

Rebates Are Here!

After another successful year, the Weavers Way Board of Directors has announced a patronage rebate of \$190,000, including \$40,000 in cash. See the insert in this *Shuttle* for details.

Holiday Hours
Weavers Way will be closed
for Thanksgiving
Thurs. Nov. 27 & Fri. Nov. 28



the Shuttle

November 2008, Vol. 37, No. 11

Manager's Corner

Rebates and More

by Glenn Bergman, General Manager

As reported in the October *Shuttle*, the board has approved a rebate of \$190,000 to be paid back to members starting in November. We had a wonderful year, something few retailers can say this year. What is important for you to know is that this rebate is tax-free back to you as a member of the Co-op. The cash portion of this rebate can be used in a number of different ways: use for your purchases or redeem it as cash at the register; you can request a check (although we urge you to choose another method since this is costly to the Co-op and will take a few months to get to you), or you can make a tax-deductible donation of the cash portion of your rebate to Weavers Way Community Programs (WWCP).

This is where I press you a little to please consider donating this cash portion back to WWCP to support the wonderful programs that are going on at the schools and at the farm. The farm and marketplace at MLK High School is of special interest. This program would not have been possible without the support of the Enon Church, the Foundation Inc. team, and the WW members who have volunteered at the

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General Membership Meeting

Sunday, Nov. 9, 6-8:30 p.m.
NEW VENUE: North by Northwest
7165 Germantown Ave (Germantown & Mt. Airy Ave.)

AGENDA

- Approval of Spring GMM Minutes
- General Manager's Report
- President's Report
- **Mark Alan Hughes**
Director of Sustainability for the City of Philadelphia
- Questions and Answers

City's Director of Sustainability at Fall Meeting

by Jonathan McGoran

At the Fall General Membership Meeting, Sunday Nov. 9, Weavers Way welcomes special guest Dr. Mark Alan Hughes, Director of Sustainability for the City of Philadelphia. Since his appointment this past spring by Mayor Nutter, Hughes has served as a Senior Advisor to the Mayor and has been working closely with the Managing Director, Deputy Mayors and other heads of Departments to coordinate sustainability policies across government.

Hughes' priorities have included:

- Creating and leading a Sustainability Cabinet comprised of department heads and senior administration officials
- Coordinating the sustainability efforts of City agencies and departments and working with a wide range of partners through a Sustainability Advisory Group
- Expanding green building initiatives and the creation of green collar jobs

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WANTED:

Members to serve on the Weavers Way Board of Directors
(especially from West Oak Lane)

We need members who:

- Are visionary • Are conceptual thinkers
- Grasp the big picture • Are connected to the ownership
- Demonstrate moral courage • Can work in a group
- Can accept responsibility and delegate authority

For more information, please contact Bob Noble,
Leadership Committee Chair: bobnoble@msn.com.

Another Fabulous Village Fair



PHOTO BY CHRISTINE BAMBERGER

HUNDREDS CAME OUT TO ENJOY THE FOOD, ACTIVITIES AND ENTERTAINMENT AT THE THIRD ANNUAL MT. AIRY VILLAGE FAIR

by Mike and Christine Bamberger

The third annual Mt. Airy Village Fair, a segue into autumn for many of us, was in actual fact a day at the beach—especially for the pets on parade, strolling down Greene Street in the sun, some wearing goggles, swimsuits, and sunglasses.

At every turn, there were interesting people. (That's Mt. Airy for you!) Blue Simmons, a writer, musician, massage therapist,

and artist was on Carpenter Lane putting profession number four to good use, painting faces with liquid latex. She can paint a whole rubber outfit on your birthday suit if you like! But not at the Mt. Airy Village Fair ...or at least not outside.

In front of the High Point Café, where he's a superb crepe-maker, Tim Gilroy was out in the sunshine, enjoying the scene. He

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Ogontz Orientation Meeting

by Ted Barbato

"We are not like a normal grocery store."

That was the message of Co-op Membership Director Robin Cannicle, as she welcomed West Oak Lane residents at the first membership meeting specifically aimed at the Co-op's new satellite store on Ogontz Avenue.

"This store is owned by you, the member," she told more than a dozen curious area residents who attended the meeting to learn more about Weavers Way.

The get-acquainted session was held Saturday, Sept. 27 at the West Oak Lane Senior Center, diagonally across from the store. Cannicle's goal was to get across basic concepts that are new to that neighborhood, "to actually just educate the community about what a co-op is, what Weavers Way is, find out what their needs are, how the Co-op can meet their needs."



PHOTO BY TED BARBATO

MEMBERSHIP MANAGER ROBIN CANNICLE (REAR) AND GLENN BERGMANN (FAR RIGHT) EXPLAIN WHAT A CO-OP IS AT THE OGONTZ ORIENTATION MEETING.

This included discussion of the concept of ownership and clarification of the work hours and the \$30 annual investment. Cannicle said after the meeting that the investment could be particularly off-putting to some potential new members in this location. "I don't want to say it's hard to be a member of a co-op, but it isn't easy. It's not what you're used to. People aren't used to

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And of course... scads more

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It's

Turkey Time!

Don't forget to order your

Thanksgiving

Turkey!

Details on page 24

Editor’s Note

by Jonathan McGoran

November is the month of Thanksgiving, and we have much to be thankful for, including another successful year at Weavers Way and, for the third year in a row, another patronage rebate.

It might seem like the world outside the Co-op is circling the drain, but there is good news out there, as well. Earlier this year, public outcry forced the state of Pennsylvania to back down on a law prohibiting dairy farmers who don’t use Recombinant Bovine Growth Hormone (rBGH) from putting “rBGH-free” labels on their products. Not long after, Monsanto quietly sold its rBGH business to Eli Lilly for \$300 million and “additional contingent consideration.” Yes, that’s a lot of money and yes, rBGH is still being manufactured, but it’s heartening that public opposition is having an impact, even in the face of staunch support from regulators and industry.

Sure, there are new threats popping up each month, and we’re still dealing with food that is cloned, irradiated, genetically modified, and nanoscaled (it’s enough to make you long for the good old days of plain old carcinogenic pesticides), but the opposition is becoming more vocal, and it is having an effect. It’s a shame that this is what is necessary for people to take notice, but we can be thankful that more people are finally catching on to the idea that perhaps they don’t want food that contains the premise of a bad science fiction movie in every bite. Dinner and a movie, anyone?

Of course, Thanksgiving isn’t just about thanks, it’s also about food, and more specifically, local food. The pilgrims didn’t celebrate with the salt cod and dried peas they brought with them, they feasted on local foods. So this Thanksgiving, I’ll be especially thankful for all the great local food that is now available. I’m not saying I’ll have cheese steaks for Thanksgiving dinner, but I might just stuff my locally raised turkey with scrapple and soft pretzels.

The *Shuttle* is published by Weavers Way Co-op
Deadlines for each issue are the first of the preceding month.
e.g. December 1 for the January issue

Statement of Policy

Articles should be under 500 words and can be submitted neatly typed, on disk, or e-mailed to editor@weaversway.coop.

Be sure to include your name, phone number, and membership number. Drop them off by the deadline to the *Shuttle* mailbox on the second floor of the Co-op. The purpose of the *Shuttle* is to provide members with information as well as education about co-ops, health food practices, and other matters of interest to the members as consumers and citizens of the community.

Articles express only the views of the writers and not those of the Co-op or the board of directors, unless identified as such. Articles, letters, comments, criticisms, and suggestions are welcome and should be directed to the editor. Space limitations require that the editor has the right to edit all articles. Ad rates are available upon request, in the advertising mailbox on the second floor, or at www.weaversway.coop. All ads must be submitted electronically, or camera-ready with prior arrangement, and should be submitted with payment. Products or services advertised in this paper should not in any way be construed to be endorsed by Weavers Way Co-op.



The *Shuttle* is printed on 100% recycled paper



November: A Time for Clean-Up

by Dave Zelov, Co-op Farmer

So it’s November now, the end of the regular farming season, time for cleaning up from the activities of the season—including in my truck. After two weeks of dealing with a smell that turned from a not-unpleasant smell of apple cider, to more of a hard cider, and then to an apple cider vinegar, I decided it was time to take action. As some of you may know, the truck that is used for Co-op deliveries of farm produce is also my personal vehicle and is used for going to market and other deliveries as well as general farm tasks.

The point is that there is a need for many items to exist in a small space inside the cab of the truck. So I started to unload, and in the small space where two small people can squeeze in inside the extended cab, I found the following: one produce scale; one file of labels; approximately 100 empty cherry tomato containers; five tablecloths; a handsaw; a needle nose pruner; three serrated knives; one calculator; one box of assorted market supplies; 17.5 baskets used for displaying produce at market (one finally succumbed to the rigors of being taken in and out of the truck); two jars for holding herbs; one wooden herb rack; rain pants; one rain jacket; one tire pump; two hats; one screwdriver; two drill bits; 17 cents, and finally one very wet carpet soaked with what was now apple cider vinegar.

November is also a time for cleaning up around the farm. We pull up the irrigation from the field, mulch the rows, till and sow cover crops in the beds, remove tomato stakes and black plastic, clean up and reorganize the three sheds (all worse than my truck by far), clean and sharpen the tools, and start to plan for next year. This year, however, after cleaning up the outdoor beds, we’ll move under cover, utilizing our



PHOTO BY DAVE ZELOV

TO THE LEFT, THE HOOPHOUSE, AND TO THE RIGHT, THE NEW GREENHOUSE

hoop houses to extend the season. We’ll once again be utilizing a hoop house at Saul High School as well as our newly constructed one (courtesy of Penn State Extension) at the farm at Awbury. We’ll be planting, or have already planted arugula, lettuce, mustard, chard, kale, and other baby greens that can withstand the cold temperatures with some protection. You’ll be seeing these on the shelves of the Co-op during the month of November, along with those familiar turnips, radishes, beets, watermelon radishes, collards, Brussels sprouts (hopefully), and perhaps still some fennel. As the Thursday farmers market outside the Co-op ended the last week of October, produce from the farm will be more plentiful in the store. We will continue to sell at the Headhouse market for a couple more weeks.

Some of you have asked recently why more of the farm’s produce isn’t available in the store. The main reason is that the farm, as a department of the Co-op, must be financially self-sufficient. When our produce is sold in the store, it goes through the produce department. The farm sells it to produce at a wholesale price and they mark it up to account for handling, display and storage. When we sell at farmers markets, we get the retail price. For any very small farm to be financially viable, the economics are such that they must sell a majority of produce at retail markets. The reason we sell at the Weavers Way Farmers Market on Thursdays is to still make available our produce to the Co-op community. Hopefully, in the future, we can figure out a way to both supply the store more consistently and sustain ourselves financially.

Harvest Festival a Bumper Crop of Fun



PHOTOS BY SOL LEVY

AMONG THE HIGHLIGHTS OF THE WEAVERS WAY FARM HARVEST FESTIVAL WERE THE HAYRIDE AND THE SACK RACES. PEOPLE MAY HAVE LEARNED SOME STUFF, TOO.

by Tom Paine

Heather Veleanu set out on a recent Saturday for the Co-op’s First Harvest Festival at Weavers Way Farm. But driving there along street after street of row houses, she recalled, “I was wondering where this farm could possibly be.”

She found the more than two-acre farm hidden behind trees off Washington Lane, just north of the Chestnut Hill East tracks, and spread across a slope in part of Awbury Arboretum. She and scores of other visitors marveled at what they saw and experienced there.

The day was to set up to show off the farm and at the same time provide an afternoon of entertainment and fun. And it delivered.

People wandered through row after row of vegetables, herbs, and flowers. Kids giggled as they painted small pumpkins. Some lucky ones won raffles. Small groups of musicians played under a large maple tree. Even the tractor pulling the popular hayride was said to have had a gas.

The farm has grown significantly since its creation in 2000, and now has outreach programs with the community and area schools. Co-operators work off their hours there, picking, washing and packing the produce, which then heads to Weavers Way and farmers’ markets. At the harvest festival, farm manager David Zelov took visitors through the crops. “A lot of people said, ‘Oh, that’s how broccoli grows,’ or ‘I never saw okra grow,’” he said.

For Eric Foster, it was “sensory overload.” He said, “My wife reached down to touch a basil leaf and it released a plume of odor in my face.” He has been a Co-op member off and on since the mid-1980s and this was his first visit to the farm. “It’s so close to the city, but you feel like you’re in Virginia.”

“For an urban farm, the Co-op and all the volunteers have done a nice job,” said Emily Ounsworth.

Clare Pisoni, loaded down with three bags of flowers, basil, and pumpkins, said

she buys basil at the Co-op, and “it’s nice to know it grows locally.”

Mike Bursack said the event was important, “just for kids to come out here and see where food comes from,” adding, “It’s a great thing to tie people to their food and to see where it comes from.”

Keasha Youmans, a neighborhood resident who was there with her husband Damian and 17-month-old son Kobe, said that the afternoon was “awesome” and that it “was a nice way to give back to the community.”

While the traditional farm activities held the interest of adults, many youngsters had fun decorating small pumpkins. As many as 20 small pumpkins at a time were spread across folding tables, getting their makeover.

Lillian Ritter, who lives adjacent to the farm, watched her two grandchildren, Milan and Justin, apply assorted colors of paint to the prizes. Other children glued fuzzy balls, beads, and eyes on the pumpkins.

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Pomegranates: A Practical Primer

by Josh Giblin, Merchandising Coordinator

When my wife was a little girl, her mother would give her and her sister pomegranate halves to eat, a task which would keep them busy for at least half an hour and guarantee purple stains on their hands and clothes. A couple of years ago, I learned how to extract the sweet and tart seeds, called arils, from within the fruit, without the mess, and presumably, some of the fun. Separated whole, however, the arils can be used in muffins, salads or combined with dark chocolate pieces for an antioxidant extravaganza. The key is doing the “dirty” work underwater. The water loosens the bonds with the pulp and also keeps any mess in check. Try it for yourself the next time you host and watch your friends’ jaws drop with delight.

Getting Down to Business

Select pomegranates with deep maroon coloring, which feel heavy for their size.

1. Slice the bottom off of the fruit just enough to reveal the aril cavities inside. Score the skin about 1/4” deep, four times around the outside. Submerge in a bowl of cold water for five minutes.
2. Pry apart the fruit underwater, and use your thumbs to gently separate the arils from the white pulp that surrounds them. The arils will fall to the bottom of the water while the pulp floats.
3. After all pods have been separated, skim the pulp from the top of the water and then drain the bowl. Spread the arils on a paper towel to dry.

Some Juicy Pomegranate Facts:

- Pomegranate season lasts from October to January (get yours now!).
- The pomegranate originated in Persia and has been cultivated in Georgia, Armenia, and the Mediterranean region for several millennia.
- Pomegranate aril juice provides about 16 percent of an adult’s daily vitamin C require-

ment per 100 ml serving, and is a good source of vitamin B5 (pantothenic acid), potassium, and antioxidant polyphenols. Some scholars believe that it was the pomegranate, not the apple, that was the forbidden fruit of the Garden of Eden.

E-mail Josh Giblin at joshgiblin@weaversway.coop

November Grocery News

by Chris Switky, Grocery Manager

Howdy, Co-op shoppers. Recent new additions to the grocery shelves include: Wholesome brand organic “light” corn syrup, just in time for baking season, and Coombs grade B maple syrup, in eight-ounce bottles. Spring Hill maple syrup, in the attractive and reusable mason jars, is all grade A, so we’re responding to requests for grade B syrup with this addition. It’s also a smaller bottle, costing only \$5.53.

Say goodbye to Arrowhead Mills peanut butters; they’ve been cleared out to make room for the new maple syrup and corn syrup. We still have Woodstock no-salt peanut butter and Maranatha salted peanut butter, creamy and chunky versions in both brands. That’s *four* peanut butters in our tiny little store; is that enough? For some, it’s probably plenty; for others, not nearly enough...

In the baking section, we’ve added Frontier coarse salt, and next door in the dressings section, you’ll find Frontera enchilada sauce. Acai fans take note; Knudsen organic acai berry juice (a blend, high in antioxidants) has been added to our juice selection, and we now have bulk roasted al-

monds on the top shelf above the bulk nut bins.

I must confess that there are moments in the course of my job as grocery manager that simply dumbfound me. A few days ago, I found two jars of peanut butter on my desk, and taped to the jars was a note that said, “seals opened.” Evidently, a shopper had returned these jars of peanut butter and gotten a refund. I hope that shopper is reading this column, because I have this to say to him or her:

It’s not my business what kind of pets you have. If seals live at your house, that’s fabulous; I hope you have a swimming pool for them. Who would think that these animals, who have flippers and no thumbs of any sort, could open a jar of peanut butter? But they did, and that is not the Co-op’s responsibility. Next time, when you bring your groceries home, put the peanut butter in a cabinet up high, out of reach of marauding pinnipeds. I hope the seals enjoyed their peanut butter snack. If they did, that would explain the phrase “seal of approval.”

E-mail Chris Switky at christopher@weaversway.coop

Weavers Way Co-op, Proud Owner of Philly Fresh Pickles

by Marjorie Felton, Deli Manager

A few months ago, Norman and I were approached by Victor Mallet, the owner of Philly Fresh pickles, who ask if we would be willing to take over the name, licensing, recipe, production, and distribution of his pickle company Philly Fresh pickles. Victor had decided to get out of the pickle business but didn’t want the product, recipe, or name to disappear. Since Glenn was on vacation, Norman and I made the executive decision to take over the company.

When Glenn returned we told him about the pickles and he agreed that it was a good idea. After having our lawyer check all the paperwork, Glenn signed on the dotted lines and Weavers Way is now in the pickle business!

Our first batch of new pickles arrived at the store in October. The pickles come in mild and spicy. Beware: the spicy pickles are *hot*. We are selling the pickles from the deli case in the Mt. Airy store and in the Ogontz store and we will also distribute the pickles to other stores in the area.

Josh is working on changing the label so it says Weavers Way.

Please support our new project and take home a jar of Philly Fresh pickles.



Thanksgiving in the Deli

The deli department doesn’t sell your Thanksgiving turkey or cranberry sauce, but we do have lots of delicious snacks and appetizers. The deli is well-stocked with interesting cheeses, crackers, pâtés, and olives.

Give your Thanksgiving salad a boost by adding Fair Trade dried cranberries and pecans and local goat cheese.

For dessert, the deli department has imported cakes, cookies, and candies, and the bakery is well stocked with breads, pies, cookies, and other treats from local bakeries.

E-mail Margie Felton at margie@weaversway.coop

New Brand of Natural Ground Turkey

by Dale Kinley, Fresh Foods Manager

I want to thank Lisa Funderberg for sharing in the September *Shuttle* her favorite items from the fresh foods department. However, she did state incorrectly that I am a vegetarian. I am not and never have been. I was macro in the 1980s but even then I ate fish. I live on Bell & Evans chicken, our fish, ground turkey, Martin’s sausages, and Natural Acres Organic meats. This weekend I’ll be cooking Meadow Run Boneless Pork Chops. Philip’s pasture-raised pork is amazingly tender, juicy, and delicious!

But this month let’s talk about ground turkey. In September we dropped Eberly’s

ground turkey because of its problem with holding color. The meat was turning grey and Eberly simply could not resolve the problem.

Our new supplier is Michigan Turkey Producers. They were started as a co-op in the early 1900’s. The turkeys are naturally raised without antibiotics. We are having the meat cryovaced in one pound packages that have a shelf life of two weeks. I actually like the flavor and texture better than Eberly. Please tell me what you think!

E-mail Dale Kinley at dale@weaversway.coop

The Scoop on Cat Litter, Part II

by Kirsten Bernal, Pet Store Manager

My quest for the “just-right” environmentally friendly cat litter has come to an end. It turns out that the World’s Best is exactly that—the best! Although I have been pleased with each product that I have tried, the one drawback I found with many eco-friendly scoopable litters was tracking. Depending on where you keep your litter box, this could be a deal breaker. World’s Best is a non-food source, corn-based litter and it is the most expensive we carry, at just over \$20. It is well worth the cost. Like other biodegradable litters, it is much longer lasting compared to clay products. I have three cats and have been using the 17-pound bag for over a month. It clumps very well and does not have a strong odor. The consistency has two benefits. First, it does not track. In addition, I think it is a great alternative for kitties who are reluctant to switch from the clay litter to which they are accustomed. The message here is that there are so many alternatives to be found that there is little reason not to switch.

I also wanted to address some changes that are happening with our stock. First, Nutro Natural Choice has been having trouble sourcing their ingredients. This has been going on for some time now, and we

have been unable to order lamb and rice, senior, and lite formulas from our vendor. This is an unfortunate situation, as I am aware of the impact on many pets of switching foods unexpectedly. At this point, I am faced with the decision of continuing to stock this line or exploring other alternatives that are not having similar issues. I

have begun to expand Eagle Pack products. We already carry this line for felines and I have added the canine formulas that are most comparable to the Nutro items that are out of stock. Eagle Pack is a better quality food and the price is comparable to or lower than Nutro. For pets that do not have sensitivities this would be an acceptable substitute. If your pet does tend to display sensitivity or if you are concerned about

choosing a higher quality food at a comparable price, I would suggest California Natural. California Natural is a much better choice than Nutro products and is no more expensive.

We will also drop Sensible Choice feline formulas. This allows us to make room for better products. In its place you will find Pet Promise. I have had member requests for this product and it is a good alternative to Sensi-

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Board Vacancy News

by Bob Noble, Leadership Committee Chair

In an article published in the July *Shuttle*, I explained how a mistake in the ballot for the Board elections this past May resulted in one less elected Board member than had been intended. At its June meeting, the Board considered whether or not the mistake caused a vacancy on the Board. If it did, the Board would be able to appoint a member to fill the vacancy until the elections next spring. Because of the unusual circumstances, the Board decided to seek legal counsel on the matter. I'm happy to report now that the issue has been resolved. At its September meeting the Board decided that the current 10 members work well together. Since the bylaws stipulate that the size of the Board should be between nine and 11, there is no need to appoint another member. Therefore, the question of whether or not the ballot mistake caused a vacancy is moot.

Save that Date!
Weavers Way
Fall General
Membership Meeting
is Sunday, Nov. 9, 2008
See page 1 for details



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As a Community That Cares, Lets Go for 99% Turn-Out Nov. 4

by Rachel Milenbach, WWCP Executive Director

As I sit down to write this article, it is exactly one month before the 2008 general election. Like others in my home, family, neighborhood, and larger community, I have been completely caught up in recent national events and have been watching a lot of television. Little did I know that when I started watching the Beijing Olympics swimming and diving competitions, they would be directly followed by the Democratic and Republican National Conventions, Hurricanes Gustav and Ike, the ascent and decent of Sarah Palin-tology, the Wall Street meltdown, and the premiere of the Rachel Maddow show on MSNBC. We find ourselves watching history in the process and also with the opportunity to change history.

In between television shows, I have been helping to register voters and keeping up with my WWCP to-do list. It occurs to me that everything I do in my Weavers Way and committee person roles, and the events that have captured so many people's attention, all have to do with commitment to community.

The word "community" is everywhere. Weavers Way Co-op is a community-owned market. WWCP stands for Weavers Way Community Programs. Each of our lives is made up of our chosen communities, based on identity, interests, needs, beliefs, resources (or lack of), age, gender, ethnicity, religion, and so on. Within Northwest Philadelphia, the area engaged by WWCP programming, there are many well-known communities—Mt. Airy, Germantown,

West Oak Lane, to name just a few. Within our neighborhoods, there are many smaller communities of people who come together in shared practice, values, interests, or beliefs. Home-school families. Teens. New mothers. Vegans. Seniors. Artists. Bicyclers. Healers. Greens. Co-op members. Commuters. Unemployed. Students. Retireds. Church/Synagogue/Mosque-goers. Soccer kids, moms, and dads. The list goes on.

Regardless of our differences and our similarities, and which communities we identify most with, Election Day brings us all together. What may divide us is not the candidate for whom we vote, but whether or not we vote. It is also the one day that all of our votes carry the same weight (at least within each state) regardless of our occupation, race, or socio-economic status. On November 4, we all fall into one of three groups: voters, non-voters, and those who try to vote but are unable to for some reason. In the U.S., about 70 percent of us register to vote and roughly 50 percent show up on Election Day. That is a pretty pathetic percentage. If each candidate gets about half the vote, then one quarter of the U.S. population determines our fate every four years.

By contrast, let's think about countries that don't take voting for granted. One day

in recent history stands out. April 26, 1994 is called Freedom Day in South Africa. On that day, millions of black South Africans turned out to vote in the country's first multiracial elections. The images are hard to forget. People were lined up for miles, waiting hours to cast their ballot. (You can view photos of Freedom Day at http://news.bbc.co.uk/2/shared/spl/hi/africa/04/photo_journal/94election/html/1.stm).

Picture these images and commit to voting on November 4, 2008. If you have received this copy of the *Shuttle* in the mail, or picked it up while shopping, you are someone who cares enough to be a member of a community-owned food co-op. You invest \$30 and six hours of your time each year. That is more time than it takes to vote in both the primary and the general election. So why not give a few more hours for the future of your community? Vote on November 4 and do what you can to help all of your neighbors get to the polls. Let's go for 99 percent voter turnout in Northwest Philadelphia. It's never been done before, but there is a first time for everything. Imagine the press we would get. Happy voting!

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Sunday, November 16th - 12:00-1:30 PM

Facilitated by Sara Lomax and Pamela Freeman. To register, call 215-844-7566

530 Carpenter Lane in Mt. Airy
215-528-2138 springboardstudio.net

Beyond Green:
Weavers Way’s Own Green Blog

by Tom Laskawy

The Weavers Way website now features a new blog viewable at <http://www.weaversway.coop/blog/> and reachable via links on the Weavers Way Home Page. Titled **Beyond Green** and written by me, our blog will focus on sustainability news, tips, and analysis. Beyond Green’s introductory post elegantly sums up the goal of this new endeavor:

And So We Begin

What’s a blog doing right here on the Weavers Way website? One way to think of this blog and the motivations behind it is as an extension of the various passionate debates that occur in the Weavers Way store aisles every day. After all, the Weavers Way mission statement says:

We are committed to the environment. We work to sustain a healthy planet, promote environmentally sound products and practices, encourage and support local and organic farming, and try to act with environmental consciousness in all our endeavors.

It seemed like an obvious idea to try to apply those values to a blog that would serve our community. But how best to do that? Initially, I thought I would simply serve up my take on the interesting eco-news of the day. But as I began looking around for inspiration, I was astounded at the number of mass-media “green” news and blog services launched in just the last few months. From the *NYT Magazine’s* recent Green Issue to *Time Magazine’s* version to Discovery Channel’s brand spanking new Planet Green Channel, it’s starting to get pretty crowded out there in greenspace.

All that MSM attention made me realize that the green movement is staring down the gullet of a massive “contrary indicator” as the financial folks might say. The fact that the Main Stream Media (MSM) is fully

on board with this whole global warming thing can mean only one thing—it’s too late.

I almost made this blog’s tagline, “How to stop worrying and love the heat.” But I couldn’t do it. That would be too defeatist. There’s a lot for us to do between now and when the ocean comes lapping at my Philadelphia Mt. Airy doorstep. We need to look at all these green developments with an eye to the following:

- 1) Figuring out how to live sustainably in an unsustainable culture
- 2) Forcing our government into meaningful action to slow global warming *and*
- 3) Preparing ourselves for living in a warm[er] world

So what I’m hoping to offer on this blog is a kind of informational triage for our current unsustainable carbon-intensive lifestyle—making “news you can use” out of all these threads of science, politics, technology, and the like. Needless to say, I welcome any and all constructive comments, suggestions, links, and blogs of note. Let’s get things rolling, shall we?

Here’s a summary of recent posts that provides a taste of what Beyond Green has to offer:

What Is to be Done?

It now appears that the U.S. must cut total carbon emissions by 90 percent by 2050 to avoid catastrophic, irreversible climate change. Unfortunately, there is something short of consensus on how and what to do and when to do it. While there are some hopeful signs of what Americans can do when pressed, the politics of the situation seem dire.

(continued on page 8)

Managers Corner
(continued from page 1)

farm and have given throughout the year. There is nothing better than seeing a quote in the *Philadelphia Inquirer* from a junior at MLK, who says that sorrel is his favorite item at the farm because it “tastes like sour Skittles.” Not in a million years would I have come up with this statement. But even better is that the kids love to work outdoors, and that they get to see their work raising money at farmers’ markets at City Hall or Ogontz.

As WWCP continues to get its feet on the ground these next few years, we will continue to report in the *Shuttle* about the activities that are going on. Your help with a donation will go a long way in helping us meet this important community mission.

Expansion: Paying up your Membership Cap and More

Last month we also reported that we had purchased another building on Carpenter Lane. A working group of staff have started looking at all of the real estate that the Co-op owns to see how we should use it to meet the desires of our members and improve the business and residential community. I hope that they will report back at the General Membership Meeting with an update of their initial thoughts, although it may take a little longer.

An important part of expansion is finding the resources to fund such a project. We can go out to the market and obtain loans, though another way is to ask members to pay their member equity investments up to the cap—\$400—so that money can be used towards capital projects. Many of you have reached the cap of \$400 or more, but many more have not, so I am asking you to dig down and pay your member investment up to the \$400 cap. If you are at \$30 or \$330, please send in a check for the full amount today. You can check out your card to see what you have already invested and then just send in or pay the difference at the register. Make sure you get your receipt. Once

you have paid the full amount, we will no longer ask you for membership dues. Remember, when and if you leave, you get the full amount of your member equity back.

Another way to support the Co-op is to invest more than your \$400 cap. You can do that, too, and though you may not make any interest back on the investment, it will be returned to you or a beneficiary when you leave Weavers Way. So even if you have \$400 in your Weavers Way member equity account, you can give more, up to one percent of the total member equity that is currently in the system. If you have any questions, please let me know.

Co-op Facts

I was preparing for a meeting with graduate students at the University of Penn last month and during my preparation for this meeting I came across the following facts from our Cooperative Grocers Information Network:

- About 30 percent of farmers’ products are marketed through co-ops and there are more than 3,000 farmer-owned co-operatives in the US.
- 10,000 credit unions provide financial services to over 84 million members
- 1,000 rural electric co-ops operate more than half of the nation’s electric distribution lines and provide electricity to more than 37 million people.
- 50 million people are served by insurance companies owned by or closely affiliated with co-ops
- More than 50,000 families use cooperative day care centers
- 6,400 housing cooperatives exist in the U.S. providing 1.5 million homes

I am not aware of the major business schools in the U.S. with co-op and other alternative business models being available as a major, even though so many people are involved in co-ops. Perhaps it is time for Wharton to provide this as a major, especially in these economic times.


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Village Fair

(continued from page 1)

moved here from New York three years ago because he wanted less hassle, more space, and more affordability. At the Village Fair, he was developing a new generation of HPC customers, selling lemonade and cookies in front of the shop.

At the entrance of our Weavers Way Co-op was Karl Martin in his neon Town Watch vest. He came here from Atlanta and has never looked back. “Everything in Mt. Airy is a close walk,” he said. A close walk and a safer walk, thanks to the work Town Watch does.

The Town Watchers are getting younger and younger. Henry School eighth grader Justin Pierce is a life-long Mt. Airy resident and, at just 13 years old, is also a Town Watch member. His favorite thing about Mt. Airy, he said, is its “good, sweet people.” Spoken like a veteran!

Mt. Airy is noted for its do-gooders and good works and at the festival there was a group of children making clay bowls at the “Empty Bowl Benefit Dinner” booth under the watchful eye of Cornelia Kietzman, who runs the ceramics studio at Allens Lane Art Center. The bowl-making children were invited to glaze their functional artworks at the Art Center and then give them to the Northwest Philadelphia Interfaith Hospitality Network (NPIHN) benefit for homeless families. Young kids, doing good, 19119-style!

One-hundred percent of the “80% String Band” was in attendance for the festival, crossing the border from Chestnut Hill for its gig. The band plays the fourth



GLENN BERGMAN MANNED THE GRILL (L) AND SCORES OF KIDS CREATIVELY ENTERTAINED THEMSELVES WITH THE MANY CRAFT TABLES AT THE MT. AIRY VILLAGE FAIR.

Tuesday of each month at the Mermaid Inn in Chestnut Hill. But at least two of the 80 percenters—Harry and Sarah Robbins—live on Heyward St. in Mt. Airy. He plays the double bass violin and she plays the auto-harp. As for the name, the band members figure they get their songs about 80 percent correct. A modest group making great music with Scottish, English, and Appalachian roots, and a little bit of Mt. Airy (and Chestnut Hill) thrown in. Good stuff!

If you don’t know Claudia Raab, you’ve probably seen her. You may have attended one of her impromptu sidewalk sales on a Sunday diagonally across from the Co-op. If you have, you may have felt that you were in a bazaar in Mexico or a market in Morocco or Turkey. Claudia likes to travel and has an eye for the bizarre and whimsical. But not today at the Mt. Airy Day Festi-

val. She is only selling preserves. Claudia explains that her squirrel clock goes off at this time of year and she becomes “obsessed with putting food away for the winter.” Unlike something you might see at the Silver Palate or some fancy gourmet basement, Claudia’s preserves are very exclusive. In fact, they’re available “nowhere.” Just at the fair!

Smack-dab in the middle of Carpenter Lane, Gerald Aronson was selling raffle tickets to benefit Ned Wolf Park, on Ellet Street at McCallum. He was around when that little, lovely patch of green was a filling station. He knows a lot about Ned Wolf, too. Ned Wolf, if you’re curious to know, was the president of the West Mt. Airy Neighbors Association in the early 1970s and a very young lawyer when he responded to President Kennedy’s open call for lawyers to represent victims of racial segregation. He did for his country, and for his neighborhood, too.

At the Philly Garden swap booth, Jaylen Davis, 10, was making a terrarium and filling out a “Terrarium Pledge Sheet” that

promises the most doting care one has ever seen for a plant. You might think of terrariums as an experiment in Darwinian survival under the worst conditions, but the folks at Philly Garden Swap go so far as to contract a promise of digital picture uploads after six months. They mean business!

The Weavers Way Farm Stand was manned by David Siller of Germantown, who has worked at the Co-op for two years. His goal for the farm is to use urban land to cultivate our community and to energize folks to participate. There was a lot of farmy stuff going on. Over at the Manatawna Saul 4-H Club we met Julie Fagan, a GFSer who volunteers for the club every Saturday, training animals to be shown at various fairs, like the one in Mt. Airy. She was ankle-deep in hay and watching over baby calves, a sheep or two, and a pig, which have become the delight of the neighborhood children. Three-year-old Nora Tannen and one-year-old Eva Herazyk were playing with a two-day-old calf!

By next year, that calf could be one of the bathing beauties in the Pet Parade!

PHOTOS BY CHRISTINE BAWERGER



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Director of Sustainability
(continued from page 1)

• Developing a comprehensive plan for auditing and reducing energy use in city owned buildings

“Local governments are on the front lines when it comes to dealing with climate change and environmental issues,” Hughes said after his appointment. “Our goal, here in Philadelphia, is to move the sustainability agenda further and faster than in any city in the United States.” Prior to his appointment, Hughes had served since 1999 as a Distinguished Senior Fellow at the University of Pennsylvania’s Fox Leadership Program.

“The appointment of Mark Alan Hughes is a major coup for Mayor Nutter and his team,” said Bruce Katz, Vice President of the Brookings Institution and Director of the Metropolitan Policy Program. “Mark is one of the most creative urban thinkers in the U.S. today and focusing his attention on sustainability matches the right person to the right challenge.”

University of Pennsylvania President Amy Gutmann said “Mark is brilliant and indefatigable, and will bring tremendous vision and energy to this critically important new role.”

At a press conference to announce his pick, Mayor Nutter urged all organizations and sectors in Philadelphia to lead by example in their sustainability efforts. “If we are going to become the greenest city in the United States,” said Mayor Nutter. “Then all of us in Philadelphia need to be working towards that common goal Whether city government, private industry, non-profit organizations, or private citizens, we all need to make every effort to conserve resources, to reduce waste, and to promote sustainable methods of living and doing business.”

As Director of Sustainability, Hughes is situated in the Mayor’s Office and is responsible for developing, implementing and overseeing the City’s environmental policies and initiatives.

Patrick Starr, Vice President of the Pennsylvania Environmental Council, welcomed the appointment, saying, “Sustainability is as much about supporting families with good jobs, quality homes, and clean transportation alternatives as it is traditional environmental issues. Mark’s policy background and practical experience in these fields will enable him to blend land use planning, housing and green-collar job opportunities into a compelling sustainability agenda for a competitive Philadelphia.”

<http://www.phila.gov/green/>

Marketplace Program Banks Local



THE MARKETPLACE PROGRAM, ONE OF WEAVERS WAY CO-OP’S EXEMPLARY COMMUNITY PROGRAMS, RECENTLY OPENED ALL SEVEN PARTICIPATING MARKETPLACE SCHOOLS BANK ACCOUNTS AT VALLEY GREEN BANK. JAY GOLDSTEIN, CO-OP MEMBER AND PRESIDENT AND CEO OF VALLEY GREEN BANK, WAS PRESENT WHEN THE ACCOUNTS WERE OPENED. “VALLEY GREEN BANK IS VERY PLEASED TO HAVE THE MARKETPLACE ACCOUNTS. AS A COMMUNITY BANK, IT IS OUR MISSION TO SUPPORT COMMUNITY EFFORTS. WE ARE PARTICULARLY PROUD TO BE PART OF AN INITIATIVE THAT TEACHES STUDENTS FIRSTHAND HOW TO OPERATE A SMALL BUSINESS. WHAT A VALUABLE LEARNING EXPERIENCE.” FROM LEFT TO RIGHT, WEAVERS WAY COMMUNITY PROGRAM EXECUTIVE DIRECTOR RACHEL MILENBACH, WEAVERS WAY FINANCE MANAGER SUSAN BEETLE, GOLDSTEIN, AND VALLEY GREEN BANK ASSISTANT BRANCH MANAGER BEVERLY MORGAN.

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On November 4, Vote Yes for the Future of Our Parks

by Bruce Pitcairn Murray

Did you know that Philadelphia was created with the enlightened vision of being a city within a park? In the centuries since, our founding vision has been lost, or at least changed.

In fact, while all other city departments have increased resources, Fairmount Park's budget, adjusted for inflation, is less than half of what it was 20 years ago. Many people feel that the Fairmount Park Commission, in the name of "independence," has in fact been marginalized by the city. That is why many park supporters and advocates support the charter change ballot question that will be in front of voters on November 4. This referendum will unify the Fairmount Park Commission (FPC) and the Department of Recreation (PDR); make the Mayor directly accountable for funding and maintenance; create an open and transparent process to appoint Commissioners; and will take new steps to protect parkland.

For the first time, the new Commission on Parks and Recreation will be charged with establishing guidelines for acquisition, lease, sale, and development of parkland and resources, so that land deals will not be done on an ad hoc basis. Change is underway. Mayor Nutter and City Council have just approved the biggest increase in park funding in decades.

As a member of the Friends of Ned

Wolf Park, one of the city's smallest and most recently renovated parks, I have only a few years of membership with Philadelphia Green, the local-parks-group-support organization within the Pennsylvania Horticultural Society (PHS). As a park steward, I have been privileged to see up close much of the rehabilitation and maintenance work, as well as the political advocacy that many people in the city do every day. One lesson from participating in the park's restoration is that all the many groups and individuals who toil for parks and recreation spaces in Philadelphia look to the Philadelphia Parks Alliance as the chief advocate for all of us.

I believe that we should all heed the call and follow the counsel of the Philadelphia Parks Alliance leadership, who, as the most informed voice on parks in Philadelphia, strongly supports the charter change referendum. Three years ago the Parks Alliance opposed legislation to merge FPC and PDR. What has changed for the Alliance, the largest parks advocate in our city? First, the original legislation was perceived to be a cost-cutting strategy, but that is no longer the case. Mayor Nutter, a proponent of the referendum, has proposed in addition to the current budget increase, a 46 percent increase for parks over the next five years. Secondly, since 2005, the Parks Alliance

and their partners have facilitated a robust discussion about park reform with citizens, experts, and government officials.

Last June, over 100 top city officials, press, and advocates joined the Philadelphia Parks Alliance in the Mayor's reception room at City Hall for the release of the groundbreaking study, "How Much Value Does the City of Philadelphia Receive from its Park and Recreation System?" Commissioned by the Parks Alliance, funded by the Lenfest Foundation, and conducted by the nationally renowned Trust for Public Land, the study shows that the City of Philadelphia and its citizens realize hundreds of millions of dollars per year from our park and recreation system. In his remarks that day, Mayor Nutter said, "Now we are working together to expand the resources and extend the reach of what the parks and recreation can do for Philadelphia... I will create the best park system, not just in the nation, but in the world."

I will follow the lead of the Park's Alliance and their years of great study and effort to preserve and promote Philadelphia's parks by voting "yes" for the charter change referendum on November 4. If you want more information to make your own decision, go to the Parks Alliance website at www.philaparks.org.

Bruce Murray works to help small companies create a cooperative company culture, and is a member of the Philadelphia Green Steering Committee and the Friends of Ned Wolf Park. You can reach him at brucemurray@verizon.net.

Beyond Green

(continued from page 5)

Saving the Planet is Tricky!

Oh, for the days when “Paper or Plastic?” was the burning question of our lives. Now we have to question the true environmental impact of everything, from hybrid cars to air conditioning to local food production. Beyond Green ponders the true possibility of a low-carbon lifestyle.

Whither Pennsylvania?

The Union of Concerned Scientists recently released a study of the effects of global warming on the Pennsylvania climate, and the news is not good. Worst case: by the end of the century we'll have the climate of present-day Georgia. Even the best-case scenario, where we've made massive cuts to carbon emissions, still warms our state to the level of present-day Virginia. Change is coming, indeed.

Organic Ouch!

World commodity prices are down, but you wouldn't know it from the grocery store shelves. It's bad enough that meat and poultry prices are through the roof because of the scarcity of organic grain. With the hurdles to organic farming practices growing by the day and conventional food prices reducing the organic price premium, we're faced with the possibility that more and more farmers will abandon organic practices while fewer and fewer turn organic in the first place....

Weavers Way hopes all Co-op members visit the blog and share the URL with their friends and family. Visitors to Beyond Green are encouraged to suggest links, topics, and ideas, and generally add their voices to the conversation.

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A Challenging Summer for Friends of the Wissahickon Volunteers

by Kevin Groves and Denise Larrabee

While many Philadelphians were “down the shore” over the summer, volunteers with the Friends of the Wissahickon worked to restore Wissahickon Valley Park’s 57 miles of trails. This project, the Sustainable Trails Initiative (STI), is essential to preserve the Wissahickon Valley for future generations.

STI is a three-phased, multi-year project to make the 57 miles of National Recreation Trails in the Wissahickon a physically and socially sustainable system that works for all park users. The project is being organized by the Friends in partnership with the Fairmount Park Commission and project consultants from the International Mountain Bicycling Association (IMBA) Trail Solutions.

The Early Implementation Project entailed reconstruction, partial re-routing, invasive weed removal, and replanting of one mile of the lower trail on the East (Chestnut Hill) side of Wissahickon Creek between Bells Mills Road and Thomas Mill Road (the covered bridge). (Full implementation would involve four to five miles of trail.) In conjunction with work on the trail itself and planting along the trail corridor, prototypes of the new trail blazing, signage, and information kiosks were installed. Workers also created a handicap accessible parking place in parking lot #5 (the lot opposite the trailhead) and improved a handicap accessible trail section from Bells Mills Road to the Pavilion.

A Challenging Trail

Three aspects of this project were espe-

cially challenging, according to David Dannenberg, Board Member and STI Committee Co Chair. First, some of the trail passes over exposed bedrock that sits below springs that seep water throughout the year. Keeping these sections of trail dry and ice free without compromising the aesthetic quality of the exposed rock was something that trail consultants told FOW had not been attempted elsewhere. “With the innovative building techniques we used for this project, the stone trail tread will remain exposed yet dry and ice-free throughout all four seasons,” says Dannenberg.

The second challenge presented by this particular section of trail was that much of it is located in the flood plain with easy access to the creek—and easy access of the creek itself onto the trail. The challenge was to relocate sections of the trail above the flood plane, allow for restoration of trampled and degraded sections of the stream bank, while still providing appropriate user access to the creek. “This has been a very exciting project,” says Jill Van Winkle from IMBA. “We’ve had a chance to use innovative techniques nobody has done before.”

The final challenge was to substantially reduce the enormous quantity of invasive exotic plants that line the trail corridor, and establish in their place a healthy native plant community. At the conclusion of the trail work, landscape designer Larry Weaner began implementing his native plant restoration plan by planting native trees and shrubs.



PHOTO COURTESY OF FRIENDS OF THE WISSAHICKON

A CREW OF FOW VOLUNTEERS MOVES LARGE ROCKS TO COVER DRAINAGE PIPES THAT WILL REDUCE EROSION BY LEADING WATER UNDER THE TRAIL AND DOWN TO THE CREEK.

Battling the Invasives

“Trail work disrupts the soil and creates an environment that allows invasive plants to very easily take hold,” says Weaner. Removing invasives along the edges of the trail and planting native plant seeds, along with long-term management, will help correct this problem. For this part of the project, Larry Weaner formulated a seed mix of aggressive native species that colonize quickly for areas along the trail where plants and soil are disturbed. The mix includes plants deer like and dislike so they won’t devour the native plants.

As workers reconstructed the trail, they loosened up the soil so seeds of native

plants can more easily take root. Then they spread the seed mixture and covered it with weed-free straw and staked it down with a jute mat so it would hold the soil down during storms. It is expected that some seeds will germinate as early as this fall.

Cooperation was essential to staying on schedule and on budget. “I love how coordinated the effort was between the trail restoration and the environmental restoration,” says Scott Gordon from IMBA. “The environmental restoration workers told us what kind of erosion control has worked well in this area in the past, and we used the machines we have to prepare holes for trees they will plant in the fall.”

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Bush Administration Kills Pesticide Testing Program

by Chris Kaiser

While the U.S. can afford to pay \$12 billion a month to fund the mess in Iraq, it apparently can't afford \$8 million a year to fund research that helps keep tabs on the amount of pesticides in your food.

Earlier this year, the Bush Administration pulled the plug on the USDA's National Agricultural Statistics Service (NASS) program, at least until 2010, citing budgetary concerns.

The program, in effect since 1990, surveys farmers and other agricultural producers to determine what kinds of pesticides are being used and how much of them. Initial reports included some 120 different kinds of fruits, vegetables, and field crops. Earlier this decade, NASS began issuing biennial reports on certain crops. Then, in the 2007 growing season, data collection was limited to just three crops—cotton, apples and organic apples. Now, the whole program is scuttled completely for a few years.

It's a pattern we've seen all too often with politicians who want to roll back environmental progress. As one blogger put it, the process seems to be:

- Loosen regulations
- Eliminate what regulations they can
- Cut back on, or eliminate governmental oversight
- Use the excuse of "budget constraints" for eliminating services.

It is well-documented that various pes-

ticides have adverse effects on human health and the environment. In addition, chemical pesticides become less effective as pests develop resistance to them. As a result, farmers increase pesticide use and eventually switch to other pesticides that also may become ineffective—a phenomenon dubbed "the pesticide treadmill." Accurate data on pesticide use is crucial to making informed decisions on pest management policy—both to minimize harm to human health and the environment, and to slow or prevent development of resistance in pests.

"NASS offers the only reliable, publicly-accessible, fine-grained data on agricultural chemical use in American agriculture," says the Center for Food Safety. "Without NASS data, it will be difficult if not impossible to track important trends in pesticide use."

The Union of Concerned Citizens, a collection of nearly 50 farm and environmental groups, sent a letter to the USDA saying that without the program, the Environmental Protection Agency (EPA), land grant scientists, and state officials many would be "severely hampered" in their ability "to perform pesticide risk assessments and make informed policy decisions on pesticide use."

They further stated that getting the same data from private firms can cost upwards of \$500,000, and such data is unreliable in quality compared to that collected by the government. Additionally, the scien-

tists said that even if they buy the information from private companies, they are "limited in the subsequent use and reporting of results derived from analytical work using the data."

The letter indicated that many of the undersigned organizations are regular, and in some cases heavy, users of pesticide data from the NASS program. "In addition, we all depend upon NASS's objective data to educate the public about pesticide use and represent the public interest in pesticide and pest management policy decisions."

Tom Philpott, food editor at Grist.org, uses the NASS data regularly. He says the data are easy to search and find meaningful trends. For example, data on applications of methyl bromide in strawberry fields indicates that, despite the chemical being banned by international treaties, its use continued to grow from 2000 to 2006 as a result of the U.S. government seeking exemptions from the global ban.

Environmentalists are also concerned that the program's demise will affect those who track pesticide use on genetically modified (GM) crops like soybeans, corn and cotton. In particular, they worry that they will no longer be able to confirm that these GM crops actually require more pesticides than their native cousins, as a report by the Union of Concerned Scientists recently proved.

Write to the USDA or contact your local representatives asking them to keep the NASS program alive.

U.S. Department of Agriculture
1400 Independence Ave., S.W.
Washington, DC 20250

Rep. Chaka Fattah
2301 Rayburn House Office Building
Washington, D.C. 20515
or
6632 Germantown Avenue
Philadelphia, Pa. 19119

Synthetic Substances OK'd For Continued Use in Organic Crop Production

from Sustainable Food News

The National Organic Program (NOP) recently ruled that the organic food industry may continue to use several synthetic substances as algicides, disinfectants and sanitizers in organic crop production following a five-year sunset review.

The NOP, part of the USDA's Agricultural Marketing Service (AMS), said in a Federal Register notice that it completed the sunset review and renewal process of 11 exempted substances and one prohibited substance—including animal enzymes, ozone gas, and cellulose.

These substances were added in October 2003 to the National List, which identifies synthetic substances (synthetics) that are exempted (allowed) and non-synthetic substances (non-synthetics) that are prohibited in organic crop and livestock production. It also identifies non-synthetics and synthetics that are exempted for use in organic handling.

Exempted and prohibited substances are required to be reviewed every five years by the National Organic Standards Board (NOSB), which recommends organic policy to the NOP.

The synthetic substances that would have expired Nov. 3, if not renewed, include copper sulfate, ozone gas, peracetic acid, and EPA List 3 Inerts.

The notice also said that the non-synthetic substance calcium chloride—currently prohibited from use in organic crop production, except as a foliar spray to treat a physiological disorder associated with calcium uptake—is also still allowed, as are agar-agar, carageenan, and tartaric acid, currently allowed for use in organic handling.

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Oh No, Not Soy Too!

by Sandra Folzer, Environment Committee Chair

I hate to be the bearer of bad news, but there are some who say that soy is unhealthy, despite all the hype. Yes, I know, the question is “Is any food safe these days?” Naturally, you have to decide for yourself. The problem is that soy is a multi-million-dollar business, so you are not going to hear anything but praise from the industry.

All soybean producers have to pay one-half to one percent of their net market price (about \$80 million) to support United Soybean programs to “expand domestic and foreign markets for uses for soybeans.” Private companies like Archer Daniels Midland (ADM) also spent \$4.3 million on *Meet the Press* advertising and \$4.3 million on *Face the Nation* in one year. No wonder more than 73 million acres were used for growing soy in the US in 2006.

We all eat far more soy than we realize. I couldn’t find a jar of mayonnaise, organic or not, that did not contain soy oil. I also found it in my vitamin D pills. Derivatives of soy are in nearly all processed food from cereals to soups and energy bars. Soy has many aliases, such as “vegetable oil” and “protein concentrate.” Since it is the main food given to farm animals, we get it in our chicken and beef, as well. Unlimited amounts of soy may be used in school

lunches, thanks to a public relation firm’s influence on the USDA.

The FDA has said soy is helpful in reducing cholesterol, yet a person ingesting the 25 grams of soy necessary to lower cholesterol is also getting 50-70 mg. of isoflavones. Only 45 mg. of isoflavones in premenopausal women was enough to reduce hormones needed for adequate thyroid functioning. These effects remained three months after soy was no longer eaten. Thyroid damage has been a concern of soy for decades, for it suppresses the thyroid. Yet we rarely hear about it, especially when research is funded by soy industries.

In a Jan. 26, 2000, article in the *New York Times*, Marian Burros said, “Not one of the 18 scientists interviewed for this column was willing to say that taking isoflavones was risk-free.”

The FDA made health claims for soy in response to pressure from Protein Technologies International, Inc., a leading soy producer acquired by DuPont in 1997. Yet two former government researchers at the National Center for Toxicological Research, Dr. Daniel Sheehan and Dr. Daniel Doerge, have requested warning labels on soy products. Soy consumption is a “large, uncontrolled, and basically unmonitored human experiment,” they say. “There is abundant evidence that some of the isoflavones [phy-

toestrogens] found in soy demonstrate toxicity in estrogen-sensitive tissues and in the thyroid. Eating as little as 30 grams of soy per day can result in hypothyroidism, with symptoms of lethargy, constipation, weight gain and fatigue.... During pregnancy in humans, isoflavones per se could be a risk factor for abnormal brain and reproductive tract development.... There exists a significant body of animal data that demonstrates goitrogenic [effect on the thyroid gland] and even carcinogenic effects of soy products.”

Sheehan and Doerge say that the health claims of soy are drawn from a 1995 meta-analysis by Dr. James Anderson, whose research was sponsored by Protein Technologies International and published in the *New England Journal of Medicine*. A meta-analysis is a summary of many clinical studies of similar subjects. It is not considered rigorous science because there is a temptation to leave out studies that are inconsistent with desired results. Dr. Anderson, for example, discarded eight studies out of thirty seven. In a similar meta-analysis published in *Nutrition and Cancer* in 1994, soy’s anticancer properties were mentioned, leaving out one study showing soy was linked to pancreatic cancer. Dr. Bill Helferish at the University of Illinois found a possible link between the growth of certain breast cancer tumors requiring estrogen and soy. When asked about health implications for increasing amounts of soy in the Western diet, he said, “It’s like roulette. We just don’t know.” Most studies show no correlation between soy consumption and cancer rates.

While there is much speculation about the possible dangers of soy, there are definitive warnings about soy-based infant formulas. Other countries, including England, Germany, and France, suggest that soy infant formula should only be used under a doctor’s supervision. An October, 2007



New Zealand report warned, “Soy-based formulas have a high phytoestrogen content, which may pose a risk for long-term reproductive health of infants. Before you decide to use this product, consult your doctor or nurse for advice.” The soy industry inhibits the U.S. from issuing such warnings.

A 1992 study by toxicologists at the Swiss Federal Health Service said 100 grams of infant soy formula has approximately the same amount of estrogen as a contraceptive pill. Based on body weight, an exclusive soy formula is the equivalent of five birth control pills per day.

Those who support soy in food use the history of soy consumption in Asia as reason not to fear its effects. However, the form and amount of soy consumed there is very different from the industrially processed soy eaten in the West. U.S. nutritionist Kaayla Daniel claims the Chinese began eating soy only after they developed a fermentation process. The fermentation process destroys many of the dangerous chemicals.

Consequently, if you are going to eat soy, choose the fermented forms like tempeh and miso.

Consumption in Asian countries ranges from nine to 36 grams per day of soy food. Americans, on the other hand, may eat a cup of tofu (252 grams) or soy milk (240 grams) as well as soy burgers, energy bars, etc., which make their intake of

(continued on page 12)

Workshop

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Not Soy, too
(continued from page 11)

soy hundreds of times greater.

Originally soy was used as animal feed. Now that scientists have found ways to disguise the color and flavor of soy, it is used as additives in most foods. The process of making soy protein is to mix the soybean meal with a caustic alkaline solution to remove the fiber, then wash it in a acid solution to get out the protein. This acid washing in aluminum tanks may leach high levels of aluminum. These protein curds are then dipped into another alkaline solution and dried at extremely high temperatures, producing the textured vegetable protein (TVP). Nitrates, potential carcinogens, are formed during the drying. Artificial flavorings like MSG are added to mask any bean taste. This process improves the taste and digestibility, but the vitamins and minerals are sacrificed.

In 1979 the Federation of American Societies for Experimental Biology (FASEB) decreed that the only safe use of soy protein was as sealers for cardboard packages.

Soy contains phytoestrogens, which mimic estrogen and which in elevated amounts affect the development of reproductive organs. Phytoestrogens impair fertility in animals. Soy is known to lower testosterone levels. Women who eat large amount of soy during pregnancy may be putting their infants at risk for reproductive tract abnormalities and future reproductive problems. Tofu has traditionally been used in Buddhist monasteries to decrease libido.

Makers of animal feed are limited in amount of soy they can use to avoid growth and fertility problems.

Soy also contains far higher levels of phylates than other grains, which inhibit the intake of minerals, like calcium and zinc. Zinc is needed for the development and maintenance of brain function, for a healthy reproductive system, and for the immune system.

Also, oxalates are very high in soy, which can cause problems in people prone to kidney stones.

Lon White found in Hawaii a significant relationship between two or more servings of tofu a week with “accelerated brain aging.”

The FDA poison data base lists 34 articles on problems with soy. See www.cfsan.fda.gov/~djw/plantox.html.

From an environmental perspective, according to a Greenpeace report in April 2006, the world’s largest soy producers in Brazil—Bunge, Cargill, and ADM—are responsible for illegal logging in the rainforest, clearing forest to create farmland for soybeans. Slavery is also suspected there, but because the logging occurs in such remote regions, it is difficult to police.

Approximately 99 percent of soy is genetically modified and has some of the highest contamination by pesticides.

I am not saying to avoid soy entirely. You probably cannot, anyway. I do believe limiting your intake is wise, given the warnings.

A good web site to check: www.mercola.com/article/soy/avoid_soy.htm

Weavers Way Film Series

The Camden 28

by Larry Schofer, Education Committee Chair

It’s not very often that one can leave the showing of a documentary film on the anti-war movement feeling good. They are always so sad, so full of horror, and have so many bad endings. *The Camden 28* breaks the mold. The Weavers Way audience could leave feeling good about a lot of things.

This story, which unfolded in our own backyard in Camden in 1971, involves a group of spiritually motivated citizens, many but not all Roman Catholic, who took a stand against the war in Viet Nam. They wanted to invade a draft office and burn the files, and then stand in witness to their act.

They got into the office, but they never got out. One of the group was an FBI informant. He was not the one who gave them the idea to do what they did, but he supplied the tools, the training, and the experience to get as far as they did.

The defendants and their lawyers were able to convince the jury that what the government was doing in the war was wrong, and what it was doing in Camden was wrong, as well. The stories of what happened at the trial are as riveting as are the stories about planning the action.

It’s an extraordinary story. The film by Anthony Giacchino won a number of



PHOTO COURTESY OF PENNSYLVANIA HORTICULTURAL SOCIETY

JOAN REILLY

awards. The showing, sponsored by the education committee of Weavers Way, had special poignancy because the two invited commentators played big roles in the film. Joan Reilly, now director of Philadelphia Green, was one of the Camden 28, and David Kairys, a prominent civil rights lawyer in Philadelphia, took this on as one of his early cases.

The film was a showing in the monthly series of films sponsored by Weavers Way and was shown at the Video Library screening room.

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The American Chestnut Returns to Chestnut Hill

by Margaret A. Pedersen

Almost none of us can now remember a time when the forests were full of the American chestnut tree, *Castanea dentata*, for which Chestnut Hill was named. But just over a century ago, this wonderful native tree dominated our landscape and in its range along the eastern seacoast from Georgia to Maine it comprised almost one out of four trees.

Sometimes known as the “king of the forest,” the American chestnut embodied the frontier American spirit: it was adaptable, resilient, and fiercely competitive. It was a fast grower and could outgrow most competitors and soar to heights of 110 to 120 feet with trunks that were eight to ten feet in diameter in a relatively short time. It was the third-largest forest tree in the U.S., behind sequoia and redwoods. The wood was straight grained and had excellent rot-resistant qualities that were highly prized. As a food source, the nuts were high in protein with a good flavor not found in other chestnuts. Next to corn, it was the most important food source for Native Americans in our region.

Our pioneer ancestors in the Appalachian Mountains in the 18th and 19th centuries depended on the chestnut as a cash crop as well as a food source for live-

stock. It was an unbeatable tree that is greatly missed in our gardens, all the more so because the name Chestnut Hill reminds us of its former glory.

Then came the chestnut blight. The disease was first noticed in 1904 at Brooklyn Botanical Gardens by William Murrill, who at first thought it to be Cytospora canker. *Endothia parasitica*, however, is an aggressive fungus disease that came in with plant stock from Asia at the turn of the last century and within a generation had devastated over four billion trees. One can only wonder what John and Lydia Morris must have thought at the time. By 1940, this venerable 60,000-year-old species was virtually wiped out. One odd feature of the disease is that it does not kill the roots



AN AMERICAN CHESTNUT TREE IN CHESTNUT HILL IN THE 1890's

PHOTO COURTESY OF MORRIS ARBORETUM

immediately and so, like a phoenix, within a few years many of the relict stumps had regenerated new sucker sprouts that promised hope of return. Alas, as these juvenile plants reached maturity in six or seven years, most of them succumbed to the blight as well. A select few, however, did not, displaying a natural resistance to the disease.

In the 1970s plant geneticist Charles Burnham thought of applying some genetic backcrossing techniques to the problem and began a restoration project. His thought at that time was that it would take seven generations of crossing and backcrossing with the blight resistant species Chinese chestnut to achieve a tree that was 15/16 American chestnut and at the same time had the blight resistance of

its Chinese cousin. The problem was that each of these generations need to reach maturity before they can reproduce, making the restoration project a 50-year endeavor. Furthermore, only one in 64 of each of the crosses will show enough blight resistance to be worth saving. Much of his work lives on now through the efforts of the American Chestnut Foundation as they encourage the development of many small nurseries where seedlings from these crosses can be grown up. Many of these plants are now reaching the sixth generation and we all hope that within a few years we will see this native beauty restored to its rightful place in our gardens.

In the meantime, some very promising crosses of *Castanea dentata* from the Kentucky State champion chestnut and several resistant crosses have become available to the Morris through an Arboretum friend by the name of Tim Womack. Tim, who is the founder of Trees Ashboro, in Ashboro, North Carolina, is intensely interested in restoring the native chestnut to our American landscape and has made it his life's work to accomplish this. Most often seen on his bike, Tim travels throughout the country helping to plant and celebrate trees in general and chestnuts in particular.

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Philadelphia University Offers Innovative Program in Environmental Sustainability

by Debbie Goldberg

At a time when energy costs are soaring and public attention is increasingly focused on environmentally friendly lifestyles, Philadelphia University is offering a new major in Environmental Sustainability that will educate and train leaders who can help establish, manage, and meet an organization's green goals.

"Our graduates will have a comprehensive understanding of sustainability strategies, as well as the technical and social science expertise, that will prepare them to serve as environmental leaders for corporations, government agencies, nonprofit organizations, and other workplaces," said Co-op member Tom Schrand, associate dean of the School of Liberal Arts, who helped develop the program.

The B.S. in Environmental Sustainability is believed to be the only such program in the region and one of only a handful in the country. Unlike more traditional programs in environmental science that focus on the scientific aspect of the field, Philadelphia University's program provides a comprehensive overview of all the components relevant to establishing and managing environmental policy and planning.

The new program includes courses in green architecture and urban planning, energy systems and politics, green marketing and management, sustainability for developing nations, industrial ecology, sustainable agriculture and natural resource management.

"This innovative new program is a great fit for Philadelphia University and will draw on our existing strengths in sustainable design, environmental sciences, engineering and green business," said Jeff Senese, the university's vice president for academic affairs.

The rise of the so-called green-collar employee was highlighted in a recent *New York Times* story. Graduates of Philadelphia University's program would be well-positioned for jobs such as environmental sustainability coordinator at a college or university, chief sustainability officer for corporations, law firms and other businesses, director of an agency such as the Sustainable Business Network of Greater Philadelphia, as well as consultants.

Philadelphia Mayor Michael Nutter has appointed Dr. Mark Alan Hughes as the city's first director of sustainability to guide the city's efforts to set and meet sustainability goals. (Hughes will be the special guest at Weavers Way's Fall General Membership Meeting, Nov. 9. See page one for details.)

In addition to a growing green lifestyle movement—witness the rise of the hybrid Prius and increased interest in green buildings—the new major responds to a number of global trends, including greater demand for oil supplies, increasing pressure to restrict carbon emissions, the growing world population, and the rapidly expanding economies of China and India.

"Sustainability efforts will require specialists with deep technical and theoretical knowledge in their fields, and Philadelphia University already is producing them," said Schrand. "At the same time, we will also need sustainability generalists, who have an overview of all of the technical, political, and scientific specialties, and who can build bridges between them. We have an exciting opportunity here to help fill that need as well."

For more information about the program, contact Tom Schrand at schrandt@philau.edu.

Washington State to Exclude Organic Milk, Baby Cereal from WIC Program

from Sustainable Food News

The Washington state Department of Health WIC Program is proposing a ban on organic milk and Earth's Best brand of organic infant cereal from its list of approved foods for low-income women and children.

The new food rules for the Washington State Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) would start in October 2009.

The agency said the reason for pulling the products off the list was cost.

For instance, the program wants to yank the Earth's Best brand of organic infant cereal off the list because it is more than 10 percent higher in cost than other infant cereals.

As for organic milk, the agency again cited cost as the reason, adding that the average cost for organic milk is more than two times the average cost of conventional milk.

"When organic milk was approved for Washington WIC 8 years ago, the cost of organic milk was only slightly higher than non-organic," the agency said. "This is no longer true."

But proponents of organic argue the state is discounting, possibly disregarding, the health impacts of organic foods versus conventional. Non-organic milk, some say, is more likely to contain antibiotic residues,

for instance.

The agency pointed out, however, that Washington is the only state approving any organic food other than fresh fruits and vegetables for WIC.

Plus, it said, those clients that choose organic milk as a way to avoid milk from cows treated with bovine growth hormones need not worry. All unflavored milk sold in Washington supermarkets has been produced from cows not treated with bovine growth hormone, the agency said.

Still, to keep costs in line, the WIC program said it needs to evaluate the costs of organic food in all food categories.

A similar plan proposed in Montana last year has since been abandoned.

Looking for Leadership

Several of the Co-op's most important committees have been inactive and are in need of dynamic leadership.

If you are interested in serving on a committee, contact Serena Pepito at boardadmin@weaversway.coop

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Fiscal Year 2008 Financial Report

by Susan Beetle, Finance Manager

The accompanying financial report covers the Co-op's 2008 fiscal year (the period from July 1, 2007 through June 30, 2008).

The income statement compares actual income and expense for the year to the amounts budgeted and the amounts from the prior fiscal year. Some highlights:

- Sales were 5.9 percent higher than budget and 12.5 percent higher than last year.
- Operating expenses were 3.0 percent higher than budget and 9.8 percent higher than last year
- Net earnings before taxes were 41.6 percent higher than budget and 43.5 percent higher than last year
- Income taxes rose sharply this year, due both to higher net earnings and to our having fully used up in fiscal year 2007 the tax loss carry-over that had helped to reduce our tax liability for several years.

Given these solid results, the Board of Directors has declared a \$190,000 patronage rebate for eligible members. Details appear in the insert in this issue of the *Shuttle*.

The balance sheet compares the Co-op's assets, liabilities, and equity with their values a year ago. With regard to assets, only cash is less than a year ago. But it is less by only \$15,000 while in the course of the year we paid off more than \$340,000 of long-term debt in order to strengthen our balance sheet in anticipation of seeking financing for expansion.

Finally, member equity has increased significantly—by 34 percent—in the last year, due to an increase in membership, from 3,197 in June 2007 to 3,352 in June this year and the declared fiscal year 2008 rebate.

The bottom line? It has been a good year for Weavers Way. Thanks to everyone! If you have any questions or want additional information, feel free to email sbeetle@weaversway.coop or call me at 215-843-2350 ext. 110.

Financial Statement Fiscal Year 2008

| | FY08 Budget (full year) | | 6/30/08 (full year) | | 6/30/07 (full year) | | Prior Year Variance |
|-------------------------|----------------------------|--------|------------------------|--------|------------------------|--------|---------------------------|
| | \$ | % | \$ | % | \$ | % | |
| Income Statement | | | | | | | |
| Sales | 7,295,920 | 100.0% | 7,726,421 | 100.0% | 6,867,707 | 100.0% | 112.5% |
| Cost of Goods Sold | 4,778,882 | 65.5% | 5,063,058 | 65.5% | 4,534,158 | 66.0% | 111.7% |
| Gross Profit Margin | <u>2,517,038</u> | 34.5% | <u>2,663,363</u> | 34.5% | <u>2,333,549</u> | 34.0% | 114.1% |
| Expenses | | | | | | | |
| Personnel | 1,778,598 | 24.4% | 1,857,182 | 24.0% | 1,622,720 | 23.6% | 114.4% |
| Other Operating Expense | 511,979 | 7.0% | 503,041 | 6.5% | 532,725 | 7.8% | 94.4% |
| Governance Expense | <u>30,863</u> | 0.4% | <u>30,863</u> | 0.4% | <u>22,286</u> | 0.3% | 138.5% |
| Operating Profit | 195,598 | 2.7% | 272,277 | 3.5% | 155,818 | 2.3% | 174.7% |
| Other Income | 98,980 | 1.4% | 251,999 | 3.3% | 149,599 | 2.2% | 168.4% |
| Other Expense | <u>39,031</u> | 0.5% | <u>162,358</u> | 2.1% | <u>53,199</u> | 0.8% | 305.2% |
| Earnings Before Taxes | 255,547 | 3.5% | 361,918 | 4.7% | 252,218 | 3.7% | 143.5% |
| Income Taxes | | 0.0% | 83,039 | 1.1% | 35,332 | 0.5% | 235.0% |
| Net Income | <u>255,547</u> | 3.5% | <u>278,879</u> | 3.6% | <u>216,886</u> | 3.2% | 128.6% |

| Balance Sheet | 6/30/08 | | 6/30/07 | | Prior Year |
|----------------------------|-----------|--------|-----------|--------|---------------|
| | \$ | % | \$ | % | Variance |
| Assets | | | | | |
| Cash | 795,487 | 36.4% | 810,430 | 37.9% | 98.2% |
| Inventory | 293,380 | 13.4% | 271,264 | 12.7% | 108.2% |
| Other Current Assets | 73,728 | 3.4% | 52,932 | 2.5% | 139.3% |
| Fixed Assets | 961,513 | 44.0% | 949,197 | 44.4% | 101.3% |
| Long-term Assets | 60,887 | 2.8% | 51,902 | 2.4% | 117.3% |
| Total Assets | 2,184,995 | 100.0% | 2,135,725 | 100.0% | 102.3% |
| Liabilities & Equity | | | | | |
| Accounts Payable | 221,576 | 10.1% | 219,905 | 10.3% | 100.8% |
| Other Current Liabilities | 349,149 | 16.0% | 257,756 | 12.1% | 135.5% |
| Long Term Liabilities | 0 | 0.0% | 344,424 | 16.1% | 0.0% |
| Total Liabilities | 570,725 | 26.1% | 822,085 | 38.5% | 69.4% |
| Member Equity | 937,376 | 42.9% | 725,635 | 34.0% | 129.2% |
| Retained Earnings | 588,015 | 26.9% | 371,120 | 17.4% | 158.4% |
| Year-to-Date Income | 88,879 | 4.1% | 216,885 | 10.2% | 41.0% |
| Total Equity | 1,614,270 | 73.9% | 1,313,640 | 61.5% | 122.9% |
| Total Liabilities & Equity | 2,184,995 | 100.0% | 2,135,725 | 100.0% | 102.3% |

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Carbon Markets 101

by Betsy Teutsch

In mid-September, as the financial world as we know it was crashing, I was attending the GreenPowerConference on carbon markets, a fascinating program in Washington D.C. that focused on the economy of the future, which is already taking shape. For my new job with GreenMicrofinance, an organization that works to help microfinance clients obtain green loans for clean energy (most of them have no electricity connection and are dependent on fossil fuel), I wanted to better understand this emerging scene. Microclients who obtain loans to go renewable instead of remaining petroleum-dependent lower their carbon emissions.

In theory, that is a huge amount of carbon offsetting in aggregate, even if each individual household or business has just a miniscule carbon footprint by global standards. How do we go about capturing the value of these emissions in the world carbon market?

The carbon market was created by the Kyoto protocol (famously not endorsed by the U.S.) in response to the evidence that the earth is overheating due to the excessive green house gas emissions caused by consuming fossil fuels. The solution, to reduce these emissions, is global and massive, and

while the U.S. is late to the table, it is clear that even with foot-dragging politicians slowing the process, the United States business and environmental sectors, and even our state governments, are simply moving forward without them. Some of the folks involved in this huge international sub-stratum of the economy are scientists, policy makers, and environmentalists on the ground, working on projects. A great many are financiers who trade in carbon like they would in any commodity. It's quite a fascinating Wild West world. A presentation by Steven Fine of ICF International laid out the challenges elegantly for a non-tech person like me.

How do you design and plan systems and projects when the cost of energy is not knowable? Look at how unpredictable prices for different energy sources have been in the last year or two. Oil went up \$25 a barrel during the conference. Wind energy is now considered cost effective. Solar prices are expected to come down. We are all flying blind here.

The regulations and policies are not yet known. While it is assumed that there will be a U.S. cap and trade system in place, the Western Climate Initiative states are initiating their own, a Northeast consortium of

states are doing the same, RGGI, Regional Greenhouse Gas Initiative, kicks into place this October by holding an auction to set a base carbon price, and Kyoto itself expires in 2012.

The technologies to accomplish the goals continue to develop, but most are not in place yet, like sequestration of coal emissions. Their price is also a complete unknown. I can add two more items to Fine's: This marketed and traded commodity—tons of carbon—is invisible to begin with, and what is actually being “produced” is the opposite; that carbon ton is in reality *not* being produced, so its existence is abstract. We are buying and selling the non-creation of an invisible substance. Tricky!

You see the problems. It's remarkable to me that so much has actually been accomplished; for example, despite a lot of grumbling about their slow and bureaucratic procedures, the UN's committee that approves projects for offsets, or clean development mechanisms (CDMs), has approved several thousand projects, with thousands more in the pipeline. These projects are designed to benefit the developing world, which is disproportionately impacted by global warming. Households in the developing world generally suffer from “energy poverty”—the lack of reliable electricity severely hampers all aspects of life. Stay tuned. Our participation in the carbon economy—not just as emitters but as offsetters—promises to restructure the costs of everything. And it can't happen soon enough.

You can read Betsy Teutsch's blog at www.MoneyChangesThings.blogspot.com

Books Through Bars Needs Your Help, and Your Books

by Patty Brotman

Once again, Books Through Bars (BTB) is asking for your help, in the form of volunteers to pack boxes, or donations of books and money.

Each month, BTB receives 1,200 to 1,500 letters from prisoners. One quarter of these letters ask for dictionaries, both Spanish and English. Other books most requested: thesauruses, law dictionaries, vocational material, careers, etc., GED books (highly sought after), Yoga and meditation, books on health, drawing, African American studies (which includes poetry, history, mysteries—everything by Black authors), and Latino literature and history. “Westerns” are also wanted.

If you are uncertain of some material, give Tim a call (tell him Pat Brotman sent you), and he'll be happy to give you a hand.

Books Through Bars works out of the A-Space at 4722 Baltimore Ave. in West Philadelphia (215-727-8170 or info@booksthroughbars.org). Their website www.booksthroughbars.org shows more. A lively camaraderie at BTB extends to all volunteers. Perhaps we can have a Weavers Way group go to pack boxes of books together, one Tuesday evening soon! Let's talk about it.

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November Garden Notes

by Mark Goodman, The Neighborhood Gardener

Perennials

November is a good time to divide and transplant (or give away) those perennials that have multiplied unmercifully. The most likely candidates are hostas, day lilies, irises (Siberian and bearded), and evening prim- roses. I recommend dividing and trans- planting now, at the beginning of the dor- mant season, rather than at the end, in March. The plants are easier to locate in the fall, and in the spring there are too many other garden tasks.

Leaves

In mid-November, the Philadelphia Streets Depart- ment collects leaves from the curbsides in Northwest Philadelphia. To find out when leaves will be collected in your neighborhood, check cable Channel 64, or go to the Streets department website at www.phila.gov/streets and click on “Leaf Collection.”

If you have large shrub or perennial beds, you can rake or blow your leaves into the beds for winter protection. However, in perennial beds, you will have to remove the leaves in spring since they will not decom- pose over the winter and will be too messy for a spring perennial garden.



If you want to compost leaves, shred them first in a shredder, or run over them with a lawn mower.

Did You Know?

• Hellebore leaves were used as an in- sect repellent in Colonial times. In fact, any plant that does not get eaten by insects (no holes in the leaves) can be used as a bug de- terrent. Liquefy a few leaves mixed with

water in your blender, pour the liquid into a spray bot- tle, and spray your plants.

• Hummingbirds are usually attracted to plants in the purple-red-orange spec- trum that do not have strong odors. Bees, on the

other hand, favor aromatic flowers. This is nature’s way of assuring that plants will get pollinated, whether or not they are fragrant.

- The “Nippon” Shasta daisy is in the chrysanthemum family.
- Azaleas are part of the rhododendron family
- Locust trees are in the same family as peas.
- Hawthorn trees are in the rose family.
- Potatoes are in the same family as tomatoes.
- Cucumbers are in the same family as pumpkins.



PHOTO BY TED BARABATO

MEMBERSHIP MANAGER ROBIN CANNICLE TALKS WITH NEIGHBORS CURIOUS ABOUT WEAVERS WAY CO-OP AT THE CO-OP’S FIRST ORIENTATION MEETING IN WEST OAK LANE

Ogontz Orientation

(continued from page 1)

having pay a membership fee or investment to shop. But this is more than just shop- ping, it’s about being part of your commu- nity. It’s about ownership.”

Currently the Ogontz store, which opened July 1, does not charge a visitor’s fee to nonmembers, but that is expected to eventually change.

Ruby Long is already a member of Weavers Way, but she lives near the new store and is thrilled with the location. In fact, she has already tried convincing neigh- bors to join. “But I think it’s a new concept for a lot of people, and they just haven’t grasped the idea. It’s going to take a while. But I think the convenience of being close, that’s probably going to pull people in a lot.”

Debra E. Johnson, like Long a current member and West Oak Lane resident, ex- pects a tough sell among her neighbors. “This is a very interesting community. It’s mixed with a lot of senior citizens and

working people. So there’s a great divide as to how much time they will spend learning the information.”

That tough sell was evident. Andre Jen- nings was among the Oak Lane residents who has visited the store and who attended the membership meeting. She says a cashier at the store had tried explaining the con- cept of a co-op, so she wanted to learn more. “It’s my store, that’s what she told me. But I’m not sure, with all of this invest- ment stuff, with the economy going down. So I don’t know.”

Also attending the meeting were board member Bob Noble, General Manager Glenn Bergman, and David Forbes, chair- man of the Co-op’s Diversity and Outreach committee.

Forbes agrees that getting the West Oak Lane community on board will take time. “It’s something that we will introduce, word will spread. It should be interesting to see how its received. It’s planting a seed, and it’s always interesting to watch it grow.”

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FARM DAVE ZELOV SPOKE TO MANY OF THE GUESTS AT THE WEAVERS WAY FARM HARVEST FESTIVAL, INCLUDING STATE REP. ROSITA YOUNGBLOOD (LEFT) AND STATE REP. JOHN MYERS (RIGHT), BOTH OF WHOM SIT ON THE STATE HOUSE AGRICULTURAL COMMITTEE.

Harvest Festival

(continued from page 2)

The day was made possible through a lot of work by the Co-op's Farm Committee, which oversees the farm. Josh Brooks, whose mother, Norma Brooks, started the



PHOTOS BY SCOT LEVY

Volunteers Needed to Plant Trees
Saturday, Nov. 15

by Dave Tukey

Please consider setting aside part of Saturday, November 15 to help the WMAN Streetscapes Committee Tree Tenders plant 46 trees along West Mt. Airy's streets. Participation is a very direct and satisfying way of "greening" the community.

Volunteers will plant trees provided free of charge to homeowners through the Tree Vitalize program sponsored by the Pennsylvania Department of Conservation and Natural Resources. In Philadelphia the program is administered by the Pennsylvania Horticultural Society.

Trees are planted by groups of volun-

teers led by a trained Tree Tender or other experienced professional. Tools are provided for those who cannot bring their own. Refreshments will be served.

The Committee has organized several planting projects in the past year, adding an additional 56 trees to our streets. It will participate in a similar planting effort in the spring of 2009.

Please contact Dave Tukey, Project Coordinator (wmatrees@verizon.net; 215.844.2807) or Doris Kessler, Streetscapes Committee chair (doris.kessler@verizon.net; 215.242.0651) for additional information or to volunteer.

The Scoop on Cat Litter

(continued from page 3)

ble Choice. I felt that Pet Promise would be a better choice as it supports Farm Aid, as well as independent family farms and rural communities. They choose to source their ingredients from U.S. farmers and ranchers who are committed to eco-friendly, natural and sustainable practices, and humane treatment of animals. They endorse organic farming efforts and are committed to reducing the use of antibiotics and artificial growth hormone.

We've also added Organix feline formula from Castor and Pollux. This is a good organic formula and is reasonably priced. We are also stocking their great catnip toys. You can find mice, carrots, garden veggies, or sea creatures. They are made with organic catnip and are refillable. My daughter says the kitties go nuts for them! Look for

Merrick's new grain-free line, B.G. These products offer the quality you would expect from Merrick and the taste your pets love. We are starting out with six-pound bags of the feline kibble in salmon or tuna and 5.5-oz cans of 100 percent protein, including tuna, chicken, and salmon. For the doggies, there is salmon or buffalo.

You may have noticed that we have recently added Mrs. Meyers' pet products. The line includes pet shampoo, wipes, and freshening spray and household products like stain remover, carpet cleaner, and litter freshener in clary sage chamomile scent. Most members are already familiar with this line from the second floor and the pet line is equally terrific. As with all Mrs. Meyers products, they are earth-friendly and cruelty-free.

E-mail Kirsten Bernal at petstore@weaversway.coop

**Is your household
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If your household is cycle A or B-I, beginning Oct. 1, Nov. 1, or Dec. 1, you will be among the first members to use the new online work calendar. If you have not already, you will be receiving a postcard in the mail with important information about your membership and our new online work calendar. If you have any questions about this, contact us at **215-843-2350, ext 322, or signuphelp@weaversway.coop.**



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Kale Puree

by Julia Rix

I grew up without knowing greens existed. After I knew about them, I avoided them, but for no real reason other than that they were unfamiliar and therefore intimidating. This changed recently. The news from our pediatrician that my nine-month old son’s iron count was low snapped me to attention. I entered the world of kale.

Ruth Yaron, the author of *Super Baby Foods* served as my guide. She tenderly helped me work through my greens anxiety with the exuding confidence of her strictly vegetarian lifestyle.

In the past, I had watched too many bunches of kale turn to a wilted mass of oozing brown juice before I mustered up the nerve to make an attempt to cook them. Each time I opened the refrigerator I was reminded of my ambition to serve myself a healthy addition to my diet, but my inexperience made me doubt whether I could do anything but make warm crunchy bitter curly leafy leaves. Spinach, I’ve mastered. And it’s so forgiving in a pinch you can even serve the baby leaves raw! I knew it was possible to make kale taste good. My brother’s preparations have been so tasty that even my husband eats them up. I’ve asked him how to do it, but somehow his preface of “it’s easy!” immediately made me feel like my kale cooking disability was abnormal.

So now that I had a mission to increase my son’s iron count, I made a new attempt. I packed up my diaper bag and snack trap, strapped my baby into the grocery cart, and ventured out again to my less frequented

section of the produce department. The best place to buy kale, I found, is Weavers Way. It’s fresh, organic, and looks perky in the lower shelf of the organic produce section next to a few other greens that I haven’t yet explored.

Yaron’s first piece of advice served me well. She suggests that you cook your kale just as you return from the store. Another key tip from Yaron was a method to take the stems out. After you wash your kale, fold back the leaves with your right hand, then pull out the stem. The stem comes away in your left hand like the spine of a well-perforated watercolor notebook. A series of little firm tugs quickly produces a heaping bowl full of curly edged leaves.

To cook them for baby food, Yaron suggests a quick steam. Five minutes for whole leaves, then puree. What was I worried about? I now preserve these iron- and vitamin-packed super food using the frozen cube method where I simply distribute the puree into my ice cube trays. A bunch generally fills one tray. After it is frozen I transfer the cubes to a labeled zip lock bag.

A few seconds in the microwave or in a double boiler will bring them right back to edible. I add a cube here and there to my son’s food. Mixing it with oatmeal, rice, pasta, or banana (yes, banana!) makes the kale real tasty.

The good news is that my son’s iron count is up some. The bad news is that my family raises an eyebrow at his diet. They’re just jealous that at one year old he’s eating healthier than they are!

Organic Produce Farmer Wins \$1 Million in Pesticide Case

by Sustainable Food News

Organic produce supplier Jacobs Farm/Del Cabo, Inc. said Monday it has been awarded \$1 million after a jury found that its organic crops were contaminated by pesticides evaporating after being applied to a nearby area.

The landmark ruling is sure to be a wake-up call to state regulators that pesticides that evaporate and move to non-target property with wind or fog need to be strictly regulated to prevent future property damage.

“Like all organic farmers, Jacobs Farm deserves the right to do its work free from pesticide contamination,” said the company’s attorney Austin Comstock. “We believe this attentive jury sent the right message to the regulatory agencies and the chemical industry to re-examine the use of these post-World War II pesticides.”

The Pescadero, Calif.-based company grows a full line of fruits and vegetables and specializes in culinary herbs, English peas, snap peas, strawberries, and blackberries.

Jacobs sued agri-chemical company Western Farm Service Inc. in May 2007, alleging the chemical company sprayed toxic pesticides on crops near its organic farm at

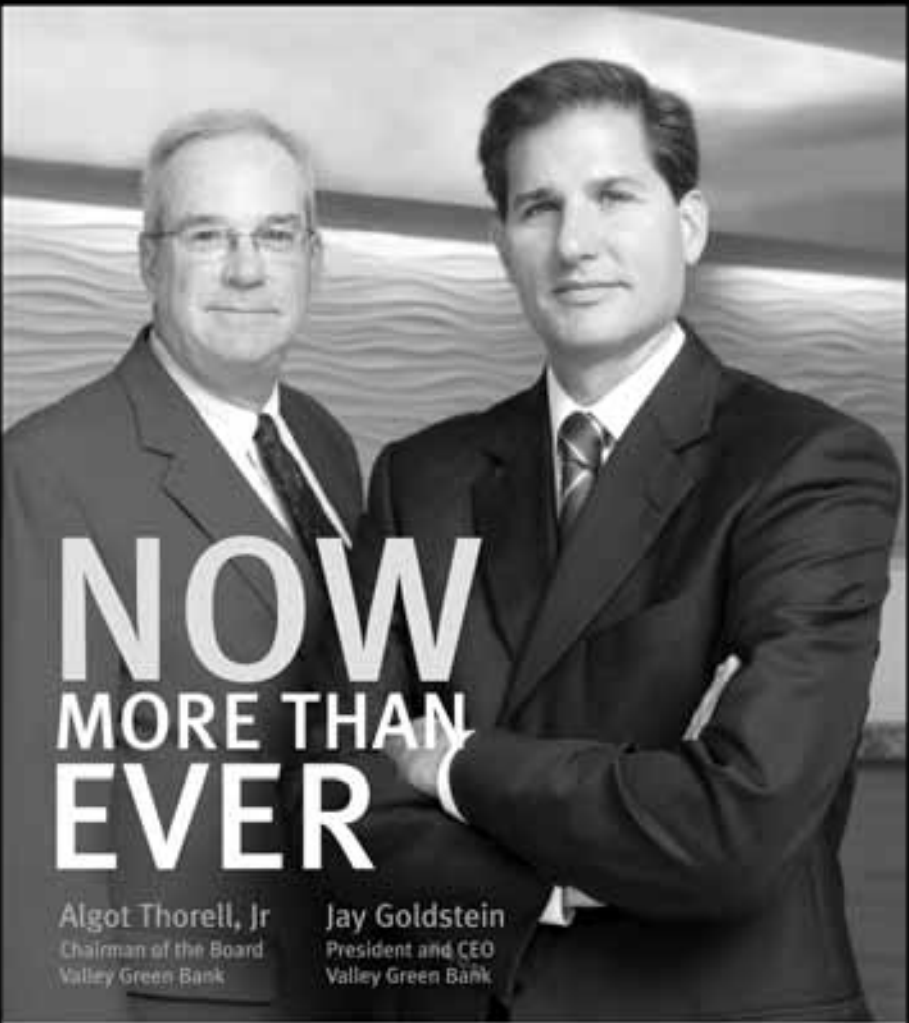
Wilder Ranch State Park, contaminating their dill, sage, and rosemary.

Jacobs said the spraying prevented the company from selling “significant portions” of its harvest of those products in 2006 and 2007.

A Santa Cruz County jury agreed that Jacobs Farm was damaged to the tune of \$1 million, and Judge Robert Attack ordered judgment in that amount against Western Farm Service.

“With growing public concern about food safety and the use of pesticides on food, the world has changed for conventional and organic farmers,” said Larry Jacobs, president of Jacobs Farm. “Growing practices that do not rely on toxic chemicals already exist. We need to implement these approaches and work on expanding the toolbox so that farmers have more non-toxic options for crop production.”

The company said the ruling allows it to continue farming at Wilder Ranch State Park, which sits on the cusp of Monterey Bay, and said it plans to invest time and resources into developing methods for producing organic Brussels sprouts on a commercial scale.



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“Urban Hermitage Project” Underway

by Jonathan McGoran

Rob Marco of Roxborough is transforming a retired schoolbus into a mobile hermitage in order to live a quasi-monastic life for the next year.

Rob is hoping to create a peaceful, zero-energy solitary dwelling for “work, prayer, and study,” as the Rule of St. Benedict prescribes. While “Urban Hermitage” may seem like a contradiction in terms, Rob notes, “It’s important for people to see what Christian Environmentalism in action looks like. It’s about the bus, not about me.”

The Vatican’s recent Statement on Sustainable Development delivered to the 62nd U.N. General Assembly made clear that preserving the environment is indeed a moral issue.

Rob finds inspiration in the ascetics of Zen architecture and design. “I am a bit of an aesthete,” he says. “I feel a person’s space—their dwelling—is an external manifestation of their inner state. The key is abiding in a space conducive to mental and spiritual clarity.”

Rob hopes to find a patron supportive of his vision who might allow him to park on their property. “Mt. Airy is such a cool place,” Rob says “I would love to end up in this area because there are a lot of people committed to sustainable living. And I love the Co-op!”

To read more about the Urban Hermitage and to follow its construction progress, visit www.natureformandspirit.blogspot.com.

Acclaimed Storyteller to perform at Tellebration 2008 in Chestnut Hill

by Dennis Strain

Internationally acclaimed storyteller and writer, David Joe Miller, will perform at Tellebration 2008, Saturday November 8, 2008 at 2 p.m. in the St. Martin-in-the-Fields Episcopal Church Parish Hall at Willow Grove Avenue and St. Martins Lane in Chestnut Hill. This concert will feature eight storytellers from the area’s diverse cultures.

David Joe Miller is a native of Jonesborough, Tennessee, home of the International Storytelling Center, where he held the position of Staff Storyteller from 1990-97. Since 1997, David Joe has traveled the world telling folktales and personal stories to such audiences as the World Bank, Disney, the Library of Congress Folk Life Center, the Smithsonian Institute, and Vice President Al Gore.

In 2006, David Joe Miller moved to the Philadelphia suburbs, where he continues to write and tell stories. David Joe also conducts Narrative Communication Workshops in corporate settings, where he teaches business, political, and sales leaders how to effectively use the power of a “well told tale.”

This year he is one of eight featured storytellers at Tellebration 2008 in Philadelphia, part of a nationwide celebration of the stories that give each culture its richness and diversity. The concert is a joint effort of “Patchwork: A Storytelling Guild” and “Keepers of the Culture,” both Philadelphia-based storytelling organizations.

The theme of Tellebration this year is “I Remember When... The Laughter and The Lessons.”

These stories will remind us of the laughter in our lives as well as the lessons we have learned along the way. These stories not only touch our lives, but will also ignite our imaginations.

Tickets are \$8.00 in advance or \$10.00 at the door. For reservations, contact Milt Cohen at 215-247-6186

For more information on David Joe Miller, call 610-310-3715 or e-mail deejum@verizon.net



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Regulators Review Animal-Raising Claims

from Sustainable Food News

What “free range” means to one company, may mean something different to another, says the U.S. Department of Agriculture’s Food Safety and Inspection Service (FSIS). FSIS recently announced it is launching a review of its policies regarding the approval of animal-raising claims in the labeling of meat and poultry products.

Examples of animal-raising claims that FSIS has approved include “free-range,” “raised without antibiotics,” “vegetarian fed diet,” and “raised without added hormones.”

Industry is quickly adapting to animal-raising claims to differentiate meat or poultry products from the competition. Consumer awareness regarding the way animals are raised has also blossomed in the past few years.

But FSIS said that new concerns over the fair use of these labels in the marketplace are cropping up, and it is “difficult” for the agency to address them through its pre-market label approval process.

FSIS said a review of its policies for evaluation and approval of animal-raising claims and recommendations to improve will create a “level playing field” for companies.

“One approach under consideration is to rely on outside certifying entities,” the agency said in a notice in the Federal Register.

FSIS said it will hold a public meeting on Tuesday morning at the L’Enfant Plaza Hotel in Washington, D.C. to discuss the development, evaluation, and proposed process for animal-raising claims.

The agency wants comments on both the Federal Register notice and whatever issues are discussed at the public meeting to

be submitted by Nov. 14.

FSIS evaluates animal-raising claims by considering information on animal production practices submitted by companies as part of their label approval requests. Approval is given if the animal production information submitted supports the claims being made and if the claim is truthful and not misleading.

FSIS also accepts certifications from a certifying organization or entity to support animal-raising claims if the agency has evaluated the certifying entity’s animal-raising standards and determined that they are truthful and not misleading and accurately reflect the claim being made.

But since FSIS does not regulate food animal production, the agency may not always have all the relevant information necessary for the proper evaluation of the animal-raising practices described in a producer’s animal production protocol.

Also, FSIS said that animal producers and certifying entities may have different views on the specific animal production practices that qualify a product to carry an animal-raising claim on its label.

“Thus, the same animal-raising claim may reflect different animal-raising practices, depending on how an animal producer or certifying entity defines the basis for the claim,” the agency said.

For example, FSIS approves “free-range” raising claims on the labels of poultry products if the producer demonstrates that the birds were allowed continuous, free access to the outside for over 51 percent of their lives through a normal growing cycle.

Under this standard, some producers or certifying organizations may support a “free-range” labeling claim if the source birds for the poultry products were allowed

access to a yard outside, regardless of whether the birds actually use the yard.

On the other hand, other producers or certifying entities may establish stricter standards for themselves and request that FSIS approve a “free-range” claim only if the source birds actually use the yard.

As with animal producers and certifying entities, consumers often have a wide variety of views regarding the meaning of specific animal-raising claims, the agency said.

“One approach under consideration is to rely on outside certifying entities,” the agency said.

A certifying entity would evaluate a company’s animal-production protocol to determine whether those practices meet the certifying entities standards for certifying the claim. The certifying entity would define and publish its standards.

FSIS would review the certifying entities’ standards to determine whether they would in any way render the claim false or misleading. For example, poultry “raised without antibiotics” claims certified by a certifying entity whose standards covered only the period post-hatch and allowed the administration of antibiotics in ovo would be considered misleading by the agency and not approved for label use.

The certifying entity would also conduct audits to verify that the animals used as the source for meat and poultry products bearing the raising claims were raised according to those standards. Companies interested in using animal-raising claims in the labeling of their meat or poultry products would submit documentation of the certification as part of their label approval requests.

If FSIS were to adopt this approach, companies could use the services of a private certifying entity or request that USDA’s AMS establish a voluntary audit-based program on specific animal-raising claims.

Regulators are hoping for public input on the following questions concerning the use of certifying entities in evaluating and approving animal-raising claims in the labeling of meat and poultry products:

1. Should FSIS continue to approve label claims based on animal-raising standards developed by private certifying entities and by companies themselves if FSIS has reviewed the standards and determines that they would not render a claim false or misleading?
2. Should FSIS establish any performance criteria or standards for private certifying entities? Should the Agency require that private certifying entities be reviewed and approved by AMS?
3. Should FSIS establish minimum standards that companies would have to achieve to qualify to use certain animal-raising claims?
4. For those animal-raising claims for which AMS has adopted standards, should FSIS adopt the AMS standards as the minimum standards?
5. Would the approach outlined in this document create any inequities or create any problems for companies interested in using animal-raising claims on the labels of their meat or poultry products?
6. What other approaches should FSIS consider for evaluating and approving animal-raising claims?

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Equal Exchange, Farm Partners Go Green

courtesy of Equal Exchange

Our planet is changing—rapidly. But through our actions, we can take steps to reduce our environmental footprint, help farmers save their local ecosystems, and advocate for agriculture and trade policies that actually benefit small-scale farmers instead of large corporations. Equal Exchange believes the positive impact of these actions would indeed represent a powerful change.

Our new campaign, “Small Farmers, Big Change: Creating a Green and More Just Food System,” represents a path to restoring justice to the food system and health to the planet. Here are a couple ways Equal Exchange is working with small farmers to green the planet.

Organic Farming

Equal Exchange partners with small-scale farmer cooperatives that work to protect the environment through sustainable and organic agriculture. Our earth-friendly approach to farming has many benefits over conventional practices—benefits such as reduced soil erosion, greater soil fertility and a safer working environment for farmers. Over 90 percent of Equal Exchange coffees (by volume) are certified organic. Because Equal Exchange is committed to building long-term relationships with our farmer partners, the co-ops can rely on the extra Fair Trade income and are able to invest in initiatives to further protect the

environment: terracing, composting, water conservation, and crop diversification. They’re also able to invest in health programs, social services and educational programs—creating healthier communities and a healthier planet.

Small Farmer Funds

Nicaragua
Another way Equal Exchange is greening the planet is in collaboration with our faith partners through Small Farmer Funds. In 2007, a Small Farmer Fund supported by the Presbyterian Church (U.S.A.) was granted for a reforestation project by a Nicaraguan coffee partner co-op, Tierra Nueva.

Equal Exchange Interfaith staff members visited Tierra Nueva in January 2008 with representatives of PC (U.S.A.) to see the progress being made so far. To date, members of Tierra Nueva have planted 100,000 coffee trees, established nurseries to grow seedlings, planted 5,000 citrus trees, and constructed 16 fuel-efficient stoves that are currently in use. “When we started as a cooperative, we had the intention of creating a system of production that complemented nature,” said project manager Ariel Escobar, during a visit to Equal Exchange in 2006. “Over the past decade, we have promoted the protection of the environment. The producers in this cooperative have understood the impor-



PHOTO COURTESY OF EQUAL EXCHANGE

“EVERYTHING I GROW IS ORGANIC,” SAYS DOÑA ANA LUCIA BAÑOL, OF ASPROCAFE, COLOMBIA. “WHY? YOU SEE MY HANDS; THEY’RE COVERED IN DIRT. BUT THEY’RE NO LONGER BURNT FROM USING CHEMICALS. AND MY LAND? WELL, IT’S TIME TO GIVE BACK TO THE LAND A PART OF WHAT THE LAND HAS GIVEN TO ME.”

tance of assisting nature and planting additional trees on each farm.”
And the difference is visible. “Look how green it is here. Wherever you look and see green, lush farms—those belong to members of the cooperative,” said Maria Theresa Mendoza Martinez, who lives in Filas Verde.

Colombia
Another project, through Lutheran World Relief (LWR), is part of a unique partnership between Equal Exchange and LWR whereby Equal Exchange makes a donation to LWR’s Small Farmer Fund for every pound of coffee, tea, and cocoa purchased by Lutheran churches.
Our farmer partners at ASPROCAFE co-op are deeply committed to the environment and have dedicated the extra money they have received from Fair Trade coffee sales to create an Organic Coffee Project. In 2006, representatives of LWR visited ASPROCAFE. Impressed with the farmers’ high level of organization and commitment to the environment, LWR decided to provide \$66,000 to support the Organic Coffee Project for two years.

The Organic Coffee Program aims to replace old coffee trees with newer, higher-yielding varieties, increase tree density, and encourage the planting of fruit trees. Technical assistance and trainings are provided to teach the farmers environmentally sus-

tainable practices that protect their water sources and enrich the soils. Another component focuses on “food security”; women are taught organic gardening and how to make natural pesticides and organic fertilizers. A revolving loan fund enables the women to buy farm animals, which are used to diversify their diets and their income sources, and the manure is used to make organic fertilizer.
By making sustainable farming a priority, Equal Exchange is able to provide the best tasting foods from small-scale farmers while also building a greener, healthier food system. Learn more about our green projects at www.smallfarmersbigchange.coop.

You can support our farmer partners in their efforts to green the planet by continuing to purchase Equal Exchange coffee, tea, chocolate, and snacks, and encourage your friends and neighbors to do the same. Equal Exchange will donate 20 cents into our Small Farmers, Green Planet fund for each package of Love Buzz coffee purchased between Earth Day 2008 and the end of this year. This money will go directly to our farmer partners in Mexico, Nicaragua, and Colombia to support their reforestation, organic conversion, and environmental protection efforts. Read about these projects on the web at www.smallfarmersbigchange.coop.



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Weavers Way Film Series: November 19, 7 p.m.

Precious Places

Because of the enthusiastic reception by the audience at an initial screening last year, “Precious Places - Part II” will be the featured film in the series sponsored by the Weavers Way Education Committee. This showing will feature three Philadelphia neighborhood films, each about 12 minutes long, followed by a discussion led by a community activist. At the first showing, the audience was so enthusiastic that after the discussion, most people stayed to see three more short films in the series. This showing will focus on the pre-Civil War Underground Railroad site in Germantown plus tales from other sections of the city. This Philadelphia based project empowers local residents to conceive, write, and make video films of projects in their neighborhoods. Scribe Video Center provides training and technical backup for the films.

The Little Theatre at the Video Library (7141 Germantown Ave., near Mt. Airy Ave.). Admission is free, though seating is limited to about 25 people.

For the future, the committee plans a family-oriented film in December. In January, instead of a film, there will be a public presentation about race and community in Philadelphia by Tom Sugrue, Weavers Way member and professor at the University of Pennsylvania, on the occasion of the publication of his new book, *Sweet Land of Liberty: The Forgotten Struggle for Civil Rights in the North*. Tom’s book on race relations in Detroit won many awards, and he is known to be a stimulating speaker.

Suggestions

(continued from page 24)

carole (great w/whole grain pasta); 2) Baby bananas—taste great, and just the right size (and promote biodiversity. Down with Cavendish!); 3) Root beer with sassafrass—a great secret ingredient for apple butter.”

r: (Jean) 1) Escarole will return soon—sales slowed over the summer, but will pick up when people start making soup; 2) Baby bananas—I so totally do not understand the appeal. Baby bananas are mostly peel. Nevertheless, we’ll probably bring those back as available. 3) (Chris) No shelf space available for adding another root beer right now. Boylan’s is available by preorder and it contains sassafrass!

s: “Why no sardines in water? Sardines in olive oil are okay, but not the healthiest, somewhat slippery, etc. Besides, most crappy supermarkets carry it and we’re cooler than that, eh?”
r: (Chris) Good point. Shelf-space is the issue on this one; it’s hard to find an open

slot to add these. You can preorder a case of Roland sardines in water, 10 x 4.3oz, tins, for \$12.16—good deal! Call Chris or Norman for details. (Norman) Thanks for noticing we are “cooler” than crappy supermarkets. You might be surprised to find out that our board has set being “cool” as an ends policy and holds the General Manager accountable. This is why you see many staff attending poetry readings at coffeehouses and standing outside smoking cigarettes. Our dress code now also requires staff to wear berets.

s: “Can we have some kind of roasted/salted almond other than the tamari almonds, which, while lovely, are too \$\$ for me. Yes, I know we have raw almonds; my kid won’t eat those. Thanks man.”
r: Good suggestion; look for them on the nut shelf.

s: “Can we get RAW sesame tahini? We used to have it but no more. Please for the RAW people in the neighborhood. Thanks, Eric.”
r: (Chris) None of our current distributors

seem to carry raw tahini. We’ll keep an eye out for it... Thanks! (Norman) You might want to inform the “RAW” people in the neighborhood that those stoves in their homes are not decorative, and can be used to cook many of the raw items we sell, which often improves things like taste, texture, and nutrition, and broadens the variety of foods available. Many foods are not really eatable raw, including basics like rice, beans, potatoes, etc. This can be confirmed by asking some COOKED people in the neighborhood.

s: “Can we have a sign saying which of the Challahs come from kosher bakeries (or at least tell me)? I know Rolings does, but what about Mindy’s, etc.? Thanks!”
r: (Nancy) Roling’s is certified kosher. Mindy’s is kosher ingredients only, not certified by a rabbi. (Norman) If you need temporary kosher certification for Mindy’s, ask Chris. He’s planning to be a rabbi for Halloween.

s: “For supplements: caprylic acid (Solgar). Prevents yeast infections!!! 400mg/day.

Please carry and spread the word!”
r: (Martha) Thank you for your suggestion. We’re always glad to place special orders for our members—please see me or one of our great second floor staffers for info. Regarding carrying this, I’ve added your suggestion to the second floor suggestion book. Anyone else? Thanks again.

s: “We really love Julie’s frozen yogurt. Thanks!”
r: (Chris) Glad you like it!! They’re proving pretty popular, so we are planning to keep them. Bon Appétit!

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: (Norman) We do stock two brands of coconut oil upstairs, Spectrum and New Chapter. Ask a second floor staffer to show you where.

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Operations, Membership, Merchandising, and Leadership Committees meet as needed. All meeting schedules are subject to change. Committee meetings are held at 610 and 559 Carpenter Lane and at members’ homes. Board meetings are held at Parlor Room of Summit Presbyterian Church. For more information about committee meetings, e-mail boardadmin@weaversway.coop or call the store.



Suggestions

by Norman Weiss

Greetings and thanks for writing. As usual, suggestions and responses may have been edited for clarity, brevity, and/or comedy. Many of you know by now that our co-op is the proud owner of 542 Carpenter Lane, which we had to buy because we’ve learned that commercial real estate is very much like a game of Monopoly: it is advisable to buy property when you land on it and have the cash. Even if you have no immediate need for the property and don’t know what you are going to do with it, you know if you don’t buy it another player might and then you’ll end up paying rent instead of collecting it. One thing our neighborhood really needs is more parking.

Maybe 542 could serve as that, although initial information is that it would legally only fit about 8 spaces, so just like the free parking in Monopoly, you’d be lucky to land a space. This would add some mystery and excitement to Co-op shopping. By the way, this property is essentially one floor, about 3200 square feet. Despite being one floor, I think tradition dictates we install a dumbwaiter. Then when product comes in it immediately gets wheeled into the dumbwaiter, doors are opened and closed, buttons get pushed and light up, a recording of clunks and motor noise is played, and only then can the dumbwaiter be unloaded and the product taken to its destination. True, this would be an inefficient waste of time and have no point, but that’s tradition for you. Last but not least, every few months this “dumbwaiter to nowhere” must malfunction. Only then can this ritual be complete.

By the way, if you were wondering if the plastic containers we use for prep foods and deli are bisphenol free, our info is that the material they are made of, PETE (Polyethylene terephthalate), does not contain bisphenol.

Suggestions and Responses:

s: “We loved and miss several items: 1) Es-

(continued inside on page 23)

Prepared Foods Department

Thanksgiving Menu

| | |
|---|------------|
| Mashed sweet potatoes | \$5.95/lb. |
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| 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 starting the Tuesday before Thanksgiving. One week’s notice is required, though we will try to accommodate last minute orders.

Turkey Time at Weavers Way

Once again this year we are going direct to the farm to get naturally raised turkeys for Thanksgiving. Esbensshade turkey farm is 60 acres of prime farm land in Paradise, Lancaster County, Pa. Family-owned since 1858, it is the oldest turkey farm in the U.S. Esbensshade’s takes great pride in flock and the high quality of its poultry: no hormones or antibiotics ever used. They are fresh, never frozen. Fresh Empire kosher turkeys are available in one size range: 10 -14 lbs. Thanksgiving turkey pick-up days are Tuesday and Wednesday, Nov. 25 and 26, from 9 a.m. to 8 p.m. At Christmas, we will again be going direct to the farmer. Koch's turkey farm is in Allentown, PA. The turkeys are naturally raised, without antibiotics or hormones. More details will be available in the December issue of the *Shuttle*. To order, fill out the form in the store or call 215-843-2350, ext. 323 and leave order on voicemail.

Equal Exchange

November Coffees of the Month

Organic Breakfast Blend

Original blends the flavors of sweet vanilla custard, caramel and delicate cocoa ...Dark transforms the mild spirit of the original and levitates the cocoa flavor to bring the forces of this blend together... both are on sale, all month long

\$7.99/lb.
Reg. \$10.01/lb.

Organic Decaf Espresso

The almond aroma leads nicely into a flavor that combines more familiar vanilla and cardamom notes with more exotic accents of lemon zest and crystallized ginger. The finish is reminiscent of chocolate syrup, heavy in body.

\$11.61/lb.
Reg. \$12.61/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 | Nov. 5, 2008 | 6:45 p.m. | GJC |
| Wednesday | Dec. 3, 2008 | 6:45 p.m. | GJC |
| Saturday | Jan. 3, 2009 | 10:30 a.m. | CA |

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

Robin Cannick, Membership Manager

PLEASE RETURN THIS PORTION TO WEAVERS WAY

Someone from my household will attend the orientation meeting on _____

Name (please print) _____

Phone Number _____

Address (including ZIP code) _____
