

Weavers Way Signs Agreement to Purchase Former Caruso's Market Location for Co-op Expansion

by Glenn Bergman, General Manager

"We live in CH and would like to support any effort to get a WW in this community. When we lived in Germantown, we were part of WW and would like to join again." – e-mail received from K.G. on October 5, 2008.

"As the loss of our local market has left a great need unmet in Chestnut Hill, please consider opening in the neighborhood. Weavers Way would be a great addition to the community and I feel that it would receive great support. Thank you for your consideration. Sincerely, J.T." – e-mail received October 1, 2008.

When the grocery store at 8418 Germantown Ave. (known as Caruso's Market for many years) closed in 2008, I received countless e-mails, telephone calls, and personal pleas urging me to consider purchasing the site as part of Weavers Way's expansion. I replied with thanks and assurances that we would look at it, but in truth we already were.

After several years of exploration and negotiation involving several different sites, I am pleased to announce that we have signed an agreement of sale on the building that once housed Caruso's Market. Settlement will occur in mid February. This site had been a market for over 100 years, and a center of the community, and we are de-



The former Caruso's Market, 8418 Germantown Ave.

lighted that it will once again be just that.

In addition to a great location right on Germantown Avenue, the site contains 6,700 sq ft on the first floor, with another 5,000 sq ft that can be developed in the back, and six apartments that will help to reduce our payments. There is also easy access to ample parking in the rear.

While Weavers Way has been seeking to

expand almost since the completion of our last major expansion in 1996, the latest phase in these efforts dates back to the completion of a market feasibility study for the Northwest area we conducted in January 2006. That study clearly showed that we should open a medium-size community co-op store in Chestnut Hill of between 5,000-

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WWCP Member Rebate Donations Surpass \$10k Goal

by Rachel Milenbach, WWCP Executive Director

Every day the news media brings stories about the unfolding economic crisis: businesses closing their doors, hundreds of layoffs at a time, consumers afraid to spend money. It is in this climate that the generosity of our community and the support for Weavers Way Community Programs seem particularly profound.

Last October, the Weavers Way Board of Directors approved a rebate of \$190,000 to be paid back to members. In his General Manager's report in the November *Shuttle*, Glenn Bergman described the rebate options open to members for the cash portion. Clearly, Glenn has a way with the written word, as 27.7 percent of the \$36,595 in rebates claimed so far was donated to Weavers Way Community Programs. The grand total of \$10,121 surpasses our goal of \$10,000. Of course, thank you to the Weavers Way cashiers for processing all of these rebates and perhaps encouraging some of us to donate our rebates.

In addition to the rebates, we received a generous donation of \$10,000 from the Narara Foundation in December for general operating expenses. As a relatively young

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Jason Price Takes Helm at Ogontz Store

by Sala Wyman

Jason Price says that a community store is about more than low-cost food. It's about community.

As the new manager of the Ogontz store, Jason is no stranger to cooperative business, organic produce, or retail. Raised in Germantown, Jason's father owned a small community store, and, over the past few years, Jason produced and sold organic produce in Vermont. Although the concept of a member-owned store is new to many in West Oak Lane, Jason is excited about what he already sees as the Co-op's community impact in less than a year.

Jason hadn't planned to become a store manager. He had just joined Weavers Way and had decided to he wanted to work at the Mt. Airy store. "I had no particular plans. I just wanted to work at Weavers Way because it was the best of both worlds: a small neighborhood store with a collaborative element in the community."

Jon Rosser told him about the manage-



Jason Price, new manager of the Weavers Way Ogontz store in West Oak Lane.

ment position at Ogontz, and Jason was attracted to the challenge of helping to bring cooperative ownership and fresh, local produce to the community.

"There's a lot of important learning going on that addresses education, food, and community building all at the same time," says Jason. "Students are learning to make healthy food choices, and they are also

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CreekSide Co-op Announces Location



7909 High School Road, future site of CreekSide Co-op

by Jonathan McGoran, Shuttle Editor and CreekSide Co-op Board Member

The excitement is mounting in Elkins Park and across the area as CreekSide Co-op moves closer to becoming a reality. At the CreekSide Co-op's December 18 Public Meeting, members of the Board of Directors announced that developer Brinton Housing Partners had secured an agreement of sale on the former home of Ashbourne Market, to be the future home of

CreekSide Co-op. They also announced that in order to sign the lease that would allow the purchase to be finalized, CreekSide had to raise \$150,000 by January 31, 2009. The membership and fundraising drives had begun in earnest, and before the night was over, 89 households had joined, investing \$22,000 in member equity. As of January 14, another 204 households had joined, for

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And of course... scads more

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Editor’s Note

by Jonathan McGoran



As part of its “Don’t ask, don’t tell” food policy, the FDA has announced it will not require labels on genetically modified animal products. Granted, some labels are unnecessary: If your steak glows like a glow worm, it’s probably GMO. But it’s not always so obvious. You can’t always ask your food, and when you can, you can’t always trust it. Say you ask your tomato, “Are you genetically modified?” and your tomato says, “No.” The tomato is probably lying. Although labels will be allowed for “GMO-free” foods, there are ways around that, too. You ask the tomato, “Okay, then, so where’s your label?” Your tomato says, “It fell off.” See? *Still lying!* Fortunately, this was one of the last food stories before the Bush team rode off into the sunset. (Don’t be surprised by sudden problems with the sunset... *“Heckuva job, Sunny!”*).

Now, onto the big news. At 36 or 37 years old (it’s hard to keep track after a certain age), Weavers Way is finally entering the next stage of life. As is not uncommon at this age, Weavers Way has been spreading out a bit around the middle. Things are a little more snug than a few years back. A tight fit isn’t so bad in your twenties, but now it’s a little tighter, we’re a little older... it’s just not flattering anymore.

But while we’re older, we’re also wiser. We’ve learned from some of the mistakes of our youth. Now, Weavers Way is ready to take the plunge: We’ve started a family. Where once there was just Weavers Way’s Mt. Airy store, now there’s brand new co-op stores sprouting up all over the place, a little co-op baby boom. Weavers Way’s Ogontz store is not even a year old yet, and already, its new sister is on the way in Chestnut Hill. And let’s not forget our cousin, CreekSide Co-op in Elkins Park (*Hi, CreekSide!*).

It’s not going to be easy. There will be a lot of work, a lot of sleepless nights, cleaning up a lot of... well, you know. But in the end it will all be worth it.

The Shuttle is published by Weavers Way Co-op


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

Statement of Policy

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

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

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



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February at the Farm: Plans for Spring



PHOTO BY DAVID ZELOV

Nina Berryman prepares the new hoophouse for planting

by David Zelov, Weavers Way Farmer

It’s February and love is in the air – and in the greenhouses. After all, it’s good for the plants, and helps to coax our young seedlings out of the potting soil. Many of our onions have already been started back in January. As our planned onion crop increased exponentially this year, so did the space needed to grow it. Last year there were four flats, which I started under lights in my basement. This year, with the addition of the MLK farm and the CSA at Saul High School, we have a lot more to start, approximately 15 flats. Onions were a great crop for us and sold out at most farmers markets, leaving precious few available inside the Co-op. This year, we will try to meet the demand.

Now that the days are a bit longer, its time to do the first seeding of all of our cold-hardy spring crops, as well. During the second week in February, we’ll sow seeds for broccoli, kohlrabi, leeks, lettuce, endive,

radicchio, scallions, dandelion greens, baby bok choy, our beloved Tokyo bekana, tatsoi, collards, kale, and swiss chard. Now that we have a 21’ x 48’ hoophouse on site, we may also sow some seeds for a few extra early tomatoes.

This winter, we are also trying something new in the greenhouse. Many of you have probably seen the bags of pea shoots we offer for sale in the Co-op. During the spring and fall, we plant peas close together in outside beds at the farm with the intent of just cutting the young stems for bagging. Another method for producing pea shoots is in the greenhouse, sown thickly in shallow flats filled with potting soil. A couple weeks ago, we did the first seeding, and if all goes well, they will be showing up on Co-op shelves shortly. Also in the greenhouses this winter, we plan on growing many more seedlings for sale in six-packs to Co-op members. This season, we will be

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Co-op Farm Education Programs Touch Many Lives in 2008

by David Siller, Farm Educator

With the 2008 growing season over, farm education programs have slowed until the spring. The Winter season is giving me time to recoup with a little R & R, but also time for reflection on our activities of the last year. We are also actively working “behind the scenes” on the 2009 growing season. In addition to all our tools needing fixing and beds needing mulch, amidst our winter projects we are getting the engine rolling for a CSA on new land at the Saul High School. It’s an exciting move for us because the potential program there would meld well with our farm’s dual mission of production and education. There is so much potential at Saul High School that it’s difficult to keep every possibility of what we would like to do there from rolling off onto this page right now. But please wait for this to unfold in the coming months or get actively involved (which you can do by contacting us right now!).



A student from a class at Martin Luther King High School plants a blackberry bush as part of a fruit bush and vine planting there including blueberries, cranberries, raspberries, kiwi berries, figs and goji berries (left). Students from the Asian Americans United Camp deliver vegetables they helped harvest via train to the Fair Food Farm Stand at the Reading Terminal Market

Our other move in 2009 is to create a garden at the Stenton Family Manor. Stenton is a homeless shelter near Awbury Arboretum and MLK high school with whom we have been working over the last season and to whom we donate some of our overabundant vegetables. Hosting a garden there is great opportunity to expand this partnership and create something really



PHOTOS BY DAVID SILLER

CreekSide Co-op

(continued from page 1)

a total of 293 households, and member equity in excess of \$61,000. Several grant applications have also been submitted, and CreekSide is awaiting the responses.

While the early response has been tremendous, there was also substantial relief when the deadline for the lease was extended to March 15, 2009, both to allow more time for fundraising, and to allow the developer and the current owner more time for due diligence. The target still remains to open doors in the fourth quarter of 2009.

Meanwhile, CreekSide Co-op’s members have been actively spreading the word and attracting even more new members. More than twenty house parties have been scheduled for January and early February, where interested neighbors can get together and talk to each other and to members of the CreekSide Co-op board, find out more about CreekSide Co-op, and, of course, become members. Although there is plenty of work ahead, and it is by no means a done deal, CreekSide Co-op appears well on its way to reaching its goal and moving on to the next phase. To find out more about CreekSide Co-op, visit www.creekside.coop. Since Weavers Way reciprocates with other co-ops, don’t be surprised if you see members of CreekSide Co-op in the aisles at Weavers Way, and be sure to welcome them to the co-op family!

Board Election Notice

We are seeking nominations for candidates for the Weavers Way Board of Directors.

Elections will be held at the Weavers Way Co-op Spring General Membership Meeting Sunday, May 17, 2009.

See page 24 for more information

special for the residents of the Manor. My reflection of the last year is so grand, it won’t fit in this article. Please look closely at all the pictures in this article. It’s often said that, “pictures are worth 1,000 words,” but I say, “Pictures of gardening are worth 5,000.” Also check out the Weavers Way website for more visuals and

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February on the Second Floor

by Martha Fuller, Wellness, Personal Care & General Merchandise Manager

February, ah what a month it is. February is a pretty month of the year: a work colleague pointed out, many years ago, that February brings us lots of sunshine. It also contains Valentine’s Day. Now, if you are a *Shuttle* reader and you have a memory for what is written in these pages, you know that I believe this day to be one that moves us to remember and thank the sweet people in our lives. They may be your pet care sitter, your friends here in Philly, your sister in Illinois, your good pal in Arizona, a favorite teacher, or a member of your family, or a special colleague. You have your own list, I’m sure. We have beautiful cards, some that are greeted (a message already written on them) and some that give you the space for writing your own Valentine’s Day message. And as for gifts, there are many items, some for every range of what your wallet and pocketbook will allow. Many of us like jewelry—you’ll find necklaces, bracelets and earrings. Earring holders, beautifully crafted by our own Susan Mac, make great gifts. For the writer in your midst, we have journals and Rhodia pads. There are teas and tea accessories to delight the tea drinkers you know. And as for coffee, we



Earrings by Susan McLaughlin

have great organic and Fair Trade coffees, mugs, French presses, and scoops. If you are bagging coffees and teas as gifts, look for the gift bag tags that Josh Giblin, our talented Merchandising Manager, made for just this purpose: it’s a gift tag that has space for a “To” name, a space for a “From” name and what is in the bag. You can find these in a basket under the coffee/tea scale. The Equal Exchange Organic and Fair Trade Love Buzz is on the deep discount CAP sale for February—at \$7.99 a pound, so you can buy lots and feel good about it. Aubrey Organics makes many excellent personal care products for men. The Trillium Organics company products have been selling very well: their body polishes and roll-on scent products have been hits with our shoppers. There are also bath and shower products, hand and body lotions, cool kitchen tools, candles. Please let us know your ideas so we can share them with our other shoppers. We are still in Winter, and thus we need to heed the signals that tell us we are flirting with a cold or flu bug. Remember that we have many excellent immune boosters and wellness products to help you ward off off the ills of winter.

Ringing It In Right

by Bonnie Shuman, Prepared Foods Manager

As you read this, New Year’s Eve may feel like a distant memory (especially if you enjoyed too much holiday cheer). After all, it is February, and at least for me, what with the lovely Philadelphia short winters, I allow my thoughts to round the corner to Springtime. But in the world of breaking *Shuttle* news, all articles must be written one month in advance, so as I write this we are still very much in the doldrums of winter and Springtime laughs at me like a cruel joke. I am, however, bolstered by the memory of my own New Year’s Eve evening and think so fondly of it that I have high hopes it will carry me through at least until you are reading my words for the March issue. In my last article, you may recall that I wrote about comfort food. Very much related to that topic is the joy of home cooking (as most of us make our own comfort food). While my New Year’s Eve feast had relatively little that would fall into the category of comfort food, I expect I will be comforted by the memory of such a special night for some time to come. Though I thoroughly enjoy going out to eat, I must confess to being a bit of a snob about it. I especially don’t set myself up to be disappointed for “special occasion dinners.” More often than not, I am disappointed by the experience (on so many levels). And it’s not because I expect something overboard and fancy—to the contrary, some of my best eating-out memories involved wings and beer. Why? Well, it was only in part because they were probably really good wings; I am certain it was due more to the fact that I was in the company of good friends, having a wonderful time.

This brings me back to my New Year’s Eve dinner. We had invited just five people and the only requirement was to dress formally. The night was perfectly cold and we started by lighting a roaring fire. Once our guests arrived we sojourned to the living room, cocktails in hand, whereupon we hand-cranked the old Victrola we have and spun some old-time tunes, the likes of Benny Goodman, Cole Porter and Woody Herman. Oh my, what a nostalgic feeling it inspired, those old crooners belting it out, the sounds of the Victrola like no other, that sort of hollow echo being carved out by a needle the size of a nail, making contact with a deeply grooved piece of rubber! After an hour or so of hors d’oeuvres, I called everyone to the table and we started our five-course meal. We began with escargots served over puff pastry with a wild mushroom and herb butter. I was quite nervous about this course, as I had never made escargots before, but all who partook declared them a hit! (The culinarily shy snail-eaters, only two, sat this one out). Next was a choice of sherried oyster bisque or tomato-basil bisque with grilled cheese croutons. I sat this one out after serving my guests to prepare the next course, a simple roasted beet, arugula, fresh fennel and goat cheese salad topped with smoked salmon and dressed with olive oil and lemon. A refreshing course after the richness of the first two. For the main course, we enjoyed sustainably raised Chilean sea bass with oven-roasted tomatoes and deep-fried capers (a big shout out to Liz at Samuels and Sons

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Natural Acres Featured on “Oprah”



PHOTO COURTESY OF NATURAL ACRES

Natural Acres Farm

by Dale Kinley, Fresh Foods Manager

In November, “Oprah” did a feature on our naturally raised meat company, Natural Acres. The focus was on their pasture raised eggs. If you go to the company website, NaturalAcres.com, you can see film footage from the TV show. You can find these eggs in our fish, chicken and meat case. I like to especially acknowledge this local farm for its pasture and humanely raised animals as well as their ability to handle the business end of the process. Natural Acres constantly and consistently produces high quality meats and eggs every week. They are rarely out of stock and every product is packaged and labeled well. Over the holidays, I bought some beautifully trimmed and fairly priced tenderloins for special or-

ders. In addition to chuck roast, eye roasts and briskets that I have stocked for the winter, I have also added skirt steaks, flank steaks and flat iron steaks as well. Two other new additions are size 26-30 cooked, peeled, and deveined shrimp, and Bell & Evans Cornish game hens. Why go out when you can feast at home so much better?

Valentine Special

Maine Lobster Tails
4 ½ - 5 oz. each
\$5.26

Weavers Way Return Policy

Although Weavers Way’s return policy has not changed any time recently, we feel it is important to print it occasionally in the *Shuttle* so members are familiar with it. Weavers Way Co-op strives to balance the needs of shoppers with the needs of the business. We try to be as accommodating as possible without adversely affecting our co-op. As a member-owned Co-op, we have slightly different policies for our member/owners and our nonmember shoppers. We believe that the policies described below are fair, reasonable and practicable. If you have any questions about Weavers Way’s return policy, please e-mail contact@weaversway.coop, or speak to the shift manager on duty.

Members:

- Weavers Way accepts returns for up to 30 days from date of purchase, with or without a receipt.
- Credit card purchases are refunded as charge-backs to the credit card.
- If the member doesn’t have the credit card with them, they must come back with the card
- Cash and debit purchases are refunded in cash
- A duplicate receipt is printed and put in the drawer

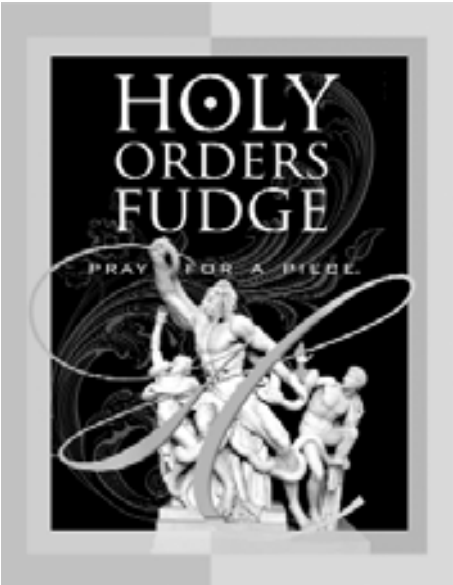
Non-members:

- Weavers Way accepts returns for up to 30 days from date of purchase, ONLY with a receipt, unless the reason for the return is spoilage or out-of-date status
- Credit card purchases are refunded as charge-backs to the credit card
- If the shopper doesn’t have the credit card with them, they need to come back with the card
- Cash and debit purchases are refunded in cash
- A duplicate receipt is printed and signed by the shopper, including a telephone number and reason for the return

February’s Hidden Treasure Holy Orders Fudge

Just in time for Valentine’s Day, Local Fudge made right here in Mt Airy! **Holy Orders Fudge (pray for a piece)** is a collaborative project between local caterers Frank Krafchik and Tony Mele. They have started with three delicious flavors: chocolate, chocolate peanut butter, and (my favorite) Maple Walnut. This fudge makes a great local Valentine’s Day gift. And it is available in the deli.

~ Margie Felton



Film Series Shows *Spirited Away* in Dec.

by Larry Schofer, Education Committee Chair

Spirited Away, an acclaimed Japanese animated film, was the featured December film in the monthly film series sponsored by the education committee of Weavers Way.

The crowd was not large, but it was spellbound by the fabulous animation of the story of a young Japanese girl separated from her parents and taken into a strange world of monsters, witches, and many scary

experiences.

The education committee is pondering whether it should continue to present family films for small turnouts (under 10 people). If you have an opinion, please write to education@weaversway.coop.

Look for details on the February film in the store and on the Co-op's website, www.weaversway.coop

Ring in the Right

(continued from page 3)

for sending Chilean sea bass to Dale and myself as a compliment to ring in the new year.), and also, for a few non-fish-eaters, a garlic herb-crusted rack of lamb.

We enjoyed all these courses paired with some lovely wines, and we topped it off with dessert: a fresh fruit tart, and a lovely bottle of Champagne. From there we retired

back to the living room, perfectly sated and grounded in our love and affection for one another, blessed first by our friendship and secondly by the fact that we could sit around a large table and nourish ourselves with uncommon delights. As the clock struck twelve (Dear God, we made it!), we danced and sang around the fire as thoughts of Springtime were far from our minds.

* I am happy to report that for the most part, I got all my food at the Co-op. If you are interested, pre-orders for Chilean sea bass and escargots are available from Dale's department. I also want to recommend D'Artagnan's *saucisse de canard d'armagnac* (pork, duck and duck liver sausage), which we served as an hors d'oeuvre. This is a relatively new product we carry that you can also find in Dale's case.

Please come see me if I can share any recipes from this meal with you, and may you find yourself as blessed as I in the year ahead.

Recounting the Forgotten Struggle for Civil Rights in the North



PHOTO BY KIRUNA DOOR

Tom Sugrue (center), with Education Committee Chair Larry Schofer (l) and Diane Reed (r).

by Eileen Flanagan

On the evening of January 14, over forty people braved the cold to hear Weavers Way member and University of Pennsylvania professor Thomas Sugrue speak about his book *Sweet Land of Liberty: The Forgotten Struggle for Civil Rights in the North* (Random House, 2008). The winner of numerous history awards, Sugrue challenged the conventional wisdom that both segregation and the struggle against it mainly took place in the South. In fact, he noted, Northern schools, neighborhoods, workplaces, pools, and restaurants were all segregated during the first half of the twentieth century, by custom if not by law. Our tendency to memorialize the Southern civil rights struggle, he argued, has enabled Northern whites to avoid their own history and its ramifications. "How we remember the past has real consequences for the present," he asserted, pointing out that twenty-three of the twenty-five most segregated American cities today are in the North.

Sweet Land of Liberty chronicles not just the story of Northern discrimination, but also the many ways ordinary people contested it, starting long before Brown vs. the Board of Education or the Montgomery Bus Boycott. In his talk, Sugrue recounted African American mothers in New Jersey who boycotted segregated schools and activists who cut their teeth in the North only to go on to become leaders in the Southern

civil rights struggle a few years later. A seventeen-year resident of Mt. Airy, Sugrue noted that while civil rights marchers were being fire-hosed in Birmingham, African Americans in Philadelphia were protesting their exclusion from decent jobs, particularly government construction contracts. Gaining entry to those jobs was a major victory, he noted, pointing out that 40 percent of middle class African Americans today work for the government. "Affirmative Action grew out of the Philadelphia protests," he explained.

Sugrue also hailed Philadelphia Roxanne Jones, who was known to several members of the audience. A welfare rights organizer who went on to become a state senator, Jones exemplified the move from protest to electoral politics that took place in the North and that helped lay the foundation for Barack Obama's election. "Change does not come solely or primarily from the top," Sugrue concluded. "This is the lesson of the Northern civil rights movement. Don't get complacent."

A lively question and answer period followed Sugrue's talk, which was sponsored by the Weavers Way Education Committee. Although the author sold all his copies of *Sweet Land of Liberty* that night, the book can still be purchased at Big Blue Marble Bookstore (551 Carpenter Lane, 215-844-1870), and bookstores everywhere.

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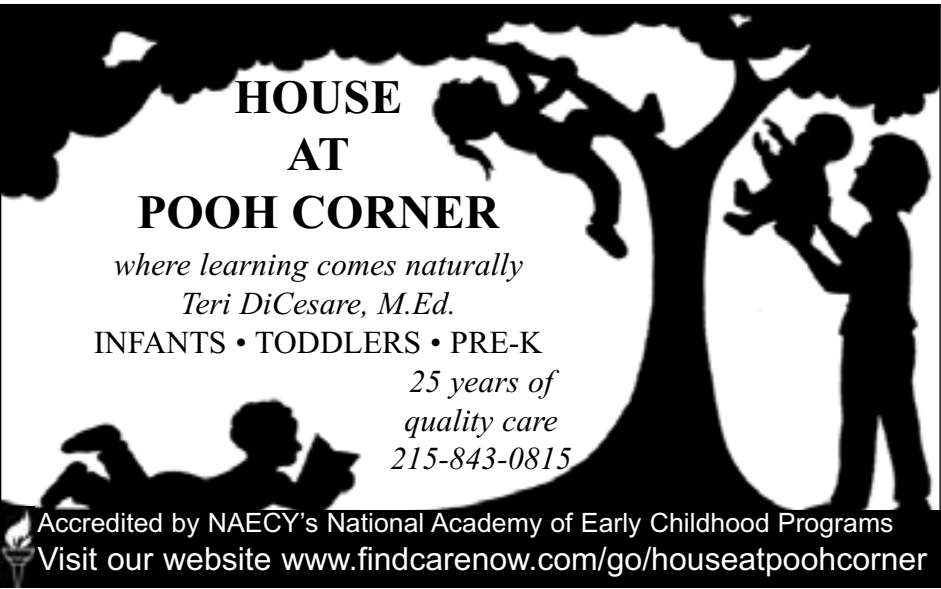
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Summit Presbyterian Church: A History of Progressivism

by Scott Robinson

Although Summit Presbyterian Church includes both black and white congregants, the theology there—as in the denomination as a whole—is anything but black and white. That doesn’t stop the congregation, however, from working together to address the pressing needs of the community.

“We are fairly diverse in terms of political and faith questions,” says Rev. Cheryl Pyrch, Summit’s new pastor. “We have Democrats and Republicans and everyone across the spectrum. But we are by and large progressive, concerned with issues of poverty and justice.”

On the controversial issue of sexuality, Summit has also taken a progressive, if not aggressive, stand.

“There’s a broad range of understanding of what should be Christian conduct in sexuality,” says Pyrch. “One of the issues that’s dividing the Presbyterian Church these days is whether or not gay and lesbian people should be ordained. Summit has not really thrown itself into the fray that way, nor has it been a focus of ministry. But I’m an open lesbian, and although that was not the reason they called me, it also did not get in their way, and that’s a testament to their unassuming, quietly welcoming, and courageous witness.”

That “broad range of understanding” extends to many aspects of Summit Church. In addition to questions of sexuality, the church welcomes diverse racial, social, and theological attitudes and constituencies.

“One of the things that interested me about the church, and that Summit values very much,” Pyrch says, “is that it has been for decades a congregation where African Americans and whites have worshipped together and lead the church together.” Summit’s congregation is between one-third and one-half African American, Pyrch estimates.

“We’re hoping to make it even more diverse,” Pyrch says, “and that diversity is something the congregation has really valued and worked to maintain.”

The road to racial diversity has not been



Summit Presbyterian Church

an easy one. According to the book *Mission on the Hill: A Centennial Tribute to Summit Presbyterian Church*, Summit’s membership dwindled from a high of 1,174 congregants in 1945 to 203 in 1976. (There are currently about 150 members.) While there were many factors involved in this attrition, including demographic changes such as the increased Jewish presence in the neighborhood, the book’s author, Mercer Tate, lays the bulk of the blame on the doorstep of racism. As more African Americans moved into the neighborhood in the postwar years, Summit, according to Tate, found itself a victim of “white flight.”

“From the mid-1950’s onward there was a steady parade of members transferring their membership letters to other churches, often in close-by neighborhoods, such as Chestnut Hill and Flourtown,” Tate wrote.

“For Summit,” Pyrch says, “which was a largely white church in the ‘40s, they had to be intentional about making sure the church was welcoming to African Americans, and I’m sure there were ups and downs in that process, and that it didn’t happen overnight. Racism is such a deep

and embedded evil force in our world that it requires us to be constantly vigilant and open to making sure that we’re combating it.”

Summit is also open to Mt. Airy’s Jewish presence, sharing their building with the Jewish Renewal Congregation P’nay Or. Other groups sharing space at Summit include a child care program and the Mount Airy Learning Tree.

Summit also participates in the food cupboard program of the Germantown Avenue Crisis Ministry, which is based at the First Presbyterian Church. This commitment to social service goes back a long way; in the 50s, Summit was “among the top ten churches in benevolence in the denomination for churches of its size,” according to Tate.

Diverse religious outlooks are also important at Summit, which was the original host of the Northwest Neighborhood In-

terfaith Movement.

“Certainly people using our space for contra dancing or karate might be curious about the church and visit us on Sunday morning,” says Pyrch, “but we understand that people may have other church homes or other belief systems, so that’s not a criterion for renting. Regardless of our religious beliefs, we can work together on issues of the common good and common interest, such as environmental justice.”

Many members of Weavers Way, which is also committed to environmental justice, may already know that the Co-op began in the basement of Summit Church. Pyrch, who began her ministry at Summit on September 15, joined the Co-op earlier this year.

It is not only outside groups that bring religious diversity to Summit—there is a broad range of theological perspectives within the congregation as well.

“One of the wonderful things about Summit is that it’s really quite diverse theologically,” Pyrch says. “There are people, myself among them, who are basically orthodox Presbyterians. There are also people who would characterize themselves more as Unitarians, and who really are exploring Christian traditions, and have made their peace with certain things and not with others, and we really try to accommodate where people are on their journey.”

“God works both inside and outside the church, and people both inside and outside the church work just as faithfully for a better world. The evidence is all around us that people outside the church certainly lead lives of ethical service and justice. But all of us who are in the church now come because it has helped us think more deeply about our lives, given us community and sustenance, and awakened us to the needs of our neighbors in a way that we didn’t know before.”

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Farm Education

(continued from page 2)

updated information about the farm and education programs. There are some things that are hard to put a number on and farm education is one of them. How can you quantify the experience of a child at a farm? It is so invaluable. However, in the interest of reviewing the last year, I have calculated some statistics of our farm education programs for 2008. This will give you an idea of the scope of what is going on in our neighborhood—and it can only increase from here!

The accompanying sidebars reflect the prelimi-

nary totals of visitors and volunteers for the farm education programs in 2008. It was a wildly successful year, and the list of groups below account for it. The total number of individuals who visited the farm during the past year is roughly 2,100. This number does not include multiple visits from students like the one from Crefeld who comes to the farm weekly for volunteer and education service or Brandon Ritter, our resident neighbor of Awbury and freshman at Saul High School, who is there almost like a staff member.

Visitors to the Farm in 2008

12 Regular groups

- Crefield School - 13 visits
- Central High Environmental Club - 2 visits
- City Harvest - 8 groups
- City Year - 10 visits
- Intercommunity Action - 3 visits
- Penn. School for Deaf - 5 visits
- Saul Agricultural High School
- Wyncote Academy - 2 visits to farm
- Wyncote Academy - 18 visits to greenhouse
- Springside Academy 5th grade - 3 visits
- West Oak Lane Charter - 3 visits
- Stenton Family Manor - 2 visits
- Awbury Apprentices - 2 visits

Talks, events and walks

- Urban Farm Bike Tour
- Plant walk - Frank Cook
- Community Food Security Coalition tour
- Weeding Bonanza - Children's Garden
- Mt. Airy Village Fair

Farm Events and dates:

- Propagation Party - March 9
- Planting Day - May 10
- Weavers Way Farm Fall Festival - October 11

28 One time only groups

- AB Day School
- Abington Friends School
- Asian American Universalist Summer Camp
- Grace Methodist Church Camp
- Chestnut Hill Academy
- Cook Wissahickon
- Drexel University
- Francisville CDC
- Fulton Elementary
- Germantown Friends School
- Hansberry 4 H Club
- Henry School
- Houston Elementary School
- Jenks Elementary School
- La Salle University
- Living Learning Partners Charter School
- MLK Orchard Planting
- Neighborhood Bike Works
- Penn Charter
- Philadelphia University
- Powell School
- Smith Playground
- Springside Academy and CHA upper classes
- University of Pennsylvania Environmental Group
- Waldorf School of Philadelphia
- West Philadelphia Home School group
- White Dog Cafe apprentice program
- Wissahickon Charter School - spring & fall classes

Farm Volunteers

One reason we believe a CSA is a great next step for the farm is the amount of support for local and urban farming there has been over the last two growing seasons of our increased production. Every day, we are very thankful for all the Co-op members who complete their hours at the farm and all the school groups who come out to lend a hand! Volunteer labor is so valuable to us and I want to take a moment to recognize the following people for their regular volunteer service. Apologies to those whose last names are not included. Thank you!

- Sean Jacobs: regular volunteer in the spring, general help
- Jenny Love: blog, farm committee, flowers, Urban Farm Bike Tour
- Julia Jackscott: education volunteer and a little production, spring and summer
- Chris Hill: Organized Urban Farm Bike Tour, Farm Committee
- Tash Kassell: education volunteer and production assistant
- Maggie Simon: regular volunteer, general help
- Bob Pasquale: regular volunteer summer and fall, general help
- Tori Beedle: regular volunteer in the fall, general help
- Cornelia Mueller: regular volunteer in the fall, general help
- Jeremy: regular volunteer in the summer and fall, general help
- Stephanie: weekly summer general help from Infusion Coffee House
- Tamara Weiss: education program assistance
- Sam Biddle: volunteered very regularly in the summer, general
- Adam Schofer: helped build hoophouse with Zelov
- Raisa Williams: Farm Committee, instrumental in the Harvest Festival
- Howard Field: Farm Committee, visiting volunteer group assistance
- Josh Brooks: Farm Committee, instrumental in the hoophouse construction
- Monika: volunteer harvest help, summer and fall
- Brandon Ritter: Saul High School freshman, neighbor of the farm
- Margaret: regular volunteer in the spring
- Mark Klempner: Farm Committee, mushrooms
- Hannah Slipakoff: greenhouse help in the spring
- Kate Wartchow: Children's Garden Weeding Bonanza



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Farm Report

(continued from page 2)

taking special requests—stay tuned for an availability list of vegetable varieties.

You should also start to see some other farm items in the store. As we are now operating in two hoophouses—one at Saul and one at Awbury—we’ll have even more to share with you this spring. Planted in there now are arugula, spinach, mesclun mix, lettuce, kale, chard, mustard, scallions and baby bok choy.

Not too much happening outside at the farm just yet—it’s still a little early. Last year, the first crops went in on the first day of spring, March 20. That is the goal for this year as well, but as always, it’s

weather-dependent. But on mild days in January and February we’ve been continuing to mulch the beds and manage our compost piles, where we are trying something a little different this year. Thanks to the folks at Awbury Landscape Services, we have quite a large quantity of leaves at our disposal. Last year, we cover-cropped just about all of our beds with rye or oats and mulched the

pathways with leaves to prevent erosion and weed growth. This year, we had a higher quantity of late-season crops that lasted almost until winter, things like Brussels sprouts, kale, collards, turnips, rutabagas, turnips, celeriac, and carrots that went well beyond the first frost and also beyond the time when you can plant cover crops and still get some growth in the fall. So, instead of leaving the soil bare over the winter, we are slowly mulching entire beds with leaves.

This will have multiple benefits: protecting the soil, adding precious organic matter, preventing early spring weeds, and hopefully allowing us to simply push the leaves aside in spring and plant directly into the bed without having to till the soil.

In other news, we continue to work on the Community Supported Agriculture (CSA) farm at Saul High School and hope to offer shares this season. After many meetings, documents are now being drafted and final details are being discussed. More details to come in the next issue of the *Shuttle*.



Snow on the kale

PHOTO BY DAVID ZELOV

Marketplace, Marketplace

by Rachel Milenbach, to the tune of “Matchmaker, Matchmaker”
(Original lyrics by Sheldon Harnick, from Fiddler on the Roof.)

Co-op staff talking: sometime around 1999...

Stephanie: *Well, somebody has to do this project, Young people can't decide these things themselves.*
Margie: *We could bring healthy snacks from the Co-op to the school*
Stephanie: *We could start at Henry School.*
Margie: *We could get the kids to do most of the work.*
Stephanie and Margie: *And then we could go to other schools...*

Henry School staff, enter from stage left:

Henry School to WWCP:
*Marketplace, Marketplace,
Make us a market,
Find us some snacks,
Sell us some treats
Marketplace, Marketplace,
Bring us a sale,
And make us the perfect snack.*

Fast Forward to 2008:

Carly to the Advisors:
*Marketplace, Marketplace,
I'll bring the food,
You bring the kids,
Clever and strong.
Bring us a group for we're longing to add,
Your school to our Marketplace team.*

Students:
*For Henry, Bring us some popcorn.
For Houston, We'll take all the bagels.
Wissabickon, We wouldn't boller
Except if you forgot our edamame.*

Carly to the Advisors:
*Marketplace, Marketplace,
I'll bring the food,
You bring the kids,
Clever and strong.
Week after week I'll pack up the food
So find me some kids to unload.*

Students to WWCP:
*Marketplace, Marketplace,
We'll sell the snacks,
You bring the change,
Fives and some ones..
Week after week our friends want to buy
a snack that's not full of dye.*

Students:
At Parkway, We still have no lunch here.

*At Jenks School, Jeide is in charge.
A.B. Day School, We like to sell pretzels.
At Pastorius, Grade 4 is involved.
At MLK School, They bought all our pickles,
Our farm thrives and so will our sale.
For now though we better stay focused
On selling every week after school.
Marketplace, Marketplace,
Thanks for your help
Bringing us snacks,
Teaching us stuff,
Marketplace, Marketplace,
There's nothing to eat,
Unless you bring us some treats.*

School customers to Marketplace students:
*Marketplace, Marketplace,
I'll buy an apple.
Please give me my change
So I can feed all my friends.
Marketplace, Marketplace,
Sell me some cider,
and I'll be drinking juice not soda.*

Carly to the students:
*Marketplace, Marketplace,
You do the math,
Count all the leftovers,
It must be done right.
Marketplace, Marketplace,
How much did we make?
And where will we send the money?*

Students to WWCP:
*Marketplace, Marketplace,
We'll give to the homeless,
the cats and the dogs,
the children abroad.
Marketplace, Marketplace,
We'll make our loans throughout KIVA.
and spread our marketplace wealth.*

WWCP to Supporters:
*Supporters, Supporters,
Thanks for your help,
We couldn't do without
your money and might.
Supporters, Supporters
The rebates sure help.
So thanks for your love and delight.*

All:
*Marketplace, Marketplace,
It's all so much fun
We're learning to work
together, for one!
Marketplace, Marketplace,
Have a great year
and remember you are the best!*

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Valley Green Bank Exhibits Photos from Friends of the Wissahickon Contest



PHOTO BY MELVIN CHAPPELL

Friends of the Wissahickon 2008 Photo Contest grand prize winner, “Indian Statue” by Melvin Chappell, among the winners on display at the Mt. Airy branch of Valley Green Bank.

by Denise Larrabee

Photographs from the Friends of the Wissahickon 2008 Photo Contest will be exhibited at the Chestnut Hill and Mt. Airy branches of Valley Green Bank starting February 2, 2009. FOW announced the winners of its 2008 Photo Contest at a reception at Valley Green Inn in November, 2008.

Winners of the photo contest (listed above right) were chosen through blind judging, including the People’s Choice Awards, chosen by those who attended the reception. Judges for this year’s contest were: Morna Livingston, Associate Professor of Architecture at Philadelphia University; James Stewart, nature photographer, whose most recent work appears in *Wissahickon: Worth Preserving* (WVWA, 2007);

and Doug Wechsler, nature photographer, author, and Director of Visual Resources for Ornithology at the Academy of Natural Sciences.

The winning photographs will be on display at branches of Valley Green Bank in Mt. Airy (7226 Germantown Avenue) and in Chestnut Hill (23 W. Highland Avenue). Valley Green Bank is a locally-owned and operated Pennsylvania commercial bank. The bank was formed by community and business leaders who make customer service a priority. Valley Green Bank is a member of FDIC.

For more information about the Friends of the Wissahickon, visit www.fow.org or call 215-247-0417. For more information about Valley Green Bank, visit www.valleygreenbank.com or call 215-242-3550.

Friends of the Wissahickon
2008 Photo Contest Winners

- Grand Prize:** Melvin Chappell “Indian Statue”
First Prize Structures: Ronald Rothman “Thomas Mill Road Covered Bridge”
Second Prize Structures: Diane Diffenderfer “Walnut Lane Bridge”
First Prize Landscape: Berenice Linck for “Wissahickon Creek”
Second Prize Landscape: Darius Majer “Tree and the Rock III:Wissahickon Valley Park”
First Prize Wildlife: Kate Patsch “Feeding Frenzy”
Second Prize Wildlife: Kate Patsch for “Delicate”
First Prize People in the Park: Berenice Linck for “Nick in Front of Kelpius Cave”
Second Prize People in the Park: James Sherman “Walkers in the Snow”
Junior Photo Prize: Joseph Rilling “Wissahickon Creek”

People’s Choice Awards:
Berenice Linck, “Wissahickon Creek”
Kate Patsch, “Feeding Frenzy”

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Infusion Modeling Sustainable Business Practices

by Eileen Flanagan

You may know Infusion Coffee and Tea at 7133 Germantown Ave. in Mt. Airy as a place to meet a friend for some Fair Trade brew or the spot to pick up a Nuts and Berries Recovery Shake after yoga at Fit Life. Or you may be one of those who brings a laptop and stays for hours (author disclosure here). Whatever your pleasure, you can feel good about the fact that owners Jocie Dye and Jason Huber are trying to make your purchase as sustainable as possible.

Jocie explains that from the time they opened in December of 2002, they have measured success by a triple bottom line: “People, planet, and profits.” That means a comfortable place for customers and a living wage for employees, who are paid more than the area average and receive medical benefits if they work full time. “Buying fair-trade products is also a people piece,” notes Jocie. “We’re part of this global economy, and people all over the world are providing our coffees and teas. We want to make sure they receive a living wage for their work. The planet piece means buying organic and buying locally whenever possible.” In addition to reducing the environmental impact of transporting food, she adds that buying locally keeps money in the community: “42 cents of every dollar, as opposed to 13 cents per dollar when you buy from a big company.” She notes that quality is another value that influences their purchasing decisions. “If you have a product that is local and organic, but it doesn’t taste good, obvi-



Jocie Dye (l), with daughter Jade Huber

ously that’s not going to work.” They feel they have struck a good balance with coffee that tastes good, is fair-trade, mostly organic, and locally roasted.

Figuring out how to be as sustainable as possible is an ongoing effort. Last summer a college student did an unpaid in-

ternship, auditing paper products and recycling practices and giving the owners recommendations to reduce waste (hence the new hand driers in the bathroom instead of paper towels). The intern also helped improve their system for distributing coffee

grounds to gardeners who want to add them to their compost. (Just bring in a bucket with a lid and your name on it, and you can pick it up a few days later full of goodies for your garden.) “We produce so many coffee grounds that even in the height of summer we can’t give them all away,” says Jocie, noting that it would be ideal if they could give them to the co-operative of Lancaster farmers who deliver their milk. “We haven’t quite figured that one out,” she admits.

Energy use is another ongoing challenge. The machines behind the counter produce so much heat that Infusion runs air conditioning 300 days per year, though Jocie hopes that the new operable transoms above the doors (paid for by a grant from the Merchant’s Fund) will help regulate the temperature, so they can cut their energy bills and environmental impact.

For customers wanting to participate in their sustainability efforts, they offer a few incentives: If you bring in your own mug or reuse your plastic shake cup, you get a five-percent discount on your purchase. If you buy a sandwich in the new plastic containers they started using to keep the food fresher, you can bring it back and get 50 cents off your next sandwich.

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Is MSG Poisoning America?

by Lainey Webb Moseley

I have been shopping at the Co-op for 10 years now and feel I am quite responsible in my food purchasing habits for my family. For the most part we don't eat processed foods; we eat organic meats and always serve fresh vegetables. But occasionally, for convenience, I shop at Superfresh and "load up" on school lunch extras or feed my kids a "Hamburger Helper" easy meal; little did I realize how dangerous these food choices are. According to John Erb in his book, *Is MSG Slowly Poisoning America?* consumers today really need to pay attention to MSG in processed foods. Everyone seems to know that MSG is bad for you and to avoid it in Chinese restaurants, but apparently it is in everything we eat these days and very hard to avoid.

Here are some examples of the foods in which MSG is found: Progresso soup, Campbell's soup, canned tuna, Coca-cola, Doritos, Lays potato chips, Heinz gravy, Swanson meals, Kraft salad dressing to name a few. According to John Erb's book, many restaurants use MSG: McDonalds, Kentucky Fried Chicken, Burger King, Wendy's, Taco Bell, Applebee's, Ruby Tuesdays, and Denny's. To make matters worse, many of these foods hide MSG under different names in order to fool the more savvy consumers. The most popular pseudonym being hydrolyzed vegetable protein. (For the full list, see the sidebar on this page)

John Erb explains in his book, an exposé of the food additive industry, that MSG is added to food for the additive ef-

fect it has on the human body. And the FDA has set no limits on the amount of MSG that can be added to foods. They claim it is safe in any amount. Yet MSG's side effects have been known for decades: They include diabetes, migraines, autism, ADHD, asthma, heart irregularities, anxiety, Alzheimer's, and obesity.

No one in the government takes responsibility for this danger. In fact, a bill was passed in March 2004 in the U.S. House of Representatives that protects producers and retailers of food from any class action suits by consumers who feel their health was compromised by the food they ate. It's called the Personal Responsibility in Food Consumption Act. Or the "Cheeseburger Bill" and makes the consumer completely responsible for their choices to eat certain types of food. In other words, the food industry is not liable.

Years ago, John Erb was a research assistant at the University of Waterloo in Canada and discovered in scientific journals that scientists create obese rats and mice for diabetes studies by injecting them at birth with none other than MSG. It seems both the medical research community and food manufacturers have known MSG's side effects since 1978, when the first scientific report was published.

In *Battling the MSG Myth*, author Debbie Anglesey tells us that MSG in food has been doubling every 10 years and there is still no regulation. In fact, food companies can simply put the label "natural flavors" on the foods when they want to hide signif-

icant amounts of MSG because monosodium glutamate is a natural additive, first discovered in Japanese seaweed.

This seaweed, called Kombu, was first used in Japan as a flavor enhancer. A Japanese doctor then isolated the main ingredient (MSG) and started what has become part of a billion dollar industry. Today, MSG is the most widely used flavor enhancer in the world.

But according to Debbie Anglesey, 40 percent of the US population is sensitive to MSG and in some cases highly allergic to it. So why do food companies add it? Because it makes the food taste better, consumers eat more, then buy more and more of that food, and food companies make a whole lot of money.

MSG is highly addictive to the brain. Studies have reported that it is easily absorbed by the neurons in the brain to transmit signals. But if the brain has too high a dose, it can burn out neurons. According to some studies, long term overdose can lead to seizures or even Alzheimer's in people with high sensitivity to MSG.

Are we being lied to when we are told that MSG is safe? I spoke with Michael Herndon in the FDA's Public Affairs Department and the FDA position is that "MSG and related substances are safe food ingredients for most people when eaten at customary levels." But he went on to tell me that in a 1992 study that the FDA conducted, although they found no evidence of long term health problems like Alzheimers or brain damage, the FDA report did identify short term reactions known as "MSG Symptom Complex" in two groups of peo-

ple. The first group includes people who may have a reaction after eating large doses of MSG, particularly on an empty stomach. The second group includes people with asthma. The FDA states that MSG Symptom Complex can involve symptoms "such as numbness, burning sensation, tingling, facial pressure, chest pain, headache, nausea, rapid heartbeat, drowsiness and weakness. Asthmatics may experience these symptoms as well as difficulty in breathing." But Mr Herndon goes on to reiterate that the FDA still classifies MSG as a "generally recognized safe" substance along with many other common food ingredients, such as salt, vinegar, and baking powder.

In my opinion, the dangers of MSG are no less threatening than the uncovered dangers of nicotine. The only difference is that consumers of cigarettes finally uncovered the truth and blew the whistle on the cover-up by the tobacco industry. The food industry and powerful lobbying groups in Washington DC continue to hide dangerous MSG toxins in foods and consumers are either ignorant of the facts or don't seem to care.

Common Hiding Places for MSG

- Hydrolyzed Vegetable Protein
- Hydrolyzed Protein
- Hydrolyzed Plant Protein
- Plant Protein Extract
- Sodium Caseinate
- Yeast Extract
- Sodium Caseinate
- Calcium Caseinate
- Yeast Extract
- Textured Protein
- Autolyzed Yeast
- Hydrolyzed Oat Flour
- Corn Oil

Go to the national library of medicine at www.pubmed.com under msg obesity and read the medical studies that appear. From Battling the MSG Myth, by Debbie Anglesey

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Factory Farms
(continued from page 12)

far more when we consider the damage to the environment and our own health.

In the future, meat consumption may become an ethical question, not so much because of the wretched lives animals in factory farms are forced to live, but because of the damage we do to the earth.

“Almost everything that humans currently do is unsustainable. And while we send in our pennies and pounds to Ethiopian and other famine appeals, no one makes the case that the West’s obsession with meat plays a direct role in starving the world’s poorest people.”²⁰

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FDA Says No to Labeling of GE Animal Products

by Sustainable Food News

The U.S. Food and Drug Administration (FDA) has announced that it will not require labeling of meat and fish products from genetically engineered animals.

The agency also said in its final guidance for industry on the regulation of genetically engineered (GE) animals that the ethical and other issues surrounding GE foods, including animal welfare, were outside the scope of its review.

The FDA said the purpose of the guidance is only to describe how existing regulations apply to GE animals.

Genetic engineering generally refers to the use of recombinant DNA (rDNA) techniques to introduce new characteristics or traits into an organism.

When scientists splice together pieces of DNA and introduce a spliced DNA segment into an organism to give the organism new properties, it is called rDNA technology.

The spliced piece of DNA is called the rDNA construct. A GE animal is one that contains an rDNA construct intended to give the animal new characteristics or traits.

“Genetic engineering is a cutting edge technology that holds substantial promise for improving the health and well being of people as well as animals,” said Randall Lutter, FDA deputy commissioner for policy.

The FDA said it expects many GE products to start reaching regulators, and then the market, within the next decade.

GE animals are actively being developed in other countries for both food and biopharmaceutical uses.

In Canada, a company called AquaBounty is developing GE salmon that grow quick-

er than conventional farmed salmon; in New Zealand, dairy researchers are looking to rDNA technology to affect the relative level of certain proteins in cows’ milk to make it more suitable for cheese-making; and in China a major agricultural program employs rDNA technology to make more animal-based food available.

Scientists from African countries are collaborating with U.S. seafood farmers to develop GE tilapia that can grow quicker than its conventional counterpart (growth enhanced fish are also being developed in Cuba); and scientists at the Roslin Institute in Scotland are developing GE chickens to produce pharmaceuticals in their eggs, as are scientists in Korea.

In response to the FDA’s decision against mandatory labeling of GE foods, Consumers Union, publisher of Consumer Reports, said the guidance “blatantly ignored consumers’ right to choose what they eat.”

A recent Consumers Union poll found that 95 percent of consumers favor labeling of meat and milk from genetically engineered animals.

Indeed, the “vast majority” of the 28,000 comments received by the FDA in response to the draft guidance in September expressed opposition to the genetic engineering of animals.

Most comments regarding food labeling urged the FDA to require mandatory labeling of food products from GE animals, citing a consumer “right to know.”

The FDA said food marketers may voluntarily label foods as being derived from GE or non-GE animals, as long as the la-

beling is truthful and not misleading.

For instance, labels cannot express that food derived from a GE animal as being “materially different” from its non-GE counterpart.

Comments gave a variety of reasons for overall opposition to foods from GE animals: manipulating genomes of animals in ways that could alter their fundamental natures was unethical or immoral; that experimenting with animals was wrong; that genetic engineering may have adverse social and economic consequences; that it is not possible to predict what such technology might lead to; and that in general, the FDA should ban rather than facilitate the genetic engineering of animals.

Most of the comments were form letters or simply made general statements about GE animals or the guidance, the FDA said. That left just 797 comments containing “specific suggestions or criticisms”; which was whittled down to 60 that were considered “substantive, because they provided detailed analyses, recommendations, or opinions.”

A number of comments discussed a variety of environmental risks potentially posed by certain uses of some GE animals, and questioned whether the FDA had adequate legal authority or appropriate technical expertise to address such environmental concerns properly.

The risks described in the comments included the possibility that if certain GE animals were released or escaped into the environment, they could have a competitive advantage over a wild species, or could interbreed with and transfer their GE traits to wild or domestic non-GE counterparts.

The FDA said it will conduct environmental reviews on a case-by-case basis for each lineage of GE animals. The assessments will take into account the nature of the rDNA construct, the phenotype of the resulting GE animal, the containment conditions under which the sponsor proposes to operate, the potential environmental consequences of release or escape into the environment, and any other information that is relevant to the application.

The FDA said it intends to hold public advisory committee meetings prior to any GE animal approval.

New Report Details Urban Farming Potential In America

by Sustainable Food News

In a report issued in January, American Farmland Trust (AFT) detailed the long-term viability of agriculture in counties that are becoming increasingly urban.

The report, titled “Farm Viability in Urbanizing Areas,” explores which public policy efforts have been effective in retaining the spectrum of benefits provided by local agriculture.

“As agricultural counties transition to more urban land uses, it becomes increasingly important to plan for agriculture,” said Anita Zurbrugg, assistant director, AFT’s Center for Agriculture in the Environment, and one of the project researchers for the study.

The report is comprised of 15 county level case studies from 14 different states, and is arranged into chapters covering production inputs, marketing, farmland protection and outlook for the future.

Some of the key findings and recommendations to emerge from the report include:

- Farmers were more likely to be positive about agriculture’s future in their county if they regarded local government as sympathetic, or at least even-handed in resolving conflicts between farmers and non-farmers.
- State governments should enable, and local authorities should operate, effective programs for purchasing development rights to farmland, thereby either adding to the base that agricultural zoning supports or achieving what zoning fails to realize.
- Local governments should apply zoning policies (e.g., large minimum-lot requirements, cluster zoning, urban growth boundaries) that help to preserve an adequate land base for farming.
- There are often insurmountable obstacles to young or beginning farmers purchasing and renting land, especially if they are not related to the current farm owners. Public and private agencies should encourage farm families to plan carefully for the transfer of ownership and management to

(continued on page 16)

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Teacher Susan Robinson (l) of Plymouth Meeting discusses environmental scrapbooks with (l-r) Joey Wallerstein of Queen Village, Mia Samuel of Mount Airy, and Zach Fernberger of Wyncote.

GFS Students Track Environmental News

by Michael Boorse

As part of their Environmental Science class, upper school students at Germantown Friends School are conducting a year-long tracking survey of how environmental issues are being covered in the news media. Each student is assembling a scrapbook composed of stories from newspapers, magazines, and journals and evaluating the issues presented, as well as examining the quality of the news coverage.

“One of the important goals of science education is to help students learn how to make good decisions about public issues,” explains teacher Susan Robinson of Plymouth Meeting.

On December 16, Robinson asked students to present their scrapbooks-in-progress and to comment on the environmental issues that stood out in their research.

Students provided a variety of observations, including thoughts about ancient plantings in the Amazon rain forests, the merits of wind energy, the drawbacks of light pollution, how invasive species can actually increase biodiversity, and the kinetic energy potential of Earth’s oceans.

Jason Price
(continued from page 1)

learning how to grow produce that they can sell to the Co-op or local farmers’ market. They’re learning retail.”

There are few options for neighborhood grocery stores in the area, a situation that wasn’t lost on the Ogontz Area Revitalization Committee (OARC) when they approached Weavers Way General Manager Glenn Bergman and the Co-op’s board about taking the space vacated by a previous produce store.

Neighborhood response has been slow, and Jason wants to expand efforts for face-to-face contact to let people know what the Co-op is and how it is designed to benefit the community on all levels.

“It’s a pleasure to take on the manager position at the Ogontz store,” said Price, tipping his hat to Luis Cruz, his predecessor. “Luis has done a spectacular job in creating a great shopping environment and setting a high standard for customer service. He has also worked very hard to make the transition as smooth as possible for both myself and other staff members. Luis’ attention to detail and level of care have made the Ogontz store a shining star in the community.”

Luis will be working in the Mt. Airy store, and continuing his popular cooking classes and demos.

Most West Oak Lane residents shop at a large commercial grocery almost five miles away from the Ogontz location, so a neighborhood grocery store is a necessity. Building community, however, is equally as

important as access to food.

“It’ll take time,” said Jason, “but since we opened in July, we’re already holding membership orientations at Grace Methodist Church, one of the many community churches. We’d like to have more nutrition and cooking classes and reach out to more people through the area churches.”

Currently, the Co-op offers incentives to the community, such as waiving the fee to nonmembers and stocking a wider variety of lower-priced, non-organic produce.

Jason also wants to turn the empty lot next to the Ogontz location into a demonstration of successful urban food production. His vision is to see more and more empty plots of land used to grow food, with more people participating in the process of growing food and bringing it to the Co-op or farmers’ markets. The revenue from these activities would then go back into the community. It brings about sustainability for both the community and the environment.

“It’s unsustainable to continue to eat the way we do,” says Price. “It’s unsustainable not to have cohesion within the community. This country cannot continue to bring food from places where people are underpaid and the growing practices are unknown. I feel it’s important for people to know where their food comes from and to feel secure about having produced it themselves.”

“The focus is not the sales,” he adds, “It’s about increased participation, interest in urban production and healthier food choices, and community ownership.”

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The Simplicity Dividend
Eco-Epiphanies: Personal Wastefulness and Societal Stupidity

by Betsy Teutsch

For some, deep ecological truths are arrived at in spectacular natural settings or dramatic experiences. For me, looking back, two anecdotes stand out as clearly pivotal, changing my behaviors and thinking – hence, eco-epiphanies. The first was nearly twenty years ago, listening to Rabbi Arthur Green’s Yom Kippur sermon. I have no recollection what exactly his topic was, but his line: “American disposals are better nourished than many people with whom we share this earth” was so true and so jarring, that I vowed to start recycling that minute. Step by step, year-by-year, my consciousness about waste grew, until I became an environmental activist – fortunately, along with many others. However, I still thought of waste as a personal matter, that I should be more careful not to waste food to begin with, buy less packaging, that sort of thing. Virtue, as Dick Cheney would call it.

The second truth arrived in a story about Sudanese refugees, teenage boys settling in the United States. Survivors of great trauma and orphans who had lived in refugee camps for many years, they were brought here and settled by Lutheran Services. Social workers helped them adjust, and it was educational for both these “Lost Boys” and those who helped them. One woman described taking them to a Big Box store to outfit them with American necessities. They stopped to look at a wall of hair dryers, unfamiliar to her charges. She explained their purpose, and they stared at her. “But hair dries by itself!” Somehow that shocked me into awareness of how ridiculous much of our consumption is – looking at it through the eyes of the world’s have-nots. We Americans live in a bubble. We don’t question basic assumptions about

how we use resources, and allow ourselves to be absurdly wasteful, spending time, money, and natural resources to do things that don’t need to be done to begin with! We could live a high quality of life much more resource-efficiently, and we will certainly need to do so if the planet is to survive the onslaught of the results of our over-consumption.

Suddenly we find ourselves in a world which looks very different: many Americans are in fact being forced to get by with less. It is interesting to watch Americans driving less, for example. Is this change due to:

- People coming to their senses, at long last?
- People being unemployed and not commuting to work?
- People going out less on discretionary buying expeditions, due to financial anxiety
- Or people actually having less income, and changing their spending behaviors?

Clearly, for many of us, the recent experience of economic contraction is unprecedented. The same behaviors being touted for saving money are identical to those which save natural resources and decrease carbon emissions. Perhaps the new habits folks are acquiring can be reinforced by public policy, incentivizing our consumption in ways which, while not cutting into our quality of life, will make us wiser consumers and better world citizens. Better late than never....

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

Suit to Block CAFO Rule Change

by Jonathan McGoran

A coalition of environmental groups that includes the Waterkeeper Alliance, Sierra Club, Environmental Integrity Project, The Humane Society of the United States, Citizens for Pennsylvania’s Future and Center for Food Safety has filed suit to block a last-minute Bush administration rule change exempting large-scale farms from a requirement to notify the government when they release unsafe levels of toxic emissions into the surrounding community. The suit was filed by the environmental law firm Earthjustice, citing the potential for harm to people living and working near such factory farms, or Confined Animal Feeding Operations (CAFOs), which may contain upwards of 1,000 cattle, 2,500 hogs or 125,000 chickens. CAFO-generated waste can release high levels of toxic ammonia and hydrogen sulfide.

WWCP Rebate Donations
(continued from page 1)

non-profit organization, it is gratifying to receive this kind of support for our programs as we go forth to explore ways to improve and expand our programming. For those of you who have worked at a non-profit, you know what a special gift it is to get funds that can be used at the organization’s discretion. This allows us an element of creativity that is not always available with grant funding. Often it means that a non-profit can respond to community needs and opportunities that present themselves between funding cycles.

WWCP has recently found such an opportunity. At the urging of Farm Educator David Siller, several of us met with folks at Stenton Family Manor in December. As a result of that meeting, a definite meeting of minds, we plan to start a small urban farm at Stenton this spring. Stay tuned for planning and funding updates in next month’s *Shuttle*.

December was a good month. We also received word that FUMCOG (First United Methodist Church of Germantown) had chosen the WWCP School Marketplace program, as one of four organizations to receive their community needs grant. The funding comes from the special collection taken on the two Sundays before and after Christmas. At their invitation, I had the honor of speaking to their congregation at a Sunday service. I then found out that FUMCOG members are everywhere. In the weeks after, many folks came up to me—at the gym, walking in

Report on Urban Farming
(continued from page 14)

their children or other relatives.

- Public and private agencies should encourage the launching and sustainability of farm enterprises likely to be profitable on the urban edge and on small acreages, such as high-value specialty crops or livestock.

“If we can better understand how to maintain a sufficient land base, to promote adequate marketing outlets and supplies of non-land inputs (credit, new farmers, hand labor, water, repair services, etc.), and to encourage types of farm enterprises likely to be profitable given market demand and input constraints, farming on the urban edge is likely to remain viable into the future,” concludes Dick Esseks, researcher and lead author of the report.

Funding for the research was provided by a National Research Initiative Grant from USDA’s Cooperative State Research, Education and Extension Service.

Chestnut Hill, and at High Point—to say that they were in church that day and they really like what we are doing with Marketplace. That is one of the many delights of living and working locally: our lives are intertwined in so many ways. We also received a grant from the Claneil Foundation for \$10,000 for farm education for the second year in a row. This funding will help us continue educating students both at the farm and in their Northwest Philadelphia classrooms.

Additional support this past year, for farm education and the Marketplace program, has come from our many partners—Representatives Rosita Youngblood, Cherelle Parker, and John Myers, and Senator Leanna Washington. Their support comes not only in the form of much appreciated grants but also in their time and interest in our activities.

Last and certainly not least, our urban farm at Martin Luther King High School has been a great success, thanks to Foundations, Inc., which manages the school and has engaged fully in this project. Support for the farm started with a grant from Enon Tabernacle Baptist Church, and carried on with support from Awbury Arboretum, City Year, Representative Dwight Evans, the Ogontz Avenue Revitalization Corporation (OARC), the School District of Philadelphia and many others. With farming, support also comes in the form of labor. Many people came out to the farm and volunteered their time—MLK students, ENON and Weavers Way members, friends and family from out-of-town, nearby residents. So thank you one and all.



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How To Eat Healthy And Stay Fat, Vol.2

by Adam Lippe

An important cooking proverb that one should always keep in mind: Your lack of daring is worthy of mocking. When one suffers from gluten intolerance or celiac disease, the key is not to limit your food intake to the most bland and flavorless options. Well, actually, you probably should do that, but why add insult to injury?

Anyway, since discovering my gluten intolerance, as well as my acid reflux, I've had to experiment with various tastes, sauces, and creams. One of the simplest dishes to make is chicken tikka masala. Normally, this is the go-to dish in an Indian restaurant, what you should try first to see if the chef can manage the basics, much like a burger at a diner. Considering that many of us sorely lack culinary diversity, making tikka masala at home would seem to be a daunting task. Luckily, Weavers Way carries a product that I've used for many years, Maya Kaimal's Tikka Masala sauce. You can find it in the refrigerated prep food section, and that brings up a key distinction: it is kept fresh. There are other brands you can buy in a jar that are cheaper and would seem to be viable options, but the preservatives that they use tend to dull the flavor.

On the Tikka Masala label, cooking instructions suggest that you can make it with shrimp or cauliflower, but the important thing in this case is to stay as plump as possible. That way, when the apocalypse comes, you'll have more fat to live on in case of a food shortage. Boneless, skinless chicken thighs are best (tearing off the fat at your own discretion), though chicken tenders will do. You should also buy some basmati rice and some fresh red peppers. Wash and cut up about 3/4 of a red pepper into small pieces, while starting the water for the rice in a separate pot.

After two or three minutes, put about

an ounce of oil or a tablespoon of butter in a frying pan. Heat it up and put a pound of chicken in right before the oil crackles. As you brown the chicken at medium heat, put a pinch of sea salt in the water for the rice. About two minutes before the chicken is browned on both sides, put the red peppers in. Move the peppers around a lot so they don't burn. When the chicken is ready, take it out of the pan and cut it up into smaller, chewable pieces. As you are doing this, put about one cup of basmati rice in the water and stir until it flows around the pot without your help. Put the chicken back in the pan with the peppers. Add the tikka masala sauce and lower the heat to just above simmer. Stir every two minutes and tend to the rice in the same fashion. After ten to twelve minutes, the sauce should have blended in with the chicken and peppers and the rice should be done. Taste the sauce to check its level of spiciness. If it is too much for you, add a dollop of sour cream to cool it off.

This should feed up to seven fashion models, four hippie types, or two average people. Serve with apple cider or a fruity wine. Try not to feel guilty about your own unnecessarily enormous portions. The Fugees once said, "I play my enemies like a game of chess." In this case, your enemy is a flat stomach, and rolls of fat your checkmate.

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New Auditing Program Expedites Kosher/Organic Certification

by Sustainable Food News

In January, STAR-K Certification, Inc., and Quality Assurance International (QAI) announced a new joint auditing program for companies seeking dual certification.

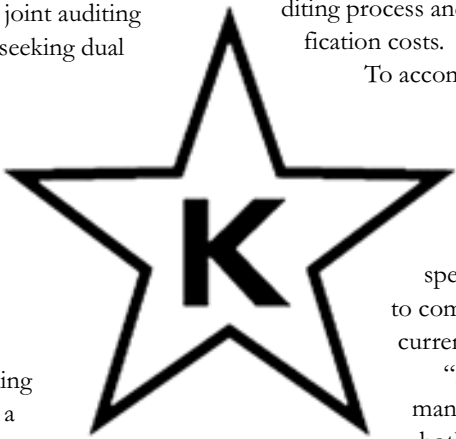
Sales of kosher-certified food products have been experiencing a high-growth trajectory similar to the organic foods market, the groups said.

"These two intersecting trends have given rise to a flourishing new specialty food category—kosher organic," the groups said in a statement. These products meet both the strict requirements of Jewish dietary laws and the USDA's National Organic Program specifications.

The joint auditing program, which became effective Jan. 1, streamlines the auditing process and reduces overall certification costs.

To accomplish these goals, a number of STAR-K kosher inspectors are now trained organic inspectors, allowing them to complete both audits concurrently.

"Having realized that many companies have both certifications, we feel that the bundling of our certification efforts will add further efficiency and value on behalf of consumers throughout the world," said STAR-K President Avrom Pollak.



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Managers Corner
(continued from page 1)

7,000 square feet. One of the sites identified in that study was Caruso's.

Many people came together to make this acquisition a reality, and at the risk of omitting some, I want to mention just a few. Jay Goldstein, president and CEO of Valley Green Bank, has been invaluable in his official capacity, securing funds for the settlement and construction, and unofficially, for his limitless patience, vast knowledge and expertise, and his huge effort. Even before the market study and the consultants, Jay Goldstein said there was demand for a natural foods market in Chestnut Hill that was not being met. Our brokers, Bob Elfant, Jamie Elfant, and Chris Plant, searched for locations up and down the Avenue and in other areas in the Northwest over the last two years. David Kraut, the Co-op's legal counsel, has quietly kept an eye out for us in every important decision, telling us what is good and what is not good to do. He received no compensation for this and only wanted to make sure that the final deal was a good one for us and fair for the seller. Dina Schlossberg, a member and real estate lawyer who has helped us with member loan programs in the past, once again donated her time and legal expertise to review the deal, and has also offered to work on our upcoming member loan campaign. Our entire board of this year and last year walked through many sites, listened to hours upon hours of thoughts, numbers, negotiations, etc., and deliberated thoughtfully.

The finance committee reviewed reams of numbers, including one proposal they wanted to look at in person—they showed up at 8:00 a.m., before work on a Monday, to spend an hour wading through costs and financing issues. Many Co-op members spent time with me or the board at night and on weekends, for no personal gain. We are also grateful to State Representative Dwight Evans and State Senator LeAnna Washington for their encouragement and support in this and other endeavors. And the developers that now own Caruso's have assisted us by taking back the loan on the building, which we will pay back over five years.

There will be a lot of work ahead to make this expansion a reality, and many more people to thank, but for now I'd like to say thank you to everyone who was been a part of this process.

Among our goals in purchasing this building is the expansion of our co-op principles and our partnership with the Chestnut Hill community. We will continue to extend our community-based programs (e.g., Marketplace program, which is currently in

the Jenks School), to increase good paying retail jobs that support workers with good benefits and a livable wage, and to expand the market for local farm product, like produce, meats, poultry, and other value-added products. I know that our suppliers, like Merrymeade, Natural Acres, Meadowrun Farm, Solebury, Kauffman Orchard, and many others will be excited to hear that we are increasing the market for their product. By continuing to focus our purchasing power as locally as we can, we are helping to stimulate the local economy.

Caruso's has played an important in the community for many years. It is our goal to maintain this role and to strengthen it. Although Weavers Way already has over 500 member households in the Chestnut Hill area, to accomplish this goal, we need more members of the Chestnut Hill community to become members of Weavers Way. In addition to increased equity from a growing membership, we will be seeking \$1 to \$2 million in member loans to reduce our borrowing costs, as many of our fellow co-ops throughout the country are doing in their communities. A loan to a business that you own through your membership, is an investment you can watch over and an investment you can directly benefit from, every time you shop. It is my hope that we will tie together the need for a neighborhood store and community meeting place in Chestnut Hill with the direct involvement of the expanded community through membership equity and loans.

Long-term goals

Of course, we expect that we will be successful and supported. A successful expansion will also enable the Co-op to continue our goal of opening up other small stores in underserved areas. Our first small store was the Ogontz store, but in future years, with good cash flow from the Mt. Airy and Chestnut Hill stores, we hope to open in East Falls or Germantown. There is a shortage in urban areas of small neighborhood stores that provide produce and other healthy product choices. This is not only an economic issue but an important public health issue. We have opened up farms in Awbury and MLK High School, we are planning to expand the farm program to the Stenton Manor Family Home (a family homeless shelter), and to the Saul Agricultural High School. All of this will help bring fresh produce grown locally in the community. We are proud of the leadership role Weavers Way has taken in urban farming.

Please support us as we move forward with this endeavor. Weavers Way, and co-ops in general, aren't just about food, they are about community.

Business Center Offers Seminars for Small Businesses

by Pamela Rich-Wheeler

The Business Center for Entrepreneurship and Social Enterprise presents a series of one-day seminars for small businesses on the first Friday of each month. The seminars will take place from 8 a.m. – 10 a.m. at the Point of Destination Café, 6460 Greene Street, at Upsal Train Station.

Cost for the seminars is \$20 for non-members and \$15 for members. A continental breakfast will be provided. To register, contact Terri Rivera at 215-247-2473 x7.

Upcoming seminars include:

February 6, 2009: Tax Preparation for Small Businesses Learn tax tips and deductions for small businesses and get your taxes prepared, with Solomon Wheeler, Director of Finance, The Business Center.

March 6, 2009: Meet The Press This workshop includes innovative approaches to get the word out to the press. Learn the basics of working with the media to secure positive coverage that speaks to your audience. Local newspaper and marketing experts will be on hand to provide a sample press release and give tips to help you advertise your service or product with the press. With: Bernard Dagenais, Philadelphia Business Journal; David Brown, Brown Partners Multicultural Marketing; and Karl Biemuller, Germantown Courier.

April 3, 2009: Constant Contacts Learn best practices for networking and keeping in touch with your customers, with Cathy Sutton, KEB Promotions.

May 1, 2009: Food for Thought—Taking Your Food Product to Market Learn what it takes to put your home-made delicious recipes into your local markets.

Experts from Weavers Way Co-op will show you how to distribute in their stores. With: Norman Weiss, Purchasing Manager, Weavers Way Co-op; and Tanya Stewart, President & CEO, Food Safety Essentials, LLC.

June 5, 2009: Case Study Learn common mistakes to avoid from victories and failures of Fortune 500 companies. Evaluate and analyze a business's strengths and weaknesses, with Pamela Rich-Wheeler, Executive Director, The Business Center

Dedicated to building community one entrepreneur at a time, the Business Center offers Small Business Programs such as The Enterprising Woman Business Plan Competition, Small Business Community, Youth Entrepreneurship, and Virtual Incubation. Located in Elders Hall, at 7500 Germantown Ave., the Business Center's mission is to equip entrepreneurs with the necessary tools to start, sustain and expand a successful enterprise.

For more information about the Business Center, visit www.thebizctr.com.

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New Program Offers Resources for Older Adults

by Linda Brunn

Resources for Older Adult Living (ROAL) is a year-old program whose purpose is to provide help with the transitions and challenges of aging to those who are aging, as well as to their families and caregivers who live in Northwest Philadelphia. ROAL provides a central source of information about what resources are available in the Philadelphia area, but with an emphasis on services in our own Northwest neighborhoods. People who are 55 + or concerned about someone else, can call ROAL's consultation and referral phone line to discuss any problem or find many resources they may need related to staying in the community or improving the quality of their lives.

According to Emilia Xavier, Coordinator of ROAL, "The range of calls varies in both topics and intensity from older adults in crisis with no food, a homeowner needing help with home maintenance to a need for someone who would come into the home to do manicures and pedicures, or someone who wants to learn how to use the internet. Many times people need assistance understanding and getting public benefits and services to which they are entitled, such as tax rebates or Medicare D. We have found that many times the solution to a question needs to be found through detective work, and we tap into many individuals and organizations in the Northwest and the city."

ROAL has compiled a Northwest Resource Directory for Older Adults (which can be viewed on-line), maintains a Resource Center with printed materials, and provides educational workshops on topics related to aging. ROAL also has many opportunities for people to volunteer in supporting the program and helping older adults.

ROAL is a program of Northwest Interfaith Movement (NIM), and it came about through the planning of eleven organizations serving older persons in the Northwest. Funding is provided by the Green Tree Community Healthcare Foundation and the Pennsylvania Department of Community Economic Development.

To reach the ROAL phone service, call 215-843-5602, Monday through Friday, 9 a.m. to 3 p.m.

Go to www.nimphilly.org to access the Resource Directory.

A Community for All Ages

At a May 9, 2008 forum called A Community for All Ages, four areas were identified as priorities for follow-up:

(1) Providing and getting out information about resources, events and services in our community. NIM is starting the second year of the Resources for Older Adult Living consultation and referral phone service and is launching an on-line Northwest Resource Directory. We need volunteers with a range of skills, interests and knowledge to make this program more effective.

(2) The development of ways for volunteers to provide small, time-limited services for older adults to help them remain in the community. ROAL is looking for people interested in driving, visiting and providing respite, shopping, escorting people to medical appointments, and doing yard work and household tasks. We are also looking for people interested in working together to build a neighbor-to-neighbor volunteer network for our area.

(3) Assuring that the physical environment will support older adults living in the community. We need people who are interested in conveying the message and watch-dogging issues related to northwest community physical infrastructure with groups involved in housing, zoning, transportation, planning, and the environment.

(4) Furthering the dialogue and education about an elder-friendly community, aging in place, and community for all ages by developing workshops and seeking out groups who might be interested.

Within these four areas there are opportunities for involvement all the way from taking on leadership, to taking on some small supportive task, to helping older people very directly.

Interested in getting involved? Want to be kept informed as we continue to develop? Contact Linda Brunn, Director of Adult programs, at lbrunn@nim-philly.org.

Valentine Papermaking Workshop

by Ariel Wilson

On February 7, 2009, from noon-2 p.m. you can learn to make something special for someone special at Historic Rittenhousetown's Valentine Papermaking Workshop.

Learn how to make paper and design your own unique way to say "I love you" at Historic RittenhouseTown's annual Valentine papermaking workshop! This workshop is great for the entire family.

RittenhouseTown Members: Adults \$15, Children \$7; Nonmembers: Adults: \$20, Children \$10.

Reservations and advance payment required. To register, contact Ariel Wilson, information@rittenhousetown.org or 215-438-5711. Due to space restrictions, reservations are required.

For more information about Historic Rittenhousetown, visit www.rittenhousetown.org, or e-mail information@rittenhousetown.org.

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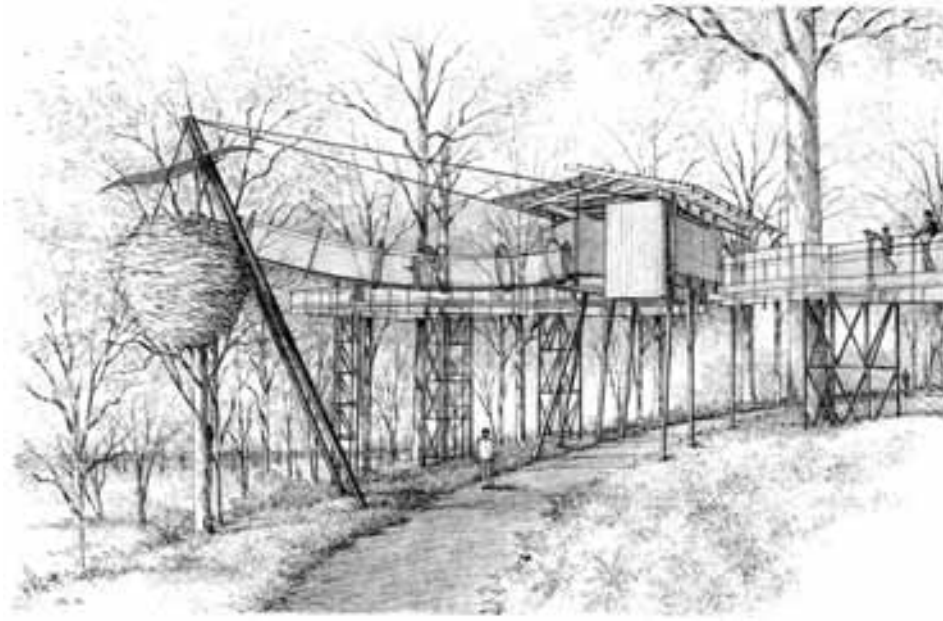
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PRIMEX

A Busy Winter as Morris Arboretum Moves Ahead On Two Major Projects



IMAGES COURTESY OF MORRIS ARBORETUM

Morris Arboretum enjoys a busy winter as construction proceeds on both the new LEED Platinum-certified Horticulture Center Complex and the 275-foot “Out on a Limb” canopy walk.

by Susan Crane

Even in the dead of winter, there is a lot going on at the Morris Arboretum. Construction will begin January 19 on the new Horticulture Center Complex at Bloomfield Farm, across the street from the public gardens at the Morris Arboretum. The complex will be the first newly constructed green building on the University of Pennsylvania’s campus to be certified through the U.S. Green Building Council’s LEED rating system. The Horticulture Center Complex is slated to achieve LEED Platinum certification, the greenest level available, representing the highest commitment to sustainability.

Another exciting project already underway at the Morris Arboretum is the construction of a new Arboretum-wide exhibit, called Tree Adventure, slated to open in late spring of 2009. The central message of the Morris Arboretum’s Tree Adventure Exhibit is: We need trees and trees need us! The exhibit’s goals include inviting visitors into the forest, addressing visitors’ curiosity about the life and biology of trees, allowing visitors to explore trees from their roots to

their crowns, strengthening visitors’ understanding of the relationship between people and trees, and inspiring visitors to plant and care for trees in their own communities. The Tree Adventure exhibit’s central feature and greatest opportunity for expanding the garden’s interpretation will be a dynamic new 275-foot canopy walk entitled “Out on a Limb” that will soar over 40 feet into the air, providing a wonderful vantage point from which to understand the critical role that trees play in our environment. The messages incorporated into “Out on a Limb--A Tree Adventure Exhibit” will focus on the importance of trees in the environment, especially in cities, where trees require human help to survive. Out on a Limb will be a fully accessible, permanent, interactive installation at the Arboretum, one that will enhance both children’s and adults’ experience of, and appreciation for, nature and the environment.

Both of these projects highlight the Morris Arboretum’s commitment to sustainability. The new Horticulture Center project could operate as a national “green” model, inspiring and encouraging other organizations, both non-profits as well as for-

profits, to consider environmentally sustainable and regenerative design in their construction planning. Some of the design features of the Horticulture Complex that will qualify it for Platinum Level LEED® Certification include the following:

- An efficient ground-source heat pump will provide heating and air conditioning for the building, using only about one-fourth the energy of a typical boiler/air conditioning system.
- A green roof on the equipment storage shed will capture and absorb rain, slowing the surge of stormwater to the site drainage system. A green roof also helps reduce the ambient summer temperature by providing a cool roof surface unlike the “heat island” associated with most asphalt or rubber roofs.
- Photovoltaic panels will provide on-site generation of renewable energy, with peak electricity production during the hot

summer months when the demand for electrical power is highest.

- The building will be well insulated to eliminate infiltration of outside air and reduce the energy lost through the walls.
- The building’s lighting system is designed to take full advantage of natural daylight by using skylights and roof monitors to supplement artificial lighting. Photocell sensors will automatically dim the electric lights in use on bright days to reduce energy use.
- The design team is investigating on-site micro-hydro power by using the existing historic mill race to generate electricity.
- A constructed wetland will provide treatment of wastewater on site, reducing the demand on the township wastewater system.

The Horticulture Center Complex’s

(continued on page 21)



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Table of contents

February Garden Notes:The Front Lawn

by Mark Goodman, The Neighborhood Gardener

The traditional landscape pattern for the front of a house includes evergreen shrubs at the foundation and a lawn. Full disclosure - I am not a lawn lover. Grass has its place as an area for kids to run around on or for people to walk on, but I believe that lawns are overrated in the U.S. landscape.

In general, grass is a high-maintenance ground cover that requires frequent cutting, fertilizing, pest prevention, and reseeding. Feeding and pest control often include toxic chemicals that don't build soil health.

So why is grass so popular? Habit and conditioning. The grass products industry spends millions of dollars to convince us that a carpet-like lawn is a necessity for the front of our houses.

Let's look at some alternatives. My first landscape task at each of my last three houses has been to remove the front grass and plant shrubs, flowers, trees, and ground covers. Now there is another option—fruits and vegetables—that is growing in popularity, but that's another article.

The most obvious areas for alternatives to grass are slopes. They are harder to mow and are most visible from the street. Ever-

green ground covers such as ivy, pachysandra, and vinca, are popular for shady slopes. For sunny sides, consider creeping euonymus and low-growing spreading junipers, which come in green, bluish, and yellow.

If you have a large front lawn, and the thought of removing all that grass is daunting, you can plant perennial beds on each side of the front walk. With proper planning, you can have color for the whole growing season. A few small evergreen shrubs can provide some winter interest.

Another way to provide alternatives to an unbroken front lawn is to plant a tree. Trees provide shade and stature, and—depending on your choice—color. The bed around the tree can be embellished with shrubs, ground covers, and/or flowers.

If trees are too tall for your liking, a shrub and/or flower bed in the middle of a lawn can provide an interesting focal point. A round or kidney-shaped bed will offset the repeated angular shapes of buildings, doors, and windows.

This year, as you plan your garden activities, consider reducing your lawn space and beautifying your front landscape.

Morris Arboretum

(continued from page 20)

prestigious design team consists of architects from Overland Partners of San Antonio, TX; Muscoe Martin of Philadelphia's M2 Architecture; and Andropogon Associates, the Arboretum's Philadelphia-based landscape planning partner since 1977.

The Horticulture Center Complex will be introduced in two phases. Phase One will focus on the provision of critically-needed and flexible work space for the Arboretum's horticulture, education, maintenance, and facilities staff, providing important infrastructure for staff and equipment.

The 20,840-square-foot facility will provide space for staff to manage their extensive responsibilities for the Morris Arboretum's 167-acre property in the most efficient and cost-effective manner possible. The added space will enhance research opportunities, providing additional room for preserving and studying the Arboretum's plant collection. It will also provide suitable storage and maintenance areas for the variety of equipment needed to care for the property.

Groundbreaking for Phase Two of the Horticulture Complex is projected for fall of 2010. Its focal point will be a new Education Building, also targeted for LEED® Platinum, that will greatly increase the Arboretum's capacity for offering on-site public programs. This new space is expected to strengthen the Arboretum's finances by providing increased opportunities for earned income through educational program offerings and special event facility rentals.

"We're very excited about this project and what it means to the Arboretum as well as the greater community," says Morris Arboretum's F. Otto Haas Director, Paul Meyer. "The complex will provide wonderful spaces for our educational programs as well as inspiring work spaces for our horticulture and program staff members. The building itself will be a model for sustainable development that will demonstrate the best in environmentally sensitive architectural design. It will be a celebration of the sense of place of the Wissahickon Valley, echoing the style of an existing nineteenth century barn."

The Morris Arboretum of the University of Pennsylvania is located at 100 Northwestern Avenue in Chestnut Hill. The Morris Arboretum is listed on the National Register of Historic Places and is the official arboretum of the Commonwealth of Pennsylvania.

Chocolate Industry Details Long-term Sustainability Goals

by Jonathan McGoran

In January, the World Cocoa Foundation announced sustainability principles and goals, in order to "help the world's cocoa farmers, guide industry efforts and prioritize the Foundation's development projects in West Africa, Southeast Asia and the Americas."

The goals and principles in the announcement are grouped into:

Profit: Improved and more equitable economic returns for farmers, built upon expanding entrepreneurial skills, stronger and more effective farmer associations, and more productive, profitable farming practices.

People: Healthy and thriving cocoa-farming households and communities, where children can enjoy childhood and attend school, international labor standards are followed, and farming practices are safe; and,

Planet: Responsible, sound environmental stewardship in cocoa-farming communities where soil and water are conserved, Integrated Pest Management approaches are followed to limit the use of agricultural chemicals, and the fragile tropical ecosystem is protected.


More than 50 World Cocoa Foundation partner organizations from around the world provided input for the sustainability principles and goals. Finally, WCF said it will work towards responsible, sound environmental stewardship in cocoa-farming communities where soil and water are conserved, Integrated Pest Management approaches are followed to limit the use of agricultural chemicals, and the fragile tropical ecosystem is protected.

While this appears to be a positive development, some are suspicious of the group's motives. "The World Cocoa Foundation is an interesting collaboration of chocolate organizations, including several producer groups, but dominated by chocolate companies like Kraft Foods and Mars," says Nicholas Reid of Equal Exchange "As such, the 'long-term sustainability goals' sound a little bit hollow to me. I definitely appreciate the nod to increasing economic returns and profitability of farmers, but it's

hard to imagine corporations like Kraft and Nestle are truly committed to transforming cocoa production in a way that empowers farmers and increases the farm-gate price of cocoa around the world. Very likely... the expansion of cocoa production and increased productivity (which would theoretically help farmers' profitability) will serve only to increase supply while demand remains steady, decreasing the cost of cacao globally and undermining farmers' livelihoods (while increasing the profitability of Mars, Kraft and Nestle)."

Michael Nieman, the author of *A Spatial Approach to Regionalism in the Global Economy*, who is currently working on a book on the global cocoa and chocolate chain, agrees. "A quick review of the programs supported by the WCF shows that its main emphasis is on increasing quantity (and, to some extent, quality)... while it is in the interest of an individual farmer to increase output, the collective impact, given the concentration of cocoa production in West Africa, is not beneficial to farmers, as it will increase supply and thus exert downward pressure on prices."

Still, Equal Exchange's Reid does see at least one silver lining in that the announcement reflects a commitment by the WCF to stronger and more effective farmer organizations.



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FIRST FRIDAY 2008-2009 CONCERT SERIES

| Produce Price Comparison | | | |
|--|-------------|-------------|------------------|
| January 4, 2009 | | | |
| | Weavers Way | CH Pathmark | Price Difference |
| Organic | | | |
| Broccoli | 4.50 | 2.99 | (1.51) |
| Baby Carrots, 1 lb bag | 2.25 | 2.50 | 0.25 |
| Carrots, 1 lb bag | 1.25 | 1.49 | 0.24 |
| Baby Salads, 5 oz Box | 4.50 | 4.99 | 0.49 |
| Onions, Red or Yellow | 1.75 | 1.66 | (0.09) |
| Apples | 1.75 | 2.49 | 0.74 |
| Bananas, Fair Trade | 0.83 | 0.99 | 0.16 |
| Pears, Assorted | 2.25 | 2.49 | 0.24 |
| Total Organic Savings at Weavers Way | | | \$0.52 |
| Conventional | | | |
| Broccoli | 1.76 | 2.99 | 1.23 |
| Carrots, 1 lb bag | 0.79 | 1.49 | 0.70 |
| Celery | 1.66 | 1.99 | 0.33 |
| Grapefruit | 0.70 | 1.00 | 0.30 |
| Lemons | 0.39 | 0.50 | 0.11 |
| Limes | 0.50 | 0.39 | (0.11) |
| Oranges | 0.60 | 0.42 | (0.18) |
| Asparagus | 2.96 | 3.99 | 1.03 |
| Cucumbers | 0.85 | 0.99 | 0.14 |
| Eggplant | 1.79 | 1.59 | (0.20) |
| Garlic | 2.92 | 2.99 | 0.07 |
| Green Beans | 1.96 | 1.99 | 0.03 |
| Onions, Yellow | 0.99 | 0.60 | (0.39) |
| Potatoes, Assorted | 0.85 | 0.99 | 0.14 |
| Red Peppers | 3.96 | 2.99 | (0.97) |
| Squash, Acorn | 0.90 | 1.49 | 0.59 |
| Squash, Butternut | 1.29 | 1.49 | 0.20 |
| Sweet Potatoes (Yams) | 0.85 | 0.88 | 0.03 |
| Tomatoes, LG | 1.96 | 2.99 | 1.03 |
| Apples | 1.35 | 2.03 | 0.68 |
| Cranberries | 2.86 | 2.99 | 0.13 |
| Green/Red Grapes | 2.36 | 2.49 | 0.13 |
| Pears, Assorted | 1.41 | 2.32 | 0.91 |
| Total Conventional Savings at Weavers Way | | | \$4.08 |
| Prices shown may not reflect current prices at these stores. | | | |

INTERESTED IN HOSTING A FARM VOLUNTEER?

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

Short or long term stays

Weavers Way Farm occasionally receives offers from people who want to help out at the farm for a week or two, but are in need of housing during their stay. We are also interested in exploring possibilities for longer term stays for college-age interns during the summer of 2009.



If you are interested, or for more details, please contact David at 267-319-2733 or educator@weaversway.coop



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Suggestions

by Norman Weiss

Greetings and thanks for writing. As usual, suggestions and responses may have been edited for clarity, brevity, and/or comedy. Today’s topic is butter-flavored Crisco. I came across a can of it at our Caruso’s clearance sale. Even before I knew about hydrogenated oils being harmful, some inner instinct told me to beware of fat that is solid at room temperature. Seemed like something more suited to greasing up garage door rails than eating. Turns out rats don’t even recognize Crisco as food. Speaking of a so-called food ingredient, our Philadelphia City Council passed an ordinance requiring restaurants and retail food establishments to provide nutritional information on menus. The ordinance applies to chains with 15 or more stores, and requires listing total number of calories, saturated fat, trans fat, carbohydrates, and milligrams of sodium. I’m told it is the strongest nutrition labeling law in the country. It takes effect January 1, 2010. I wonder if sales of some those over-500-

calorie items like Starbucks “...cino” drinks and Dunkin Donuts will suffer, or people just won’t bother to look or care anymore than they do now. Anyway, too bad the ordinance didn’t include sugar, but kudos to our city council for passing what they did. Correction for last month’s article: one of the things I’ve ridiculed Bill Quern about in the past was that he performs a dance style I erroneously referred to as “clogging.” Bill does not perform clogging, he performs “Morris” dancing. This was a stupid mistake on my part since “Morris” dancing is actually named for my grandfather, Morris Weiss. In the 1950s and 1960s, Morris had a clothing store in Kensington and whenever he sold an expensive coat he would do a little celebratory dance. His fellow shopkeepers were very entertained by this and would all come out of their shops to watch. I should edit the Wikipedia page on Morris dancing, which mistakenly describes it as an old English country folk dance instead of an American urban merchant jig. That’s the problem with Wikipedia: everybody’s an expert.

Suggestions and Responses:

s: “Would it be possible for me to order Bob’s Red Mill Semolina Flour?” r: (Norman) Yes, a case of four 24 oz packages is \$11.40. Bob’s Red Mill is a brand still owned by it’s founder, Bob, and is very handy brand for members to know about, because Bob’s offers lots of products, including specialty products like many gluten-free items, in small cases, typically four packages of about a pound and a half. This is an easy way for people to order cas-

(continued inside on page 23)

Orientations at Ogontz

Weavers Way now holds regular monthly meetings in West Oak Lane to discuss with members of the community how they can become owners and members of the Co-op. The meetings take place at 10:30 a.m. on the third Saturday of each month at Grace United Methodist Church, 7101 N. 20th St., in West Oak Lane, unless there is a conflict with church events.. Weavers Way also looks forward to hosting workshops and cooking demonstrations at the church.

Equal Exchange
February Coffees of the Month



Organic Love Buzz

Created by a genius in Philadelphia, this secret recipe delivers a sweet, sultry and smooth coffee with an unexpected bite and lasting finish. A smorgasbord of roasts in a combination of Latin American beans so fine it will make your heart pound. Feel the love!

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

Organic Café Mexican Vienna

Not too dark, not too light, but just right for this particular bean. Always a large, plump bean when we take it from the roaster, this coffee consistently intoxicates us with its aroma. The coffee’s uniqueness is accentuated in our Vienna roast.

\$9.01/lb.
Reg. \$10.01/lb.

NOTICE of NOMINATIONS for
BOARD OF DIRECTORS

Elections will be held at the Weavers Way Co-op

Spring General Membership Meeting, Sunday, May 17, 2009

Board Positions to be filled:

4 At-Large Directors for 3-year terms

4 At-Large Directors for 2-year terms

(The 4 winners with the most votes will serve 3-year terms.
The next 4 winners will serve 2-year terms.)

Nomination Form

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

All Nomination Forms must be submitted no later than 5pm, Wednesday, February 25, 2009. Please email completed form with answers to the five questions (see below) and a photograph to Bob Noble, Leadership Committee Chair, bobnoble@msn.com. If email is unavailable, place in the Leadership Committee mailbox on the second floor of the store at Greene & Carpenter. Please call Bob at 267-973-6619 to confirm your nomination was received. A copy of this form is also available on our website, www.weaversway.coop.

Name: _____

Member #: _____

E-mail Address (optional): _____

Phone: _____

Address: _____

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

- Why is Weavers Way Co-op important to you?
- How will your experience, skills, or unique perspectives strengthen the Co-op Board?
- What is your vision for the future of the Weavers Way and how does it address the important short-term and longterm challenges facing the Co-op?
- What volunteer experiences have you had with other cooperatives or organizations?
- Is there any other personal information you would like to share, i.e. family, hobbies, work experience, special talents, etc.?

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, at Church of the Annunciation (CA), Carpenter Lane and Lincoln Drive, and at Grace United Methodist Church (GU), 7101 N. 20th St, in West Oak Lane. Upcoming Orientation Meetings are on the following dates:

| DAY | DATE | TIME | LOCATION |
|-----------|---------------|------------|----------|
| Wednesday | Feb. 4, 2008 | 6:45 p.m. | GJC |
| Saturday | Feb. 21, 2009 | 10:30 a.m. | GU |
| Wednesday | Mar. 4, 2008 | 6:45 p.m. | GJC |
| Saturday | Mar. 21, 2009 | 10:30 a.m. | GU |
| Wednesday | Apr. 1, 2009 | 6:45 p.m. | GJC |
| Saturday | Apr. 18, 2009 | 10:30 a.m. | GU |

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) _____
