The hemp plant has been utilized for its fibers, seed, seed meal, and seed oil. Hemp offers countless benefits that we are not taking advantage of due, in large part, to a misconception. While hemp and marijuana belong to the same family, hemp contains virtually no THC, which is the active chemical ingredient in marijuana. In colonial times, hemp was the crop of choice. The Declaration of Independence was drafted on hemp paper and the first U.S. flag was woven from one hundred percent hemp fiber. In 1942, the nation ran a “Hemp for Victory” campaign to encourage farmers to produce more of



the crop in order to combat wartime shortages. The use of hemp began to decline in North America as textile and chemical industries grew and hemp production was eventually outlawed in the 1950s.

Hemp is a completely renewable resource and every part of the plant can be utilized for a consumer end product. Hemp crops attract very few pests and therefore do not require the use of pesticides and insecticides. Fifty percent of the world’s pesticides are sprayed on cotton, making hemp a much better alternative. The plant is a natural weed deterrent so it does not require herbicides. It is a very versatile crop that grows quickly, can be rotated with other crops, especially corn, and has a very high yield. The root system of the hemp plant actually improves the structure of soil by replenishing nutrients and nitrogen while preventing soil erosion. The residue left after harvesting can be used as fertilizer. Hemp plants produce more oxygen and can be used to combat pollution, absorbing toxins as the were used, for example, in the

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The Word From Upstairs

by Martha Fuller, Second Floor Manager

While 2008 has been quite a year for so many people, Autumn feels like it has been quite the season for all of us (especially the baseball fans among us!). We have many things to be grateful for such as our World Series Champion Phillies and the outcome of our recent election. Many folks have felt hammered by our economy and what has gone on in the business community of the U.S. and the world. How does one handle the December holiday season with all this in mind, you ask? We are glad you came to us with that question.

Over the past few weeks, we have asked shoppers and colleagues this question: How are you approaching the holidays and your gift-buying for your family members and friends? What a great array of answers we received. “The same as I always do,” one person told me. She is thoughtful and economical about all her gift-giving. She also told me that if an item jumps out at her as

just the perfect gift for someone, she goes for it. Many folks are going green with their gift giving. A shopper recently bought a Weavers Way boat bag tote and filled it with green cleaning products. A college professor bought a Chico Bag Vita Tote for every administrative assistant in her department.

Babies and infants figure prominently in the lives of many Co-op shoppers, and wowie zowie, do we have great baby and new Mom gifts!! Weleda has made a terrific return to Weavers Way. They make products for new moms (Nursing Tea and Pregnancy Body Oil) and for babies (Baby Tummy Oil, a number of calendula products, and two different baby kits—supplies are limited on the last two, so shop early!). Mrs. Meyers has a brand new peppermint cleaning kit and a peppermint candle. These have been warmly received.

Do you have a coffee lover on your list?

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Good, Bad in Newest “Health Foods”

by Marjorie Felton, Deli Manager

I am sitting in a hotel room in Boston reading Barbara Kingsolver’s book *Animal, Vegetable, Miracle*. Her newest book describes how her family ate locally for a year. They grew and preserved most of their own food, and raised poultry for meat and eggs on a small farm in Virginia. They supplemented what they raised with products from local farmers and made exceptions for fair trade coffee and California olive oil.

I am reading this while waiting for Norman Weiss to return from a jog so we can attend the first day of the Natural Food Expo at the Boston Convention Center. My head is deep in thoughts of locally produced foods—my own garden, fall crops, pumpkins, apples, greens—but I am also thinking about the day that lies ahead. Today, I will have the opportunity to taste foods that are thought of in our world to be healthy for the body and the environment. I will sample many foods that are organic, vegetarian, vegan, low-fat, low-carb, and high-fiber. Most of it will be processed and highly packaged and salted, produced from ingredients raised on large commercial organic farms by large companies that keep buying small organic and natural food companies. Many of these “small” companies are now owned by food giants such as Dean Foods, Kraft and General Mills. These products would also travel thousands of miles to reach the shelves at Weavers Way Co-op.

As we enter the convention center, my daughter, who has attended many natural foods shows, remarks on the large number of “suits” in the building. “Where are all the hippies?” she asks. This is another sign of the changing organic and natural food world.

Over the next three days, I try to keep an open mind while trying new products and looking for interesting additions to our



current product line. (In all honesty, I love going to food shows and trying new products, even if I am anti large corporations.) I discovered a line of packaged cheeses that are made outside of Harrisburg, PA. The cheeses are free of growth hormones and are now available at our Ogontz location. (Sorry, there’s no room at the Carpenter Lane location for this product.) I found a new vegetarian “meat” that contains vegetables and has great flavor and better texture than some of our current vegetarian “meat” products. This product is located in the deli meat case and the brand is Field Roast. I also tasted a new hot sauce and marinade made with Peri-Peri peppers. A few varieties are available in the deli above the soup pots. The brand is DiChickO’s.

It was a fun and productive time. In addition to finding new products, Norman and I received discounts on current items by ordering at the show, and talked with people from other cooperative organizations around the country. I am still focused on finding more local products and encourage anyone interested in how to eat “more locally” year-round to read *Animal, Vegetable, Miracle*.

E-mail Margie at margie@weaversway.coop

Prep Foods Prices Too Low?

by Bonnie Shuman, Prepared Foods Manager

In all my years of food service experience I’ve never had anybody tell me they were not going to order something from me because my prices were too low—that is, not until last week. I took the call from a lovely woman whose niece is a Weavers Way member. She placed her order and as is common asked me if I thought she was ordering enough food—a common concern for most people. In guiding people to make the right decision on such matters, we always ask if they are having other food, how long their event is, and (no, I am not being sexist) if there are a lot of men at the event (Let’s be honest; in most cases, boys eat more than girls).

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Produce News and World Report

by Jean Mackenzie, Produce Manager

What to Eat in Winter

Soups and stews. Soup can be made from all the this-and-that you have in your fridge, plus onions, garlic, maybe pasta, plus some escarole or kale. I personally use *The Idiot’s Guide to Making Soup*, plus leftovers, to make all kinds of winter soups. Roasted vegetables. This is so easy: just wash, trim, scrape or peel, then slice (*not the beets!*) or leave whole (*especially beets!*), roll in olive oil and maybe a little garlic and seasonings, and roast at 450 until a little bit burnt around the edges. Winter is a time to try out lots of different hard squash. You can get fancy if you want, but all you really have to do to enjoy squash is cut it in half, throw a little

olive oil on it, and bake it at 400 until it’s soft enough to eat. Delicious, nutritious, and filling.

President-Elect Barack Obama

Don’t you just love saying “President-elect Barack Obama?” I sure do. I try to work that phrase into every conversation. I can’t wait until I get to say “President Obama.” I grew up in a small, white, Protestant town in Illinois. I remember widespread anti-Catholic sentiment and the fear that if John Kennedy were elected President, the Pope would run the country, and I remember the sea-change from bigotry to acceptance when he *was* elected.

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WWCP

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package in a snack size. Nuts are allowed at the high schools, but not the K-8 schools.

Two folks have joined our team. Co-op member Nancy Elfant will be coordinating the Houston and Henry School market-places this year, working with school counselor Jim Salom and first grade teacher Joanne Williams. Thank you, Nancy! Also, Co-op staff David Shechtman will be working with us on a part-time basis to help process the paperwork that goes into each sale. As much as we try to simplify and centralize the process, it is amazing how complicated Marketplace still is. Welcome David!

Be on the lookout for Marketplace co-operator hour opportunities. Starting in December, we will have one-hour (daytime) shifts available to help with Marketplace deliveries. Requirements will include the ability to lift a tub of pickles and a case of water (not at the same time), and making deliveries in your own vehicle. Also this month, we will be selling poinsettias, and possibly other holiday plants, at interested Marketplace schools.

One new school has joined Marketplace so far this school year, and several more are on deck. (If your school is waiting for the Marketplace program—we are working as fast as we can.) It has been a delight to work with the staff and students at Parkway NW High School for Peace and Social Justice. We are especially pleased to be there since the school does not have any food service. The lunch option on campus comes from two vending machines or students can walk to the McDonalds in Chestnut Hill or head in the other direction to get food on Germantown Avenue in Mt. Airy.

Parkway NW appeared on my radar

screen last spring when I attended the Dwight Evans Civic Leadership Summit at International House. On that day, the Parkway team presented the results of their yearlong school-based recycling project. Listening to the students give their presentation, I imagined working together with them to help educate and organize other students around recycling. One of the goals of Representative Evan’s civic engagement project is to develop and promote leadership skills among high school students, and these four students clearly had what it takes to lead others.

In early October, Carly and I and Weavers Way Environment Committee Chair Sandy Folzer had lunch with the four students and Liz Shriver, Parkway’s 2008 Haverford House Peace and Social Justice Program Fellow. As we munched on a delicious lunch provided by Carly and sampled many flavors of Spritzers, the students told us about their recycling project. Going forward, the Environment Committee (with Sandy as the liaison) and the Parkway recycling students will explore next steps. The students are excited to take their program on the road, meeting with nearby middle school students who want to do additional recycling in their own schools.

In October, the Environment Committee held its second (and equally successful) Blue Recycling Bin giveaway in front of the Weavers Way Ogontz store. On both occasions, we gave away as many bins as Recycle Now could obtain for us. If you still haven’t found your way to 72nd and Ogontz, what are you waiting for? It is a great space, with great staff, familiar Weavers Way products, and it is our Co-op. Some people don’t have any co-ops; we are lucky enough to have two locations. Happy Holidays!

Prepared Foods Prices Too Low?

(continued from page 3)

food. I assured her that while I was not trying to “up-sell” her, that our platters are generous to a fault, and beautifully presented. In the end, she chose to go with her purveyor in the city and we gladly accommodated her request for the other items she ordered through Weavers Way.

Of course, all of this got me to thinking about our prices so I called several markets both downtown and in the surrounding area, and I also went on-line to do some investigative work. What I found with concern to smoked fish platters shocked me! I will not reveal the names of the markets I called, as I may save price comparison charts for a future *Shuttle* piece, but I will share some general findings with you. With regard to smoked fish platters, almost every place I called or viewed on-line charged not a flat rate fee for a platter, (as Weavers Way does) but rather, they charge by the person. While this is a very common practice, it’s not how we have it set up here. Weavers Way charges \$135.95 for our large smoked fish platter. It is just like our competitors, with an assortment of smoked fish, cream cheese, cucumbers, tomatoes, capers, red onion and olives. Our large platter feeds (conservatively!) 20-25 people. If you break that down to a per-person price, that means you are paying \$5.43 per person. Now, hold onto to your hats here, because when I tell you that our competitors are charging anywhere from \$14.95- \$21.95 per-person, I would expect you’d be as blown away as I was! Perhaps, you might think, as our lovely caller did, that we simply must skimp on our offerings, but that is not the case. We have specs that we follow, and in all cases, when I asked what specs the competition used, we were right in line. We also compared other items, like deli platters and crudites, and found in most cases we were also cheaper.

So, what does it all mean? Well, first and foremost, it means as a member of Weavers Way, you the consumer are getting a great deal. It may also mean, and this is only a maybe, we might have to raise our prices on smoked fish platters. Even if we raise our prices a bit I can assure you that they will never be as high as the lowest found price of our competitor, which is \$373.75 compared to Weavers Way’s price of \$135.95.

And that’s \$373.75 for our cheapest competitor.

As we move into the holiday season, I hope you will keep Weavers Way in mind for all your party needs. I will personally guarantee you that while we don’t yet have a commercial kitchen, or even ovens for that matter, we offer the highest quality of catered food available in Philadelphia. It is my goal moving forward in the next year to expand our menu even further, even before we expand Weavers Way. I know that many of you when working in the kitchen with us have expressed surprise when you see us putting together an order, first because it’s so beautifully presented, and secondly, because you didn’t even know we offered catered trays. So, once again, keep us in mind if you want to make things a bit easier on yourself in the hectic holiday season. Let us do the work for you, and in the process impress you guests with the wonderful bounty of food our prepared foods department will so lovingly put together for you.

You can find a copy of our menu just above the dumbwaiter in the deli, or you can order on line at our website by clicking on the catering link. As always, we will be happy to customize your order when possible. We will also accommodate short notice orders when possible, but we prefer at least 48 hours advance notice.

Bon Appétit and happy holidays.

E-mail Bonnie Shuman at bonnie@weaversway.coop



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Decarbonizing Weavers Way

by Steve Hebden

From the central and primary to the small and ordinary, the following are the projects undertaken to decarbonize and make our store and community more sustainable. All actions taken to date have resulted in a two-percent reduction in electricity usage compared to the energy/degree day average of the most recent four years, 2004—2007.

We have renovated and occupied residential buildings. Our main store at the corner of Carpenter and Greene was Swanks Pharmacy, 608 (our pet store) was a shoe repair, 555 (our newest office digs) was a barbershop.

We have replaced aging heating, air-conditioning, and refrigeration equipment with new, more energy-efficient models, and undertaken regular equipment maintenance to improve equipment efficiency.

Our main store roof was coated with white acrylic elastomeric coating. This reduces the heat load on our buildings and “heat island effect.”

We have insulated all building ceiling spaces with blown cellulose (recycled newspaper) insulation.

We separate store “trash” from recyclable mixed paper, #1 & 2 plastics, metal, and glass, for both city and contractor pick-up.

We continue to replace all incandescent light bulbs with compact fluorescent bulbs (and to offer CFLs for sale on the second floor!).

We purchase carbon offsets for electric usage, through NativeEnergy’s farm methane projects. Future carbon footprint calculations could include: natural gas usage, employee/board air travel, employee work commutes, store waste and Co-op vehicle usage. Weavers Way members can do the same for their home energy usage and give a bit of the proceeds to our Co-op at the NativeEnergy website, <http://tinyurl.com/5qsdyd>.

We successfully lobbied for a PhillyCarShare presence on our corner.

We replaced all toilets with low-flow models. This lowers both water and energy use. Come by and set a spell! Our plumber,

Jimmy Cammarota, is able to install these toilets in residential baths.

We reuse good-on-side, 30 percent or 100 percent recycled copier paper.

Future projects will continue our focus on reducing our carbon footprint and operating in a low environmental-impact building. We will:

Develop a more inclusive composting system with our urban farm.

Replace leaky wood frame windows with tight, energy efficient models.

Create an airlock vestibule at the Greene St. entrance.

We will install a PADEP grant funded (\$50,000!) solar electric system on one of



PHOTO BY STEVE HEBDEN

JUST BECAUSE THERE’S SNOW ON THE ROOF... THIS MIGHT LOOK LIKE SNOW, BUT IT’S ACTUALLY ENERGY EFFICIENT WHITE ACRYLIC ELASTOMERIC COATING.

our roofs in the near future.

Solar hot water systems for our main buildings will also be considered.

In future expansions, we will attempt to meet LEED (Leadership in Energy and Environmental Design) standards.

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Manager's Corner

(continued from page 1)

I kept wondering if this was the right time for the Co-op to be expanding. It felt right a few months ago, and for some reason, even with the financial worlds crashing, it still felt right. Maybe it was our ju-ju spirits saying, "Go for it!" Perhaps it was the good deeds that we have done and continue to do as part of our business model of the Triple Bottom Line way of running the Co-op.

Stories of Whole Foods and Wegmans sales being down nationally are scary to hear. the *New York Times* story in November about how organic sales are down in the double digits kept me up as I contemplated perhaps this is the time we are supposed to change our product offering. "If we do not act now to change our product mix will we be history?" I thought. "Will everyone start shopping Walmart for price, as another *New York Times* article reported Walmart sales going up during tough economic periods such as these.

In any business process there is some financial modeling that usually takes place (especially if it is other people's money) prior to jumping off into the new program. At Weavers Way, we did it before we started the farm and before we started Ogontz. Depending on the level of organizational financial commitment we can determine how important the financial planning model has to be to the task at hand.

Why are we having double-digit sales in a recession? Why are we taking on new staff and preparing for an expansion? Is this the right time? Just in case you didn't know, we do talk about and think about



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this all the time. Is this the right time to take on more staff at the farm and to expand?

So, after listening to that report I realized it was our ju-ju. The general good will of our business model is what keeps us thriving. The positive input of so many of you and the service provided in a way of mutual respect keeps our ju-ju positive and perhaps protects us. Is this stuff taught at Wharton or at Fox business school, I wonder? Now might be the right time to teach the triple bottom line of business modeling as a way to get through hard times in the economy and to keep your business "ju-ju-positive" in tough economic times. I wonder if this is on the Fed's agenda.

Wikipedia also states that ju-ju is an aura or magical property...which is bound to a specific object... or the spirits and ghosts. It could be that our ju-ju is in the spirits of those who came before us and are still watching over the Co-op. If you find our ju-ju spirit or object around the Co-op could you please inform one of the staff or return it to register four? Thank you.

So, may your ju-ju be good and strong this holiday season. As we look into the new year and continue to work on our business models for expansion, we will make sure to also keep our ju-ju positive.

Election Season Isn't Over

(continued from page 1)

sider the job.

If you would like more information about participating on the board or if you know someone who would make a good candidate, contact Bob Noble, Leadership Committee Chair, at bobnoble@msn.com. The deadline for submitting nominations will likely be in late February, but watch the *Shuttle*, the store, and the Co-op's website, www.weaversway.coop, for updates in the coming months.

Highpoint Café

(continued from page 1)

deavor, sold goods at the GFS book store, and once put together an art show of her grandmother's finest treasures. After graduating from Whittier College in California, where she earned her degree in acting, Meg joined her brother in Ithaca, NY where together they started and ran a successful theater company.

After outgrowing Ithaca, she, her brother, and some friends, moved to the U.S. coffee capital, Seattle, WA in 1994. It was there that she first became a barista at Café Ladro. During the seven years she worked at Ladro, she started numerous small businesses including an artist workshop and gallery and a leather workshop. In 2000, Meg decided to combine her entrepreneurial skills with the popular coffee culture of Seattle, and opened Café Besalu. Then, still a Philly girl at heart, Meg decided to bring her talent, skill and experience back to Mt. Airy. Our community was the beneficiary when she opened High Point Café in September 2003.

The new High Point is truly a family business. Meg's husband, Curtis Coyote, did all the renovations; her brother, Matt

Hagele, is the plumber; and her sister-in-law, Lindsay Wheelock, is her new pastry chef. In addition to family members, Meg has a loyal staff of 14 people. The recent opening celebration on Saturday, Oct. 25, was a packed, all-day event that featured many local musicians and other entertainment. Meg plans to continue opening the space for community meetings, such as Town Watch, and she plans to develop her music program and hold an annual craft show and market.

The High Point kitchen at Carpenter Lane will be doubling its output of pastries and sending them fresh every morning to the station. In addition, you can get quiches and soon other grab-and-go goodies like sandwiches and homemade granola. As always, Meg or one of her other baristas will be happy to fix you any kind of specialty coffee you'd like with the unique blend made especially for High Point and shipped daily from Meg's friends at True North Roasting House in Seattle. So we can say we have genuine West Coast coffee right here in our little village of Mt. Airy.

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Hemp-Based Pet Products
(continued from page 3)

Chernobyl disaster to remove radioactive elements. Hemp is capable of producing more paper per acre than any other tree or plant. Hemp crops yield three to eight tons of fiber per acre—four times what an average forest can yield. Hemp paper products are recyclable and can be used seven to eight times, compared to pulp paper from wood sources, which can be reused only three times. Hemp paper requires fewer chemicals during the pulping process. Such an alternative saves the forests for watershed, habitat, recreation and oxygen production. Fabric made from hemp is strong, durable, and soft. Products made from hemp are completely biodegradable, recyclable, and reusable. Increasing the use of commercial hemp could have a major environmental impact.

In addition to the tremendous environmental advantage hemp provides, it also offers an equally valuable nutritional benefit. The hemp plant is the best-balanced source of essential fatty acids (EFAs). The oil of the hemp seed has been called “nature’s most perfectly balanced oil.” The fatty acids Omega 6 and Omega 3, which cannot be manufactured by the body and must be added to food ingredients, are abundantly available from the hemp plant. Hemp is rich in dietary fiber, is not genetically modified, and is a good source of easily digested, gluten-free vegetable protein. The plant also contains high levels of amino acids important for the metabolism of muscles and acts as a natural preservative.

Nuhemp takes advantage of hemp’s beneficial characteristics in several ways. In their 2-Chomp Munchies they have created a holistic, nutritionally balanced dog treat that is naturally and neutraceutically fortified to “support health, vitality, and longevity.” The hemp seed meal is whole-grain and is gluten-free. It is packed with dietary fiber and omega-3, -6, and -9, and serves as a good source of non-meat protein. The Nuhemp grooming products are also exceptional, using botanical oils and essences of coconut, red cedar, and pumpkin seeds among others. The purified botanical water is infused with such things as alfalfa, echinacea, nettles, and red clovers. Try the Omega Zapp for those extra stinky doggies or the Omega Shine non-aerosol spray for general maintenance and grooming. Omega Therapy is specially formulated with oatmeal and tree tar for pets with skin and coat problems. The MSM Soothing Topical Gel is helpful for older pets. Nuhemp states that the foundation of their mission is to create products using a perfectly nutritionally balanced and renewable plant source in order to “nourish a pet inside and out.”

Whether you choose one of these great products or any of the other treats and toys you will find at the pet store, you will have plenty of holiday shopping options for your pets or the pet lovers in your life. Don’t miss any of the West Paw eco-friendly dog and cat toys perfect for gift giving and a purchase you can really feel good about. Happy holidays and thanks to you all for supporting the Co-op pet store.

Mt.Airy Businesses Along Germantown Avenue Get Special Attention

by Lesley Seitchik

Guess Who’s Coming to Dinner, Mt. Airy USA’s signature fund raiser, is always an exciting community event. This year it was made even more exciting with a “Re-Discover Mt. Airy” Campaign initiated by Valley Green Bank and Mt. Airy USA. The Bank and MAUSA decided that the retail businesses, located primarily in the 7100 and 7200 blocks of Germantown Avenue, had suffered enough with all the heavy duty construction and were more than deserving of some financial attention. In response, Valley Green Bank and MAUSA financed over 30 gift certificates for these affected shops in Mt. Airy.

At this year’s Guess Who’s Coming to Dinner at the Commodore Barry Club, the 30 gift certificates were placed randomly under the dinner plates of the guests at the event. When dinner started, Ted Reed, a MAUSA board member, welcomed the crowd, asked everybody to lift their plates to see who the lucky winners were, and then encouraged everyone to “ReDiscover Mt. Airy.”

“Hopefully, this effort will draw attention to the great shopping possibilities in Mt. Airy and encourage people to shop our stores,” Jay Goldstein, President and CEO of Valley Green Bank, remarked while enjoying himself at Guess Who. “The construction may look daunting but you can get there! It is important to make the extra effort.”

Mt. Airy USA Executive Director Farah

Jimenez added, “This has been a challenging time. Not only have we been affected by a downturn in the economy, but also we have been further challenged by this construction. The kickoff of the “Rediscover Mt. Airy” Campaign is designed to remind our friends and neighbors that there are great committed businesses in Mt. Airy worthy of our support.”

Hopefully, this “Rediscover Mt. Airy” Campaign will be the beginning of a shopping resurgence in Mt. Airy. Join the more than 30 gift certificate winners and take advantage of all that Mt. Airy has to offer. The holiday season is quickly approaching and the business owners are looking forward to their friends’ and neighbors’ business.



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Protest Pollution in the Monoshone

by Chris Robinson

Our Water Department has been dumping sewage into the Monoshone Creek, and neighbors are upset by this. The Monoshone is a recreational stream which runs alongside Lincoln Drive through historic Rittenhouse Town and into the Wisahickon Creek.

On Tuesday, Dec. 9, there will be a meeting with representatives of Mayor Nutter, his managing director and our Water Department. This meeting will be chaired by Michael Quintero-Moore, special assistant to City Council, and will allow neighborhood organizations and individuals to express their dismay that our Water Department is polluting the Monoshone.

The meeting will be hosted by the Cecilian Center for Earth, Arts and Spirit and by Northwest Greens, a non-partisan neighborhood organization. It will take place at 7 p.m. at the Cecilian Center, 100 Carpenter Lane (at Cresheim Road) in West Mount Airy. For more information, please telephone 215-843-4256 or e-mail nwgreens@yahoo.com.

The Simplicity Dividend Repair, Replace, Rejoice!

by Betsy Teutsch

The doohickey that you use to turn on your burner, a “burner knob,” does not seem like it would cost \$800 to replace, but a decade back, it did. Our island cooktop’s control knobs broke, one by one. The first one I ignored, since I never needed four burners at the same time. But when the second one broke, I called the appliance company. They could not have been less helpful, and indeed suggested I should be grateful, since the industry standard longevity for appliances is—get this!—five to seven years and our stovetop had reached the advanced age of 15. Needless to say, the burner knob for our stove model was not available through any channel I could find. To our dismay, the solution was replacing the whole cooktop unit—at a cost of \$800 plus labor. I am still steamed about this, so many years later.

Recently, I was reminded of it when trying to turn our toe heater on this fall. (No, a toe heater is not something used to warm your feet. It is a heating unit which slides under a counter, in this case a kitchen sink, so it doesn’t take any wall space.) Its knob had gone missing. I had noticed it was loose; apparently it fell off and was swept into the dustbin of appliance-part history. Bracing myself, I dug out the information

from its installation. The manufacturer, still in business in South Carolina, was not interested in tracking down a part from the 1980s, no surprise there. In a moment of grace, I e-mailed the right question, opening up a whole line of possibility. “Do you manufacture your own parts, or is there a knob supplier I could contact?” They sent me the name of Carroll Parts in Kansas City, MO. Armed with the original heater model number, I called, and bingo! The next day their superb customer service fellow called to tell me he had located it. The part cost \$2.90 and the shipping was \$9.95. It slipped right into the knob groove, and I am pleased as could be.

Here is my advice for finding parts:


- 1) Save all the original information from household appliances. Clean your file out every few years, so you’re not burdened with paperwork for items long gone.
- 2) Nose around online until you find what the replacement part is called in the trade. For example, knowing that the stove part I

needed is called a “burner knob” would probably have helped find one. It was before the Internet, but a hardware store might have stocked it, had I known to look for a universal burner knob. No one suggested it, and I didn’t think of it. Doing a Google image search can be helpful, too, to verify what parts look like.

3) Call a small company where you can talk to an experienced customer service rep and don’t take no for an answer. (My mistake was calling Magic Chef, not a place like Carroll’s.) Find out where they source their components and ask a lot of questions. My experience is when you actually speak with people, they are usually knowledgeable, and even if they can’t help you, they are inclined to help you problem-solve. “What would you do if you were in my situation?” is a question many people cannot resist. Don’t put up with planned obsolescence. Our planet deserves better!

Betsy blogs at www.MoneyChangesThings.blogspot.com

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Hiking From Mexico to Canada, Raising Money to Fight Hunger

by Jason Henschen

On April 19, I began a walk that started on the Mexican border and finished on the Canadian. The path is known as the Pacific Crest Trail (PCT) and stretches 2,133 miles through the states of California, Oregon, and Washington. Needless to say, this was a full blown adventure.

Since the PCT meant five months of unemployment and homeless living, I had to do some serious planning before I started. As early as August '07, I began dehydrating food. Grains, vegetable, and beans were my staples. By bringing dehydrated food, I was able to leave my stove at home and simply add cold water to prepare my meals. I also challenged myself with sewing my own tent. With a pattern I found online, I was able to fashion a one-pound tent that used my trekking poles as tent poles.

Having done the Appalachian Trail two years before, I was aware of the excitement and energy such an adventure could arouse in others and decided to harness the energy with the PCT to raise money for a local nonprofit, the Greater Philadelphia Coalition Against Hunger. Preparation for this included making business cards, holding a silent auction before I left, and good 'ol fashioned spreading the word.

The trail starts in Campo, CA, in the heart of the southern California deserts. I learned quickly how to cope with little water, lots of heat, cacti, and the ever-present rattlesnake. I spent one and a half months and 700 miles of desert hiking and was therefore certainly ready when the legendary snowcapped mountains of the High Sierras came into sight.

In the Sierras, I climbed through more than a dozen high-elevation passes as well as the famed Mt. Whitney. The High Sierras dropped me off 200 miles later in picturesque Yosemite National Park, where I spent a night on top of well known "Half Dome." From there, I saw the most spectacular sunset and sunrise. Soon after leaving Yosemite, and three months into the hike, I reached the long-anticipated halfway point in Northern California. Daunting, yet invigorating.

While in Northern California, my hike was affected by a lightning storm that caused hundreds of fires over night. This made for some crafty rerouting via side trails and roads. I was still able to see a great slice of the Lake Tahoe region, where several family members joined me to hike for as much as a week.

With the entirety of California behind me, I approached the Oregon border with a horribly swollen ankle. Thanks to kind "trail angels," who took me into their home, I was able to get antibiotics to stave off a raucous MRSA staph infection. I had to spend two weeks in beautiful Ashland, Oregon, where my girlfriend Sarah met me. With this R&R, I was soon back on the trail, bound for the Canadian border.

The trail wound through magnificent Crater Lake as it made its way through Oregon. The Sierras slowly became the Cascades as summer became fall. Before I knew it, I was walking through cold September drizzle and even the occasional snow flurry. However, not even the nightly visits by mice inside my tent lessened my

determination to reach my final destination. On Sept. 12, four months and three weeks later, I reached the PCT's northern terminus: the U.S./Canadian border.

Throughout my five months of hiking I saw well over 25 bear, three elk, skunk, mink, coyote, and even a ring-tailed cat. I fjorded streams up to my waist and endured wind strong enough to knock me off my feet. I walked over grass, rock, sand, ice, and cooled lava. I was given an intimate window into my own life and mind without the distraction of the beeps, whistles, and rings of society. My "Hike for Hunger" campaign even raised \$5000, thanks to many of you who are reading this. I was a happy boy. It is a summer that I will never forget and it reminded me that



JASON HENSCHEN ON TOP OF MT. WHITNEY

life is meant to be enjoyed to its absolute fullest. Settling for anything less is just not an option. May life be an adventure to all. You can be sure it will be to me!

For an evening of pictures and stories from my hike, check the Co-op's announcement board for details about a presentation in the first part of December. Until then, enjoy the day, everyone!!

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The Cultural Moment

Holiday Celebrations

Annette’s Christmas Eve

by Annette Aloe and Gina Santucci

Our family has drifted away from the seven fishes, as my grandmother’s generation is no longer around. When my grandmother and mother were alive, our Christmas preparation would start a week early, making Christmas cookies: Italian wedding cookies (sometimes called bow ties), Pizelles (Italian Waffle Cookies), and three or four others. The night before Christmas Eve, we would roll tiny meatballs for the Wedding Soup. On Christmas Eve itself, we would have smelts, linguine with clams, aioli (a sauce made of garlic and olive oil), calamari and meatless meatballs. Everyone in our family would come to our house and eat.

On Christmas Day, everyone in the family would meet again, and we would have wedding soup, raviolis, or lasagna, ham, and a salad. The rest of the family would bring something over to add to the feast, a vegetable dish, dessert, etc.

There would always be olives, antipasto, lupino beans, and nuts on the table.

For many Italians, Christmas Eve dinner is an epic culinary event. It’s hard to know when or how the “feast of the seven fishes” began, all that really matters is who is going to host this wonderful feast of fishery! There is talk that the ‘seven fishes’ began in Sicily, but others, like my family, believe it began in Rome, to which all roads lead and where all great cooks are born. Seven is an important number in biblical history: seven sacraments, seven days it took for the Virgin Mary and Joseph to get to Bethlehem, etc. In my family, Christmas Eve dinner was far more spectacular than



(continued on page 12)

All about Kwanzaa

by Robin Cannice, Membership Manager

Kwanzaa is a unique African American celebration with focus on the traditional African values of family, community responsibility, commerce, and self-improvement. Kwanzaa is neither political nor religious and despite some misconceptions, is not a substitute for Christmas. In fact, most people who celebrate Kwanzaa also celebrate Christmas and other religions. It is a time of reaffirming African-American people, their ancestors and culture. Kwanzaa, which means “first fruits of the harvest” in the African language Swahili, has gained tremendous acceptance. Since its founding in 1966 by Dr. Maulana Karenga, Kwanzaa has come to be observed by millions of people worldwide.

Kwanzaa is based on the Nguzo Saba (seven guiding principles), one for each day of the observance, and is celebrated from Dec. 26 to Jan. 1. The principles, in Swahili and English, are: umoja (unity), kujichagulia (self-determination), ujima (collective work and responsibility), ujamaa (cooperative economics), nia (purpose), kuumba (creativity), imani (faith). Kwanzaa is a time to rededicate one’s efforts to putting those principles into daily practice. The Kinara, a black, red or green candle on a seven-branched candelabrum, is lighted on each of the seven days of Kwanzaa, and each day a family member discusses one of the principles.

The giving of gifts during Kwanzaa should be affordable and of an educational or artistic nature and are usually exchanged between parents and children on Jan. 1, the last day of Kwanzaa. Creativity (Kuumba) is greatly encouraged



(continued on page 12)

Hanukah Comes to Helm

by Rabbi Adam Zeff

Hanukah was coming to the little village of Helm, and everyone was getting ready. Now, the people of Helm were certainly pious people who loved the holiday, but they were not, as you might say, the most brilliant people on earth. To put it bluntly, they were as foolish as they come. Not that they would have agreed—they thought themselves the wisest of the wise, which you may have noticed is often the case with fools. In any case, their idea of getting ready for the joyous festival of Hanukah may not have been the same as yours or mine.

First, there was the issue of candles. Even in Helm they knew that you light candles on each night of Hanukah, to remember the miracles that occurred at that season—from the miracle of the victory of the Jewish people over the Greeks in ancient times to the simple miracle of light in the midst of the darkness of winter. Now, for centuries people have lit one candle on the first night of Hanukah, two on the second, three on the third, and so on, until on the last night of Hanukah, all eight candles are burning brightly. But in Helm, no one could ever remember which night of Hanukah it was. How should they know how many candles to light? Gronam Ox, the head of the Council of Helm, suggested that they simply light the number of candles they had lit the previous night, plus one more. “But Gronam,” the people cried out, “we can’t remember how many we lit the night before, either!” Gronam Ox agreed that that did make things more difficult. He called a full meeting of the Council, and they discussed and pondered and deliberated in private for eight days and eight nights.



(continued on page 14)

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Christmas Eve

(continued from page 11)

any other holiday meal. There is only fish—at least seven, though many times we would prepare more. Seven different fishes prepared seven different ways, *not* one or two fishes prepared seven different ways. Any fish can be used, but there are some traditional dishes:

Baccala:
Preparation usually started several days in advance. It would take that long to soak, rinse and re-soak the baccala (dried cod fish). We would take the white fish after three days of soaking and remove the bones and skin. Then it would be flaked into small pieces, to which we would add diced celery, parsley, fresh diced tomato, capers, olives, onions, lemon juice, good olive oil, salt, and pepper. Sometimes we would make baccala and potato croquettes. Delicious!

Flounder:
Simple pan-fried flounder. Prep is easy.

Lightly dredge filets in flour, then egg wash, then bread crumb. Fry in vegetable oil. Serve with chopped Italian parsley, a squeeze of fresh lemon juice.

Bruschetta with fish:
One large can of Italian-style tuna, packed in olive oil. If you can't get Italian tuna, don't bother. In a large pan, sauté onions and garlic until soft, add pine nuts and toast until lightly brown, add ¼ cup good Italian red wine (if you can't drink the wine, don't cook with it). Reduce and add some crushed tomatoes, capers, chopped black olives, and chopped anchovies, with the oil. Then add a can or two of Italian tuna with the packed oil. Grate in some lemon zest. Season with salt and hot Italian pepper flakes. You may need to add some more tomatoes. Cook over low heat until all tuna and anchovy breaks down. Meanwhile, take a good loaf of Italian bread. Make half-inch slices. Brush with olive oil and garlic. Place in oven and toast. Spread tuna mixture on bread. Add chopped parsley.

Holiday Festival Family Day & Kwanzaa Celebration

Celebrate Kwanzaa with storytelling, music, dance & more!

- December 20, 11 a.m. to 5 p.m.**
- 11 a.m. ~ Film Screening ~ The Black Candle: The Story of Kwanzaa
A Film by M.K. Asante, Jr.
 - 1 to 5 p.m. ~ Candle Lighting Ceremony & Cultural Performances Free Admission

December 26, 27 & 28, 12 to 3 p.m.
Celebrate Kwanzaa with Mlanjeni Magical Theatre
Continuing the celebration and spirit of Kwanzaa, these children's programs guide participants through a review of the principles of this unique African American holiday in an interactive performance that includes storytelling, folk music, conjuring, puppets and masks. The audience sings, dances, chants and chats with characters throughout the performance. Free with Museum Admission
The African American Museum 701 Arch Street, Philadelphia, PA 19106, (215) 574-0380, www.aampmuseum.org

Kwanzaa

(continued from page 11)

and it is not only one of the seven principles, it also brings a sense of personal satisfaction and puts one squarely into the spirit of Kwanzaa.
The Kwanzaa Karumu (feast) is traditionally held on Dec. 31. It is a very special event as it is the one Kwanzaa event that brings us closer to our African roots. The Karamu is a communal and cooperative ef-

fort. Currently, ceremonies and cultural expressions are highly encouraged such as candle lighting, cultural music and dance performances, and storytelling. Originally, the program involved welcoming, remembering, reassessment, recommitment and rejoicing, concluded by a farewell statement and a call for greater unity.
Sounds like a lot of work? Well, maybe for some of us, so in the box above you will find some local Kwanzaa celebrations for you to attend with your family.



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Cook2Raw Soul Food Cooking for the Holidays

by Robin Cannicle

During this time of celebration, we usually overeat and when we overeat, we eat something that is usually not good for us. Last month, Linda Taylor, owner of Taylor’s Whole-some Foods Workshop, gave a workshop at the Weavers Way Annex. Linda Taylor’s Wholesome Foods Workshop specializes in changing your comfort foods into healthy foods. Linda says, “Every culture has their interpretation of Soul Food. The big pots bubbling and boiling in the kitchen became a favorite room for nourishing the body and soul. We don’t have to prepare our family favorites with loads of butter, sugar and salt to taste good. Family fa-vorites can be prepared in a new, health-conscious style by changing our cooking methods and ingredients.” Luckily for us, Linda is sharing some of her recipes and maybe we can try them out this holiday season. For more recipes and information visit Linda’s website at cook2raw.com

Holistic Wellness Holiday Recipes

Parsnip Whipped “Potatoes”

- Ingredients:
- 1 large cauliflower, cut into florets
 - 2 large or 4 medium parsnips, peeled, cut into 1-inch cubes
 - 1/4 cup of “Follow your Heart Vegenaïse (low fat, low cholesterol, no dairy Mayo) extremely good
 - 1/4 tsp. ground white pepper
 - 1/4 tsp of chopped chives or dried chives

Place cauliflower and parsnips in a steamer until tender but not wilted.

Add 2 tablespoons of Vegenaïse Mayo, but do not saturate the mash “potatoes.” Mash lightly, leaving some of the cauliflower and parsnip pieces in chunks. Season with pep-per or pepper garlic seasoning. You can also substitute rutabaga or turnips for the parsnips.



Festive Collard and Mustard Greens

- Ingredients:
- Brown Basmati Rice
 - 1 pkg. of Lightlife Smart Bacon
 - 1 bunch of tender collard greens
 - 1 bunch of mustard greens
 - Braggs Liquid Amino
 - Liquid Smoke Seasoning
 - 4 cloves of garlic, minced
 - 2 Tbsp. olive oil
 - 2-vegan bouillon cubes
 - 1 red onion
 - 1 sweet onion
 - Red and green peppers
- (Sea salt & pepper to taste if not using Braggs Liquid Amino)
- Cook soy bacon according to directions. Break bacon into bite size pieces and place aside. Soak greens in a bowl of water to cover them, and sand will sink to bottom of bowl. Rinse greens and spin dry. Cut off any hard stems. Roll greens into cigar shape and cut into strips. This allows them to cook more quickly. Bring 1 cup water to a boil in a large soup pot and add diced onions, garlic and peppers and sweat until translucent. Add to the pot bouillon cubes, prepared according to directions, olive oil, greens, liquid smoke, Braggs, bacon and enough water to steam the greens. Cook greens until tender and vibrant not mushy and brown. About 20-25 minutes or less. Serve over brown basmati rice or, for a Southern flair, over yellow grits.

Herbed Tofu Cornbread

- Ingredients:
- 1 lb. firm tofu (squeeze out water)
 - 1 cup soymilk (plain or vanilla)
 - 1/2 cup corn oil
 - 2 cups yellow cornmeal
 - 1 tsp. baking powder
 - 2 tsp. sea salt
 - 1/2 tsp. tarragon
 - 1/2 tsp. basil
 - 1/2 tsp. cayenne
 - 1 medium carrot, minced
 - 1 cup corn fresh or frozen
 - 1 small onion, finely chopped
- Preheat oven to 375°. In a food processor or blender, blend tofu, soymilk and corn oil. Combine cornmeal, bak-ing powder, sea salt, tarragon, basil, and cayenne in a large bowl. Stir the liquid mixture into the dry ingredients. Add to the batter, carrot, corn, and onion.
- Spoon into a greased 8” x 12” baking dish and bake for 40-50 minutes or until a toothpick inserted into the center comes out clean.

Per serving: Calories: 416, Protein: 13 gm., Carbohydrates: 41 gm., Fat: 24 gm.

Recipes from Linda Taylor, BA., CHHC, owner of Taylor’s Wholesome Foods Workshop, L.L.C. www.cook2raw.com

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Hanukah Comes to Helm
(continued from page 11)

At last, Gronam Ox emerged. “My friends,” he said, “after considering this problem for six days and six nights, we have come to a solution!” “Hooray!” cried the villagers. “It’s obvious, really, to people as brilliant as us,” said Gronam Ox modestly. “Each night of Hanukah, the town crier will go through the streets, calling out the number of candles to be lit that night.” Everyone was impressed with the genius of this solution. Everyone, that is, except the town crier. He came up to Gronam Ox and asked, “But how will I know which night of Hanukah it is?” Gronam Ox stood up in disgust. “Don’t bother me with such trivial questions,” he said brusquely. “Can’t you see I’m busy?” So every night of Hanukah, the town crier would walk through the streets, announcing the night of Hanukah. “Six! Six! Six!” he would cry. Then, thinking better of it, he would switch to “Three! Three! Three!” or sometimes “Five! Five! Five!” Everyone would light a different number of candles every night, and no one would know which night of Hanukah it was or which it had been. So, you might ask, how could they know when the holiday was over? Simple—when they ran out of candles!

Next, there was the issue of food, an important part of any Jewish holiday. Everyone knew that on Hanukah you eat foods fried in oil, remembering the story that when the Jews restored the Temple they had wrested from the hands of the Greeks, a single flask of oil burned for eight nights. In Helm, of course, things were not so simple. It wouldn’t be enough for the villagers to fry potato pancakes—latkes—in oil for the holiday. No, that would be too easy. Instead, each household tried to outdo its neighbors in coming up with new things to fry in oil. Some fried dough to make doughnuts, but that, too, was ordinary, hardly an innovation. So they moved on to other vegetables: carrots, peppers, green beans, even parsnips and onions got fried up. But even these were too tame. They fried apples and pears, grapes and plums, but they still weren’t satisfied. They thought and they thought. What would be the perfect thing to fry in oil? What would truly show their devotion and joy in this holiday season?

Finally, after weeks of preparing, Fruma Sarah, the best cook in town, brought her

creation to the town square. Everyone gathered around, licking their lips in anticipation. What marvelous thing must be inside that great pot? Surely this would be a Hanukah food to end all others! With a flourish, Fruma Sarah took the lid off the pot. Everyone looked inside. “What is it? What is it?” shouted those in back, who couldn’t see a thing. With an expression of immense pride, Fruma Sarah announced her innovation to the assembled throngs. “My friends,” she said, “I present to you my masterpiece—oil fried in oil!” There were gasps, oohs, and ahhs, as everyone took in the enormity of Fruma Sarah’s accomplishment. This was followed by thunderous applause. Now the reputation of Helm was secured! This year their Hanukah treat that would be the talk of the countryside! As, indeed, it was.

Last, but certainly not least, there was the issue of the dreidels, the wooden Hanukah tops that the children loved to play with every night of the holiday. Even in Helm they knew what the Hebrew letters


on the four sides stood for—nun, gimmel, heh, and shin for nes gadol hayah sham, “a great miracle happened there.” Such games of chance were traditional on Hanukah, to show how God works in mysterious ways in the world. But this year, there was a problem. Everyone had been so busy with the problem of the candles and the problem of the food, no one had had any time to carve dreidels. What could they do? A Hanukah without dreidels was unthinkable, but even Gronam Ox couldn’t snap his fingers and create dreidels out of thin air! And Hanukah was now only days away! Again, the Council of Helm was called into session. This time, after only two days of deliberations, Feivel the Tailor came up with the solution. But instead of announcing it to the assembled throng, he raced to his shop and began to sew furiously.


As the whole village gathered to watch Feivel work, they muttered to each other. Had Feivel lost his mind? What was he doing? Could it possibly have anything to do with dreidels? While the villagers were oc-

cupied with such supportive comments, Feivel continued to sew. After a few more minutes he was done. He ran out of the shop in triumph and slipped the garment he had been creating over his head. It had four panels, and on each there seemed to be something written. “Feivel!” the crowd shouted, “Explain yourself!” “Can’t you see?” cried Feivel. He pointed to each panel of the garment he was wearing in turn. “Nun, gimmel, heh, shin!” “We see the letters,” said the villagers, “but what does it mean?” Feivel jumped up and down in impatience. “Don’t you understand? I’m a dreidel! A human dreidel! We don’t have to carve dreidels. We can all be dreidels!” In a flash, other dreidel costumes were produced, and the dreidels of Helm began to spin. Faster and faster they spun, as the rest of the villagers stood and watched and clapped and danced with joy. Now their Hanukah happiness was assured! This would be a Hanukah to remember for the rest of their lives! As, indeed, it was.

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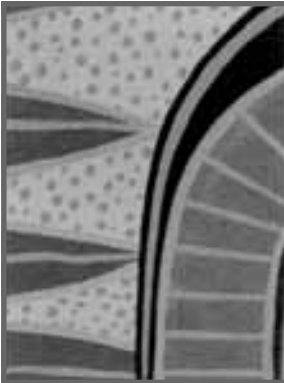
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Green Grants at Springside School

by Meghan Harrison, Springside Class of 2011

Compost, worms, and a machine! You might wonder what all these things have to do with each other, or why they are grouped together. I will tell you! Springside School recently received two grants for environmental work.

The first grant, from our friends at Weavers Way, gave Springside a grant to buy vermiculture (worms) and a sign explaining the composting process. While some vermiculture immediately went to the compost pile at school, other vermiculture will go home with Pre-K students so they can bring composting to their families.

The second grant, from the SCA Tissue Company, gave Springside funds to buy a composting machine, which can be used by young children to turn trash into mulch. The Lower School students use the mulch in the garden they are tending at school.

What is composting from the worms' perspective?

Yummy, yummy in my tummy. Kids come feed me when I'm hungry. Dry grass, straw, sawdust, leaves, and newspapers thrown around me; these are the browns I like. Greens are good, too—veggies and fruit scraps along with living plants. My ideal mix is 20 parts browns to one part greens. It is so yummy. I hear a voice from way up high, a tall lumbering thing in the sky, as pieces of pieces of food rain down upon me. What the people throw away, I love to eat. "Ugh, bread crusts," they say, but a feast for me.

The Springside School composting program is currently well underway—the sec-

ond grade collects scraps from the cafeteria, Pre-K through fourth collect classroom scraps and they tumble the compost machine at recess. In March, the home phase of this project will begin when the vermiculture (worms) goes home with Pre-K students. These young students are currently putting together a how-to video on composting, which will accompany the vermiculture and be shared with their parents.

"I like composting," said Lower School student Lucy Pearson, "to help!" She and her friends are very excited to learn about composting, as I discovered when I talked to them at recess. The girls eagerly showed me to the compost bins they have outside. They were enthusiastic about being able to help out.

Later, when I spoke to Olivia Dell'Angelo, it was obvious that even this early in the process, the Pre-K students already had a grasp on composting. According to Olivia, "Composting helps us make dirt. We put in banana peels, apples, little bugs, and it turns into dirt." Her classmate Vivian Lamb said, "I like composting. The teacher lets you do it. The most fun is when you get to turn the can. You put in the recycling, the warm sand and other stuff and turn the can and it will turn into good dirt."

Lower School science teacher Carie Szalay said, "Our youngest environmentalists are the best educators and have a captive audience in their parents. Just by vermiculture composting their kitchen scraps (coffee grounds, vegetable and fruit peels and scraps, egg shells), they reduce the amount



PRESENT AT THE UNVEILING OF SPRINGSIDE SCHOOLS NEW "GOT COMPOST" SIGN ARE (L-R, STANDING) WWCP EXECUTIVE DIRECTOR RACHEL MILENBACH, SPRINGISDE SECOND GRADE TEACHER MARY MCKENNA, WEAVERS WAY ENVIRONMENT COMMITTEE MEMBERS BONNIE HAY, SANDY FOLZER, AND HELEN SEITZ, AND WEAVERS WAY MARKETPLACE COORDINATOR CARLY CHELDER (KNEELING). SITTING IN FRONT ARE STUDENTS FROM MS. MCKENNA'S SECOND GRADE CLASSROOM: (BOTTOM ROW) ADDISON CAMPBELL, NEAL PERKINS, MADELEINE MOUSTAFELLOS, EMMA CAPLAN, HANNAH KUPER, DEMI CALLAS, OLIVIA BARBUTO-DUNN, JORDAN MITCHELL (SECOND ROW) DRUCILLA LINDSAY, SHELBY HARRIS (THIRD ROW) OONA TIMMENEY-TRACY.

of waste that goes into the trash can. Other environmental issues make it difficult for our youngest students to feel empowered to help out, but waste reduction is perfect for our lower school students to tackle!" I wish this program had been available

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Winter Reading: The Sixties Revisited

by Mark Goodman

Anyone who lived through the tumultuous Sixties remembers a volatile decade marked by political assassinations, the Vietnam War and the vehement protests against it, a vociferous and effective Civil Rights movement, the reemergence of the feminist movement, violence in urban streets, a youth culture that captured the attention and imagination of the world, men on the moon, a break from traditional approaches to education, heightened interest in Eastern religions, and music that has stayed popular for over 40 years.

Not usually associated with the Sixties are books. After all, with all the time spent on finding oneself through experimentation with new psychological, political, artistic, and religious ideas, as well as with mind-expanding substances, who had the time or desire to read?

Actually, the 1960s decade was a rich era intellectually. Just as boundaries were being stretched emotionally, socially, politically, and spiritually, writers and thinkers explored new ideas with a fervor and scope unmatched since then. Here are some of the seminal works of the Sixties that may interest you and your family members and friends.

The Civil Rights movement and the Black Power movement intersected in the cities. One of the most popular books of the early Sixties and Seventies was *Black Like Me*, by James Griffin, a true story by a white man. He darkened his skin and traveled throughout the country posing as a black man, which allowed him to gain insight into the daily insults inflicted on black people. It opened the eyes of many white people in the United States and made them more receptive to understanding and accepting the struggle of African Americans. James Baldwin's non-fiction work, *The Fire Next Time*, introduced many people to Elijah Muhammad, Malcolm X, and the Na-

tion of Islam. *The Autobiography of Malcolm X*, co-written by Alex Haley, was, and continues to be, a tremendously popular and informative book about an alternative to the non-violent approach to civil rights by Martin Luther King and many Christian blacks. The book must be read in its entirety to fully appreciate the strength and vision of Malcolm X. Another popular book about a more confrontational approach to gaining equality for black people was *Soul on Ice*, by Eldridge Cleaver. Whatever changes Cleaver may have gone through after the 1960s, this book resonates with some sharply focused observations about the relationship between blacks and whites. The often anthologized "Letter from a Birmingham Jail," by Martin Luther King, Jr. shows that there was tremendous power and courage on the part of non-violent activists. In this letter he states that moral conscience supersedes the laws, especially when they are unjust.

Claude Brown's *Manchild in the Promised Land* showed first hand the effects of growing up black in dire poverty in the urban ghetto. For young men especially, a life of violence, crime, and prison was a likely outcome. Around the same time, in the mid-Sixties, Piri Thomas wrote *Down These Mean Streets*, the first book by a Puerto Rican to reach a mainstream audience. He too showed that growing up poor and dark-skinned in a white world led to anger that was expressed in violence and crime. Both men, after serving prison sentences, were able to transcend their negative early experiences and become mentors and positive

role models to youth.

The Civil Rights movement generated energy for other oppressed groups in the 1960s including women. *Sex and the Single Girl* (1962), by Helen Gurley Brown (who eventually became the editor-in-chief of *Cosmopolitan* magazine), stated that a young woman did not necessarily have to follow the traditional path of marriage to lead a full life. Betty Friedan, in *The Feminine Mystique* (1963), addressed the status of women who often felt stifled by their role as homemakers when societal convention frowned on them working or going to college. Also published in the 1960s were *The Golden Notebook*, by Doris Lessing, and the *Diaries of Anais Nin*, both books popular with women and feminists. In 1968, as a student at Temple University, I was lucky enough to hear Anais Nin read from her diaries, thanks to a program created by the progressive librarian Alexandra Grilhikes.

The 1960s introduced radical and creative ideas on education, partly as a reaction to the rote learning and lock-step approach to education practiced by most schools in the 1950s. These books led to innovative schools and classrooms, some of which still exist. Unfortunately, most of the innovative classrooms are in private schools. As a young idealistic teacher in the 1960s, I was influenced most by *36 Children*, by Herbert

Kohl; *Death at an Early Age*, by Jonathan Kozol; *The Lives of Children*, by George Dennison; *Summerhill*, by A.S. Neill; and *Teaching as a Subversive Activity*, by Neil Postman and Charles Weingartner.

Two books that were popular with teenagers in the 1960s are *The Outsiders*, by S.E. Hinton, who was a teenager herself when she wrote it, and *Jazz Country*, by jazz critic and journalist Nat Hentoff. Both books deal with the alienation that teenagers feel and their unconventional lives.

Poetry was popular in the 1960s, partly due to the influence of the Beat Poets, particularly Allen Ginsberg. Two anthologies from the 1960s that present the best of the contemporary non-academic poets are *The New American Poetry*, edited by Donald Allen, and *A Controversy of Poets*, edited by Paris Leary and Robert Kelly. Both books emphasize the Beat Poets and Black Mountain poets, and both contain biographies and poetic manifestos.

Nature writing from the 1960s included such classics as Rachel Carson's *Silent Spring*, which revolutionized our thinking about using chemical pesticides, and *Stalking the Wild Asparagus*, by Euell Gibbons, which introduced a whole generation to the art and fun of foraging for food grown in the wild.

A discussion of books from the 1960s would be incomplete without mentioning some of the more eccentric and pioneering authors. Marshall McLuhan, with his 1960s publications of the *Gutenberg Galaxy* and

(continued on page 17)

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Winter Reading

(continued from page 16)

Understanding Media, generating thought and controversy about how we use and perceive media, and the effect that media has had on human evolution. John Cage, although best known as a musician, also wrote books including *A Year from Monday*, in which he sets forth his ideas on music, art, and randomness. And let's not forget Ralph Nader, who David-like stood up to the Goliath of corporate United States with his book *Unsafe at Any Speed*, where he showed that General Motors was more interested in profits than safety. Finally, there was R. Buckminster Fuller, affectionately known as "Bucky." As far as I'm concerned, Bucky was the Leonardo DaVinci of the 1960s. He invented the geodesic dome, which I

predict will make a comeback in our current age of energy awareness. His book *Operating Manual for Spaceship Earth* introduces the concept of synergy, which states that the whole is unpredicted by its separate parts. His concept of Earth as a spaceship emphasized that we're all in this together, but in a more positive way than McLuhan's "global village," which he saw as somewhat dominating and oppressive.

These are just a few of the books that made the Sixties interesting. It would take a whole volume to discuss the books on politics, psychology, religion, sociology, and the occult, to say nothing of children's books and fiction, including science fiction. But the above titles should provide some possibilities to explore on those cold winter nights or to give as gifts at holiday time.

The News from Upstairs

(continued from page 3)

May we suggest some excellent Fair Trade and organic coffee such as Equal Exchange and Blue Water. We sell French presses and frothers, coffee scoops, beautiful Mara mugs and many other items you would like. Is someone a tea drinker on that list? Think about Fair Trade Frontier bulk tea, a tea infuser, an Eclipse tea pot, a tea stick or another tea accessory.

Housewares are plentiful and don't we all know folks who love to cook and spend time in the kitchen?! The practical side of all of us, I think, is satisfied and thrilled when we can give a gadget, gizmo or cooking implement to our "foodie" friends. We're all staying at home more, cooking for ourselves, and saving money. How good it is to give a great culinary item as a gift.

Personal care products rank high on many lists. We have delicious soaps, body lotions, lip balms, bath items, bubble and mineral bath products, muscle rubs. Our companies like Badger, Aubrey, Weleda and Desert Essence score well as clean, affordable, desirable companies.

Have a young person you're planning for and looking for a cool gift? We have puzzles, toys, and other items to delight children of all ages.

Stuck for an idea? Please ask any Second Floor Staff member and we will assist you. From all of us in the Second Floor Staff, we wish you and all your loved ones a healthy, happy, peaceful, and joyous holiday season.

Thank you for shopping Weavers Way and on the Second Floor.

E-mail Martha at martha@weaversway.coop

New Magazine Covers Local Sustainability

by Dave Healey

One of the most important things people can do to make this city more sustainable (aside from changing your personal life) is spreading information on why sustainability is necessary to safeguard our future and how to do it. In 2009, sowing the seeds of that knowledge will be a little easier.

GRID, a new magazine by local independent publisher Red Flag Media, is Philly's first publication dedicated to covering and encouraging local sustainability.

Although it might seem a little odd to make a magazine about sustainability and lowering consumption (after all, the magazine is a consumable, though it is free) publisher and Editor-in-Chief Alex Mulcahy doesn't see it that way. "We want GRID to be an invaluable resource for people looking to make their lives and their city more sustainable," Mulcahy says. "We don't want it to be eco-chic, but instead give information on how to make real changes in the way people live and inspire them to help make Philly a more just and sustainable place."

The content of GRID follows that mixture of practical knowledge and in-depth and inspiring stories. A prototype magazine, produced in September, featured articles on canning fruits and vegetables for the winter, bike routes around Philly, and an exploration of different models for a city-wide bike sharing program.

GRID's first issue, due out mid-January, will continue this mixture of how-to's and why-should-we's while focusing on the energy issues facing Philly.

"As peak oil approaches (and may have already arrived), heating prices rise and the economy collapses under foot, energy is going to be more and more of a concern for Philadelphians," says associate editor Will Dean. "Adding onto that prices are expected to jump up 30 percent in Philly when price caps put in place in the '90s begin to expire in 2010. So energy is going to

be a big concern for our city in the next few years."

To help residents cope with the higher prices, the first issue of GRID will feature information on cheap home projects to make your house more efficient, like sealing windows and adding insulation, and how to access public programs to pay for more substantial home improvements, like buying a better furnace.

Another big focus of the magazine is creating a sustainable local economy. Even their ad policy is geared towards local business, accepting ads only from local businesses and those with a vested interest in Philly's economy.

"If we want a city that is sustainable, one of the most important things to do is figure out how to localize our economy," says Communications Director Dana Henry.

Local food is also going to be one of the mag's big focuses. As the true costs of a gigantic factory farm system have become more clear over the last decade, many people have turned to local food as a way to eat healthier, help the environment, and support local family farmers.

"I became interested in sustainability after reading about the problems with our food system, and I think a lot of other people came to it that way, too," says Mulcahy. GRID will have monthly features on local food, including who makes it, where to get it and how to grow your own.

Beyond the content, the look of GRID is very slick and modern, and wouldn't look out of place among some of the higher-end magazines on newsstands. The content, though, is something new and something that Philly has needed for a long time.

"We want to create a community along with a magazine," Mulcahy says, "and hopefully we'll be able to help bring different people in Philly together for the shared goal of making our home a better place to live."

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Education Committee Sponsors Talk by Tom Sugrue on Civil Rights in the North

by Larry Schofer, Education Chair

Thomas Sugrue, professor of history and sociology at the University of Pennsylvania, member of Weavers Way, will discuss the issues raised in his new book, *Sweet Land of Liberty. The Forgotten Struggle for Civil Rights in the North*, at a free public event sponsored by the Weavers Way Education Committee. The talk will be given on Wednesday, Jan. 14, at 7 p.m., at Summit Church, Greene and Westview Sts. The public is invited.

According to Sugrue, most histories of the civil rights movement focus on the South and the epic battles between nonviolent protestors and the defenders of Jim Crow during the 1950s and 1960s. The author's groundbreaking account covers a wider time frame and turns the focus northward to the states with the largest black pop-

ulations outside the South. Sugrue highlights seminal people, books and organizations in his tightly focused study that restores many largely forgotten Northern activists as integral participants in the civil rights movement—such as Philadelphia pastor Leon Sullivan; Roxanne Jones of the welfare rights movement and first black woman elected to the Pennsylvania State Senate; and James Forman, advocate for reparations.

Tom is a winner of the Bancroft Prize, the premier prize in American history writing, for his earlier study of housing segregation in Detroit (*The Origins of the Urban Crisis*). He is a speaker in great demand at academic centers and activist groups throughout the United States. He has also served as president of West Mt. Airy Neighbors, and continues to live in Mt. Airy and shop at Weavers Way.

Springboard Studio Celebrates Second Anniversary in Mt. Airy

by Caroline Peterson

Springboard Studio, a space for mindfulness, creativity and well being in Mt. Airy will celebrate its second anniversary the weekend of Dec. 12-14 with a Holiday Exhibit and Sale. The exhibit will feature mixed media collages by Mt. Airy resident and Weavers Way member Jane Century, Philadelphia jewelry artist Jayne Holtman and Cape May potter Susan Ross. Ms. Holtman and Ms. Ross were featured artists in an exhibit which opened the studio at 530 Carpenter Lane, between McCallum and Greene, in December 2006.

Jane Century has returned to art-making after a long hiatus and has been exploring the language of leaves and other natural objects. Her mixed media collages of paint, paper, mono-printing and sewn stitches incorporate elements that allow her to work with abandon as well as those that require the patience of a medieval monk. This integration of elements and methods yields work of elegant organic beauty that is both simple and complex. Jayne Holtman's distinctive jewelry work has been featured in a Henri Bendel trunk show and received other national exposure. Ms. Holtman's elegant work, favoring beads from Africa and Tibet, blends tribal character with urban sensibility and includes earrings as well as necklaces designed to adapt to the wearer's body. The third artist in the exhibit is potter Susan Ross. Ms. Ross, a former Philadelphia resident, who now lives and has her studio in Cape May, makes graceful yet functional clay works. Her lamps, bowls,



PHOTO BY JONATHAN MCCOY

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serving platters, and "oil cans" are incised with a language of integrated patterned forms and neutral though deeply felt glazes. Her work has been exhibited in a number of venues, including at the Works Gallery here in Philadelphia.

The exhibit opening will be Friday Dec. 12 from 5:30-9 p.m. Hours on Saturday are from noon-7 p.m. and on Sunday from 10 a.m. to 3 p.m. A schedule of Springboard's diverse programming is available online at springboardstudio.net. For more information, call 215-528-2138.

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How to Eat Healthy and Stay Fat

Embracing the Impossibility of Tasty Gluten-Free Food

by Adam Lippe

A lot of people come up to me on the street and say, “Hey, Adam, you’re gluten intolerant and have acid reflux, which means you’ve cut out virtually everything that tastes good in your life. How do you manage to keep that healthy pudg? What’s your secret?”

Generally, I take them aside, put my arm over their shoulder and try to be encouraging. “Not everyone can be as lucky as me. I mean, imagine not being able to eat anything that has the possibility of being delicious, such as wheat, MSG, spicy food, caffeine, real beer, orange juice or tomatoes. Just think of the smoothie that would make.” Then I pause for the length of an ellipses... and follow it up with an exaggerated sigh.

“Here’s what’s important to know. Gluten-free food has to find a way to replace the bonding agent of gluten, while still being yummy. What tends to be used is the tender, chewy, delicious goodness of fat. Sure, the bread I eat tastes like a mealy, dry sponge. Also, there is often a sort of fruity, sugary Splenda flavoring. But, you know, natural. The other option that manufacturers are left with is to make everything crunchy.”

“That all sounds delicious. But how can I make food that reminds me of all the ramen I ate in college, but with more taste and just as little effort? How about macaroni and cheese? I sure do like things that taste like cardboard packaging.”

”Well if you like cardboard taste and

breadstick texture, then there are plenty of gluten-free options for you to try. But if you’re trying to save effort and brain cells, there are much less taxing ways of accomplishing your goal. You can even add your own flavor.”

“Can you tell me how to make it special, like with my own personal touch?”

“I can tell you how I make it and you can copy that.”

“First, find the nearest health food store and look in the pasta aisle for a brand called Tinkyada. Get the brown rice pasta shells. Then find some pepper jack cheese. You’re also going to need some hot sauce. Now I know that Tabasco sauce is considered the top of the line, and while it is very good, it is so concentrated that you can’t use very much without overwhelming the food. Also, the spiciness only stays at the front of the tongue, defeating the entire purpose. I would go with something that has more vinegar in it, but not too cheap, like Frank’s RedHot original flavor, which maintains the perfect consistency for this meal. You can try experimenting with other cheeses or flavorings if hot and spicy is not your thing.”

“The other things you’ll need are regular black pepper and some crushed red pepper and chili powder. If you’re really daring, jalapeno peppers compliment the meal quite well. Obviously you’ll need butter. Milk is optional, depending on your preference of creamy compared to spicy.”

“Boil the water and put 1/3 of the bag in (about 5 ounces) or half of if you’re like me and you think reasonable portions are

for losers. It will take longer than you expect to cook, somewhere in the neighborhood of 10-12 minutes. Stir occasionally and test one every so often to check if the pasta is at the level of softness you prefer. Once that’s done, strain the pasta. Using the same pot you just cooked in, put approximately 1/4 of a stick of lightly salted butter in. Then shred a few ounces of pepper jack cheese all throughout the pot. Pour the strained pasta over the butter and cheese. Begin to stir.”

“Put 5 or 6 shakes of pepper in, or at least enough to get grains on what appears to be the top layer and stir. The milk option would be at this point, but don’t put more than a few drops in otherwise the pasta will not only be cold but it will taste watery. Stir some more and put a few dollops of the Frank’s RedHot in it. This is the most important thing not to overdo since the food will just taste like vinegar if you put too much on. Stir again and apply a few shakes of the crushed red pepper powder and optionally some chili powder, if you think you can handle it. Keep stirring until the shells are at the desired level of thickness. Make sure everything has melted in the pot and taste test to confirm you have enough cheese and/or spice. Stir some more and throw in two extra-strength Tums and serve.”

“Tums?”

“It’s preventative. For the acid reflux. Your option, of course.”

“Yeah... Well that all sounds really good, do you know where I can get the ingredients?”

“Weavers Way has everything but Frank’s sauce, I’m sure you could try a different hot sauce with the same level of vinegar there. They’ve got plenty of other gluten free stuff, too... Boy, don’t I sound like the least subtle advertisement?”

“Yeah. Definitely.”

Tree-Lighting Festivities at Ogontz Store

West Oak Lane kicks off the holiday shopping season on Ogontz Ave. with a tree-lighting ceremony right outside the Weavers Way Ogontz store, at 72nd and Ogontz Avenue on Saturday, Dec. 6. from 4-6 p.m. The event is sponsored by the Ogontz Avenue Revitalization Corporation (OARC).

Carolers from the Martin Luther King High School and Eva Donaldson School of Music will accompany the tree lighting ceremony with holiday carols. Free holiday refreshments will be provided. Bring the family and celebrate the season with the local merchants. Special holiday festivities, promotions and gift certificate raffles will be available from 10 a.m.-8 p.m. at local businesses, including : a family holiday portrait and framing event at Art Noir Gallery (7175C Ogontz Ave.) 10 a.m.-6 p.m., sponsored by the West Oak Lane Business Association; extended hours until 6 p.m. and special holiday treats and refreshments at Cornbread & Coffee (7175D Ogontz Ave.); holiday wreaths, poinsettias, great local produce, and free hot cider and other goodies at Weavers Way; and great food and music at Sadiki’s Restaurant (7152 Ogontz Ave.) Special holiday drinks will be on the menu plus get 15 percent off one entrée when you buy a holiday drink from 6-8 p.m.

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Valley Green Bank, PHILADELPHIA READS Sponsor Holiday Book Drive for Kids

by *Lesliey Seitchik*

In the holiday spirit, Valley Green Bank is partnering with PHILADELPHIA READS to hold a local book drive from Nov. 28 thru Dec. 31. PHILADELPHIA READS is a city-wide, non profit agency that promotes children’s literacy and encourages families to donate new or gently used children’s books, preschool through eighth grade. The collected books will be distributed to Philadelphia teachers and community partners through the PHILADELPHIA READS Book Bank.

Bins to collect the books will be in Valley Green Bank’s two locations—7226 Germantown Ave. in Mt. Airy and 23 W. Highland Ave. in Chestnut Hill. Jay Goldstein, Valley Green Bank’s president and CEO, is pleased to be sponsoring such a worthwhile initiative. “There is no better way to support our children than to encourage them to be avid, accomplished readers; and, as we all know, reading is a key to success in pursuing a lifetime of learning.”

“We are so excited about this book drive and our partnership with Valley Green Bank” said Adrienne Jacoby, executive director of PHILADELPHIA READS. “Through our Book Bank, we are distributing over 2,100 books a week to schools and community organizations throughout the city. We will not be able to continue to meet the needs of our children without the support of our community. This holiday season, let’s make sure every child in Philadelphia gets to celebrate. With your support, we will raise a city of read-

ers!”

Big Blue Marble Books in Mt. Airy and O’Doodles in Chestnut Hill are among the local stores cooperating in this effort, as well as encouraging customers to buy children’s books for this important initiative that will put books into the hands of children who can truly benefit from this donation.

Valley Green Bank is a locally-owned and operated Pennsylvania commercial bank. The bank was formed by community and business leaders who make customer service a priority. The bank offers a traditional mix of deposit accounts, including non-interest and interest-bearing checking accounts, savings, money market and certificate of deposit accounts. It also offers customers individual retirement accounts. Valley Green Bank is a member of FDIC.



SHEILA AVELIN (R), OWNER OF BIG BLUE MARBLE BOOKSTORE, AND JAY GOLDSTEIN, PRESIDENT AND CEO OF VALLEY GREEN BANK, WITH BOOKS THEY ARE DONATING TO THE PHILADELPHIA READS BOOK DRIVE.

PHILADELPHIA READS works to strengthen the literacy skills of Philadelphia’s youngest and neediest school students by providing mentors, resources, and advocacy for in-school, after school and summer programs.

For more information about this Book Drive, contact Valley Green Bank at 215-242-3550 or PHILADELPHIA READS at 215-851-1748.

Help a Family Out of Poverty by Recycling Sneakers!

by *Mindy Silver and Dorit Silver Cohen*

You may have noticed the big brown barrel in front of the Co-op, asking you to donate your old sneakers. We need your used athletic shoes to help stomp out poverty in Ghana.

The sneakers we collect will be given to the Perpetual-Prosperity-Pumps for Africa Foundation. They refurbish and sell the sneakers in markets in Africa. With the donations of your sneakers the foundation is able to provide scholarships for rural African village farmers to attend award-winning agricultural institutes. There they receive training in land conservation and skills and materials to produce a perpetually sustainable harvest, resulting in increased income and rainforest preservation. The money from the sale of 600 pairs of sneakers will provide a needy African family with the following items:

An irrigation system, training in irrigation techniques, seeds for vegetables, hens and cocks and rabbits, a colonized bee hive, 100 Leucaena trees to create a living fence and firewood, 50 assorted fruit trees and mushroom bags, a bicycle to travel to markets and training classes, 12 months of instruction in crop rotation and enhancement, classes on the balancing of diet, etc.

Please help a family become self-sufficient by donating your used sneakers. You can find out more information about this foundation on their website www.pppafrica.org

So remember before discarding your old shoes in the trash that recycling them instead is an easy way to help a family in Ghana to become self-sufficient organic farmers.



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A Co-op You Should Know About:The Project Learn School

by Debbie Lerman

“It takes a village to raise a child.” So trite, and yet so true. But where in the world does one find a village in which to raise a child these days? If you’re living in the Mt. Airy/Germantown/Chestnut Hill area, you’ve had such a village in your midst for nearly four decades, possibly without even knowing about it: The Project Learn School. Quietly and steadily, the Project Learn School has embodied the nurturing, supportive environment of a village, while providing a well-rounded kindergarten through eighth grade curriculum for hundreds of children and their families, many of whom are also members of Weavers Way.

For the last six years, ever since our son Eyal entered kindergarten (his sister Maya entered two years later), the Project Learn School in Mt. Airy has been that village for our family.

History

The Project Learn School, or PL for short, was founded in 1970 by a group of parents who were frustrated by the public school system and championed a progressive, humanistic approach for educating their children. Some of you may remember my article in the July issue of the *Shuttle* about Donna and Jerry Allender, among PL’s founders, and their wonderful book about progressive education (it’s available at the Big Blue Marble Bookstore, right near the Co-op). Read the book, *The Humanistic Teacher: First the Child, Then Curriculum*, for all the details on how Project Learn School was founded, the ideas behind it, and Donna and Jerry’s long and illustrious careers in progressive education.

Philosophy

In summary, the ideas behind Project Learn School are the fundamentals of progressive educational philosophies, including (but not limited to): child-centered learning; no grades or tests—learning motivated by curiosity and interest; integrated curricula where math, verbal skills, science, social studies, and the arts all come together in studying subjects of the children’s own interest; giving children a voice; and solving problems together. PL adds to these educational principles the parent-teacher cooperative structure, with no principal and no administrative hierarchy. So: Lots of principles but no principal. Sounds like...pure chaos? Surprisingly not. If you visit PL on any given weekday, in the three townhouses occupied by the school on Germantown Ave., between Upsal and Hortter Streets, you’re likely to find groups of kids and teachers working on art, cooking, math, reading, and numerous other projects. You may be struck by the remarkably small student-teacher ratio (it can be as low as nine to one per class and cannot exceed 18 to one), the energetic student participation in discussions, or the vibrant artwork on the walls. If you drop in on the third Wednesday night of any given month, you will experience “Town Meeting”—where parents and teachers get together to make decisions about running the school. **What we do know is we love the school.** To the uninitiated this may all sound strange and unlikely as an effective way to run a school. And there’s no doubt that parents, teachers, and kids all face various

hurdles and frustrations in trying to live up to Project Learn School’s ideals. In balance, however, at least for our family, PL has been an indescribably rich and wonderful village in which to raise our children. Here are some reasons why we love the school: We know everyone in our kids’ classes, in most of the other classes, all the teachers, and many of the parents, grandparents, and other family members of the students and teachers. Some have become good friends. Most are cherished members of the village, sharing child-rearing and community-building roles with us. We have never met more dedicated teachers than the ones at PL. As Staci Johnson, a teacher who attended PL and now has two children at the school, said: “What I love about PL is that my children know the teachers have their best interests at heart.” We know that the teachers know our kids academically, emotionally, and socially and that they are working with us to help our kids reach their utmost potential in all of these areas. At PL, values are more important than grades, and process is stressed over outcome. Kids are valued for their caring, creating, curiosity, and cooperation and not for how well they do on tests. Many educators—teachers and professors—send their children to PL because they recognize that the school’s values embody an educational ideal that is very hard to find in most other educational institutions nowadays. PL promotes self-motivation as opposed to the motivation to be better than someone else. This mean PL students are proud of their accomplishments and do

not need to look at others to feel good about themselves. My favorite example of this is the PL soccer team. It comprises boys and girls, ages 8-13, who play against teams of seventh- and eighth-grade boys from prep schools like GFS and Penn Charter. PL rarely wins, and every goal we score is a huge victory. Although this may sound like a recipe for disappointment, most of our kids love soccer games and take pride in the inclusiveness of our team and the strength of our team spirit. Around 90 percent of PL graduates go on to attend the area’s top public high schools including Central, CAPA, Girls’ High, and Masterman, among others. So even though it may be difficult to assess academic levels of PL students for lack of official grades and report cards, by the end of eighth grade, most students are qualified to attend the most academically demanding high schools. (We do teach them how to take standardized tests so they can get into these high schools and survive in the testing-crazed world outside.) And we know that if you love it too, what a wonderful world this could be! Even with all these wonderful qualities, it’s no surprise that some families find Project Learn School frustrating, and sometimes even infuriating. It can be hard to find someone to address a problem when there’s no principal to complain to. Town meetings can be long and occasionally downright tedious. Without tests or grades to objectively measure a student’s “progress,” it can seem like academic standards are lax. (continued on page 22)



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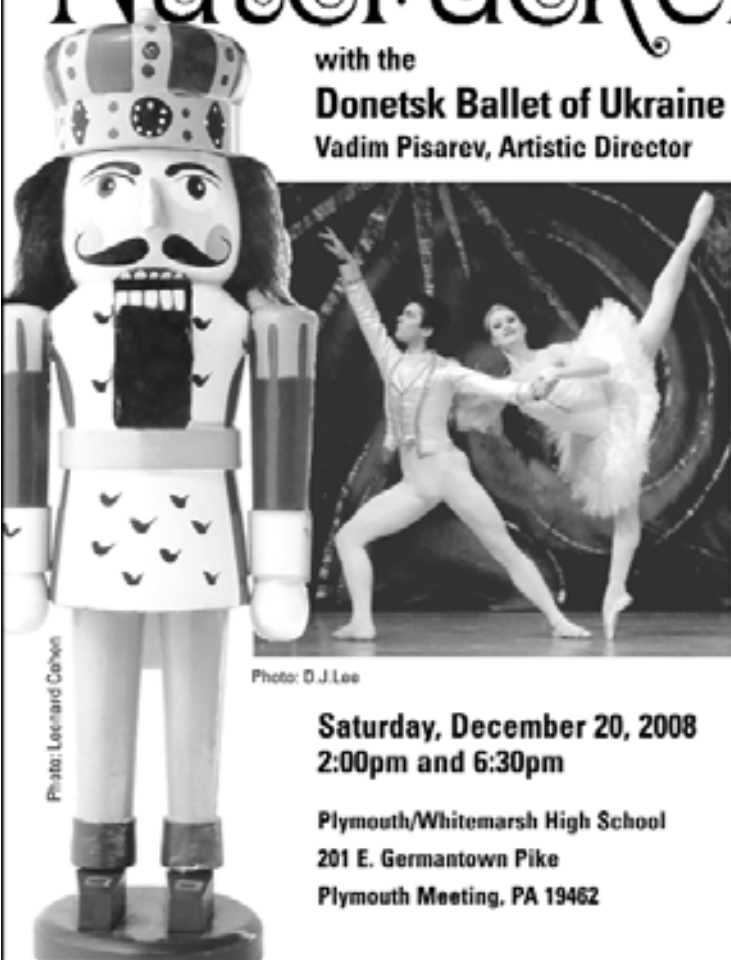


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ARTS

Project Learn

(continued from page 21)

In the long run, problems like these are usually resolved to everyone’s satisfaction. However, not everyone has the patience to wait until eighth grade to see how well their children have been educated at PL.

For those of us who cherish the village and values that the Project Learn School is providing for us, the advantages far outweigh the difficulties.

When I interviewed Dr. Dan Gottlieb, host of WHY?Y’s “Voices in the Family,” for an article about PL’s middle school, he said, “The task for parenting is to think

about the world you want your child to live in and then begin to groom your child to create that world, rather than groom the child to be a step ahead of today’s world. That changes figure and ground, so when you put the child in school, outcome becomes less important than process.”

I’m convinced that this is the type of visionary thinking the world needs more of, and it’s what the Project Learn School—the child-rearing village in our midst—is all about.

To schedule a visit or find out about open houses at the Project Learn School, call: (215) 438-3623, and visit the school’s Web site at www.plschool.org.

Produce News

(continued from page 3)

Adventures in Teenland

My teenaged son has an interesting view of time—*my* time, that is. As a busy, working parent, I tend to value every small chunk of time. Not so my sweet son. Let’s say I’ve been waiting, waiting, *waiting* for him to be ready to do something or to go somewhere. My “*right now!!*” is his “pretty soon.” My angry ultimatums are mere suggestions to him. He is genuinely surprised when he finally notices my exasperation—by this time I am apoplectic—and to get me to stop nagging him, he says, “Chill, Mom,” or the more familiar, “Chill, dawg.” To him, this is sympathetic advice. You can imagine the effect on me.

Somehow we lurch through life together, though often it feels as though all I do is push or pull, and all he does is resist. It helps that we agree on so many things, such as politics and President-Elect Barack Obama.

LOT of produce, but until now, we haven’t. The staff responsible for produce have also had lots of other responsibilities in the store. That’s changing now as we work to improve our produce handling and displays, and develop greater expertise. If you’ve been wondering where my *Shuttle* column has been for the last few months, at least one reason is that I’ve been immersed in all the work and detail involved in creating a department. (Another reason is procrastination, but we’ll discuss that some other time.) It’s really exciting, but it sure is a lot of work, and worry—writing job descriptions, setting goals, creating training schedules, fretting and questioning myself over every decision, large and small. I’m sure it’s not as much work as President-Elect Barack Obama is facing, but it’s enough to keep me frantic.

So when you see me in the store looking stressed and tense, you’ll know just what to do: Smile sympathetically and say, “Chill, dawg.”

Our new Produce Department

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Suggestions

(continued from page 24)

s: “I strongly recommend Spectrum coconut oil as a great moisturizer. It’s a great value—much less than lotion—and works great. It’s fabulous for skin and I hear that it’s good for hair. Just put it in a little bottle and let it melt when you’re showering.”

r: Fabulous suggestion! I have heard one of our members call it “hair milk”—she loves to use it as a deep conditioner. Thanks for your feedback.

s: “Can we stock Israeli couscous? I hate going to Trader Joe’s or Whole Foods for this. The grains are much larger than regular.”

r: (Chris) We do stock Israeli couscous, near the other couscous and dried beans, etc.

s: “What happened to the kiwiberries? (*sad little sigh*) I’ve been trying to wait patiently, but now I fear that they just aren’t coming. You know I LURVE them.”

r: (Jean) Hurrah! They’re here! But don’t blink—the season is short. Our kiwiberries are organically grown in Northeast Pennsylvania. Someday I hope we’ll have Philadelphia-grown kiwiberries: Farmer Dave is intrigued by the possibility. (Norman) First, I was going to congratulate you for inventing a new word for loving a fruit, but then I thought I should Google “lurve” to make sure it wasn’t really a word already, and turns out it has been used: “From the movie Annie Hall: A heightened term to suggest more-than-love.” I worry for you though that your lurve for kiwiberries may go unreciprocated and your interactions with them are destined to be fleeting. Therefore, I suggest adopting a “c’est la vie” approach to kiwiberry lurve.

s: “Bring back Gardenburgers, please?”

r: (Chris) The Amy’s Burgers are selling quite well, so I don’t think we’re going to bring back the Gardenburgers. They are available as a full-case preorder, 12 boxes for \$46.13.

s: “There are never any plain croissants left for those of us that sleep in past 9 a.m. Could we order a larger # please?”

r: (Nancy) I’ll have to increase it. We get a dozen, and more on Saturday and Sunday!


s: “Please tell me when the black and white bagels are delivered?”

r: (Nancy) On Mondays, we get marble. On Thursdays we get Pumpernickel. I think I’ll add marble to Saturday, also.

s: “Re Woodstock Farms organic frozen spinach. The bag says “Product of China”—does this mean the spinach was grown there? The packaging was manufactured there? Both?? Also, no type of plastic #2 is on bag—can’t recycle it. If spinach grown in China, this is way too far away as a food source!”

r: (Chris) Point well taken. We’ll see if there is a comparable frozen spinach that is U.S.-grown. (Norman) There is much debate about “food miles” as a measure of what’s best; two of the many issues that arise are that global food provides jobs and that the environmental consequences of shipping food thousands of miles is actually tiny when compared to shoppers driving to the local store to buy food. There are also issues such as security, efficiency, diversity, etc. Google “food miles” and have a read, you may find that spinach from China is the overall best choice, after all.

s: “With all of the cool and unusual apple varieties, it would be nice to have little descriptions, e.g. tart, crispy, mild, etc. Thanks!”



Equal Exchange Coffee Purchases: A Hill of Beans and More

If you ever wondered how your purchase of Equal Exchange coffee matters in the grand scheme of things, let me share some information from our valued Equal Exchange sales rep, Nick Reid. (You may recall Nick from articles he has written for the previous issues of the *Shuttle*.) These statistics will give you an idea of our Exchange sales and the effects of those sales.

Bulk Coffee:	Packaged Coffee (10/12 oz):
2006: 7,095 lbs.	2006: 114 pkgs
2007: 8,545 lbs. (+20%)	2007: 468 pkgs (310%)
2008 (projected): 9760 lbs. (+14%)	2008: 660 pkgs (41%)
Total % growth since 2006: 37.5%	Total % growth since 2006: 479%

This means that in the last three years, Weavers Way has sold 26,331 pounds of Equal Exchange coffee. That’s 13 tons. It means Weavers Way purchases the entire yearly crop of about seven family farms (based on an average production of 1,500 lbs. of coffee annually, and 20 percent “shrink” in the roasting process at Equal Exchange). With two parents and three kids on average, that’s 35 people who survive on your Equal Exchange coffee purchases each year. Through the “social premium” attached to each pound of coffee, you additionally raised just over \$2,000 for community development projects (not including \$347 you raised just by buying Equal Exchange’s Co-op Blend; for every pound of which you buy, Equal Exchange donates \$.25 to a cooperative environmental project).

Pretty cool, huh?

~ Martha Fuller, Second Floor Manager

r: (Jean) Josh and I are working on this. In the meantime, there is a chart posted near the last register that gives information on most of our apples. We should have a complete chart ready by peach season...

s: “Carry orange juice w/calcium.”

r: (Chris) We do carry Minute Maid frozen OJ concentrated, with calcium.

s: “Why no Annie’s Balsamic Vinai-

grette? It’s surely a very popular kind and we have everything but. They do still make it—please stock!”

r: (Chris) We stopped carrying the Annie’s Balsamic vinaigrette because we do have a balsamic dressing in our “Drew’s Dressings” section (Rosemary Balsamic), and we wanted to use our limited shelf space for the greatest variety of dressings possible.

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Suggestions

by Norman Weiss

Greetings and thanks for writing. As usual, suggestions and responses may have been edited for clarity, brevity, and/or comedy. If you read Margie’s article already, you know she and I attended a natural food trade show this past October. I agree with Margie in thinking much of what now passes for “natural food” is over-packaged, over-merchandised and over-priced concoctions of ingredients. The main difference from standard supermarket fare is the absence of “non-natural” ingredients such as preservatives, artificial color and flavor, growth hormones, antibiotics, GMO’s, etc. While I think having natural versions of non-natural items

such as cereals, TV dinners, canned soups, etc. is an improvement, it is a far cry from what I believe natural foods really are, which in my mind are just plain whole foods such as produce, beans, grains, nuts (and animal products, if you are so inclined). To partially illustrate how far away the natural foods industry has come from basic whole foods (often sold in bulk), here are some of the products I singled out to make fun of: “Portable Fruit”—basically about an ounce of freeze dried fruit in a colorful plastic package. The target market is parents trying to get their kids to eat fruit in school. A perfect example of over-packaged and overpriced (about \$16/lb!) version of perfectly good food that is easily available already, in whole form, for about one-eighth the price with no waste except the core, pits and peels (which are compostable). Why not just serve kids fresh fruit? Here’s another: “Drinkable cold soup”—single servings of soup in a bottle meant to be drunk cold. Here is an excerpt of some of their marketing press release “Go Appetit Foods, LLC announces that it is launching Go Appetit® COOL SOUP™, the first entrée into a new category in convenience foods that the company has pioneered—Drinkable Soups. Go Appetit COOL SOUP is designed for people who want real food—fast. Soup is satisfying and sustaining, but people typically

associate soup with something that can only be eaten hot from a bowl. Go Appetit is actually cool soup in a bottle, ready to drink chilled on the go, at work or at home.” Please note this manufacturer considers itself a “pioneer” in a new “category” of food. And that up until now, soup could only be “eaten hot from a bowl.” When I see and read stuff like this, which the natural food show has a few thousand times over, I want to flee the show and the industry and drop out of society and eat out of trash dumpsters or go work with the Davids on our farms. At that same food show, however, the keynote address was given by Francis Moore Lappe, author of *Diet For a Small Planet* back in the Seventies. Her speech really lifted my spirits. She started out with this quote: “It’s far too late and things are far too bad for pessimism.” She then spoke about how most of our problems, including world hunger, have at the root a failure of democracy, not, as in the case of world hunger, a failure of food production capability. She said we have a privately held government, the main purpose of which is gaining the highest return on existing

wealth. After listening to her, I was motivated to read some more of her stuff, which anyone can do by visiting www.smallplanet.org. I especially recommend reading “Doing Democracy: 10 Practical Arts.” Speaking of how the wealthy live, while at the food show, we stayed at a hotel that had a “pillow library.” In the room was a menu that had a choice of about 10 kinds of pillows, delivered to your room by the hotel’s “dream butler.” Now that is democratic “freedom of choice”!

Suggestions and responses:

- s: “Grade B maple syrup? Please, thanks.”
- r: (Chris) Several shoppers have requested this item. We now have it.
- s: “Why no diet drinks in the cooler?”
- r: (Chris) Good point. We’ll be buying an additional drink case; I’ll try to have a designated section for diet drinks in the new cooler.

(continued inside on page 23)

Prepared Foods Department

Mashed sweet potatoes	\$5.95/lb.
Mashed potatoes	\$5.95/lb.
Green beans almandine	\$7.95/lb.
Honey-mustard glazed brussels sprouts	\$7.95/lb.
Wild rice with toasted pecans and dried cherries	\$7.95/lb.
Fresh cranberry and pear relish	\$7.95/lb.
Gingered pumpkin soup	\$7.99/qt.
Turkey gravy	\$6.95/qt.
Pilgrim’s grub rice salad w/pine nuts and dried fruit	\$6.95/lb.
Green olive and toasted pinenut tapenade	\$8.95/lb.
Marinated mushroom and fresh fennel salad	\$6.95/lb.
Fresh oyster bisque	\$8.99/qt.

These items will be available in the Prepared Foods section, but for larger amounts or to ensure that you get what you want, we strongly recommend ordering in advance. We are happy to make any other prepared foods dishes not listed on this menu. Just call Bonnie in the Prepared Foods Dept. (215-843-2350 ext. 102) to discuss special orders. There is a two-pound minimum order with the exception of the cranberry relish and the olive tapenade, which require a one pound minimum order. The soups and gravy are a one-quart minimum order. Most items will be available pick-up starting the Monday before Christmas. One week’s notice is required, though we will try to accommodate last minute orders.

December Coffees of the Month

Organic French Roast

Rich and full bodied, we use the freshest green coffee and transform it into this beauty.

\$7.99/lb.

Reg. \$10.01/lb.

Organic Breakfast Blend Decaf

The flavors of sweet vanilla custard, caramel and delicate cocoa are combined to make this traditional coffee so intriguing.

\$11.61/lb.

Reg. \$12.61/lb.

Organic Colombian Full City

Creamy body, mild acidity and subtle notes of ripe plum

\$9.01/lb.

Reg. \$10.01/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	Dec. 3, 2008	6:45 p.m.	GJC
Saturday	Jan. 3, 2009	10:30 a.m.	CA
Wednesday	Feb. 4, 2008	6:45 p.m.	GJC
Wednesday	Mar. 4, 2008	6:45 p.m.	GJC

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

Robin Cannick, Membership Manager

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) _____
