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# the Shuttle

## Manager's Corner

### Expansion Involves Values More than Numbers

by Glenn Bergman, General Manager

One of the things the board and I wanted to stress at the General Membership Meeting was just how seriously we are all taking the process of expansion, the financial homework that must be done, and the due diligence on a number of fronts. One of the things I took away from the meeting was that the members are comfortable with that aspect of things, but some may be more concerned that the Co-op's values, stated and otherwise, are being just as seriously safeguarded. Part of this might be due to the fact that there was a lot on the agenda, and since I went over my allotted time I had to leave out the last part of my presentation, which was about just that.

Yes, we are taking the financial and business aspects of expansion very seriously, but any expansion we undertake, and even the day-to-day operation of our current store, is in the service of the values that make us what we are as a co-op. I had

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## Expansion and More at Membership Mtg.

by Jay Winston

What is the future of Weavers Way? Will it expand beyond Carpenter and Greene? Where will a new store or stores be located? And who, ultimately, will make the final decisions on these matters? What say do the rank-and-file membership of the Co-op have in major decisions like this? These and other questions filled the air as an unexpectedly large number of Co-op members attended the Fall General Membership Meeting at Summit Presbyterian Church on Nov. 10. Topics covered ranged from Bob Noble's International Co-operative Alliance trip to Singapore and Indonesia to possible changes in by-laws, the Co-op's annual financial statement and the state of the Weavers Way Farm. Most controversial, however, was the issue of expansion, which took up most of the very lively discussion and raised questions about the board's accountability to the general membership.

The meeting was preceded by a lively "meet, greet and eat" with food that went fast (this reporter can say only that what I



PHOTO BY MICHAEL T. REGAN

BOARD MEMBER DAVID WOO (R) HOLDS THE MIC WHILE DAVIA RIVKA ASKS A QUESTION.

tasted at six o'clock was scrumptious, particularly those turkey and cheese things) and live music that included Dylan and Beatles covers ably performed by Acoustic Jam. Once more chairs were found to accommodate the crowd, the meeting was called to order by Board Vice President Nancy Weinman, who addressed proposed changes in bylaws. Co-op bylaws as they stand now, said Nancy, "don't reflect how the Co-op is currently operating." The board, therefore, is proposing changes

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## WW Board Elections in the Spring

### Leadership Committee Seeks Input and Nominations

by Brian Maher

Everywhere you turn these days, elections are the topic of choice, even though it is only December. Before the big national contests are upon us, though, there is an election much closer to home and much nearer to our hearts.

The Weavers Way Leadership Committee is currently making preparations for the Board of Directors election at the spring general membership meeting. There will be several At-Large and Staff Director seats open. Think about it. By this time next year, you could be a member of the board.

The Leadership Committee is seeking individuals who are interested in shaping the future of Weavers Way. Your co-op needs leaders who can dedicate themselves to full participation in board functions and who can work collaboratively to meet

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## Marketplace Program Starting Sixth Year with Five Schools



PHOTO BY JONATHAN MCCORMAN

TERRI RIVERA (BOTTOM LEFT) AND STUDENTS AT HOUSTON SCHOOL, AT HOUSTON'S FIRST MARKETPLACE SALE OF THE YEAR. THE MARKETPLACE PROGRAM NOW HAS FIVE SCHOOLS -- HENRY, HOUSTON (ABOVE), JENKS, A.B. DAY, AND WISSAHICKON CHARTER. LAST YEAR, OVER 100 STUDENTS PARTICIPATED, SELLING APPROXIMATELY \$14,000 IN WHOLESOME, LOCALLY-MADE SNACKS TO A COMBINED STUDENT BODY OF MORE THAN 2,400 STUDENTS. THE FIVE SCHOOLS COMBINED TO EARN ALMOST \$5,000 IN PROFITS THAT THE STUDENTS THEN DONATED TO WORTHY CAUSES, LOCALLY AND GLOBALLY. FOR MORE INFORMATION ON THE MARKETPLACE PROGRAM, VISIT WWW.WEAVERSWAY.COOP AND CLICK MARKETPLACE PROGRAM, UNDER THE COMMUNITY HEADING.

## Co-op Film Series Full House for Knee Deep

by Larry Schofer, Education Committee Chair

It was a full house for the showing of *Knee Deep*, the October film in the Education Committee series.

The film focuses on the Center in the Park Environment Corps, a group of retired citizens who wish to do something meaningful for their society. A number of them came to the film screening. For the past 10 years, they have consistently taken quality readings of various creeks feeding the Wissahickon. Some streams are good; some are bad; some are very bad.

Amidst all the footage of streets and creeks and woods known to many in the audience, the corps worked on Outfall Number 5, the place where the Monoshone Creek comes out into the open near Lincoln Drive. The creek starts near Allens Lane and more or less runs under Wayne Ave., but when it gets into the open, it is very polluted. It is less polluted now than when The Corps started its work, but it is still polluted.

The film shows that after The Corps located the problem, some members of The Corps created an advocacy group, Friends of the Monoshone, which lobbied the Philadelphia Water Department for some improvements. The city did agree to



PHOTO BY LARRY SCHOFFER

FILMMAKERS ANN TEGNALL (L) AND SHARON MULLALY, ON HAND TO DISCUSS THEIR FILM, *KNEE DEEP*.

reline 3100 feet of storm sewer, and things did improve. However, as one of the Friends of the Monoshone in the audience said, we have a long way to go to get the city and the state to clean up our waterways.

The producers of the film, Sharon Mullally and Ann Tegnall, introduced the film and told of their love for the local environment, which led them to make this film.

The next film in the series is *China Blue*, a story of sweatshops in China making blue jeans for America, showing Wed., Nov.14, 7 p.m., at the Little Theatre of the Video Library (7137 Germantown Ave., near Durham St.).

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And of course... scads more

Weavers Way Cooperative Association  
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Still haven't redeemed the cash portio of your rebate? Consider donating it to Weavers Way Community Programs, the 501(c) 3 nonprofit that oversees our environmental programs, the educational programs at the farm, and the Marketplace Program for local school children. See cashier for details.

Editor’s Note

by Jonathan McGoran

As so often is the case, on the menu in this issue of the *Shuttle* is ...food. Not just mild mannered regular food, though, we’re talking about superfood. No, this doesn’t mean there’s such a thing as food that can save you from a burning building (although my mom used to make meatloaf that was more powerful than a locomotive, and I’ve personally experienced chili that was faster than a speeding bullet) but these superfoods can indeed save your life. According to Sara Lomax Reese, there’s a whole list of superfoods – a veritable justice league of food, if you will.

One food whose absence from this list can only be explained by jealousy on the part of the other foods is chocolate. Peter and his daughters suffered through a rigorous taste test of all the different brands of chocolate available at Weavers Way, and Peter takes a fascinating and in-depth look at the stuff. Why should chocolate be considered a superfood, you ask? Well, as Peter informs us, it’s loaded with flavonoids and antioxidants, but more to the point, have you ever tried it? The stuff tastes great! Besides, it might not cure cancer or prevent heart disease, but sometimes you need more than flowers; let me tell you, this stuff saves lives.

Naming food after comic book characters might be one way to get kids to eat healthy, but Weavers Way’s prepared foods chef, Bonnie Shuman, weighs in on some other ideas. It’s important that you don’t just read the first paragraph and dismiss what Bonnie has to say just because she doesn’t have kids. Read on a few more paragraphs, and *then* dismiss what she has to say because she doesn’t have kids. Seriously, though, I kid the “genetic-dead-end-child-rearing-experts,” but what Bonnie has to say makes a great deal of sense. I know from my own son that if we had not exposed him to foods from many different cultures, there’s no way that today he would be able to say “yuck” in so many different languages.

While we’re on the subject of child-rearing advice, Betsy Teutsch has some interesting suggestions on holiday gifts for kids that won’t contribute to the waste and avarice that can be so prevalent this time of year. Some great ideas there, but a word of caution: you want to be careful you don’t get too righteous with the gifts. Kids keep lists, too, you know.

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

**Deadlines for each issue are the first of the preceding month.**

**e.g. December 1 for January issue**

**Statement of Policy**

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

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

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



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Down on the Farm

# Hardy Crops Still Growing

by Dave Zelov, Co-op Farmer

As winter is now just around the corner, we have left the radishes and turnips at Weavers Way Farm at Awbury for the Macadamia nuts and Pineapples of the new Weavers Way Farm in Maui. Sure it’s a big step for the Co-op to expand into the tropics, but when you’ve got a full-time farmer on the payroll, you’ve got to keep him busy all year round.

Back at Awbury, November was a busy month full of cover cropping, bulb planting and harvesting the last remaining fruits of the season. The first frost of the year, a very light one, came early on the morning of Oct. 29. It really only hit the lowest lying area of the farm, which was planted mostly in cold-hardy brassicas (plants in the broccoli family). Unfortunately, we happened to plant the basil in this area as well, and if anything is not going to make it through a light frost, it’s basil. So with only one casualty, we entered November with eggplants, tomatoes, peppers and the like still hanging on and hoping for warm nights. With the shorter days and colder weather, the plants slow down quite a bit, not setting very much fruit, and when they do set fruit, growing very slowly.

The cover crops have all been planted now and we anxiously await the sprouting of the garlic. We have more than quadrupled our garlic production for the 2008 season. This year, we only had a small amount planted and sold it for a premium price at the Headhouse farmers market, and saved the biggest cloves for replanting. We then ordered about 70 pounds of additional seed garlic to plant. Garlic is a very long growing crop, planted in mid fall for an early to mid summer harvest. After separating the heads into cloves and discarding any small ones (small cloves produce small heads), place the cloves blunt end down about two inches in the soil of a well-prepared, raised bed. The beds are mulched shortly after planting,

usually with straw, to moderate soil temperatures and keep the weeds down. The cloves will spout and form roots this fall, possibly emerging above the soil surface, but will really take off when it begins to warm up in early April. In June, the hard-neck varieties of garlic that we planted will form a flower stalk, called a scape. The scape is usually removed for two reasons. One, it is delicious in stir-fries, and two, removing the scape puts the energy of the plant back into the roots and produces larger heads. After scape removal, it’s just a few weeks before the leaves of the plant start to brown. Harvest is best done when just over half of the leaves on any given plant have browned. Before this, the bulbs will not be properly formed. After this, the cloves will start to pop out of their skins. After the garlic is pulled out of the ground, it is usually cured by hanging in a well ventilated room or barn for three to four weeks. We used the small shed at the farm with the window propped open.

In addition to the garlic, we also planted some spring flowering bulbs in November. We are growing two varieties each of tulips and daffodils for cut-flower production. This will be a nice way for the farm to generate some income early in the season when not much else is coming in. We are also expanding our cut flower repertoire with a planting of peonies, donated by Co-op staffer Steve Hebden.

December will certainly be less busy



PHOTO BY SARA REESE



PHOTO BY DAVE ZELOV

HARDY CROPS AT THE CO-OP FARM (ABOVE), AND HARDY VOUNTEERS, AT HEADHOUSE FARMERS MARKET, (L TO R) JEN DINGLES, JOY PETERSON AND FARM BLOGGER JENNIE LOVE

out at the farm but there will still be plenty to do on nice warm days. Clearing of invasive vines and perhaps even some trees to improve our sunlight situation in the upper field tops the list. And depending on the weather, there still might be a bit to harvest. Look for sweet, crisp root crops like carrots, radishes, turnips, and beets, as well as tasty greens like swiss chard, kale, collards and mesclun mix, all of which tend to get sweeter with the colder weather. And its really just the beginning of the Jerusalem artichoke season! For now we are using row covers to insulate many of these crops and extend the season, but perhaps next year we’ll have a hoophouse to grow in all winter long. Of course, then we’ll have to find someone else to supervise the guava harvest.

## HELP WANTED

It seems as if this is to be my new monthly column. The more we hire, the more employee turnover we seem to have, but luckily we still have an extremely low turnover, about four times less than most other co-ops. Right now we are interviewing for a person to work upstairs in our wellness department (houswares/health and beauty aids/vitamins) during the evenings, and Saturday mornings. We are also seeking a cashier to help during the evenings and weekends - experience preferred. Please pick up an application at the register today! In the future look to the website, [weaversway.coop](http://weaversway.coop), for more current openings, job descriptions, on-line application, and other job related resources. If you have any questions see Rick about job openings.

## Weavers Way’s Buildings are Carbon Neutral.

## How?



Through Native Energy, Weavers Way is helping to build new renewable energy projects to fight global warming, and is also keeping 163 tons of CO<sub>2</sub> gas emissions from all of its facilities. Learn more about how Weavers Way members can offset their household’s CO<sub>2</sub> through NativeEnergy at [www.nativeenergy.com/wwwc](http://www.nativeenergy.com/wwwc) or click on the link at [www.weaversway.coop](http://www.weaversway.coop)

# December in the Deli

by Margie Felton, Deli Manager

## This Month’s Hidden Treasure

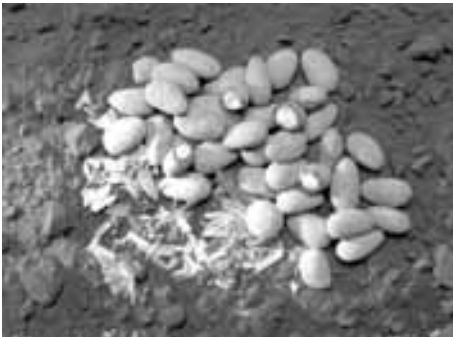
Piedras de Chocolate Gigantic, cocoa-dusted, chocolate-covered almonds. These delicious treats are imported from Spain and are made of Largueta almonds, toast-ed, dipped in chocolate and finished with a dusting of cocoa. They are located on the shelf to the right of the deli meat case.

In the same location you will also find Marcona almonds and caramelized wal-nuts, also imported from Spain. Both are great accompaniments to cheese.

## Holiday Treats

The Weavers Way deli is a great place to find gifts, treats, stocking-stuffers or a little something to bring to a holiday party. Throughout the season we will carry a vari-ety of imported cakes, cookies and candies, as well as baked goods from local suppliers. The specialty cheese area will continue to be stocked with an interesting variety of imported and domestic cheeses. Some of our favorite products and pairings include:

- Peace Olive Oil
- Cream of Balsamic paired with sharp cheddars or aged Italian cheeses
- Sour Cherry and Lemon Balm pre-serve with soft goat cheese
- Equal Exchange local fair trade cran-berries and pecans
- Maple candy
- Assorted Busseto salamis



For sports fans, don’t forget snacks for the games. Try Curly’s wing sauce (made in Penndel, Pa. and available in mild, medium and hot), hoagie spread, and sub-marine dressing, along with your favorite deli meats.

## Bakery

Many of our bakery products are available through preorder. Information about available products and ordering in-structions are located at the beginning of the checkout line. Preorder rolls, pies, cakes, and breads to guarantee availability, by calling 215-843-2350.



# Stories from the Second Story

by Martha Fuller, Second Floor Manager

“How did it get to be December al-ready?” someone recently asked me. The year has flown by, I agree, and it amazes me, too. As to the holidays, let me say that my shopping has barely begun. And yours? Let the ideas for shopping begin!

**For Kitchens And Cooks** Housewares are in great abundance these days. We have products from Norpro, RSVP, Zyliss, Down To Earth, Bambu, Chef’s Plan-et and Gourmac just to name a few. Need smallish gifts for Chanukah or for stocking stuffers? The Gourmac Onion Savers, Tomato Savers and the Lemon/Lime Savers have been a huge hit. Since this a space limited column, I’ll only describe the Onion Saver. The folks at Gourmac, a company known for its storage solutions, dreamed up an eye catching storage container for onions that is specifically designed to store a cut onion while keeping it fresh, moist and crisp. It will also keep odors contained, is easy to spot in a crowded frig and can be a handy outdoor serving piece for your summer outdoor gatherings and picnics (you can safely keep the insects away from the onions!). Each onion saver is airtight and dishwasher safe.

We have gadgets and gizmos to de-light the cooks who like labor-saving de-vices and the ones who relish long blocks of cooking/kitchen time. We have cutting boards, including ones from Bambu, Ar-lite, Down To Earth and Norpro. If you are not familiar with Arlite products, here’s the scoop: We have sold them in years past and now we have brought them back. These cutting boards can be immersed and scrubbed in hot, soapy water or run through a dishwasher. They are made from a solid resin-impregnated wood fiber laminate that Read Products

has sold for industrial cutting boards since 1962. They perform similarly to wood and won’t dull your knives. I have one at home and really like it - give me a product that I can use and put in the dishwasher and I’m a happy camper.

And just a few more ideas before we move on: a wood citrus reamer, a 18/10 stainless steel avocado slicer, a stainless steel scoop and release cookie dropper, stainless steel herb scissors, white porcelain cheese flags, Melita Bamboo coffee fil-ters, and poultry shears. We have more items for your perusal, so do come to the second floor to see them!

**Attention Mrs. Meyer’s Fans** The holiday gingerbread collections are back. The holiday clean-up kit was such a hit in 2006 that the Gingerbread line has been expanded. The Cleaning Kit, a four piece kit that contains smaller sizes of their top-selling household cleaners, is made with an uplifting Gingerbread scent. The Mrs. Meyers folks hope that these products and the Gingerbread scent will warm your home during a hec-tic holiday season. The newest Ginger-bread items are a scented soy candle (it’s similar to the other ones we carry as it is in a jelly jar that can be reused, is made from vegetable wax and has a 35-hour burn time) and the Holiday Hand Care Set, which contains liquid hand soap (good for cleaning up those sticky fin-gers from sampling holiday treats!) and a soothing hand lotion.

**Baggallini** This popular company has new items, new fabrics, new colors and new fabric patterns that have been, as with the other Baggallini bags, quite popular. We are glad to order the item of your choice in the color or pattern you want. We do advise you to give us a sec-

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# Produce News

by Jean MacKenzie, Produce Manager

## Editorializing

My fans will have noticed the disappearance of my com-ments on the produce price signs. I was in the habit of writing “lower price!” when I could lower a price significantly, “ouch” when the price went up signifi-cantly, and a variety of com-ments in between. You seemed to like knowing when the price went down – I didn’t hear much about that. Many of you told me how much you liked “ ouch,” assuming – correctly – that I was commis-erating with you and your grocery budget.

But some thought “ ouch ” was too negative, and that shoppers were being discouraged from buying our (very com-petitively priced) produce. So “ ouch ” had to go, and since I refuse to crow about lower prices if I can’t warn you of higher ones, I just eliminated all comments from the price signs.

Don’t you miss this? I sure do.

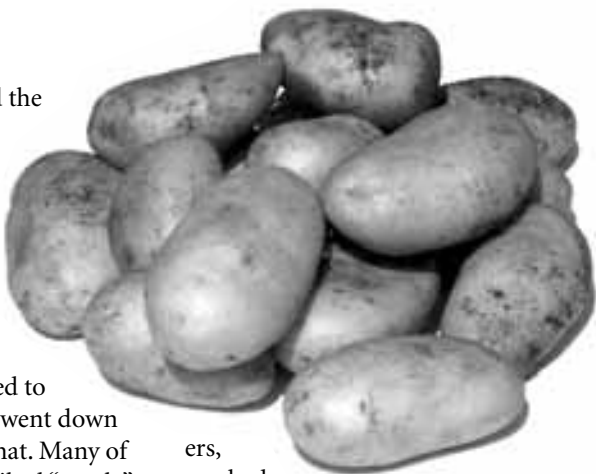
Maybe the problem was the word “ouch” – maybe different wording would help. How about “Yikes!” or, “Wowza!” “Second mortgage!” “Crikey!” “Holy can-nolis!” “I’m so sure!” “Is it gold-plated?!?” “They’re kidding, right?!?”

I’d love to know what you think.

## Chanukah

... begins at sundown Dec. 5. My fam-ily and I are not Jewish, but we do light menorahs and say the prayers. There’s a lot that I like about the story of the Mac-cabees, not least of which is the theme of claiming one’s identity against impossible odds.

How latkes came to be associated with Hannukah I do not know, but I do know I love them and love to make them. I use russet potatoes for latkes, because they are the driest and thus the best at absorbing egg, juice from onions, and seasonings. I’ve been known to add sweet potatoes, carrots, or zucchini to add color and/or flavor. And here’s foolproof applesauce: Cut up a variety of apples, toss them in a crockpot with a splash of lemon and some cinnamon, add a tiny bit of water, and wait. I use a Foley food mill to mash the apples and remove skins and seeds, but before I owned one I peeled and cored the apples first and my kids, then pre-school-



ers, mashed the sauce afterward by hand. Thus we ex-perienced applesauce as a fashion state-ment as well as a topping for latkes.

## Christmas

... begins the day after Halloween, ap-arently. I stopped at CVS to see about some post-Halloween discounted decora-tions, and every bit of Halloween stuff had been replaced with Christmas merchan-disse, including candy. You gotta feel sorry for any kid getting Christmas candy pur-chased Nov. 1.

As for produce, we’ll continue to have cranberries as long as we can get them (no, you can’t have the crate). Chestnuts and mixed nuts in the shell are popular Christmas items also. Clementines will be back, and let’s hope they’re better – and cheaper – than last year. I always get jum-bo oranges and apples for stocking stuffers.

## Safety, or Something Like It

A year ago, Dec. 12, 2006, a student at my kids’ high school brought an assault ri-fle to school. After firing a few shots into the ceiling of a crowded hallway, he walked down the now-empty hall and shot and killed himself.

My son, who heard the gunfire from an adjacent hallway, cannot abide fire-works now. He jumps if I make popcorn without warning him.

My daughter, who was knocked down in the panicked rush of students, told me she could only really feel safe again at Journey’s End Farm, where she has gone to summer camp or visited since she was a baby. In August, while attending Journey’s End Family Camp, she had nightmares

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# Grocery News

by Chris Switky, Grocery Manager

Howdy, shoppers. The big news in the Co-op’s grocery department is the new dairy display case, which we installed in early October. It’s a beauty, nice and cold, and a bit deeper than the old one, which should help with our stocking ef-ficiency. Unfortunately, we lost a little bit of “horizontal space” in the new case, which means that there is no longer enough space to stock Stony-field Banilla yogurt. We did, however, find space to add part skim ricotta cheese, an item that many shoppers have requested. Mucho thanks to Steve Hebden, who coordinated the installation, as well as Luis Cruz, who helped alot on installation day, and made countless trips in and out of the walk-in refrigerator, bringing out the dairy items that shoppers need-ed, one request at a time.

Here are two new shelf items to look out for: Gourmet Artisan organic red wine vinegar, which replaces Cento red wine vinegar. Also, we now have Simply

Organic chocolate cake mix, top shelf of the baking goods section.

Finally, a note about bulk figs. Due to drought conditions in Turkey, the only dried figs currently available are the or-ganic ones. Both the organic and the sprayed figs come from Turkey, so I’m not really sure why organic figs are still available and the other ones aren’t.

This will, perhaps, always be a mys-tery, but it seems to be the “in reality” situation, not likely to change before the next fig harvest in fall 2008.

As always, thanks for reading. I took last month off from writing a *Shuttle* column, so I’m glad to be back on these hallowed pages. In the extra time that my break from writ-ing afforded me, I managed to make up the perfect Mt. Airy joke. “What did the rabbi say at the dog park?” I’ll be glad to tell you the punch line, but only in person. Ask me next time you see me, when we run into each other...in the grocery aisles.





Manager's Corner  
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time at the membership meeting to briefly explain what areas we were exploring for a possible second site, but I didn't get a chance to fully explain why.

First, I'd like to quickly recap how we came to be looking to open a second location. The current location has been overcrowded for some time, but in recent years it has become much more so. Expansion would help alleviate that. Earlier efforts had sought to expand our current location, adding more space, more products, and more sales to the corner of Greene and Carpenter. But there are limitations to what this location can handle. Apart from the parking problems that we know all too well, congestion and negative impacts on our neighbors are very real considerations. The opening of the Highpoint Café and Big Blue Marble Books, as well as MaMa and the Maternal Wellness Center have all been valuable and positive additions to the neighborhood, and they have contributed to making this a vibrant and exciting little retail village. But their added traffic, combined with our own, makes it clear that this location is less than ideal for a major expansion of Weavers Way.

The possibility also exists to open a single, supermarket-sized store somewhere else, a store that would provide all the amenities our members want, and would also allow for a huge increase in members. But this might involve closing the current location (a deal-breaker for many of our members) and would replace our small-store feel with something more like a supermarket. Now, there are many supermarket-sized co-ops around the country, and they probably feel special to their members, but our members have expressed a desire to stay smaller.

So that brings us to a second, more intimately-sized location, substantially bigger than our current store, but still small enough to retain the community feeling. By opening a second location, we can take some of the pressure off our current location, provide many of the amenities our members have said again and again that they want, and also serve to further one of our stated goals of exposing cooperation and our other values to more people.

Without taking anything off the table, this seems to many of us to be the solution with the fewest drawbacks. The question, then, is where?

In order to help relieve some of the pressure of our current location and offer added amenities to our current members, a second location would have to be relatively close, but not too close. While we have considered nearby sites in Mt. Airy, and further away in East Falls, the ideal distances would suggest a site in either Chestnut Hill or Germantown.

After proximity, there are many criteria that would make for a good fit (parking, size, affordability, access, etc.), but one of the most important is that such a location must actually exist. In other words, there are a very limited number of possible sites available, and they all have pros and cons. Many promising sites have been explored that, upon closer inspection, were lacking one or more vital criteria and were not right for us.

When we once again started seriously exploring expansion a couple of years ago, I met with many people in the co-op world: GMs from other co-ops, co-op associations, co-op banks, etc. I picked their brains, trying to glean the wisdom they had acquired through numerous co-op expansions. I also told them about our situation and showed them our current store and our surrounding communities, as well as some specific locations. At their strong recommendation, I hired a couple of co-op expansion specialists that many of them had used – Pete Davis and Bill Gessner – to help us decide how best to proceed. We learned a lot about the areas around us, about the process of expansion, and about all the things we needed to do to prepare.

The studies we conducted showed that the areas around us would easily support not just one, but two or even three additional mid-sized co-op stores (5,000-7,500 sq. ft.), something that engaged our imaginations as we thought about down the road, how great it would be to expose the co-op model and all the values it brings with it to more and more communities. But we also learned that the second location is the trickiest by far. We're in a good situation. There are many indications that

we are ripe for expansion, and that Weavers Way and cooperation would be welcome in many places, but opening the second location involves a steep learning curve and a lot of work. The studies we conducted showed that the area with the greatest certainty of success – due to location, demographics, accessibility, and other factors – was Chestnut Hill.

This does not in any way mean that we are not looking in other communities as well, but it does mean that Chestnut Hill is one likely candidate. Many of our current members already live in Chestnut Hill; there is already a vibrant community association and a tradition of community involvement; and there are specific sites that are worthy of consideration.

I understand and share the concerns that some members have about Weavers Way continuing to honor the values that have sustained us over the last three-plus decades. But wherever we expand, a new location will allow us to more fully embody those values.

In the three years I have worked at the Co-op, I have seen the importance of community through the environmental work and support for those causes that will help future generations. I have learned about the strength of the recycling program in not only cleaning up the environment, but in the community spirit and bonding it has fostered. I have also seen the work that the Environment Committee has fostered in the small but important grants given out throughout the Northwest region. All of this I want to see grow in our second community. I see the Environment Committee taking an active role in our new store design, product selection methods, and service program to help us reduce the use of petroleum-based products that cannot be recycled. I can see, if space allows, a daily drop space in our new location for a wide array of items. I can see more paper-wrapped deli, meats, seafood, and prepared food items. I can see people bringing in containers for their prepared food to be dished out and a discount provided for bringing recycled plastic.

Another thing I can see in a new location is a community room with a kitchen

for classes on everything from pickling to how to use many of the ingredients we sell. I can see partnering with MALT to provide a site for their classes. Perhaps a site that has room for other types of performance-based classes that children can take while parents shop downstairs after school or at night. I see an opportunity to expand the programs that meet our values and add that important dimension to the Co-op. In other words, I see a chance to operate in a way that is closer to our values. I think you can, too.

So back to the question of reassuring the members that the values that have defined us since Weavers Way was formed will continue to do so as we expand. Apart from the fact that everybody who is involved in expansion – staff, board, management, members – belong to the Co-op because of those values, and are involved to the extent they are because of the importance they place in those values, there are structural assurances in place, as well.

The product philosophy will remain the same, meaning that the items on the shelves will continue to reflect the values of our co-op. The Co-op's governing principles will remain the same, like the international cooperative principles that define all co-ops and Weavers Way's mission statement. Our bylaws will continue to evolve, just as they have done since the Co-op's inception, but they will continue to help codify the same cooperative values, and they will continue to help us operate according to those values.

But the greatest assurance of all is because we, as members, will ensure that we maintain those values and intangibles – through participating in the process, through involvement in governing the Co-op, through respecting each other and each other's opinions, and by expressing what is important to us. We will be starting a series of regular meetings on expansion to give members a chance to ask questions about what is going on, and to share what is important to them about where we are and where we are going.

This is an exciting time at Weavers Way, and we hope you'll participate in making expansion, whatever its form, a successful reality.



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Into the Mouths of Babes...

by Bonnie Shuman, Prepared Foods Manager

Okay, lets get one thing out of the way right now. I don't have kids. And I confess that kids are a difficult audience to please when we're talking about the palate. However, I have a bone to pick. My urge to pick a bone started just after hearing an episode of Oprah on my car radio ( yes, yes... I listen to Oprah). The episode featured Jerry Seinfeld's wife hawking her new book (no, I don't know the title, and wouldn't tell ya if I did ). Her new book is about hiding vegetables – and we're not talking about like Easter, where it's fun for kids to hunt for eggs. We're talking about pureeing stuff like carrots and "hiding" the carrots in a brownie. You know, "sneaking" some nutrition into the tum-mies of her spawn.

"Just great," thought I. How the hell are those kids ever going to know if they like carrots (or spinach, or, horrors... Brussels sprouts!!! ) if it's disguised in a brownie. Being as I don't have kids, I spoke to a few people on the staff who have children to get their views on food wars with children. Jean Mackenzie thinks kids are basically hard wired as to whether they're picky or not. She even goes on to theorize that picky-eater syndrome is biologically driven, such as a low level allergy to the food your kid doesn't like. Okay, I can buy that... maybe. I also talked with another staff person who has horrible memories of being forced to sit at the table until she ate the entire contents on her plate. In turn, she became very accom-modating to her kids because she didn't

want to traumatize them as she felt she had been. And I think that's fine... to a degree.

Here's my stance. I don't think you should force your kid to eat anything. Conversely, I don't think you should shield your kid from good food because they don't like it. Especially by hiding it in a brownie. It helps to be persistent. Research shows it may take 8-15 times for a child to try a food before deciding whether or not she or he likes it. Simple meals are best, but don't be afraid to expose your kid to new things. And this does not have to be done with a lot of fanfare. If your kid sees you enjoying escargot, and you're oohing and aahing, you're not forcing it down their throats, but you are creating a culture of curiosity, adventure and enjoyment. My friend (and excellent chef) Marcia Dunsmore has two kids who were eating oysters and duck by the age of six and each has grown into a full fledged, so-phisticated foodie as an adult.

On the other hand, I am personal chef for a guy who's extremely picky – no onions, cucumbers, tomatoes, cooked fruit, avocado – and it goes on. I can't imagine how his mother fed him anything, but I bet she did not try hard to encourage him to stretch his taste buds, even a little.

I think it's important to create options and recognize not all kids live and die by the chicken finger. On the other hand, if that is all your kid will eat, don't worry your head off. I still recommend persistence and patience in trying to expand

your child's palate, but your kid's not going to fall into a chicken finger coma if that's all he eats. A recent study found that when 500 picky five-year-olds were compared to kids who ate more nutritiously, there were no significant dietary deficiencies. Lots of kids will graze and by taking the focus off a child during a specified time slot (like dinner), it takes pressure off you and your kid and he or she just might be inclined to munch on a healthy snack if you make it available.

Another great way to expose your kids to great and interesting food is to make them part of the process – planning the meal, shopping for the meal and preparing the meal. While this is not practical on a day-to-day basis, perhaps once a month your child could be an active participant in all the stages of meal preparation. In this way you are fostering in your child more than skills; think about it, I know as an adult, in my house, we all always end up in the kitchen. And I think of these gatherings with a fondness that has not so much to do with food, but of the sense of

community it provides. We find nourishment in others, just as we do in food.

I remember as a child that once a week my dad would pick up a meal from the local fish house (to give my mom "a night off"). And I can remember the briny smell of fried scallops and oysters, not your typical kid's food. I just don't remember having something different made for me or being forced to eat anything I didn't want to eat, and lo and behold, I grew up to like most everything.

So... while I am glad that I don't have to battle with a kid over what to eat, I am interested in developing in younger generations a reverence for the fine art and great pleasure of eating. We are a diverse community, with rich and delicious stories and memories of the foodways of those before us. Let us remember that cooking is an act of love, and that we have some of our best of times around the table. It would be a shame to not instill these same values for food(and community) in your kid because you're hiding them in a brownie.

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# Cat Dancer: A Toy for All Felines

by Dave Tukey

Banjo's other toys lie around the house collecting dust where he left them months ago. After their initial magic and attraction wore off, Banjo (our two-year-old male, brown/black cat) would move onto something new to occupy his innate need to chase, pounce, ensnare, and chew. Such is the fate of every cat toy we've tried, except for one: Cat Dancer.

It's not hard to see that Cat Dancer is in a league of its own in the world of feline amusement. In the absence of Cat Dancer, he makes toys from ordinary objects: shoe laces, a pen, leaves of our spider plants, my eyeglasses, his aunt Rosie (our 12-year-old female cat). But display Cat Dancer, and his vision is laser pointed in its direction. He'll follow it wherever it's carried. Hang it out of reach, and he'll try to knock it back down. He cries for it so when he can't reach it; you'd think he was possessed or addicted.

That's quite something for such a simple device – a long, slightly arched, stiff wire not quite three feet in length with small, rolled pieces of cardboard at each end. By appearance alone, it is exceedingly dull by cat toy standards – they often have scented catnip, jingly bells, fluffy feathers

PHOTO BY DAVE TUKEY



BANJO, PLAYING WITH CAT DANCER

his head and he leaps for it, twisting and turning in the air. I move it quickly across the floor and he darts after it, only to be foiled again when I snatch it up high and he misses it in mid-air, landing with a thud on the hard wood floor. Twirl Cat Dancer around him and Banjo pirouettes in a tight circle. Dangle it along a wall and Banjo climbs upward like a ninja immune to gravity.

My wife's preferred technique while multitasking is to hold Cat Dancer arched lightly upward above Banjo's head, giving the wire a springy buoyancy. Banjo will play with it till he flops on the floor exhausted. She swears by it and has never heard of Cat Dancer failing to live up to its lofty hype. Even Rosie, who doesn't leap, tracks and chases its every move.

And guess what! We got Cat Dancer at the Co-op's pet store for less than \$2.00!

or faked mouse squeaks as enticements.

Cat Dancer. I hold it up and its silent, siren call mesmerizes Banjo. I move it slowly across the floor and he crouches, waiting. I swing it directly back over

# Make the Most of Winter Tomatoes

by Pat Piro, Prepared Foods Department

The delicious tomatoes from your garden might be just a warm summer memory now, but you can still enjoy delicious tomatoes.

So how to make the most of what seems to be an inedible tomato during our winter months? When I need a tomato fix, I opt to buy the roma and slow roast them.

Slow roasting tomatoes do take some time from start to finish, but will only take you about ten minutes to prepare. The time factor is, of course, the slow roasting. But truly when they are finished, you will agree that it was worth waiting for. Roasting tomatoes caramelizes them and enriches their flavor and can be used to create pasta sauces, to top bruschetta, or used in a salad or in soups or, as we do in our home, eat them as soon as they come out of the oven.

And for your health enthusiasts, did you realize that cooking tomatoes actually enhances lycopene (which is responsible for the red color), which is a powerful antioxidant that apparently decreases cancer and heart disease risk.

Here is the way I have been roasting my tomatoes for years now. It is plain and simple, but if you would like to add herbs, feel free (perhaps fennel, basil, oregano or thyme). And if you like spicy, add some hot pepper flakes.



## Roasted Tomatoes

Preheat oven to 225 for a longer roasting time (8-9 hours). This works with my oven.

20 Roma Tomatoes  
5 cloves of garlic  
Wash and dry tomatoes and then cut each one in half lengthwise.

Toss the tomatoes with olive oil and garlic, salt and pepper to taste. You can either crush the garlic or slice it (and remember that the garlic will also caramelize in this roasting process).

Place tomatoes on a roasting pan or cookie sheet cut side down. After about 7-8 hours, start checking them. When they are done the skins puff up and they will be reduced in size by at least one half. Bon Appetit!

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A Holiday Super-Food Feast

Cooking with these high-powered ingredients can literally save your life

by Sara Lomax-Reese

Thousands of years ago, Hippocrates coined an adage that remains true: “Let food be thy medicine and medicine be thy food.” As the holidays approach, this is a perfect time to put ancient wisdom into action. Instead of the traditional high-fat, sugar-laden holiday fare, consider creating a superfoods feast that nourishes mind, body and spirit.

So what exactly are superfoods? These ingredients (see list) are incredibly dense in vitamins, minerals and nutrients; so they have intense healing properties. Some scavenge disease-producing free radicals—chemicals that damage cells and cell membranes and can cause chronic and age-related diseases. Others have been proven to help fight certain cancers. Most strengthen your immune system and lengthen your life.

But it’s not just about adding superfoods to your diet; you also have to subtract things. Certain mainstays of the Standard American Diet (SAD) are toxic to our bodies. Decades of eating white flour, white rice, white sugar and highly processed, artificial foods eventually leads to the obesity, diabetes, heart disease and cancers, which are epidemic in American society. We can pre-

vent—even reverse—these illnesses by cutting unhealthy ingredients out and adding superfoods in.

The Top 20 Superfoods:

- Beans
- Blueberries
- Broccoli
- Brown Rice
- Garlic
- Ginger
- Miso
- Oats
- Oranges
- Pumpkin
- Soy
- Spinach
- Tea
- Tomatoes
- Turmeric
- Turkey (Skinless breast)
- Walnuts
- Wild Salmon
- Yams
- Yogurt

As Thanksgiving, Hanukah, Christmas, Kwanzaa and New Year’s approach, give your loved ones the gift of good health by incorporating some of the following superfoods into your feast.

Blueberries: US Department of Agriculture Nutrition Center researchers rank blueberries number one in antioxidant activity. Other studies show that blueberries slow age-related mental decline; help reduce “bad” cholesterol that contributes to cardiovascular disease and stroke; and reduce the risk of urinary tract infections. Recipe suggestion: Add blueberries into your apple pie for an antioxidant boost.

Brown Rice: This chewy, nutty rice embodies over 70 antioxidants, contains many vitamins and minerals—Vitamin B and magnesium, for instance—and lots of fiber. These healing properties are stripped away to create white rice. Recipe suggestion: Replace macaroni and cheese with a healthy brown rice dish.

Collard Greens: Dark leafy greens like collards, kale, cabbage, watercress, mustard greens, broccoli rabe, red or green lettuce (to name a few), are one of the most

important – and most neglected – superfoods in the average American diet. Greens are very high in calcium, magnesium, iron, potassium, phosphorous, zinc, and Vitamins A, C, E and K. They are crammed with fiber, folic acid, chlorophyll and many other micronutrients and phyto-chemicals. Recipe suggestion: Lightly sauté collard greens in garlic and olive oil for a delicious, healthy side dish. Sprinkle with a hint of lime juice and sea salt.

Garlic: One of the oldest medicinal plants, garlic has been proven to prevent and fight colds and flu, lower blood pressure and cholesterol, and protect against strokes and heart disease. Recipe suggestion: Include garlic in your marinade for your meats.

Ginger: The National Cancer Institute recently identified this delicious, spicy



root as one of top 10 cancer-fighting foods. Ginger also aids digestion, relieves nausea, helps heal ulcers, supports cardiovascular health, reduces pain and inflammation and speeds recovery from colds and flu. Recipe suggestion: Include ginger in your marinades.

Green Tea: While green and black tea both come from the same plant leaves, green tea contains a higher concentration of polyphenols, the chemical substances

(continued on page 8)

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Superfoods

(continued from page 7)

found in plants responsible for their coloring. Researchers believe polyphenols inhibit cancer development. Other studies suggest that drinking green tea can help prevent cardiovascular disease and dental cavities. It also lowers cholesterol and blood pressure, fights against bacteria and viruses, and reduces blood sugar. Recipe suggestion: Add a few green tea bags when cooking your brown rice.

**Turmeric:** This golden, yellow Indian spice is used in both Ayurvedic (the ancient healing tradition of India) and Chinese medicine. It fights inflammation, treats digestive disorders, liver problems and skin diseases, and assists wound healing. Additionally, it protects the liver from toxins. Recipe suggestion: Add turmeric to spice up your candied yams or sweet potatoes.

**Yams:** Also known as sweet potatoes, these naturally sweet root vegetables are an excellent source of vitamin A (in the form of beta-carotene) and a very good source of vitamin C. Both beta-carotene and vitamin C are powerful antioxidants that help eliminate free radicals that catalyze conditions like atherosclerosis, heart disease, and colon cancer. The nutrients in yams also reduce inflammation, helping with conditions like asthma, osteoarthritis and rheumatoid arthritis.

Ginger and Garlic Marinated Turkey Breast with BBQ glaze

- 2 pounds of turkey London broil (boneless turkey breast)
- ¼ c Braggs Liquid Aminos (or Low Sodium Soy Sauce)
- 1 tbsp. brown rice vinegar (or white vinegar)
- 1 tbsp. fresh ginger, grated
- 3 cloves garlic (1 sliced, 2 minced for marinade)
- 1 tsp. toasted sesame oil
- 3 tbsp. orange juice
- 2 tbsp. honey

Take a sharp knife and cut small slits in the turkey London broil. Slice one clove of garlic. Insert the garlic into the turkey. Prepare marinade as follows.

Marinade

Mix all remaining ingredients. Place the turkey in a large plastic re-sealable bag and pour the marinade over it. Let marinate 6 – 24 hours (the longer, the better).

Preheat oven to 375. Bake turkey, with marinade, for about 35 minutes. Pour off the drippings and reserve for the barbecue sauce. Brush about one cup of the sauce (see recipe below) onto the turkey and then broil for about five minutes until crispy on the outside.

Barbecue Sauce

- ¼ cup catsup
- 1 small can of tomato paste
- 2 tbsp. Worchesterhire sauce
- 1 tbsp. maple syrup
- 1 tbsp. molasses
- 2 tbsp. white vinegar
- Juice from 1 tbsp. grated ginger
- ½ cup water
- ½ cup apple juice
- 1 small onion chopped
- 1 tsp. salt
- ¼ tsp. hot pepper flakes
- Add drippings from turkey
- Mix all ingredients in a saucepan and

cook over low heat for about eight minutes. Brush about one cup of sauce onto the turkey before broiling. There may be some sauce left over which will keep for seven days in the refrigerator.

Jasmine Green Tea-Infused Wild Rice

- 3-1/2 cups water
- 2 cups wild brown rice
- 4 jasmine green tea bags
- 1 tsp. butter or olive oil
- ½ tsp. salt
- Rinse rice under cold water. Place water and tea bags in sauce pan. Bring tea/water to boil slowly. Remove tea bags. Pour rice in the pan. Add salt and butter. Cover and turn heat down to low. Cook for about 30 minutes or until all water is absorbed. *Optional:* Add ¼ cup golden raisins; or ¼ cup chopped almonds; or 1tbsp. fresh tarragon, chopped.

Pineapple/Orange Candied Yams with Turmeric

- 3 pounds yams (about 4 large yams)
- 1-1/2 cups orange juice
- 1 whole pineapple, crushed (or 2 cups canned crushed pineapple)
- 1 tbsp. apple juice concentrate
- 1 tsp. turmeric
- ¼ tsp. cinnamon
- 1/8 tsp. nutmeg
- Preheat oven to 375. Peel yams and cut

into one-inch chunks. Mix orange juice, pineapple, apple juice concentrate and spices together. Pour orange juice/pineapple mixture over yams. Bake uncovered for about one hour or until yams are soft. *Optional:* Garnish with toasted unsweetened coconut.

Garlic and Lime Collard Greens

- 6 cups of collard greens, chopped coarsely
- ½ cup water
- 3 cloves garlic, minced
- juice of 1 lime
- 1 tbsp. Extra Virgin olive oil
- ¼ tsp. salt
- Place water in large sauté pan on high heat. Place minced garlic in pan. Cook on high for about two minutes. Add chopped collard greens. Cook stirring constantly until they wilt (about three minutes). Turn heat off. Add lime juice and olive oil. Toss and add salt to taste.

Blueberry Apple Cobbler

- 4 cups sliced apples, peeled
- 10 oz. bag frozen org. blueberries
- 2 tbsp. apple juice concentrate
- ½ tsp. cinnamon
- ¼ cup whole wheat pastry flour
- Preheat oven to 350. Mix cinnamon and flour together. Combine apples and blueberries in a large mixing bowl. Add flour mixture. Stir lightly to combine fruit and dry ingredients. Stir in apple juice concentrate. Pour into an ungreased 9” round pie pan.

Topping

- ½ cup whole wheat pastry flour
- 1-1/4 cups whole oats
- 1-1/2 tsp cinnamon
- ¼ cup agave nectar (or honey)
- 1 tbsp. unsalted organic butter
- \*Optional: 1 tbsp. mixture of ground goji berries and raw chocolate combination

Cover fruit mixture with topping. Bake for about 30 minutes or until brown on top.

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# Wedge Co-op Buys the Farm

by Jonathan McGoran, adapted from an article by Sustainable Food News, with information from Pioneer Press

The Minneapolis-based Wedge Co-op, one of the nation’s largest consumer-owned food cooperatives, recently announced plans to buy Gardens of Eagan, a 100-acre, certified-organic farm in Farmington, Minn., that has been one of Wedge’s main suppliers of organic produce. Since opening its doors 33 years ago, Wedge has grown to become the largest single store, consumer-owned, natural food cooperative in the United States, with 13,000 member-owners and annual sales of \$37 million. Located about 40 minutes from the Co-op, Gardens of Eagan has estimated annual revenues of \$500,000.

“Owning an organic farm, particularly one so close to the city, will allow us to broaden our outreach through organic farming internships, tours and other learning opportunities that help people better understand organic farming,” said Lindy Bannister, general manager of the Wedge.

Bannister also noted that the Wedge’s purchase of Gardens of Eagan helps

secure an indefinite supply of organic produce for the Wedge, its fellow area co-ops, and other Twin Cities outlets. The Wedge said it will continue to purchase produce from other farms, and “continue working in cooperation” with Gardens of Eagan’s existing accounts. Gardens of Eagan owners Martin and Atina Diffley have been selling their farm’s produce - sweet corn, tomatoes, melons and a variety of other crops – at the Wedge and other Twin Cities’ natural food co-ops and other stores for the past 35 years.

The Diffleys had been exploring selling the farm for several years, but were concerned about maintaining the integrity of the organic farm and protecting it from development or conversion to conventional farming. A year and a half ago, they approached their largest customer, the Wedge, and suggested the co-op buy the farm in order to preserve its organic heritage from future development and utilize that spirit to educate the community about organic farming and its benefits.

The Wedge said it wants the purchase to serve as a model for other cooperatives looking to preserve organic farmland.

One possible wrinkle in the plan centers around a possible violation of a 1973 Minnesota state anti-corporate farming law. Intended to keep state farmland owned by families, the law prohibits corporations from owning farmland in Minnesota.

Bill Oemichen, a former deputy commissioner of agriculture, explains that the first laws arose “because of concern back in the 1970s that you didn’t have insurance companies owning farmland after a foreclosure. They were really trying to prevent abuses of corporations taking over farmland for profit.”

“When Minnesota passed its anti-corporation farming law, they didn’t do so because they were scared of the Wedge,” said Lee Egerstrom, a rural policy specialist at the Minnesota 2020 think tank. Indeed, anti-corporate-farming laws “would seem to be close to the hearts of the Wedge and its members.”

“It was well-intentioned when it was made, so insurance companies and some multimillion-dollar corporations couldn’t come in and take over the little guy,” said Bannister, the Wedge’s general manager. “The intention is to save the farm, and I don’t think anyone argues with that.”

“We have been working really hard with the Department of Ag on the issues with the state law,” says Bannister. “They have been very open with us that they

want to find a way to make the project work. I think that at this time we are almost there, if not there, but are waiting for formal documentation from their department before I can say it is approved... We are all looking forward to the sale being completed in January as planned.”

Assuming the legal issues can be resolved, the ownership change will begin Jan. 1 with a two-year lease during which the Wedge will exercise its option to buy. The Diffleys will continue their ongoing organic farming research and educational and community outreach at the farm as part of the deal. Meanwhile, Linda Halley, a 20-year veteran of farm management in Wisconsin and Southern California, will be Gardens of Eagan’s manager once the lease kicks in. Previously, Halley co-owned and operated Harmony Valley Farm in Viroqua, Wis., an organic produce and Angus beef operation, and in 2003 she was named Farmer of the Year by the Midwest Organic and Sustainable Education Service.

“This is really new and unique and something different,” said Faye Jones, executive director of the Midwest Organic and Sustainable Education Service, a pro-organic group. “There’s certainly not anything like this in the Midwest, so it’s an innovative approach.”

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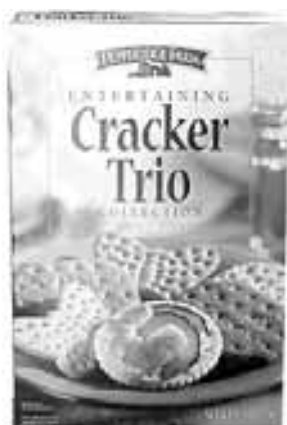


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JAMES CAMMAROTA

# Cuckoo for Cocoa Stuff

by Peter Samuel

I don't know why or when my family first started thinking about undergoing a tantalizing – yet rigorous – chocolate-tasting survey. It might have been the bright idea of one of the children, or perhaps I was inspired after waiting in line at the Co-op and staring at the many mouth-watering selections adjacent to the check out. (Thanks for that, Glenn) Who could have known that halfway into the test I would hear comments like, "I'm never eating chocolate again," and "if I eat one more piece I will blow-up!" Before taking on this assignment, we sensed it was an exercise fraught with danger.

In October during the weeks before Halloween, when it is difficult to enter a supermarket or drugstore without bumping against the displays of candy bars and chocolate covered goodies, we assembled our taste group. I had mentioned the testing idea to Glenn, and he suggested we do a member-wide chocolate festival, but instead I purchased the white lab coats for the kids and got down to business. Norman Weiss, grocery manager, helped me pick out a medley of wrapped delicacies at the Co-op. We kept it to the dark variety – Chocolive, Green and Black, Endangered Species, Terra Nostra, and Equal Exchange. A few of these are organic – Endangered Species contributes 10 percent of profits to help support "species, habitat and humanity." I added a few varieties from the supermarket, too: Lindt, Hershey's Special Cacao Reserve, Cadbury (owned by Hershey's), and Ghirardelli.

Many of you already know that Halloween is the biggest time for candy sales, followed by Easter, Christmas and Valentine's Day. Even though I succumb to buying a bag of candy bars to be eaten after (or even before) the trick-or-treaters don't show up at my door, I have known for a while that it is dark chocolate that has all the health benefits. In the U.S., milk chocolate is the preferred treat by a two-to-one margin, but you adults may have already discovered that the taste preference for dark chocolate increases as people age. By the way, the average American consumes almost 12 pounds of chocolate a year! This is still much less than most Europeans and especially the Swiss who top the charts by eating 22 pounds annually.

Our family always keeps a little bit of dark chocolate in the house for medicinal purposes. For those who don't know, dark chocolate is also known as "bittersweet" or "semisweet." It contains a higher percentage of cocoa solids, and less added sugar. Dark chocolate is made by combining chocolate liquor (see below) with sugar, cocoa butter, and vanilla. To make milk chocolate, chocolate liquor is combined with cocoa butter, sugar, and milk solids or powder. White chocolate is made without chocolate liquor. It is the cocoa butter that gives it the chocolate flavor. All chocolate is mixed with 3 to 5 percent lecithin. This helps it mix more easily and makes the chocolate smoother. Dark chocolate retains the highest level of flavonoids. That's the good healthy stuff.

Researchers from the Harvard School of Public Health found that those who eat chocolate three times a month live almost a year longer than those who don't. One study found that a substance in cocoa helps the body process nitric oxide, a compound critical for healthy blood flow and blood pressure. Another study showed that the flavonols in cocoa prevent fat-like substances in the bloodstream from clogging the arteries.

It is the flavonoids, that contain the "antioxidant" power. Antioxidants help the body's cells resist damage caused by free radicals, formed by normal bodily processes such as breathing environmental contaminants like cigarette smoke.

When you see the percent of cacao on a dark chocolate bar it refers to the total content of ingredients derived from the cacao bean. This can include the chocolate liquor, cocoa butter and cocoa powder. Usually the higher the percentage of cacao the less sugar that is added. Unsweetened baking chocolate is 100 percent cacao with no added sugar. Also the higher percentage of cacao, the more intense the flavor. Bittersweet chocolate must contain at least 35 percent chocolate liquor, and milk chocolate 10 percent.

Cocoa was first imported to Spain from South America by Hernando Cortez in 1528. Today, West Africa supplies approximately 70 percent of global output. The biggest producers are the Ivory Coast, Ghana, Nigeria and Cameroon, and the



MIA (L) AND ZOE SAMUEL, WITH WHAT SEEMED LIKE A GOOD IDEA AT THE TIME.

larger non-African producers include Indonesia, Brazil, Ecuador, and Malaysia.

Chocolate originates from the cacao tree, which grows in climates within 10 to 20 degrees of the Equator. The cocoa beans are harvested twice a year. During the harvesting process, the fruit is cut from the tree and split open with a large ax. The beans and pulp are then removed from the pod and placed in holes in the ground or shallow boxes, where they begin a process of fermenting. Once fermenting has finished, beans are sun or kiln dried and bagged. Clean beans are roasted to enhance flavor, reduce acidity and lower their moisture content. Roasting also detaches the shell from the bean

(continued on page 11)

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Chocolate

(continued from page 10)

and deepens the color.

The “nibs” of the bean, which are what’s left after the shell is cleaned off and contain the true chocolaty essence full of cocoa solids and butter, are then crushed using large grinding stones or steel discs. Friction and heat liquefies the cocoa butter and forms chocolate “liquor.”

In the United States, chocolate is usually shipped in liquid form and then processed locally. Once the ingredients are combined, the chocolate mixture gets further refined by “conching,” which is the final step in determining the ultimate flavor and texture of the chocolate. This involves kneading the mix between large steel rollers that are heated to help remove the acidic tones and make a smoother product. High-quality chocolate is conched for several days and lower-quality chocolate is conched for only a few hours.

Meanwhile, back in the lab the girls assembled around the dining room table. I put out nine plates and each held a chocolate bar with a number on it. All “testers” had a list with nine columns and the agreed-upon categories running down the left side. We scientifically measured for: texture, bitterness, intensity of flavor, aftertaste, and the overall “yum factor.” We went one selection at a time. Everyone took a sip of water between chocolates to clean their

palettes. The girls were warned to keep quiet so as not to influence each other, but the words “yummm, this is a good one,” and “yuck, this is really bitter,” were blurted out unconsciously. The person who complained that the chocolate was making her sick did not mumble that until we had moved onto the sixth or seventh bar.

Somehow we made it through the nine different bars without anyone puking. I feel blessed that since that difficult day in October, none of my children were so traumatized by the event that they have given up on chocolate. They know how important it is for their health.

The Co-op carries close to 45 different types of chocolate bars. Eighteen of these are from Endangered Species, which as mentioned contributes a part of their profits to good causes. I recommend that all of you get to the store right away to purchase some chocolate for a healthy start to your winter.

**Chocolate fun facts!**

- Recommended servings per week? Up to seven ounces or an average of one ounce per day
- 66 percent of chocolate is consumed between meals
- 22 percent of all chocolate consumption takes place between 8 p.m. and midnight
- More chocolate is consumed in the winter than any other season

- More Americans crave chocolate than any other food.
  - Some contend that eating chocolate (or sugar) causes hyperactivity, aggression or other behavior problems, notably in children. But several scientific studies have found no evidence of that. In fact, some research finds sweets calm many children.
- Why choose dark chocolate?**
- Contains flavonoids called procyanidins & epicatechins; flavonoids are part of a group of antioxidants known as polyphenols and are found in a variety of foods including tea, red wine, and various fruits and vegetables
  - Decreases LDL (bad) cholesterol oxidation
  - Reduces the risk of blood clots
  - Increases blood flow in arteries
  - May lower high blood pressure
  - Cocoa may have a beneficial effect on cholesterol levels because it consists mainly of stearic acid and oleic acid. Stearic acid is a saturated fat but unlike most saturated fatty acids, it does not raise blood cholesterol levels. Oleic acid, a monounsaturated fat, does not raise cholesterol and may even reduce it
  - May improve mood and pleasure by boosting serotonin and endorphin levels in the brain
  - Contains a number of minerals like calcium, magnesium, and potassium

### Samuel Family Rankings of Dark Chocolate

Chocolate	% cacao
<i>Highest score - Intense flavors, smooth, not bitter, no aftertaste and very yummy</i>	
Endangered Species	72%
Ghirardelli	60%
<i>Medium score – Good texture, decent flavor, slight aftertaste</i>	
Chocolove	55%
Green & Black	70%
Cadbury	NA
Hershey's Cacao Reserve	65%
<i>Low Score – Waxy texture, bitter, definite aftertaste</i>	
Equal Exchange	71%
Terra Nostra	73%
Lindt	85%

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Produce News

(continued from page 3)

about people with guns.

They and their friends have been discussing almost since the first day of school what they will do on Dec. 12 this year. Several students plan to stay home.

My children didn't know this boy, didn't see the gun, yet they have been deeply affected. They understand now that safety – any guarantee of safety – is an illusion. Parents struggle with this from day one. We strap them in carseats, make them wear helmets riding their tricycles, insist they eat their vegetables. As they get older, we talk endlessly about safety – crossing streets, playing ball, talking to strangers, cigarettes, alcohol, drugs, sex, driving. We want them to be kind, or smart, or generous, or responsible, but mostly we want them to be safe, and we try to make it so.

It's a tough lesson for kids and parents. We do our best to protect them, and sometimes our best isn't enough. What wouldn't I give to take this frightening experience away from my kids, to reach into their hearts and take away the fear and distrust that have taken root there? Since I can't do that, I try to help them see that most days, in most schools, are predictable and uneventful – and, most of the time, that's enough safety for us all.

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Morris Arboretum Receives Green Building Grant

by Christine Pape

The Morris Arboretum was recently awarded two major grants, one of which will assist in the building of a new state-of-the-art Horticulture Center, and another that will fund general operating support at the Arboretum.

The Arboretum was honored to receive a \$75,000 Green Building Initiative Planning Grant from The Kresge Foundation for the building of a new Horticulture Center. The facility, which has been part of the Morris Arboretum's strategic plan since 1977, will serve several key functions, including providing much needed office and meeting space for horticulture and program staff, and most importantly, it will provide new classroom space and a large public gathering space for lectures, seminars, and facilities rentals. The building will also include space to house the Arboretum's equipment, tools and supplies, as well as a mechanic's shop and facilities workshop.

This project will serve as the University of Pennsylvania's first newly-constructed "green" building, as well as Penn's first structure planned to achieve Platinum Level LEED™ (Leadership in Energy and Environmental Design) Certification. The LEED™ green building rating system was originally developed by the U.S. Green Building Council (USGBC) to provide a recognized standard for the construction industry to assess the environmental sustainability of building designs. According to the USGBC, if achieved, the Horticulture Center will also be the first newly constructed, not-for-profit Platinum Level LEED® Certified building in the greater Philadelphia region, and only the second Platinum Level LEED® Certified building in the entire Commonwealth.

"We're very excited about this project and what it means to the Arboretum, as well as the greater community. 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 develop-

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ment that will demonstrate the best in environmentally sensitive architectural design. The facility will be a celebration of the sense of place of the Wissahickon Valley, reflecting the style of the Arboretum's existing 19th century barn," said Arboretum Director Paul Meyer. The cost of the new Horticulture Center is estimated at \$26,000,000. Construction of the complex is planned to begin in late 2008.

The Kresge Foundation is an independent, private foundation which focuses on opportunities to strengthen leadership and giving through national grants to nonprofit organizations for planning environmentally sustainable capital projects. In particular, The Green Building Initiative Planning Grant program motivates organizations to build "green," and inspires projects that represent significant innovation in sustainable design.

The Morris Arboretum was also among nine non-profit arts and culture organizations chosen by The Pew Charitable Trusts to receive the prestigious

Philadelphia Cultural Leadership Program [PCLP] grant. The three-year grant, totaling \$252,000, represents the third PCLP grant the Arboretum has received from The Pew Charitable Trusts. Funds from this grant will help support the Arboretum on a day-to-day basis, directly underwriting salaries, programming efforts and operations. In announcing these awards, Pew noted that this unrestricted operating support was designated for "organizations in the five-county region that demonstrate excellence in operations, fiscal management and programming. [PCLP's] goal is to stimulate leadership and best practices for cultural institutions to help them provide the public with the highest quality of arts and cultural activities on a sustained basis."

The Arboretum's continuing partnership with Pew through its Philadelphia Cultural Leadership Program will help both the Morris Arboretum and the City of Philadelphia further their efforts to become a "world-class destination[s]."

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# Ned Wolf Park Renovations Still Going On, Still Going Strong

by Ronda Throne Murray

The community project known as Ned Wolf Park has grown a little more since I last reported to you. We have had new volunteers join us, and we have been able to complete a few more pieces of the renovation. We remain in need of a several thousand dollars, but the generosity of the Mt. Airy neighborhood in donations and participation makes Friends of Ned Wolf one of the friendliest park projects in Philadelphia.

Our newest volunteer has an architecture background and practice in laying patios and pathways. He likes to garden and with his help we have been able to correct a serious danger and eyesore at the park. He and I collaborated on the new design and coordinated a small team of people who spent a hard day working to tear out and replace the inlaid brick section in the center of the patio. As with most of the park's renovations thus far, it was a bit of an arduous task and we couldn't have done it without his expertise. We now have a lovely new addition that looks like it's always been there. We are quite satisfied with the result and if you walk through you will see why.

I just finished writing and delivering thank-you notes to all those who have participated in the Ned Wolf Park project in some way. Nearly 100 notes went out to working volunteers, money-and plant-donors, businesses that granted food, money, and services; and our essential partners – West Mt. Airy Neighbors,

Pennsylvania Horticultural Society, Philadelphia Dept. of Recreation and, of course, Weavers Way Co-op. Without all of this help and generosity, this project would not have happened.

The work, however, continues. There were five people working in the park today who combined to put in approximately 12 hours. We are preparing the site for the last two workdays of the 2007 season. It generally takes three or four weeks to prepare for these community event workdays: figuring out what needs to be done, prepping the areas to be worked on, determining what tools and materials will be needed, finding them at the best price, making sure there is food and drink for workers, and getting all of it to the park before everyone shows up. You probably wouldn't believe that there has been over 3,000 hours put in this year.

The Ned Wolf Park Project continues to make progress on its "to do" list: fundraising, welcoming new volunteers, and working on the repair and replacement of the dilapidated and unsafe areas still left in the park. We are working toward 2008 when you will find furnishings for you to use for your quiet enjoyment of the space.



ERIC STERNFELS (L) & BRUCE P. MURRAY (R) TRANSFORMING A JUMBLED MESS (TOP RIGHT) TO AN ARTFUL MOSAIC (LOWER RIGHT).



PHOTOS BY RONDA THRONE MURRAY

The Ned Wolf Park Project is about to celebrate its first year anniversary of the start of the park renovation project on Nov. 18. Who could believe that so much has happened in our neighborhood in a year's time... the start of Corners & Porches, the renovation of the Henry Schoolyard, the beautification of the Emlen Circle on Lincoln Drive, the meetings and block parties to get to know our neighbors. I have heard from longtime residents that there is more community interaction happening now than in many

decades, maybe ever before. What a great place we are all making Mt. Airy to live in! See you in the park.

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

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## GFS Breaks Ground for Green Science Bdg.

by Jean Tickell

Is it easy being green? Germantown Friends School is saying “yes” by constructing a new, environmentally friendly science classroom and lab building for its upper school. Ground was broken on Oct. 27 for a structure that Head of School Richard L. Wade hailed as “both a model for environmental sustainability as well as a powerful teaching tool for our students and faculty.”

The design includes such green elements as: geo-thermal heating and cooling, a green roof with rain-absorbing plants, a rain garden and cisterns to provide “gray water” for re-use within the building, sustainable materials, and solar panels. A system of sensors to measure the building’s use of energy will be linked to a “dashboard” in the lobby where students and visitors can see for themselves how efficient the building is. SMP Architects (formerly Susan Maxman and Partners) are leaders in sustainable design.

The number of upper school students taking science courses at GFS has grown



RENDERING OF GREEN SCIENCE BUILDING AT GFS

dramatically in the last ten years, outpacing the capabilities of the current classroom and laboratory space. The new science center will accommodate this growth in enrollment, and will allow for more collaborative teaching and learning opportunities. Gen Nelson, chair of the science department and Pennsylvania Biology Teacher of the Year in 2006, stated, “Only at a school like GFS could such a synergy of the Quaker principle of stewardship, environmental science and pedagogy be possible.”

School head Wade noted, “This building will also make a statement in Germantown. Sustainable buildings like this will become increasingly important to cities.”

## Henry School Update

by Dr. Merri Ruben

Henry School is rocking and rollin’ this year. We have two new teachers, great experienced teachers, and students that are anxious to learn and participate in many activities. I had a fabulous sabbatical, visiting many exotic locations and am revived for another few years! No one should be surprised that once again we made AYP (average yearly progress). Henry students are excelling and are among the top in the city.

Our new campus park is beautiful. Thank you to all of those that helped to make this happen. Mrs. Palkon has initiated socialized recess in this great space. Students are playing safely, cooperating in groups, and are being responsible and respectful of each other. They come into the yard knowing where to go. Injuries have been cut by more than 75 percent and all children are included in some type of play. Sixty-four safeties are keeping the Henry School hallways, lunchroom, and corners safe for staff and students. They arrive at school at 8 a.m. to open doors, and help teachers. They meet every Friday to talk over rules and gives suggestions on how to keep our school safe. Mrs. Cairone is also running a digi walker club to help students burn off those extra calories and stay healthy.

Our school website is being revised and is under construction. Meanwhile, students are working on First in Math. Mrs. Adeshigban, formerly of grade three, is the new computer teacher. She is start-

ing off the year teaching Internet Safety. The Henry School musical will be directed by Ms. Palvino this year. The show, *The Adventures of Horton* has a cast of 70. Ticket information for the March 5 and 6 production will be given at a later date. Ms. Palvino is also directing two choirs, a female one of 70, and a male of 30. The winter concert is Dec. 13 at 7 p.m. Twenty of our students will be marching in the Thanksgiving Day parade on 6ABC.

Mrs. Boch and her artists are working on ceramic pieces for people with AIDS. This work will be on display at the Woodmere Museum. Older children are also working on a logo for a newly formed charity that provides day care for children three months to three years.

Students are going to ballets, operas, museums, theater, and the Challenger Space Center this year. We are hoping to have a three week program from the University Museum on Africa that will benefit all of our children. In gifted support classes there has been a focus on economics for older grades. Other students are building models of homes alongside architects from area graduate schools. Our school-wide enrichment program includes many students in these and other unique projects.

As we approach the holidays, with more parents coming into the building, please remember to register in the office before going to any classroom. The safety of all of our children is our top priority – that and making them all brilliant!

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The Simplicity Dividend

Ten Ideas for Kid Gifts Least Likely to Become Landfill

by Betsy Teutsch

It's that time of year again, when we shop for appropriate, meaningful gifts for the kids on our holiday lists. Having raised two children and sent annual gifts to six nieces and nephews (that's over 240 birthday and Hanukkah gifts, from birth to college!) I have been on both ends of these gift-giving transactions. Unfortunately there is very little correlation between what catalogues assure you a child will adore and what a kid actually likes. Most of the money and effort spent on buying, wrapping, and shipping an item will be wasted. What follows are some ideas culled over the years, noticing popular gifts in our house, along with a few pointers on gifts to avoid – unless, of course, you hate your friends or relatives!

Here are my ten favorite gift ideas:

1. Give a matching item every year, so it adds up to a beautiful set the child will have as an adult. My friend Louise's grandmother had very modest resources, but each Christmas and birthday she gave Louise a piece of matching china. By the time Louise reached young adulthood, she had a beautiful matched set of tea cups, saucers, and dessert plates. I know this be-

cause Louise used them when she entertained, many years later, and took much pleasure in telling us the story of her beautiful dessert set. The point here is that while a child will initially think this is an unexciting present, watching a set grow from year to year becomes very meaningful, and the result is ultimately cherished. Instead of a lot of junky toys which are eventually discarded, these gifts become an heirloom.

2. Buy gifts from the UNICEF catalogue. This way part of your outlay goes to support children around the world. Many of their gifts reflect multicultural understanding, so they are educational as well. Be sure to explain what UNICEF does, along with the gift.

3. Buy real tools or utensils, not play ones. Children love real things. When I baked with my children, our favorite utensil was a huge 13" spill-proof stainless steel bowl which cost \$4. A gift of such a bowl along with a few simple kitchen utensils will be a big hit. Kids love having their own anything. Likewise, you could buy a few tools at a hardware store and make a little boy very, very happy. My son even loved looking at a home repair book which featured pictures and diagrams of

tools. His favorite was needle-nose pliers. You gotta' love a tool named Needle Nose!

4. Buy a story book, and create your own read-aloud by recording yourself reading it. You can embellish and personalize the text by adding your own funny touches and renaming the central character the name of the gift recipient. (When the child learns to read he or she will be in for a surprise when learning the character's true name.) This could be done as a digital file and played on whatever kids listen to these days. Be sure to give a signal when to turn the page. You could even have someone video you, and hold each page up when you read, too. This would be a great gift for far-away kids with whom you would like to maintain a relationship.

5. Purchase tickets for an event to attend together with the child. Take lots of pictures when you go, and make a little album of your adventure. When my daughter was a theatre-crazy teenager we combined her November birthday with Hanukkah and sprang for Broadway tickets. She picked which play we attended. It cost more than I would have spent on a gift, but looking back, it was great bonding and more memorable than a material item. Plus, I got to see "The Producers," too. If your goal is to nurture a relationship with a young person, this is a great way to spend structured time together.


6. Subscribe to a magazine for the child. It promotes literacy, benefits a

worthwhile sponsoring organization, and it's exciting to receive a magazine in the mail each month. My children were the recipients of World Wildlife Fund's preschool magazine "Your Big Backyard" and later graduated to their school-age publication "Ranger Rick." We saved every issue and often used them for references later.

7. Adopt an animal in the child's name. Children study endangered species and identify strongly with animals. Your contribution funds the upkeep of a designated animal. The Adopt-A-Bison program sends you a picture of "your" bison, along with a certificate which you can give framed. This gives the child something material, but the main part of the gift is a donation in the child's honor. Some children will appreciate this more than others, and some parents will appreciate this more than others. In any event, you know your gift is doing something useful.

8. Help the child start a collection. You might save stamps for them, which you give along with a stamp album and reference book about stamp collecting. Or maybe just bundle a few related items like cool flashlights. It doesn't take much for a collection to get started. Pretty soon the kid will know about every flashlight ever invented. This takes some imagination, but if you can involve the child in a shared activity, you will both enjoy it. Next thing you know, you'll be on the outlook for flashlights, too! (You can substitute any-

(continued on page 21)



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General Membership Meeting  
(continued from page 1)

which will address definitions of membership and work requirements, the nature and structure of committees, member rebates, extension of board terms to three years, conflicts of interest, and voting by ballot, all of which will be presented to members to vote on at the Spring General Membership Meeting.

Following Nancy was Board President Stu Katz who, foreshadowing the discussion of decision-making processes to come later, emphasized that proposed changes do not mean that members will have less involvement in the operation of Weavers Way. "It would not be Weavers Way if we didn't want and encourage member involvement," said Stu. "That will remain the same." There will still be committees, and member participation in all aspects of the Co-op. However, he emphasized that the financial crisis Weavers Way experienced a few years ago showed that the roles played by the Board, General Manager, and committees must be more clearly defined and that things need to be done in a structured fashion.

Stu's remarks were followed by an informative report from former Weavers

Way president Bob Noble on his trip, sponsored by the National Co-operative Business Association, to attend a conference of the International Co-operative Alliance in Singapore, and visit a variety of co-ops in Indonesia, addressing questions of why co-ops play a larger role in some countries than others (such as Canada vs. the U.S.) and what kinds of legislation could support co-ops. Worldwide, he pointed out, co-ops are bigger than Wal-Mart. The international cooperative movement is real and flourishing.

In other good news, farmer Dave Zelov reported on the flourishing state of the Weavers Way farm, which has done \$45,000 in sales so far this year, doubling predictions, with the harvest still coming



AMONG THOSE SPEAKING AT THE GENERAL MEMBERSHIP MEETING (L TO R) WERE BOARD PRESIDENT STUART KATZ, TREASURER NED CASE, AND GENERAL MANAGER GLENN BERGMAN.

in. With a surplus of produce, food from the farm has been sold not only at Weavers Way but also at Reading Terminal market, Mariposa Food Co-op, a stand at Weavers Way's own farmer's market at Carpenter and Greene, and also at Headhouse Farmer's Market and local restaurants including Geechee Girl and Cafette. General Manager Glenn Bergman reported that the Co-op as a whole is also doing quite well in terms of sales, though labor costs are rising, partly because of a raise in the starting pay rate to ten dollars an hour. The management and staff will continue to monitor labor costs.

From here the meeting moved on to the far more contentious matter of expansion of Weavers Way. Stu, co-op attorney David Kraut, treasurer Ned Case, and

Glenn reported on current efforts to expand. Glenn pointed out that the option of simply expanding the current store would not be sufficient or possible, given neighbor complaints about noise from late night deliveries and trash pick-up, continuing difficulties with parking and deliveries, Americans with Disabilities Act compliance and the prohibitive cost of converting the store. As it is, he pointed out, sales are nearly double what they should be per square foot. While this might sound like a good thing, in fact it equals crowded, unpleasant conditions for customers and staff. Thus, the goal of a new store would be to take 15 to 20 percent of business away from the current

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PHOTOS BY MICHAEL T. REGAN

New Fair Trade Certification Debuts in U.S.

by Sustainable Food News

Responding to burgeoning demand for products made with socially responsible practices, global organic certifier Institute for Marketecology (known by the Swiss acronym IMO) introduced a new standard for fair trade certification in the United States dubbed Fair for Life.

The social and fair trade certification program is based on standards from International Labour Organization (ILO) conventions, Fairtrade Labeling Organization (FLO), Social Accountability International (SA8000), and International Federation of Organic Agriculture Move-

ments (IFOAM ) social criteria, and covers labor rights issues including pricing and premiums.

IMO developed the IMO Fair Trade and Social Responsibility Program after they found a need for it in the market, Kerry Hughes, IMO's new U.S. representative, told Sustainable Food News.

"Currently, other fair trade certifiers are not open to the wide range of products that IMO certification can cover," Hughes told Sustainable Food News. "It is also integral in our program that because we have certifiers all around the world ...

we can certify operations that already have the systems in place for organic, thus making the certification process smoother."


Types of products targeted for IMO certification include foods, herbs, botanicals, spices, multi-ingredient products, handicrafts, textiles and toys.

"We already have very many producers and companies that are in the U.S. market that are certified organic through IMO," Hughes said, adding that Dr. Bronner's Magic Soaps is one U.S. company that has been IMO certified. In 2005, Dr. Bronner's started sourcing its main raw materials – coconut, and palm and olive oils – from certified-organic and fair trade projects.


Smallholder cooperatives and small farmers as well as plantations and processors under contract are also certifiable. IMO has representatives in over 30 countries and activities in over 90 countries.

Materials and products are audited annually by end buyers to verify fair trade practices, and they can also be inspected for organic and ecological standards. Performance ratings and social impact assessments obtained from the audits and inspections are then published on the IMO Web site.


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General Membership Meeting  
(continued from page 16)

store to relieve some of this pressure. Other likely advantages of a new and larger store include a loading dock and more options for recycling and sustainability, like a prepared foods/deli section where customers would be able to bring and fill their own containers and a butcher, so that meat, as well as cheese, can be served in paper rather than plastic, none of which is possible at the current location.

Currently, Chestnut Hill is being looked at most closely for a possible new store, as its high income and education levels correlate with natural food demand, though numerous other possible locations are still on the table. This may be followed by a second store in a contiguous area, possibly Germantown or East Falls, in the years to come. Despite great enthusiasm from the East Falls Community Development Corporation, East Falls is not likely to be considered as a location for the first new store, since it is seen as too far away to help alleviate pressure on the current store. Opening a second store in Mt. Airy is unlikely, since closing or replacing the location at

the corner of Greene and Carpenter is off the table. Since the opening of any new store is probably at least two years away, one proposal to relieve crowding at the current store would be to move administrative offices to 555 Carpenter Lane.

Some debate ensued during the question and answer period as to whether Chestnut Hill is truly the best site. One member suggesting that Chestnut Hill is, in fact, more of a “Whole Foods community,” while member Alan Dawley said that while he would probably use a store in Chestnut Hill, he would do so “with a weight on my conscience,” as a co-op can be “an engine of grassroots economic development, and could do a lot of good work where it is needed.” Being an affluent community, he said, Chestnut Hill does not need such a co-op as much as other communities do.

Larger and stickier bones of contention were whether the expansion should happen at all, and what should be the roles of the board and the membership as a whole in making such a decision. Member Hilary McAndrews presented survey results showing that a majority of members (62 percent) are at least “some-

what supportive” of the idea of opening a new store, and a significant minority (43 percent) are “supportive” or “very supportive,” while only 15 percent said that they were “not at all supportive.” However, members at this meeting expressed uneasiness concerning the prospect. Rather than overt opposition, concerns raised by members had to do largely with the nature of the decision-making process. “Is this a discussion,” asked member Davia, “or a foregone conclusion?”

“Right now,” answered Stu, “it is a discussion,” in which the board intends to get input from members. At the same time, he emphasized that “you can’t negotiate a property with three thousand members.” While the board’s intent is to be as open and transparent as possible, in order to do all of this “in a businesslike way,” specifics of pending transactions cannot be openly discussed. As soon as an agreement is signed, members will be informed of specific details. “It is my understanding from the bylaws,” said Stu, “that the board has the authority to enter into contracts such as purchasing a new store ...but we have the desire and the responsibility to be transparent.”

This answer, however, did not sit well with all members, some of whom expressed a sense that they were being left out of the decision-making process. “We want to be involved in figuring it out,” argued one member, “not notified afterwards.” Another member asked for an “unequivocal statement” that the board will not go forward with expansion plans without “formal membership approval.” While not dismissing the possibility of such a vote, Stu pointed out that it is not required by the by-laws: “At this point, there is no plan for a formal vote by the membership on expansion. Members have entrusted the board with this, but their decisions can be reviewed by members.” Up to this point, he emphasized, every move has been approved by the general membership. Nancy then pointed out that, in fact, board members are able to see the larger picture more clearly than most members and need the authority to act on that.

In response to a question from another member, it was emphasized that, should a preliminary contract be signed and then found unsuitable, at least some capital will be refunded, and that David Kraut and his partner who deals with real estate law have built in safety factors so that the overall financial health of Weavers Way will not be jeopardized.

At this point “we’re not at the end of this process, but at the beginning,” said Stu. The goal of the Board at this meeting was to give members “an update on where we are right now. Weavers Way is at the center of this neighborhood community, and that will not change, the current store will stay substantially the same.”

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Watching the Gift of Diversity

by Mark Goodman

Usually for the December issue, I offer suggestions for books about the diverse groups that make up the human family of the United States. This year, I will concentrate on films -- available in DVD and VHS -- that tell the remarkable stories of the different ethnic groups that form the United States mosaic. I will focus on documentaries and films that are based on biographies.

Let's start with *A Day in Our Lives*, which shows Palestinian American teenagers responding to the way Arab Americans are treated after 9/11/01. Co-op members Thea Abu El-Haj, who teaches at Rutgers University, and videographer Lauren Griffin, along with educator Sonia Rosen and Hazami Sayed, president of the Arab American arts organization Al-Bustan (Seeds of Culture), collaborated on this film, which has been shown locally on Channel 35.

Other films dealing with youth include the inspiring *Mad Hot Ballroom*, which shows the hard work by a group of Dominican American students and their teachers in New York City as they compete for a middle school dance championship. The juxtaposition of street kids from a tough neighborhood dancing ballroom steps is part of the charm of this film.

Anyone who has read Esmeralda Santiago's two-part autobiography, *When I Was Puerto Rican* and/or the less well-known *Almost a Woman*, will enjoy the PBS film *Almost a Woman*. Here we see Esmeralda migrating from rural Puerto Rico to New York City with her mother and sisters and brother. She must deal with family tensions as well as a language

barrier and prejudice in school, which make her teenage years even more tumultuous and challenging.

Another youth oriented film, from the 1970's, is *I Know Why the Caged Bird Sings*, based on Maya Angelou's first -- and best -- autobiographical volume. Although the film version, with Diahann Carroll and Esther Rolle, omits some of the material in the book, it still captures the sense of wonder, confusion, fear, and hope experienced by a black girl growing up in the South and Midwest.

If you like film biographies of African American literary and cultural figures, you will appreciate documentaries on W.E.B. DuBois, Richard Wright, and Ralph Ellison. *W.E.B. DuBois, A Biography in Four Voices*, documents the life of the famous sociologist, activist, editor, essayist, poet, novelist, political scientist, and pan-Africanist. Two of his books written in the early 20th century are still read today: *The Philadelphia Negro, a Sociological Study*, and *The Souls of Black Folks*, a collection of insightful and incisive essays on the black experience in a racist society.

The film *Richard Wright* portrays the author best known for his autobiography *Black Boy*, where Wright moves from Mississippi to Tennessee to Chicago, and his novel *Native Son*, which uses a murder and the ensuing trial to espouse his ideas on racism and socialism.

*Ralph Ellison, An American Journey* captures the enigmatic author of the novel *Invisible Man*, an American classic set in Harlem in the 1940's. Ellison, born and raised in poverty in Oklahoma, aspired to be a musician, but was captivated by the writers of the Harlem Renaissance and de-

cided to be a writer.

Three seminal experiences from African American history are captured well by PBS documentaries. First is *Scottsboro: An American Tragedy*, which presents and analyzes the infamous trial in the early 1930's where nine black teenagers were falsely accused and convicted of raping two white women.

Second is *The Tuskegee Airmen*, narrated by Ossie Davis, which depicts the efforts of African Americans in 1941 to become the first black fighter pilots. This 2003 film presents the actual airmen as they tell of their struggle to overcome the deep-seated racism in the South and the armed services.

The third film, *Emmett Till*, shows how a black teenager from Chicago was brutally murdered in Mississippi in 1953 for allegedly whistling at a white woman. Two white defendants, who later admitted guilt, were acquitted by an all white jury. Emerging from this tragedy and miscarriage of justice was Emmett's mother, Mamie Till, who tirelessly and courageously sought justice for her son's murder. Significantly, *Eyes on the Prize*, the excellent film series which documents the U.S. Civil Rights Movement of the 1950's and '60's, begins not with the "Brown vs. Board of Education" Supreme Court decision or Rosa Parks and the Montgomery bus boycott but with the trial of Emmett Till's murderers.

Closer to home is *Echoes from a Ghost Minyan: The Jews of South Philadelphia*. This 1998 documentary, written and produced by two non-Jews, shows how small synagogues thrived in the Jewish neighborhoods of South Philly in the early 20th century. Another documentary of Jewish

interest is the 2003 documentary *The Boys of 2nd Street Park*, about a group of Jewish boys growing up in Brooklyn in the 1950's and 1960's. Using the common thread of basketball, the film follows the lives of the men into the early 21st century, showing their personal successes and failures, and their family lives with all the attendant happiness and sorrow.

A DVD with more focus on athletics is Kon Ichikawa's *Tokyo Olympiad*, narrated in Japanese with English subtitles. It is one of the few films of Native American Billy Mills' 1964 victory in the 10,000 meters, the first American to win an Olympic gold medal in that event. Mills' life growing up on a Lakota reservation, dealing with prejudice on the campus of the University of Kansas, his stint in the Marines, and his eventual Olympic triumph are captured in the film *Running Brave*.

Finally, two documentaries about the WWII era round out the offerings. While most people know about the internment of Japanese Americans during WWII, few people are aware of the treatment of Italian Americans. The 2003 documentary *Prisoners Among Us: Italian American Identity & WWII* shows how severe restrictions were imposed on Italian Americans in the early 1940's.

The PBS film *Zoot Suit Riots* shows how Mexican Americans in Southern California were victims of war-time hysteria and xenophobia, in both the Zoot Suit Riots and the Sleepy Lagoon Trial.

These films make good holiday presents for family, friends, co-workers, and yourself. They, and films like them, are available through shopPBS.com, www.nationalfilmnetwork.com, and other Internet sites.



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# Who Says “Dead Things Don’t Change”?

by Susan Bloch

Actually, I did, in the August *Shuttle* – the first in a series whose purpose is to introduce you to the nature-based theories and daily practice of Chinese Medicine. My statement is incorrect because, of course, dead things decompose (think compost and the dissolution of the body). My intent was to help to define Qi, which is the basis of all things in the cosmos, including rocks, plants, and stars. Qi is also the material and spiritual basis of human life. As an acupuncturist, I work with needles to guide your Qi to rebalance your system. I hope this is more clear.

One way to enter the subject is to look at each season in turn. If you read my first article, you may remember that each season is associated with one of the five elements (Wood/Spring, Fire/Summer, Earth/Late Summer, Metal/Fall, and Water/Winter), each of which describes an essential quality of our vital energy. As we look at nature and ourselves through each season, we can learn quite a bit about how our personal and unique nature can thrive and evolve.

Fall is nature’s reflection of a quality of energy which is known as Metal. It is that which is precious and essential (think gold, iron, salt). Metal to the ancient Chinese is also like Air in other cosmologies – Air, as in the breath and inspiration. In Fall, nature takes our breath away and we experience awe: clear crisp air, rainbow colored leaves which then – gasp – fall and decay, the dew that descends as the weather cools. In the last few years of his long life, my father would say each fall “Oh, this

year, it’s more beautiful than ever before”. This statement captures an essential aspect of Metal, that sense of the mystery and majesty of life, which is so very fleeting. And with it the awareness that winter is not far off.

The organs associated with fall and the Metal element are the lungs and the large intestine. Remember that this system recognizes “organs” in terms of their body/mind/spirit functions. Lungs and large ntestine, breath and elimination, may be strongly affected by the energetic quality of this season compared with other times of year. The skin (known as the “third lung”) also breathes and releases sweat, toxins, heat. Breathing and skin problems may be worse in this time. Because grief is the emotion of this season, we may become melancholic as the light diminishes. On the level of the mind, Metal brings us inspiration; thus we may be especially inspired in the fall or feel empty and cut off.

If you experience a particular symptom in the same season each year, chances are that season holds particular lessons for you. Acupuncture can help you feel better and discover what you need to move more easily through that season and those that follow it, because each season “creates” and “mothers” the one that follows it.

Our breath is as important as food, rest and water in the replenishment of our vital energy, and the breath gives rhythm to our bodily cycles and functions. As with other body organs and functions, we tend to ignore our lungs unless there’s a challenge like a cold, bronchitis or asthma. Be-

coming conscious of the breath (more on that in the “tips” section of the article) helps us to take in life more fully – breath by breath.

The large intestine’s job is to eliminate waste and this is just as vital as taking in fresh air. Unless we regularly let go of that which is no longer of value, our system becomes stagnant and clogged, and there isn’t space for what’s next. This applies at all levels, body, mind, and spirit.

In fall, nature around us is moving down (nuts and leaves fall) and inward (the sap goes deep into the trees core and roots). This season calls us to turn inward after the months outside playing and gathering with friends in the warmth of summer. It’s a time to take stock, reflect on what matters most to us, and to let go of old grievances, hurts and belongings.

## Tips to Inspire the Fall

- Take a walk and notice: drier air, squirrels hoarding the abundant acorn crop, the smell of decaying leaves
- Notice the sharp angle and clear rays of the setting sun.
- Clear out old clothes you haven’t used in

- two years – and pass them on at a yard sale, thrift shop, or to a friend.
  - Who or what inspires you? Make time to revisit them – and breathe them in again.
  - Don’t forget your scarf as soon as there’s a chill or wind! Scarves cover acupoints on your neck and back of your head which are portals through which pathogens that cause colds enter your body.
  - Prevent or clear out colds with a Neti pot. It’s a small ceramic pot which one fills with salt water to cleanse the nasal passages of pathogens, allergens and mucus.
  - Finish a project or settle unfinished business from the past year.
  - Eat white and yellow foods – yams and other roots, winter squashes, pears, radishes, onions and garlic are especially nourishing now.
  - Check in with your posture: are your shoulders hunched? Massage them gently, allow them to sit easily, and take a few breaths in and out.
  - Check in with your breath at least three times a day. Are you holding your breath? (most of us do at times) Then take three or four deep breaths in, and
- (continued on page 21)

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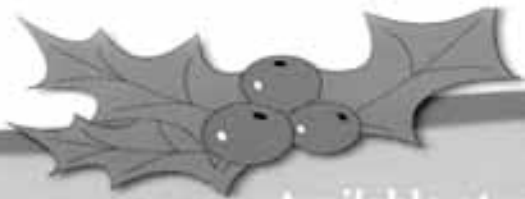
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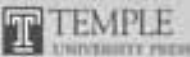
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Who Says “Things Don’t Change”

(continued from page 20)

- exhale deeply as you release something you’re holding.
- Eat plenty of veggies, grains, fruit and beans to keep your bowels moving – we must regularly release waste to keep our system ready for what’s next. Each time your bowels move, take a moment to thank your large intestine for releasing the waste.
  - Drink warming teas, such as ginger or cinnamon, feel the warmth penetrate your chest, and watch the steam rise. Clear your mind for a moment.
  - Try the Chinese herbal formula Yin Chiao Chieh Tu Pien. Three or four doses at the first signs of a cold can stop it short!
  - In the shower, scrub your skin with a loofah or sea salt to cleanse, invigorate and purify the “third lung.” Then rinse with cold water to close your pores to invasion by pathogens.
  - Breathe.

Susan Bloch is an acupuncturist who practices in W. Mt. Airy. For more information, contact her at 215-844-7675 or susiebloch@earthlink.net

Simplicity Dividend

(continued from page 15)

thing for “flashlights” – that was just a random suggestion.)

9. **Promote imaginative play** and give a treasure chest of hats, accessories, scarves, funky clothes, and jewelry. The trick here is that nothing needs to be new. Present it in an attractive, sturdy container. Boys like dressing up just as much as girls, by the way. You could clean out your own closet, or create a large collection for a very small amount at a thrift shop. A self-standing laundry bag would be a perfect container for this purpose.

10. **Give a very small item** (it could be some money, or just a card, even) wrapped in a humungous sheet of bubble paper. Bubble paper is endlessly entertaining. Kids think of amazing things do to with it. We recently entertained two very active little boys for over an hour simply by bringing out a 4’ x 4’ bubble paper remnant. They stomped on it, making very loud noises (both the boys and the popping bubbles), rolled in it, made a tent out of it, made it into capes, and generally

had a blast. Especially with younger children, the bubble paper will make a much bigger impression than the gift.

Beware gifts with unintended consequences: as promised, here are some gifts to avoid. Gift certificates seem perfect but turn out to be pain in the neck. They require a parent to schlep the kid to the store, are easily lost, and expire. The chosen gift never costs just the amount of the gift certificate, so you must either add to it, or hold on to a gift certificate with \$2.13 balance which hangs around for years. Another bad idea is any young children’s toy with lots of pieces and no container. These quickly drive parents nuts. Likewise, arts and crafts kits seem like they would be fun and promote creativity. Children are naturally creative though, so they do better with interesting raw materials. In each of my children’s big cleanouts we handed off lots of unopened creative

kits; they required way too much focused attention and too many steps to actually be fun. Skip it and just give scissors, paper, glue sticks and glitter.

Single shares of stock were the all time best-intended and most irritating gifts my kids received. Each were given three single shares, all of which generated quarterly statements, annual reports, tax statements, and miniscule dividend checks. And when they wanted to sell them, we discovered the transaction costs exceeded the worth of each stock. We finally donated them to charities, which in itself generated paperwork. Great intention, terrible consequences! Likewise, bonds are not child-friendly. It is hard to explain to a kid that a \$50 savings bond is worth \$25, and will only be worth \$50 in another 20 years! Talk about coal in your stocking....

Happy holidays! And do remember – the kids grow up!

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# Damage You Can't See:A Microwave Alert

by Sandra Folzer, Environment Committee

Eating microwaved food seems harmless enough. After cooking, the food looks the same. However, the molecules have been blasted by electromagnetic waves which cause them to rotate millions of times a second. This molecular friction heats the food while it causes substantial damage to surrounding molecules, tearing them apart. Hence, the food is altered by radiation since the atoms reverse their polarity 1-100 billion times per second.

The corporate community assures us that microwaved food is safe. Yet, little research has been done by universities or the government. Stanford University School of Medicine did find e. coli growth five to 18 times greater in microwaved food. Because microwave cooking causes hot and cold spots, it doesn't kill all germs. This is consistent with the recent recall of microwave chicken pot pies.

Bohmert, an anthropologist, found that grain wouldn't germinate in microwaved water while the same grain did germinate in other water. Quan and oth-

ers in 1992 found microwaved milk was denatured, unfit for consumption (in *Pediatrics* 89 (4), 667-69). Lubec and others found conversion of proteins in microwaved food becoming carcinogenic (in *The Lancet* 9: 1392-93). The amino acid, L-proline is converted to its d-isomer, a known neurotoxic and nephrotoxic substance (toxic to nerves and the kidney).

Incidentally, microwave ovens were invented by Nazis to use in their invasion of Russia in order to cook meals on a mass scale. Later, the Russians did not take to this new invention and banned microwaves.

Their investigations found microwaving meats, milk and cereal converted amino acids into carcinogens. Carcinogenic free radicals were formed, especially with root vegetables. The Russians also


found a decrease in food value between 60-90 percent.

The Swiss Federal Office for Public Health refused to support an experiment, feeding animals solely on microwaved foods, in order to protect the animals.

Dr. Hans Hertel wished to do an extensive study on the effects of microwaved food. He was refused funding from the National Fund, so he did a smaller study using his own funds. He compared food cooked in a microwave with that cooked conventionally. After a few days, there

were significant changes in the volunteers' blood. There was a decrease in hemoglobin and cholesterol values, ratios of good to bad. There was a decrease in lymphocytes, indicating degeneration, usually associated with poisoning or cell damage. After Dr. Hertel published his findings, he was convicted in 1993 of "interfering with commerce." This court decision was reversed in 1998 (in *Immune Perspectives*, Fall, 2007).


I think I'll put my microwave in the pantry or take it to a hazardous waste site.





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**Suggestions**  
*(continued from page 3)*  
available in the cheese case. We may have to try it as a special item in the prepared food case special cheese section.

s: “to: Norman, we should carry cigarettes and cigars. And maybe even a smoking lounge in the new store.”  
r: (Norman) Good idea. It would contribute to a relaxed atmosphere and increase sales of homeopathic remedies, especially the one for emphysema, which works by giving you a minute case, therefore stimulating your body to learn how to fight emphysema off, after which you can continue to smoke to your heart’s content, or in the case of some smokers, your heart’s failure. I

**Stories from the Second Story**  
*(continued from page 3)*  
ond color choice in case your first choice is unavailable. All pre-orders need to be placed very early in December, however, so we can give you the best chance to get exactly what you want! Please see the second floor staff or me, Martha, for more information.

**Candles** We have had much success with a new-to-us line, Wixwax. This Mt. Airy business has found quite a following with their 100 percent palm wax candles. Palm wax is a 100 percent naturally derived, renewable resource that is derived from the oil and the berries of the palm tree. As it dries, it leaves a crystalized finish that illuminates in a most beautiful way. These candles are environmentally friendly and have a smokeless burn, leaving little to no soot residue. Of course, you will also see the Sunbeam Candles, Jande and Danica Design candles as well.

**Clothing** The Andes’ Gift line contin-

don’t think there is a homeopathic remedy for heart failure yet. Hard to imagine a little pill being sold that gave you a little bit of heart failure with the intent of making your heart respond by getting stronger. What would the label say, “warning, causes heart failure when used properly”?

s: “Thank you for the Lisanatti Almond Cheese – it is by far the best non-dairy “cheese” I’ve found.”  
r: (Margie) Thank you for the feedback.

s: “Please consider packing some basil pesto in \$2-\$3 amounts. They are all always \$5. Can’t use this much, it spoils. Thanks.”

ues to inspire and enchant shoppers - it does that for the knitter in me - the colors, the wools, the quality, the fashion, the warmth. Their scarves, hats, leg warmers, ponchos and hand puppets are terrific. And how cool to buy gifts from a Fair Trade company!  
**Grace Gardner** Many of you know Grace or know of her wonderful products – her work with the co-ops in Guatemala and the items she imports to sell are inspiring, beautiful, reasonably priced and ever-growing in the products she carries. Look for more of her fabulous line.  
**Acorn** To many people, the socks, hats, scarves, mittens and slippers from this company signal warmth, cool fashion, practicality, and comfort. Their products have been beloved by Weavers Way shoppers for many years.  
**Toys** Angela has been doing her usual bang-up job with her purchases for our toy department. Look for items to delight folks of all ages. Also please note for

r: (Bonnie) We fill our smaller containers full.  
  
s: “Wanted to let other shoppers know about a great product buried in the freezer, Yucatan Guacamole. Mixed with salsa it makes great “instant” guacamole, and because it is so rich you only need a table-spoon or so per serving, which makes it pretty cheap.”  
r: Thanks for the tip.  
  
s: “Can we carry Pet Promise? It’s great cat food that supports small farmers...”  
r: (Kirsten) For now I am not planning on adding this product line to the inventory, but it can be special ordered.

the new year that Angela is making a list of potential new toy supply companies (yes, she is checking it twice) as we begin to reconfigure the toy area.  
**Personal Care and Bath/Beauty Products** More perennial favorites are here plus new products from the lines you adore. We have Aubrey Facial Care Travel size kits, Burt’s Bees kits and new Badger products among our offerings. As new things continue to arrive, we will get them out on the shelves as quickly as we can.  
**Jewelry** It’s reassuring to get such positive comments about the earrings, necklaces and bracelets we have on hand. The various lines range from Gin’s Designs to our own Staff member, Susan Mac, to Diane Funderburg, to Julie Lovelace, to Grace Gardner’s Guatemalan items, to Women of the Cloud Forest. They are all winners.  
**Calendars and Date Books** What a calendar fan I am and how I love giving them as gifts. You too? We have a good

s: “Martin’s sausage – there is nothing on the label to tell if the casing is collagen or pork. We’d like to know or we won’t buy it.”  
r: (Dale) Some casings are collagen and some not. Usually there is a Martin’s label that gives ingredients on the package. Last week they shorted us on labels, sorry. The labels are back this week.  
  
s: “My kids keep asking me for fried ice cream. Can we stock it?”  
r: (Norman) No, but for Christmas in the toy department upstairs we’ll have the Hasbro “Easy-Bake Deep Fryer,” so just pick one up. Don’t forget the 150 watt light bulb and some cooking oil, and some cream for treating third-degree burns.

array of types and sizes and we’re sure you will like what we have.  
**Holiday Cooking and Baking Supplies** Sure, we’ve got gifts for the cooks on your list, but we also have the basics for your kitchen, too -- parchment paper, pie plates, serving bowls, potholders, aprons, clean-up supplies -- they’re all here waiting for you!  
**Market Shopping Baskets** Whew, where to begin in describing these baskets? They are beautiful, handmade, reasonably priced, Fair Trade and are available in two styles and a variety of sizes. While we have ordered quite a quantity, they are selling fast. The colors in each style vary- scope out the ones you might like as we are unable to guarantee certain patterns or colors.  
Your second floor staff wishes you and your loved ones a most joyous, healthy, fun and love-filled holiday season. Thanks to you for your second floor patronage and feedback.

C O - O P I N F O R M A T I O N		
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Suggestions

by Norman Weiss

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

A few shoppers have asked me what’s going on with raw almonds. One heard they were being irradiated. From what I can tell, what’s going on is that the Almond Board of California, paranoid about what e. coli did to fresh spinach sales (or, alternatively, if you believe the Almond Board’s marketing materials, concern for the health of almond consumers), successfully convinced the USDA to mandate that almonds be pasteurized to reduce the chance of salmonella poisoning from people eating raw almonds. Acceptable pasteurization methods are blanching, roasting, and fumigation with propylene oxide. I haven’t seen anything about radiation yet. The Almond Board states pasteurized almonds are still “raw,” because pasteurization is not cooking. Makes you wonder how they define “cook,” which I thought had to do with applying heat to food. I guess “blanched” is not cooked, but “blanched” is not “raw” either. I believe “blanched” is actually “blanched.” Anyway, the upshot of all this is that unless you buy almonds directly from an almond farmer, or you are in another country (export almonds are exempted; let ‘em eat bacteria!) when you buy “raw almonds” you are getting pasteurized almonds. (Organic almonds will be pasteurized by steaming, yet, by some miracle of word definition, will remain “raw”.)

I don’t know how much almond pasteurization actually matters to most people, although apparently there is a group for whom it is important, because they circulated petitions to stop it. What I find interesting is that in the name of making raw almonds safer (salmonella was found twice in almonds, and both times the contamination was traced to the processing plant, not the almonds themselves), the industry thought exposing almonds to propylene oxide gas is a safer bet. The interesting thing about propylene oxide:

it was once used as a race car fuel until the National Hot Rod Association decided it was too dangerous a carcinogen. So now we have almonds, a food reported to help fight cancer, being treated with a substance so carcinogenic that hot rodders banned it, even though it helped them go faster! Think about how many things hot rodders would find too dangerous, hmmm, maybe games like dodge bullet? Makes you wonder...

The other issue this raises is it’s a classic example of grower marketing organizations influencing government regulations. Another fun case of the foxes guarding the hen house, but isn’t that how regulation works in our country? I think we better plant some almond trees at the farm. We have to think of the future, and with global warming we’ll soon be able to grow all kinds of crops that have no business growing at this location. When life hands you lemons, make lemonade, and hey, soon we’ll be able to grow lemons too!

**suggestions and responses:**

s: “Can we get Lemon Grille Tempeh burgers from Lightlife? We had in Deli case in past.”

r: (Margie) This product is no longer available from our distributor. Lightlife may have stopped making them. Sorry.

s: “Can we start carrying Yurgo’s organic hummus?”

r: (Margie) We currently stock many different kinds of hummus and had to delete a few varieties; we just don’t have space for more. Sorry.

s: “I think the time has come to seriously re-evaluate our bagel suppliers. There are much better bagels out there – more authentically crusty on the outside and chewy on the inside. The Goldberg’s are so boring and the Roling’s shape are so inconsistent – it seems like they’re not really trying. With so many former New Yorkers here, you gotta get better bagels! Thanks.

r: (Nancy) This is the first complaint about bagels I have ever received. Many people love the Roling’s – they’re handmade. I’m afraid you are in the minority.

s: “Hooray! Kiwi Berries!”

r: (Jean) I’ve been waiting, too. Those little guys are so good, so easy to eat.... so expensive..... As they are increasingly cultivated (right here in Pennsylvania), I’m hoping the price will go down, and the season (now only about three weeks) will lengthen.

s: “Can we get organic mozzarella cheese? Organic Valley makes one.”

r: (Margie) I will review the space

(continued inside on page 23)

Bulletin Bored Alert

by Bob Fluhr

Now that I have your attention, please read on. I hope you enjoy the Weavers Way mini-art gallery on the staircase bulletin board. I realize that it takes away a small portion of the heavily used board, but this can be mitigated by everyone reading and following the board regulations located at three places on the staircase. More than ever it is important that you follow the rules especially the ones that ask you to put your notices as close to each other as possible and take down the outdated notices. This will more than make up for the space that the art gallery has taken. Your cooperation will be appre-

ciated by your friends and neighbors.

About the gallery, I intend to change the exhibit about once a month. I will not pre-judge the work. I intend to put up work by professional artists, amateurs, children and seniors over 90 with a valid birth certificate. The work should not be too large or heavy, be matted or pasted on construction paper. Framed work should have a wire or other means of hanging, as well as a short statement or bio.

If you are interested in exhibiting your work, please contact Bob Fluhr (keeper of the boards) at 215-849-4319. Happy looking!

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Dear Neighbor,

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

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
Wednesday	Dec. 5, 2007	6:45 p.m.	GJC
Saturday	Jan 5, 2008	10:30 a.m.	CA
Wednesday	Feb. 6, 2008	6:45 p.m.	GJC
Wednesday	Mar. 5, 2008	6:45 p.m.	GJC

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

*Robin Cannick, Membership Manager+*

PLEASE RETURN THIS PORTION TO WEAVERS WAY

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

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

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