





# Editor’s Note



by Jonathan McGoran

WHY is it that food in the news is almost always bad? Maybe it’s the nature of news: man bites hot dog is not news, but hot dog bites man, now that’s news. This month, we have newsworthy fish. It hasn’t bitten anyone yet, but it could only be a matter of time.

First, however, there has been a lot of concern recently about the evils of High Fructose Corn Syrup (HFCS). But even as evidence has mounted suggesting a correlation between HFCS and health problems such as diabetes and obesity, its use has spread to thousands of food products, from soft drinks to pickles. Fortunately, the words “High Fructose Corn Syrup” may soon vanish from food labels. No, manufacturers are not going to stop using it—it’s much too cheap for that—but with all the bad publicity, they want to start calling it something else.

The Corn Refiners Association has asked the FDA to let them call HFCS “corn sugar.” I think they are aiming too low; I mean if you are going to change the name, why not go with something like Happy Fun Sauce, or Health Juice. Come to think of it, “obesity” and “diabetes” have negative connotations, as well. Maybe we could call them “More to Love Syndrome,” and “Too Sweet For My Own Good.”

The FDA is also considering approval of genetically engineered salmon that grow twice as big and twice as fast as normal salmon. The regular salmon are kind of nervous, and so are consumers, especially since the makers want to sell the salmon with no special labeling. In response to consumer complaints that they shouldn’t be kept in the dark about GE foods, the manufacturers have offered to add a little firefly DNA to the mix. (“GE Brings Good Foods to Light.”)

Another concern is that these super salmon will have an unfair advantage, and will displace all the natural salmon, that modified genes will be turning up in virtually every salmon in the sea. Hopefully, that won’t happen, but if it does, I have a solution. They can just change the name.

# Chestnut Hill Taste Fair to Celebrate Co-op Month & Great Food, Oct. 23

WEAVERS WAY will be celebrating Co-op Month and the success of our new store in Chestnut Hill with a Taste Fair on Saturday, October 23, from 12 to 4 p.m. there will be lots of food, with free samples of all sorts, from national brands of natural foods and plenty of local vendors, too. There will also be fun activities, including face painting and pumpkin decorating.

In honor of Co-op Month, we will have special one-day-only incentives for new members including free passes to Morris Arboretum and the Schuylkill Center for Environmental Education, and Co-op Tote Bags.

We hope you will come out and celebrate your co-op and co-op month with some great food and great fun.

# Chestnut Hill Update

by Kim Spelman-Hall, Chestnut Hill Store Manager

WOW, THE last several months have been a whirlwind and I am just getting back to a semi-normal life. The good news is that our Chestnut Hill store is a huge success thanks to our loyal members, new members, new shoppers, and of course, our amazing staff.

I want to thank everyone for their patience while we get our product mix just right and enough stock of our best sellers. Unfortunately, we can’t carry everything, so here is how the process works. Every time we get a request for something, we write it down and pass the tip along to the appropriate department manager, who evaluates it and determines if the item is something obvious we have missed, if others have requested it, and if we have room for it. Members always have the option to place a pre-order for items we do not carry. You can always contact the department managers about quantity and price. This is another great reason to become a member.

This month, Weavers Way is involved

in several great events in Chestnut Hill. The Fall Festival at Morris Arboretum is Oct. 3 and we will be back with some great apples. During Fall for the Arts on Oct. 10, our young Fresh Artists (www.freshartist.org) will showcase their work at a clothesline art show. On Oct. 23, Weavers Way Chestnut Hill will hold our first Taste Fair, from noon to 4 p.m., with several of our food vendors offering yummy samplings. There will also be face painting and other activities for the kids.

So, lastly I would like to thank my department managers: Bonnie in Deli, Brittany in Grocery, Marykate in Meat & Seafood, Dean in the Front End, and Mike in Produce. You would not believe how hard everyone has worked over the last several months. In at 5 a.m., here until the wee hours of the morning, receiving produce in the pouring rain, etc. I am so proud of their hard work. All of the staff here have been doing a great job. And thank you all for your support. We have many great things to come!

# Food Alliance Protects Sustainability

by Mike Herbst, Chestnut Hill Produce Department Manager

AMERICANS CONTINUE to increase their demand for environmentally friendly foods and producers have taken notice. Marketing campaigns designed to promote notions of bucolic farmland and happy cows are at every turn in every grocery store, and the produce department is no exception. As this green-washing reaches fever pitch, it is logical that consumers may start to question the validity of these claims. Fortunately, for the discerning and skeptical shopper, Food Alliance has stepped in to do just that.

Formed in Portland, OR in 1997, Food Alliance serves to facilitate inspections and certify credible claims of social and environmental responsibility for farmers, ranchers, and food producers. “A growing number of companies are marketing ‘natural’ or ‘green’ products – but when you look closely, there’s not much behind it,” says Food Alliance director Scott Exo. “Consumers know that game, and they are increasingly cynical.”

Inspections are performed by a third party to determine if an operation adheres to the certification standards of humane production and environmental stewardship. Certification criteria include:

- Provide safe and fair working conditions
- Ensure the health and humane treatment of animals
- No use of hormones or non-therapeutic antibiotics

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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.  
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# CALLING KIDS

## Clothesline Art Show

A grassroots project to support our public schools

October 10<sup>th</sup>, 2010 from 11 to 5 pm  
at the “Fall for the Arts” festival  
at Weavers Way Co-op, 8424 Germantown Ave, Chestnut Hill

Kids! Drop of your donated original 2D artwork at any Weavers Way store before Oct. 7<sup>th</sup> and help other kids!

Proceeds from the Show will be used to deliver art supplies to Philadelphia public schools in need. Get your school, faith community, family or scout troop involved!

Details can be found at [www.freshartists.org](http://www.freshartists.org), or look for flyers on Clothesline Art Show donation boxes in any Weavers Way store.

## SATURDAY OCTOBER 9TH, 2010

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Sponsored by Weavers Way, Weavers Way Community Programs & the Awbury Arboretum



# WW-Mt. Airy Produce Report

by Jean MacKenzie, WW-MA Produce Manager

## Back to School with Produce – Lunches and Snacks

IF WE all ate the recommended eight to ten servings of fresh produce every day, we’d be a lot healthier. But how do you get yourself and your family to eat fresh? Here are the best ideas I’ve collected so far, mostly in an effort to find painless ways to get more fresh fruits and vegetables into my own family’s diet. If you have more ideas, please tell me, and I’ll make a hand-out to share with members.

When they’re hungry, they will eat. Duh. Present your kids—or yourself—with fresh snacks right after school, when they’ll eat anything you give them. Have a big salad ready ten minutes before dinner is ready. Put lots of healthy, unusual things in the mix. They’re going to drown it in ranch dressing, anyway.

When they’re watching TV, children will eat. Just put a plate of cut-up fruits and veggies next to the remote.

Have dip, will eat. I don’t know about your kids, but mine would eat cardboard if I gave it to them with some ranch dip or hummus. Carrots, of course, but also red or yellow bell peppers, jicama (very high in Vitamin C, and won’t turn brown), kohlrabi, celery, and lightly steamed broccoli, cauliflower, or green beans. Watermelon radish—more of an adult taste—is great with bleu cheese dip.

**Slice it.** Research shows that we’ll eat lots more of almost anything, but especially apples, if it’s sliced into bite-sized pieces. Unfortunately, many fruits, especially apples, discolor quickly when sliced, so you better be quick; many kids look at a slightly brown apple slice and conclude you are trying to poison them.

**Crisp it.** What is it about salty-crunchy foods that is so satisfying? Instead of chips, try roasting green beans, asparagus, broccoli, cauliflower, beets, rutabaga, Brussels sprouts, carrots, sweet



potatoes, and of course potatoes at a *very* high (450° F) pre-heated oven, with some olive oil, maybe a dash of vinegar, and whatever seasonings you like. Toss in a few nuts or crisped tofu chunks.

**Freeze it.** My daughter immediately freezes all the grapes I buy, then snacks on them like candy. Berries work, too. Freeze berries individually on a cookie sheet so they won’t stick together.

**Make smoothies.** Freeze override bananas, bought when I’ve once again ordered too many bananas and had to discount them. Our family’s favorite smoothie: Apple juice, frozen banana for sweetness and iciness, some other fruit—usually a berry—for flavor and color, and some protein powder or calcium supplement, because my teens never seem to get enough of either. If you use enough frozen banana, it’s more like sorbet than a smoothie.

**Make it look like dessert.** A favorite in our house is Pequa vanilla yogurt layered with berries, sprinkled with toasted wheat germ. It can make you forget ice cream.

**Trick them.** Actually, in my line of work, this is not a trick. I buy a few varieties of something—apples, citrus, different vegetables—put them on plates with numbers, and ask my kids to test and compare. Which is sweetest? Juiciest? Yummiest alone? Yummiest with dip? This works especially well when your kids have friends over.

**Lie.** When I was a kid, my mom told us that carrot sticks helped prevent carsickness. I don’t know whether she believed this, but we sure did. Twenty miles into one of our endless family vacations to Minnesota, we’d be begging for carrot sticks. And we never got carsick.

## How ‘Bout Them Apples?

It’s October, which can only mean one thing... Okay, *two* things. First, our apples are local, low-spray, and sustainably grown, from Solebury Orchards (Bucks County), Three Springs Orchard, and Beechwood Orchard (both in Adams County). Fresh cider is back, also our favorite once-a-week produce treat, apple cider donuts. The first Ginger Golds, Buckeye Galas, Jonamacs, and Honeycrisp, which arrived in late August and early September, have been just wonderful: crisp, juicy, full of flavor.

And second, the annual fall festival at Morris Arboretum is on Sunday, Oct. 3. We will once again be selling lots of local apples, pumpkins, and cider. It’s a great way to spend a Sunday, and support both your co-op and the Arboretum.

That’s it for October produce news. And remember: Quiz on Monday. Spelling counts.

# Swiss Villa Joins Egg Line-up at WW-MA

by Chris Switky, WW-MA Grocery Manager

HOWDY, SHOPPERS. Two months ago, I mentioned in this column that the co-op was searching for a vendor who could supply us with a sufficient number of eggs from pastured chickens so that we could carry these eggs in the dairy case at WW-MA. I’m please to say that my counterpart at WW-CH, grocery manager Brittany Baird, discovered Swiss Villa Dairy and brought in their XL brown organic pastured eggs at our Chestnut Hill location.

At WW-MA, we’ve also brought in Swiss Villa eggs, lain by chickens who have daily access to pasture and can peck at the ground, as a replacement for the Nature’s Yoke organic brown eggs. Nature’s Yoke’s chickens are “cage-free,” but live indoors in crowded conditions. Their beaks are trimmed so that they don’t harm one another due to the stress of their living environment. Swiss Villa has healthier chickens, laying healthier eggs. Please give them a try.

Swiss Villa can also supply us with raw goat’s milk. While we don’t have room to stock this item in the dairy case at WW-MA, it is available for preorders. Quarts are \$3.87, half-gallons go for \$6.61. Organic raw cow’s milk is also available at both WW-MA and WW-CH. It’s in the dairy case at Chestnut Hill, and available on a preorder basis at Mt. Airy, \$4.90 for a half-gallon of whole raw milk. It comes in a returnable glass bottle; you’ll pay a deposit on the bottle at time of purchase, then get the deposit back when you return the bottle to the cashier (clean, of course).

~ christopher@weaversway.coop

# Meadow Run Farm Tour

by Noel Bielaczyc, Meat, Fish and Poultry Dept.

NORMALLY, I would use this space to talk about what’s fresh, sustainable and interesting in the seafood section at our Mt Airy store. However, this month I felt compelled to write a report about a trip I took with the Philadelphia-based Fair Foods Organization to Meadow Run Farms. Owned and operated by Philip Landis and his extended family, this farm provides us with the best quality all natural pork, lamb and eggs available. As a member of Fair Foods, Weavers Way is fortunate to have opportunities like this to visit local producers and processors for a first-hand glimpse into our regional food systems. Here’s a briefing of my experiences and insights from the trip.

Meadow Run Farms is nestled in the rolling green hills of Lancaster County. The label notes that the Landis family raises “uncommonly good meat,” and it is no exaggeration. Philip has been quietly pursuing this goal for nearly ten years, but the farm is really just beginning to take off. As local, sustainable foods get a bigger slice of the market in grocery stores and restaurants, demand for his products has grown. But this pressure to expand hasn’t effected Meadow Run’s commitment to good animal husbandry and growing the best meat and eggs possible.

During a two-hour hayride around the farm, Philip (driving the tractor) explained



Sheep running free at Meadow Run Farms

why the farm’s meat is better.

The most obvious reason is that volume isn’t the goal, as in most commercial operations. The 110 acres may seem large, but the number of animals it supports is actually quite small. Hog barns that would hold 100 or more hogs on a commercial farm contain only 50 at Meadow Run. They walk on a bed of straw, not bare concrete. They’re fed oregano to treat digestive issues, not synthetic drugs. Space to roam, clean air, and water means there’s

no need for hormones or antibiotics. Labor-intensive, hands-on methods like this mean more attention to the animals’ health and welfare and less stress in their lives.

At the core, a deeply compassionate philosophy guides the humane treatment of Meadow Run’s animals. (Philip even lives in a modified version of the very same structure as the hog barns!) It shows in the jovial nature and lack of skittishness

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# Winter Squash: The Perfect Autumn Partner

by Laura Grove

I HAVE been in love with winter squash for years now. Like any good romantic partner, it possesses a mild sweetness, good-natured versatility, and solid dependability. More important, however, the decadent, satisfying flesh is good for you—*really* good for you. (Take that in whichever way least offends or terrifies you.) Indeed, winter squash was such an important staple to many Native American tribes that they buried it with their dead to provide sustenance on the final journey.

In these curious times in which we like to have things broken down for us, we know that it’s absolutely jam-packed with Vitamin A, but is also very high in Vitamin C, potassium, dietary fiber, and manganese. And let’s not forget substantial levels of folate, omega-3 fatty acids, thiamin, copper, several B vitamins, and tryptophan. It’s an impressive list, any way you slice it, and only 79 calories per cup. All in all, it’s a pretty sweet deal.

There are many different kinds of winter squash. They all have their mer-

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# WWCP Receives Generous Donation from Garden Conservancy

by Rachel Milenbach, WWCP Executive Director

ON MAY 23, 2010, the Garden Conservancy hosted their annual Garden Tour of eight beautiful gardens in Chestnut Hill. At the request of those households, many of whom are Co-op members, 35 percent of the day’s receipts (almost \$2,000!) were donated by the Garden Conservancy to Weavers Way Community Programs (WWCP).

According to Co-op member and garden host Eric Sternfels, overcast skies and a colossal downpour around noon did not deter 150 intrepid garden-lovers. The eight gardens displayed many beautiful and ingenious ideas for incorporating nature in city landscapes. These included chickens, fish ponds and other containers with running water to attract wildlife, mushroom logs, stone walls with pockets for growing small plants, solutions for completely shaded properties, and various composting options.

The funds will be used to support two programs: farm education tours and educational activities at Weavers Way Farm at Awbury Arboretum, and programming at Saul Agricultural High School for students who study urban agriculture through activities at the Weavers Way CSA. In both cases, students learn about growing vegetables, herbs, and flowers, from planting seedlings to harvest and food preparation.

The Garden Conservancy focuses on inspiring the public about horticulture through beautiful gardens. Similarly, through our farm and WWCP, Weavers

Way strives to inspire visitors to grow or buy locally grown produce, and to appreciate the beauty of a vegetable growing in a field or garden.

Many thanks to the participating garden owners for their generosity and support of WWCP: Janet Novak and Chris Sarnowski of Chestnut Hill; Eric Sternfels, Jeff Perkins and Ken Lovett; Syd Carpenter and Steve Donagan; Mark Klemmpner and Brenda Lazin; Lise Funderburg; Hani Zaki and Lindsay Weightman; and R. Thomas Schoonmaker, all of Mt Airy.

## A Little Background on the Garden Conservancy

Since its founding, the Garden Conservancy has been committed to saving and preserving America’s exceptional gardens for the education and enjoyment of the public.

The Garden Conservancy was established in 1989 by Frank Cabot, the distinguished American gardener. In partnership with individual garden owners, as well as public and private organizations, the Conservancy provides the horticultural, technical, managerial, and financial expertise needed to sustain these environments and ensure long-term stewardship of natural assets so essential to the aesthetic and cultural life of our communities.

The Conservancy recognizes that exceptional gardens most often begin as



Photo by Mark Klemmpner

The garden of Hani Zaki and Lindsay Weightman.

private affairs, the life work of passionate, dedicated, and remarkably talented gardeners, and that a select number of landscapes are capable of flourishing for generations as public gardens to facilitate their long-term historic and aesthetic significance, as well as public visitation.

The Conservancy’s public education and training programs build on the organization’s experience and understanding of garden preservation. Its Open Days program brings this message to a broad

base of visitors. Since 1995, Open Days has provided behind-the-scenes access to some of this country’s finest private gardens, offering visitors the rare opportunity to spend time in beautiful spaces not normally available for public viewing. In 2010, more than 360 private gardens in 21 states were open for a very limited time to the public. Every year, over 75,000 enthusiasts enjoy the opportunity to explore, first-hand, these examples of outstanding design and horticulture.



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## What Are Board Members Thinking?

# CDCs & Cooperatives:

# Allies for Cooperative Communities and Collective Economies

by Margaret Lenzi, Vice President, Weavers Way Co-op Board of Directors

In this column, Margaret Lenzi, a member of the Weavers Way Board of Directors, shares her own individual thoughts and ideas and is not speaking on behalf of the Board.

THE WEAVERS Way (WW) board recently spent an evening learning about community development corporations (CDC). So why is your board learning about community development corporations? Isn't WW a cooperative? Yes, WW is a cooperative, but we also part of a larger world. The board engages in ongoing education to learn what is going on in our city and the world. As leaders of the Co-op, it is important that we have an understanding of the future and WW's role in it. We want to share that with you, our members, so we can get feedback and continue the dialogue. Learning about CDCs helps us to think strategically about what is good for our community, and possible opportunities in the future. CDCs have much in common with cooperatives, and are integral partners in the growth of strong and livable communities in Philadelphia.

CDCs are non-profit, tax-exempt organizations incorporated to provide programs, offer services, and engage in activities that promote and support community development. They are community-based and place-based in that they normally serve a specific neighborhood or town. Depending on community needs, they can engage in a variety of activities such as housing production and repair, economic development, facilities maintenance and construction, education, social services, greening, neighborhood organizing and planning.

Rick Sauer, a former WW board member and now Executive Director of the Philadelphia Association of Community Development Corporations, sees CDCs as the lifeblood that has revitalized many neighborhoods in Philadelphia. "A successful CDC works with the stakehold-

ers in a neighborhood to create a vision and plan to address the needs of the entire community. It often starts in an area where there is disinvestment. CDCs improve facilities and services, and leverage resources, which then attracts new residents and businesses." Asociacion de Puertorriqueños en Marcha (APM) is a prime example of a larger CDC that is turning abandoned Eastern North Philadelphia into a thriving and sustaining neighborhood. APM built two hundred units of rental housing, 128 owner occupied townhouses, developed a supermarket, completed open space improvements, and is now working to bring new housing to long-vacant parcels adjacent to the North Philadelphia regional rail station.

Philadelphia has more than 50 CDCs, big and small, in diverse neighborhoods fulfilling community needs across the city such as:

**Veteran Housing.** Impact Services Corp built Hancock Manor at 164-176 W. Allegheny Ave., the only community based, non-profit transitional housing program in the nation devoted exclusively to dual diagnosed (mental illness and drug and alcohol dependent) homeless veterans.

**Economic Development.** Mt. Airy Revitalization Corporation transformed Wadsworth Ave. with public streetscape improvements and private business investment over the past three years. Roxborough Development Corporation recently renovated storefronts along Ridge Ave.

**Social Services.** The Life Center—Living Independently for Elders—provides medical and supportive services to

150 elders designed to keep them living independently in their homes as long as possible. Hispanic Association of Contractors and Enterprises, a large CDC, partnered with Mercy Health Systems to create the Life Center.

**Greening.** Although many CDCs have a greening component, the New Kensington Community Development Corporation has been a trailblazer. Since its founding in 1996, it has cleaned and greened more than 300 parcels of land, made 156 lots into side yards, transformed 15 trash-strewn vacant lots into community gardens, and built the NKCDC Garden Center.

You do not have to roam far to find CDCs working in Northwest Philadelphia. Ogontz Avenue Revitalization Corporation (OARC) is a well-established CDC that works to stimulate economic development and improve the quality of life in



photo by Rick Sauer

Roxborough Development Corporation's Ridge Avenue façade improvement

West Oak Lane and other neighborhoods within northwest Philadelphia. OARC started out with a goal of revitalizing the Ogontz Ave. corridor, where a WW store is now located, but it has grown by leaps and bounds, and now works in a variety of fields such as buying and renovating vacant homes, developing daycare facilities, job training programs, education, com-

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# Manager’s Corner

by Glenn Bergman, Weavers Way General Manager

## Egg Recall Focus on Local

“WHY DOES the Co-op have organic chicken feed for sale?” a customer asked last month. I told her that we were trying out a product line that people have been asking for over the last few years. She was surprised to learn that there were many households raising chickens as either pets or for eggs. Only one or two households are raising them for meat or to sell. This may come as news to many people, since the zoning code—I believe, but I could be wrong—does not allow for chickens to reside in Philadelphia.

In September, the nation experienced one of the largest egg recalls ever—a billion eggs recalled due to a salmonella outbreak. The suspect eggs came from the kind of large industrial production facilities we are trying to put out of business: you know, the type that have chickens lined up in cages allowing for no movement for the chickens, no natural light, clipped beaks, need I go further? As I read about it in the *New York Times*, I thought about the eggs we sell and I took a deep breath knowing that we do not have to worry about this issue.

There is no direct line between the Co-op starting to sell chicken feed and the recent outbreak. We do encourage you all to raise some food, buy locally, support local producers, and have a few chickens around.

Over the last few years we have had major recalls of poultry, eggs, products made in China, scallions, spinach, pet food, and some other smaller recalls. I remember pulling a few products that contained peanut products. I also remember the pet food recall that required us to contact our members who purchased any products that were suspect. What was

great was the ability to search the pet food products (only one or two items as I remember) and the customers who purchased these products. We were able to call every member who purchased the suspect product. (This is another reason to be a member of the Co-op; we can get in touch with you if there is a need.)

Look for future classes on “How to raise chickens in an urban environment.”

## Co-op Month

October is co-op month. I am not sure who declared this to be the time that we celebrate co-ops, but there is so much going on in our community this month that it feels like every weekend is taken up with events.

The first weekend offers the Morris Arboretum Fall Festival, followed the next weekend with the farm festival at Weavers Way Farm at Awbury Arboretum’s Agricultural Village and the Chestnut Hill Fall for the Arts, which should attract thousands of people to the avenue. Later on in October, Weavers Way Chestnut Hill will have a full-day festival to celebrate Co-op Month. Last, do not forget to stop in at the Summit Church BBQ on October 30. If you have never tasted the BBQ at Summit, you are in for a real Texas BBQ treat. Who knew that Summit was one of the best churches for BBQ?

## Strategic Planning

Six years ago, the board, staff, and selected members began to meet and work on a long-term strategic plan. I was new to the Co-op at the time. I had worked on strategic plans with very large companies as a staff/management person. I had never

been involved in the position of having to execute the entire plan. I found the process fascinating and very helpful. Today, because of that process, we have expanded *The Shuttle*, expanded our non-profit work, expanded our farming operations, opened two stores, expanded benefits for staff, opened the Co-op to the public, increased our work with other co-op expansions, and focused our attention on local purchasing.

## Meadow Run Farm

(continued from page 3)

in the animals.

The second most important reason is their animals’ diet: Grass, *lots* of grass! Through careful rotation of the sheep, cows, and chickens (two to four times a day!), Meadow Run maintains nutritious and healthy pastures and animals. When it comes to good meat, Philip says, “It’s all about the grass.” The diversity and quality in the pastures keep the sheep and cows happily munching all day, and allows them to put on a good layer of fat without the addition of grain feed. The chickens mostly eat grasshoppers and other bugs in the field, with a supplement of corn laying mash (Philip’s brother-in-law is actually growing some corn for chicken feed this year). This carotene-rich diet gives their yolks a deep orange hue and delicious flavor. The pigs eat a different diet of locally grown grains and loads of local vegetable scraps, apples and whatever else is plentiful and good. The bottom line is, their animals that are treated well and fed high quality forage have less impact on the environment and just taste better.

Watching the hens freely pecking about in the pasture made me wonder why most people would rather buy a flavorless, not-fresh egg from a factory farm for a couple dollars less, then express shock

Much has changed at Weavers Way and around the world in six years, and I have set a goal of completing a new strategic plan for the Co-op this year. If you are interested in participating, more information will be coming later in the year, but right now you can forward your name to me and let me know that you want to get involved.

when they’re recalled for salmonella The trust and confidence local farms provide is worth a dollar or two. Buying Meadow Run meats and eggs at Weavers Way is a great way to support farmers like Philip Landis and help promote responsible production. You’re going to enjoy eating it more, too. Look for Meadow Run pork and lamb in our well-hidden frozen meat section, and look for their eggs in the top of the refrigerated meat case.

For those who are familiar with these premium products (and their premium prices!) you’ll be pleased to know we’re teaming up with our other stores to start a whole hog sharing program. This will mean a wider selection of excellent pork products (like pork cubes, shoulder roasts, hocks, etc.) and a substantial lowering of prices across the board. Now’s a great time to try Meadow Run products for yourself! If you have special requests (fresh hams, fat-back, lard, etc.) please contact the Meat, Fish and Poultry Dept and ask for Dale or Noel.”

Special thanks this month to Philip Landis and family. See you next time with a new seafood-centric article. Happy cooking

~ [seafood@weaversway.coop](mailto:seafood@weaversway.coop)




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# Weavers Way Recycling Evolves!

by Steven Kretzmann, Environment Committee

AS MANY of you have heard, the City of Philadelphia is now collecting *all* recyclable plastics numbered 1 through 7. This includes #5 plastics, which the Weavers Way Environment Committee has been collecting and recycling on the third Saturday of the month over the last two years. We are in the process of considering how to respond to this new situation.

For now, we have decided to continue with monthly collections on the third Saturday of each month, focusing on collecting difficult-to-recycle items that will be reused (this is preferable) or recycled locally. For the moment we are continuing to accept #5 plastics from residents outside the city, but we encourage Philadelphia residents to recycle their #5 plastics through the City's curbside program.

Starting with the September collection, we will accept the following:

**Corks** – natural and plastic.

**Household batteries** – We pay to recycle these heavy items at the highest regulatory standards and must therefore charge \$2 per lb to cover our costs. We will have a scale available at the collection.

**Egg cartons** – paper, plastic & styrofoam. These are collected by a local farmer who supplies Weavers Way.

**Plastic yogurt containers** – nesting containers only. We send these #5 plastics to Trenton-based TerraCycle, where they are repurposed and resold. They are not subjected to the processing required for recycling.

**Used Brita filters** – Let them air dry for several days to make sure they are completely dry.

Stay tuned as the complex world of recycling, and our response to it, continues to evolve. We'll keep you posted!

Next collection is Saturday,  
Oct. 16, 10 a.m. – 1 p.m.  
Garage at 542 Carpenter Lane  
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Weavers Way Co-op)

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**Saturday, October 16, 2:00pm.**

**Local Author Day!** With Readings by Elise Seyfried, Linda Torocz, Dick St. Clair, and Brenda's Child.

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## CDCs and Co-ops

(continued from page 5)

mercial real estate acquisition, development and leasing, and arts and culture.

Mt. Airy USA has been involved in many different facets of revitalization including housing counseling for first-time homebuyers, residential and commercial rehab and sale, summer youth employment and small business assistance. Its current Streetscape Improvement Project is transforming the Mt. Airy business corridor along Germantown Ave.

Philadelphia is fortunate to have the Philadelphia Association of Community Development Corporations (PACDC) to help build, nurture, and strengthen CDCs in Philly. PACDC does this through advocacy, policy development, and technical assistance. Executive Director Rick Sauer points to PACDC policy initiatives that have resulted in more than \$135 million in new funds for affordable housing and neighborhood economic development. "One of our most successful campaigns to date, the Philadelphia Housing Trust Fund, raised more than \$53 million since September 2005, expanding housing opportunity for more than 4,000 Philadelphia families." Another initiative of PACDC is the CDC Tax Credit Program, which has provided \$30 million in new funding for neighborhood economic development. In addition, PACDC provides invaluable technical assistance to get several CDCs off the ground and through difficult periods.

Now that we know what is going on with CDCs in the city, what kind of opportunities might exist for WW? While meeting with the WW board, Rick Sauer tossed out a few ideas to think about in a visioning sort of way:

Urban Agriculture and Re-Use of Vacant Land. There are approximately 40,000 vacant lots and properties in Phila. Several factors are coming together, which may make it easier to use these lots for community purposes. Research is proceeding to reform the vacant property

system and the Philadelphia Green 2015 Open Space Plan is promoting their use as open space. WW may be able to build on its Farms/CSA experience to partner and provide technical assistance to expand access to fresh food through the use of these reclaimed vacant lands.

Planning for Carpenter/Greene Commercial Area. WW is a significant property owner in this area. WW may want to engage the broader community in planning for this area. WW can use its upgraded store and recent investments as anchor to leverage further improvements that respond to community needs.

Supporting Co-op Model and Entrepreneurs. WW can continue providing assistance to emerging Co-ops, make connections to non-food Co-ops, and support other entrepreneurs (e.g., incubator models like a food preparation kitchen for food makers).

While WW has not taken on any of these projects in a comprehensive way, the Co-op has done bits and pieces, such as helping to support other co-op development and partnering with groups to encourage urban agriculture. However, it might be good to think about more expansive possibilities in the future. Although WW is not a CDC, it can be proactive in addressing the needs of the community that are consistent with Weavers Way's mission and ends policy.

CDCs and cooperatives are allies in their mission of meeting the needs of community members, building cooperative communities, and creating more collective economies. And it is nice to know that both CDCs and Co-ops are in a growth mode in Philadelphia. This can only bode well for the future of our city.

*Special thanks to Rick Sauer and the Philadelphia Association of Community Development Corporations (PACDC) for providing information and the pictures in this article.*

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# October 2010 Designated First Ever Non-GMO Month

by Norman Weiss, Weavers Way Mt. Airy Purchasing Manager

WE ARE excited to let you know that our National Co-op Month celebrations this month will include participation in the first ever Non-GMO Month! The goal of Non-GMO Month is to empower consumers to be more aware about genetically modified organisms (GMOs), the Non-GMO Project, and to support the long-term availability of non-GMO food and ingredients. A highlight of the month, 10.10.10, or Non-GMO Day, is an event that encourages retailers to participate in educational and fundraising activities aimed at raising consumer awareness, while also raising funds for the project, a nonprofit organization. Weavers Way is supporting this effort by donating five percent of all stores sales on this day.

Non-GMO Month and 10.10.10 are very meaningful events for us to participate in, since one of the seven cooperative principles is “training, education and information.” We know that facts about GMOs, and how to avoid them, is one of the critical pieces of information that you, our member-owners, need and deserve. In fact, the Non-GMO Project was initially started by retailers, and founding Board member and Executive Director Megan Westgate helped start the project from her role as the Outreach Coordinator for the Food Conspiracy Co-op in Tucson. “Food Conspiracy, like many co-ops, had a long-standing commitment to providing non-GMO food and products,” says Westgate. “Unfortunately, without a third-party non-GMO verification system and consistent labeling, this was nearly impossible. Four years and a lot of technical work later, the Non-GMO Project seal is starting to

appear on packaging, and it’s time to celebrate!”

Although Weavers Way has no official policy on stocking GMO foods, both our Mission Statement and Product Philosophy Statement (see [www.weaversway.coop](http://www.weaversway.coop)) include language supporting environmentally sound, non-environmentally adverse purchasing efforts. Most environmental supporters recognize GMO foods as damaging to a healthy eco-system.

Before the introduction of the Non-GMO Project, North America had no third party verification program to test products for their GMO content; many manufactures made non-GMO claims, but there was no way for you, the consumer, to know whether or not the claims were actually backed by third-party testing. Since the Product Verification Program (PVP) was started, thousands of products have been enrolled into the program, and hundreds have already become verified and include the Non-GMO Project Verification Mark, or seal, on packaging. A complete list of participating products is available on the Non-GMO Project’s website: [www.nongmoproject.org](http://www.nongmoproject.org)

While consumers remain skeptical and often in the dark about GMOs, the supply of GMO-laden foods and products is increasing. According to the USDA, plantings of GM soybeans, corn, and cotton this year are at all-time highs; 93 percent of soybeans, 86 percent of corn, and 93 percent of the cotton planted in the United States are GMO. And with as much as 80 percent of processed foods in the country at risk for GMO contamination,

## What Does GMO Mean?

GMO = Genetically Modified Organism. Other terms include “GE,” for genetically engineered. GMOs have been created in a laboratory using gene-splicing biotechnology. This process allows scientists to create combinations of plant, animal, bacteria and viral genes that do not occur in nature or through traditional crossbreeding. The process is haphazard, and can lead to unintended and uncontrolled changes in the organism’s DNA.

The vast majority of GMOs on the market are bred for herbicide tolerance and insecticide production. Despite biotech industry messages to the contrary, there are *no* GMOs available that have demonstrated increased yields, drought tolerance, nutritional superiority or any other consumer benefits. At the same time, there is a growing body of peer-reviewed research linking GMO consumption with decreased fertility, allergies, abnormalities in organs and immune response, and more.

In the EU, all products containing more than 0.9 percent GMO are legally required to be labeled as such. Due to our own government’s lack of initiative with similar consumer protections, the Non-GMO Project was created. If you are concerned about GMOs and would like to see more research before feeding them to yourself and your family, you can now choose “Non-GMO Project Verified” products. Find out more at [www.nongmoproject.org](http://www.nongmoproject.org).

according to the Grocery Manufacturers Association, it has been nearly impossible to make it out of the grocery store without GMOs in your cart. But don’t give up hope just yet. The “Non-GMO Project Verified” seal will, for the first time, give you an op-

portunity to make informed choices when it comes to GMOs.

For more information about Non-GMO Month visit: <http://www.nongmoproject.org/consumers/non-gmo-month/>.

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Marilyn Anthony from the Pa Assoc. for Sustainable Agriculture will speak about the future of agriculture. Proceeds include a donation to Historic Wyck.



#### Hours:

Tues-Thurs: 5:30-9:00  
Fri-Sat: 5:30-10:00  
Sunday Brunch: 11:00-2:30  
Sunday Dinner: 5:30-9:00



# Phila. Director of Sustainability to Highlight Fall Membership Meeting

by Margaret Lenzi, Vice President of Weavers Way Board

WEAVERS WAY Fall General Membership Meeting will have something for everyone. You can:

- Meet some of the 1,000 new members who have joined WW since the spring of this year—an all-time record!
- Sample the delectable prepared foods from our new store in Chestnut Hill. It has been the talk of the town, and now you can find out why.
- Find out how our Co-op has been doing during this incredible period of growth and transition (better than you think!) Can we hope for more?
- Learn about our Co-op’s Ends and how all the parts of WW are working each and every day to fulfill our goals – A cooperative work in progress.
- Hear Katherine Gajewski talk about Greenworks Philadelphia—is Philadelphia really headed to be the greenest city in the USA?
- Top it off with cake and conversation, but don’t talk with your mouth full.

We look forward to seeing you at the

**FALL GENERAL MEMBERSHIP MEETING**  
**Sunday, November 7, 2010 • 5:30-8 p.m. • Summit Presbyterian Church, 6757 Greene St.**

Eat & Greet: 5:30-6 p.m. • Meeting: 6-8 p.m. • Approve Minutes from Spring 2010 General Membership Meeting  
President’s Welcome & Report • General Manager’s Report  
Speaker Katherine Gajewski, Director of Phila’s Office of Sustainability, “Greenworks Phila: Progress & Opportunities for Weavers Way”  
Cake & Conversation

WW General Membership Meeting on Sunday, Nov. 7, starting at 5:30 p.m., at Summit Presbyterian Church, 6757 Greene St., in Mt. Airy.

Helping us to look at the larger picture in Philadelphia will be Katherine Gajewski, Philadelphia’s Director of Sustainability, who will talk about Greenworks Philadelphia, progress during its first year, and opportunities for WW. Released in the spring of 2009, Greenworks Philadelphia is a plan that sets 15 specific targets for improving our city’s environment, reducing our energy use, creating jobs and enhancing our quality of life. Some targeted areas that will be of interest to WW members include:

- Bring local food within 10 minutes of 75 percent of residents.
- Increase tree coverage toward 30 percent in all neighborhoods.
- Retrofit 15 percent of housing stock

with insulation, air-sealing, and cool roofs.

- Double the number of low- and high-skill green jobs.

How has Philadelphia done during the first year of Greenworks? You may have noticed the new bike lanes, the Big Belly solar trash receptacles with attached recycling bins, or the 260 hybrid Septa buses that are now on the streets. Katherine Gajewski is thrilled with the momentum Greenworks has generated. “In our first year of implementation, we’ve been recognized at the national level for the progress that we’ve made, receiving an award from the U.S. Chamber of Commerce for being America’s top sustainable city. Earlier this year, Philadelphia was awarded a \$25 million grant from the Department of Energy to invest in energy efficiency and conservation—one of only 25 recipients across the country. In the coming year, we will focus on increasing our community outreach and education efforts to make sure that Greenworks brings value to residents and businesses throughout Philadelphia.” It’s truly a plan that has energized Philadelphia. Come and hear how Philadelphia is doing and what you can do to help.


The Fall General Membership Meeting will be a time to take stock of where we are, and where we are going. The Board wants you, the owner-members of the Co-op, to know of our many accomplishments. A new store opened with the sales exceeding our most optimistic expectations.

Our farms had a bountiful season. Community Education programs are reaching more and more people. We’re helping to boost urban farm production by our participation in the USDA-funded Community Growers Alliance. New Co-ops are sprouting up all around the region. So, if you haven’t noticed, a lot has been going on around Weavers Way these days.

But don’t worry—there won’t be a lot of boring reports. We will have an interactive presentation on how our many activities are meeting our ends. You’ve heard of the WW’s Ends before—another word for Goals—but how do they really relate to our day-to-day operations. As a Co-op, we are more than just a grocery store. We have seven Ends that reach into areas such as building a thriving and sustainable local economy, access to high quality food, collaboration with community organizations, and protecting the local environment. Now you will see how our activities help us to achieve our ends each and every day.

We hope to see you on November 7 at Summit Church for a General Membership Meeting to remember—great food, camaraderie, information, and a lot to think about.

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# Urban Farming in Philadelphia’s History

by Nicole Sugerman, Henry Got Crops! Farm Co-Manager

FARMER AND food writer Tom Philpott recently wrote an inspiring article entitled “The History of Urban Agriculture Should Inspire Its Future” on Grist.org, an environmental news website. I urge you all to read this informative and interesting piece. He traces the surprisingly deep roots of agriculture in cities, from 19th century dairy farms in New York City to the rise in the 1970s of community gardens in post-industrial Detroit. Philpott is enthusiastic about the current popularity of urban food production and its roots. “In trendy neighborhoods from Williamsburg, Brooklyn, to San Francisco’s Mission district, urban youth are nurturing vegetables in window sills, fire escapes, and roofs,” he explains. “But growing food in the city isn’t just the province of privileged youth—in fact, the recent craze for urban agriculture started in decidedly unhip neighborhoods.”

Like the cities mentioned in Philpott’s article, Philadelphia has a rich history of food production that often goes unacknowledged in the current excitement around burgeoning urban agriculture. When William Penn originally conceptualized the city of Philadelphia, he imagined it as “a green Country Towne, which will never be burnt, and allways be wholesome.” Although shipping and industry quickly began to dominate the agricultural roots of the city’s economy, farms and agriculture remained in Philadelphia. Beyond 40th Street, West Philadelphia retained a primarily agricultural character throughout the 19th century, with farms remaining farther west even throughout the 1900s (<http://www.phillyh2o.org/backpages/OverbrookHistory.htm>).

Besides large farms existing within the city limits, small-plot urban gardening, for both subsistence and marketing,

also has a long history in Philadelphia. In 1897, the Vacant Lot Cultivation Association was founded with the intent of promoting land access, youth involvement in gardening, and fostering market gardening. Throughout the 1900s, community gardens in Philadelphia fluctuated in popularity, with spikes in times of economic hardship or war. Urban gardening really took off in the 1970s, spurred by deindustrialization’s effects on both the availability of jobs and the density of neighborhoods. Gardening was well funded and supported by programs through organizations like the Pennsylvania Horticultural Society and the Penn State Cooperative Extension. This support peaked in the 1970s, then suffered a sharp decline in the late 1990s and early 2000s.

As detailed in Philpott’s article for Grist.org, and evidenced by increased institutional support, media coverage, and empirical data, urban gardening is undergoing a new renaissance. As Philpott explains, this “hip” new trend is not new. However, the face of the urban gardening movement has changed. As the historical trends illustrate, growing food in urban areas has traditionally been based on need, evidenced by its correspondence to times of economic hardship, and cultural preservation; in the Philadelphia Harvest Report, Vitiello and Nairn explain, “The majority of community gardeners in the 1970s, 80s, and 90s came to Philadelphia in the Second Great Migration of African Americans after World War Two, the contemporaneous Great Migration of Puerto Ricans, and the Southeast Asian migrations following the Vietnam War. Gardening offered opportunities for a combination of cultural preservation and, especially where gardens involved a mix

of ethnic groups, for social integration as well.”

While this is still true to a certain extent, the new poster child of the urban agriculture movement is young and, more often than not, white. The ‘new’ gardeners are growing heirloom tomatoes for personal use, or choosing careers in urban agriculture as conduits for living out personal politics of localism and ground-up change. While there is nothing wrong with these trends in and of themselves, I find myself troubled at times. Asking why there is so much attention paid to urban gardening now, despite its long, rich history is important. While perhaps unintentional, obscuring the history of this work by the working class and people of color is unfortunate and seems unfair. I do not mean to suggest that all the people presently involved in urban gardening are white, nor do I mean to suggest that those of us who are white should not be excited about growing our own food. However, I do think it is important to recognize that these ‘new’ trends in food politics—organic food, raising chickens, growing vegetables—are, in fact quite old. Furthermore, I recognize that these concepts have often reached the consciousness of the mainstream only when adopted by upper-middle class, young, white people.

For the urban agriculture and food movement to grow, we must acknowledge, learn from, and continue to support the work happening by all people in all areas of our city—not just the ‘trendy’ neighborhoods, or when practiced by

‘privileged kids’ who get a disproportionate percentage of the attention, support, and credit for a series of activities and actions that far precedes us, work that has been done outstandingly well by others for a very long time.

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# New Home for Mt. Airy Art Garage

by Alexandra Passage

AFTER MONTHS of scouting locations throughout the Northwest, and finding none that were just what we wanted, none that felt like *home*, Mt. Airy Arts Garage has found the perfect location. From the moment we saw it, our imaginations ran wild with possibilities. We are located right in the heart of the Mt. Airy business district (9-11 W. Mt. Airy Ave. to be precise), accessible and open to connect with other businesses, artists and passers-by.

The best part is we can do everything under one roof. We have a 5,000-square-foot garage with heat, A.C., water, and a beautiful high ceiling, but it's up to us to build it out. We'll have studio rentals for member artists, which will also give our community the unique opportunity to see artists during their creative process. There is ample space for our ongoing Fine Art and Handcraft Market, as well as a permanent gallery space for members to display and sell their artwork and give workshops. With the size and structure of this magnificent space, the possibilities are endless.

Stay tuned for the next steps, which will include community and artist meetings to introduce you to our new home and vision. Being a non-profit, we need your



photo by Alexandra Passage

The cathedral-high exposed beam ceiling of the new home of Mt. Airy Arts Garage on West Mt. Airy Avenue.

help. Here's how:

- Become a member of the Mt. Airy Art Garage.
- Donate to our Building Fund!
- Show your community support. We need builders, electricians, plumbers, architects, and more.
- Volunteer! Each of you brings a unique skill to the table.

Our main goal is to bridge community and art, and what better way than to contribute to the renaissance of *your* Mt. Airy Art Garage! The Mt. Airy Art Garage, on Mt. Airy Avenue, in the heart of the Mt. Airy business district. Fate brought it all together, now we need you to make it a reality!

Get involved. Visit our website [www.mtairyartgarage.org](http://www.mtairyartgarage.org) or contact [linda@mtairyartgarage.org](mailto:linda@mtairyartgarage.org).

# CreekSide Co-op Suffers Financing Setback

by Jonathan McGoran, *Shuttle* Editor and CreekSide Board Member

AFTER THREE years of hard work, encouraging news and amazing support from over 1,200 member households, CreekSide Co-op in Elkins Park suffered a disappointing setback with the news that the anticipated USDA loan for purchase and construction of the store had been denied at the last minute. CreekSide's application had received preliminary approval and many verbal reassurances during the months-long process, but according to a statement from the CreekSide Board of Directors, "the federal officials who allocate stimulus funds have elected not to provide the anticipated funding to the USDA in Pennsylvania. Therefore, while USDA's Pennsylvania office had supported and endorsed our project they now do not have the resources to fund it under this year's Direct Loan Program."

In order to conserve CreekSide's resources, the Board has suspended all non-essential business commitments, including closing the CreekSide office and furloughing general manager Ryan Youngman.

The popular CreekSide Farmers Market will continue to run every Sunday from 10 a.m. to 2 p.m. at High School




photo by Ryan Youngman

CreekSide Co-op Farmers Market has been an important and popular addition of the Elkins Park Community


Park in Elkins Park. Other CreekSide business will be taken care of by member volunteers and board members through the CreekSide website.

While the USDA loan had been a central part of CreekSide's financing plans, the board is already exploring other options. The CreekSide statement concludes, "The board remains as committed as ever, and the remarkable amount of energy and support that our community has put behind building this co-op is far too powerful to be finished by a single set back."


For more information and to stay informed about developments at CreekSide Co-op, visit [www.creekside.coop](http://www.creekside.coop) and sign up for the e-newsletter.




Late 17th Century English Crewelwork




Andy Warhol, Jimmy Carter, screenprint in colors




Pablo Picasso, Zeitgenössische Malerei, lithograph, 1971




Fidelio Ponce de Leon, La Nino Amadita, oil on canvas




Marc Chagall, The Bible Series: Joshua Reading the Words of the Law, hand colored etching




Sam Gilliam, Abstract Construction, mixed media on wood




D. Scott Rogers, Alone and Outnumbered, bronze



Americo Mazz, The Player, oil on canvas



Victor Manuel, oil on canvas



Josef Lorenzl, Art Deco Figure with Bowl, bronze

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# Vandana Shiva at the Academy of Natural Sciences

by Sandra Folzer, Weavers Way Environment Committee

IN CASE you missed Vandana Shiva’s lecture this summer at the Academy of Natural Science, I will try to summarize. It was too good to miss.

Vandana Shiva, from India, is a philosopher, environmental activist, eco-feminist, and author of several books. Her Ph.D. thesis was entitled “Hidden Variables and Locality in Quantum Theory.” Among numerous awards she has received is the Right Livelihood Award, also known as the “Alternative Nobel Prize,” for placing women and ecology at the heart of modern development discourse.

Shiva’s core message was that “Diversity is the keystone of a balanced environment,” referring to diversification of our food production as well as diversification of cultures. She claims that “monoculture is a threat to the planet,” meaning that those in power, represented by corporations, organize food production according to their needs and profit, not according to the needs of all humans on the planet. For example, the rain forest is cut to serve this monoculture so that grains and livestock replace the natural environment. In 1981, women in the Himalayas hugged the trees to stop the destruction. They understood how trees sustain our soil, water and air. But the monoculture sees the natural forest as nonproductive. Everything but profitable crops are weeds; there is no appreciation of the need for a diversity of plants.

In 1984, the “Green Revolution,” a misnomer, was introduced in Punjab in

India. Farmers were not given a choice by Cargil, which was illegal. The U.S. said India couldn’t get wheat without taking part in the Green Revolution. Genetically modified (GMO) seeds were used along with fertilizers and toxic chemicals. They claimed it was a way of increasing food production. However, the Union of Concerned Scientists claim this was wrong as they simply planted more acreage to increase their yield. In fact, a study undertaken by the United Nations showed that organic agriculture produces more and better food at lower cost than either chemical agriculture or GMO’s. In Punjab, farmers were prosperous before the Green Revolution, which ultimately destroyed 70 percent of the land and water. The best farmers use indigenous methods, as GMO crops use more water and produce more toxins and little nutrition. Now in Punjab there is a “cancer train” that travels every day to Rajisthan for cancer treatments, bringing residents who were sickened by exposure to the chemicals.

Now, 54.8 million acres are filled with super weeds, the result of these specialized GMO seeds, which cause plants to become resistant to pesticides. Another effect is that 40 percent of greenhouse gas is from food production when carbon is not returned to the soil in the form of compost.

Shiva explained that, after World War II, when poison was no longer needed for warfare, the poison industry was bailed out by the agrochemical industry, which

began producing pesticides. She recalls the 1984 leakage of 40 tons of toxic gas from a Union Carbide pesticide plant in Bhopal, which killed 25,000 people and injured an estimated 500,000, the largest industrial accident in history. Shiva calls it a “massive corporate genocide.”

No wonder Shiva is concerned about the planet’s diversity as five giant corporations control most of our seeds. Since these companies cannot patent ordinary seeds, they created GMO’s, which they own and patent. This type of ownership was never decided in a democratic manner, but continues through precedent. Once corporations play around with the genes in a plant, they claim to own it and farmers must pay royalties. This is the reason we have so many Genetically Modified Seeds.

The cost of seeds is now prohibitive for farmers. Where a cotton seed used to be free if one kept seeds from the year before, or five rubles if purchased, the price has increased to 3,000 rubles or 60 percent of a farmer’s income. More and more farmers are losing their farms because of debt. As a result, 200,000 farmers in India have committed suicide since 1997, according to government figures. Meanwhile corporations like Monsanto, the largest producer of seeds, are extremely profitable, \$5 billion projected this year alone.




photo courtesy of the Academy of Natural Sciences

Vandana Shiva

With colonization came the belief that white people were superior. Now the only citizens that count are corporations, which disenfranchise the rest of humanity. They control our water and land. Social justice is not addressed if we don’t accept that all creatures on the earth have intrinsic worth. At present, one billion people lack basics like food and clean water and another two billion suffer from diseases from lack of food and water.

Shiva believes we need “earth democracy,” in which all people are equal and corporations are not allowed to get away with crimes against people and the planet. Without it, she fears we could become extinct. We need to think of ourselves as citizens of the world, one earth family.

To hear Vandana’s talk, go to [www.ansp.org/environmental/2010/07/video-follow-up-vandana-shiva/](http://www.ansp.org/environmental/2010/07/video-follow-up-vandana-shiva/)



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# The Elephant (Poop) in the Room

## The Current Egg Brouhaha and the True Cause of Food Contamination

by Mark A. Kastel, Cofounder and Codirector of The Cornucopia Institute

WHAT ISN'T being discussed in Congress, during the ongoing debate on the broken federal food safety system, is the root cause of the most serious pathogenic outbreaks in our food, the elephant (poop) in the room.

The relatively new phenomena of nationwide pathogenic outbreaks, be they from salmonella or E. coli variants, are intimately tied to the fecal contamination of our food supply and the intermingling of millions of unhealthy animals. It's one of the best kept secrets in the modern livestock industry.

Mountains of manure are piling up at our nation's mammoth, industrial-scale "factory farms." Thousands of dairy cows and tens of thousands of beef cattle are concentrated on feedlots; hundreds of thousands, or even millions, of chickens are confined in henhouses at a single location for the production of eggs and meat.

Livestock producing manure is nothing new. But the epic scale of animal numbers at single locations and the incredible volumes of animal waste is a recipe for disaster.

Feces carrying infectious bacteria transfer to the environment and into our food supply. Feeding heavily subsidized corn and soybeans to cattle, instead of grazing the ruminants on grass, as they were genetically designed to do, changes the pH in their digestive tracts, creating

a hospitable environment for pathogenic E. coli to breed. The new phenomenon of feeding "distillers grains," a byproduct of the ethanol refining industry, is making this risk even more grave.

The current near-nationwide contamination in the egg supply can be directly linked to industrial producers that confine millions of birds, a product of massive, centralized breeding, in manure-rich henhouses, and feeding the birds a ration spiked with antibiotics. These are chickens that the McDonald family would likely have slaughtered on the farm because they were "sickly."

Thirteen corporations each have more than five million laying hens, and 192 companies have flocks of more than 75,000 birds. According to the industry lobby group, United Egg Producers (UEP), this represents 95 percent of all the laying hens in the United States. UEP also states that "eggs on commercial egg-laying farms are never touched until they are handled by the food service operator or consumer." Obviously, their approach has been ineffective and their smoke-screen is not the straight poop.

In addition to our national dependence on factory farms, the meatpacking industry, like egg production, has consolidated as well to more easily service the vast numbers of animals sent to slaughter from fewer locations. Just four

companies now control over 80 percent of the country's beef slaughter. Production line speed-ups have made it even harder to keep intestinal contents from landing in hamburger and meat on cutting tables.

All of these problems are further amplified by the scope of the industrial-scale food system. Now, a single contamination problem at a single national processing facility, be it meat, eggs, spinach or peanut butter, can infect virtually the entire country through their national distribution model.

As an antidote, consumers are voting with their pocketbooks by purchasing food they can trust. They are encouraging a shift back towards a more decentralized, local and organic livestock production model. Witnessing the exponential growth of farmers markets, community supported farms, direct marketing and supermarket organics, a percentage of our population is not waiting for government regulation to protect their families.

The irony of the current debate on improving our federal food safety regulatory infrastructure, now centered in the Senate, is that at the same time the erosion of FDA/USDA oversight justifies aggressive legislation, the safest farmers in this country, local and organic, might be snared in the dragnet—the proposed rules could disproportionally escalate their costs and drive some out of business.

While many in the good food movement have voiced strong concerns about the pending legislation—it's sorely needed—corporate agribusiness, in pursuit of profit, is poisoning our children.

When Congress returns to Washington, we have no doubt that food safety legislation, which has languished for months, will get fast-tracked. In an election-year our politicians don't want to be left with egg on their face.

We only hope that Senators will seriously consider not just passing comprehensive reform but incorporating an amendment sponsored by John Tester (D-MT), a certified organic farmer himself, that will exempt the safest farms in our country—small, local direct marketers. We need to allocate our scarce, limited resources based on greatest risk.

Farmers and ranchers milking 60 cows, raising a few hundred head of beef, or free-ranging laying hens (many times these animals have names not numbers), offer the only true competition to corporate agribusinesses that dominate our food production system.

Mark Kastel is co-director of The Cornucopia Institute, a farm policy research group based in Cornucopia, Wisconsin.

~ kastel@cornucopia.org

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# The October Garden

by Mark Goodman, the Neighborhood Gardener

IT'S FINALLY autumn, one of the most peaceful times of the year. The days and nights are cool and crisp, there's a fresh smell in the air, stinging and biting insects are just about gone, fall fruits and vegetables are ready to harvest, and the leaves are turning colors so beautiful that people from other parts of the country travel by the busload to the Northeast United States to witness nature's artistic display. And your garden is yielding the last of its flower, fruit, and vegetable bounty.

Although fall is a time more of reaping than sowing, there are still some additions to be made to the garden. Mid to late October is the best time to plant spring bulbs so that your perennial garden can get started in March, or even earlier, with snowdrops, winter aconites, glory-of-the-snow, and crocuses. Vegetable aficionados plant garlic cloves in early October so that the bulbs can fully mature by the following fall. And flower enthusiasts plant winter pansies to provide color into the fall and then again in early spring.

To mulch or not to mulch? I recommend holding off on general mulching if



your beds are under deciduous trees. Too much fresh mulch gets dispersed during leaf raking or blowing. However, many gardeners like to shred their leaves with a mower and then rake the shredded leaves onto their beds. This is especially effective around trees and shrubs.

## ECO TIP

Vinegar has many uses:

To clean your toilet. Pour 1/8 cup of white vinegar (organic not necessary ) in bowl and let sit overnight, if possible. This is helpful if you don't flush often to conserve water.

To clean mold off siding of house.

To clean moss off brick walks to avoid slipping.



Certain plants, such as roses or newly planted shrubs, trees, or flowers, should be mulched for the winter. Remember that mulch acts as an insulator, and that the same stuff that kept your plants from getting too hot in the summer will give them some protection against winter's cold visits.

As you put your vegetable garden to sleep, part of the residue, particularly leaves, can go into the compost heap. However, stems and vines of plants such as tomatoes, peppers, eggplants, squash, zucchini, and cucumbers should be thrown out with the trash because harmful insects and their eggs can sometimes survive in those hollow plant parts.

Think back over this past spring and summer, and recall how much pleasure you got from your flowers, shrubs, trees, vegetables and fruits. The warm memories of colors, tastes, smells, and textures will help you to prepare yourself for the colder months ahead.

~ earthcraft@comcast.net

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# Morris Arboretum Fall Fest, Oct. 3

by Susan Crane, Morris Arboretum Director of Marketing

EACH FALL, scores of families across the Delaware Valley look forward to the Morris Arboretum’s Fall Festival, an afternoon of fun and activity held the first Sunday in October. Celebrating its 12th year, the Morris Arboretum will host the annual Fall Festival on Sunday, October 3 from 11 a.m. to 3 p.m. The Arboretum’s glorious landscape provides the perfect backdrop for this lively event. Colorful trees burst forth with hues of orange and red as families gather to make scarecrows or paint pumpkins. Fall Festival is a highlight of the Arboretum’s autumn calendar with something for everyone. Almost all the activities are geared toward children and adults, allowing families and friends to spend a wonderful afternoon together.

Weavers Way Co-op will be joining the Fall Festival fun once again, with a selection of organic, locally grown produce and other Co-op products. Visitors can delight in sampling the various apple varieties and choosing an assortment to take home.

Among the favorite activities is scarecrow making. The Arboretum supplies all the materials, including the scarecrow frames, hay and a vast selection of clothing to craft a super scarecrow. This is serious business for many folks intent on having the “best-dressed” ‘crow around. Visitors are encouraged to come early for scarecrow-making, as many patrons head right to that area to ensure their pick of the best outfit.

For the third year we will have the Morris Arboretum Scarecrow Walk; from Saturday, October 2 through Sunday October 17 entries from our Scarecrow Design Contest will be on display along the Oak Alleé. Visitors may submit their vote for the best scarecrow and determine this year’s prize winners.

Kids also enjoy choosing and creating a pumpkin “masterpiece.” Pumpkins can be purchased and painted in a variety of colors and decorated with glitter, yarn, pompoms and doilies. Other activities include the ever-popular face painting, a master falconer, and bee master Jim Bobb, who was featured on Channel 6 news for his bees’ honey and its medicinal benefits.

Finally, visitors should take a few moments to look around and enjoy the spectacular fall color. In the Philadelphia area, there is truly no better place to see beautiful autumn trees than at the Morris Arboretum. The Arboretum is home to some of the area’s oldest and largest trees, as well as many trees known for their particularly superb color, including red and sugar maples, scarlet oaks, and black gums. For a bird’s eye view of the trees and the changing colors of the leaves, stroll out on the Out on a Limb canopy walk, the 450 foot long walkway that is 50 feet off the ground, and the star attraction of the Arboretum-wide Tree Adventure exhibit. For more information, please visit [www.morrisarboretum.org](http://www.morrisarboretum.org).

# Food Alliance

(continued from page 2)

- No genetically modified crops or livestock
- Reduce pesticide use and toxicity
- Protect soil and water quality
- Protect and enhance wildlife habitat
- Continuously improve management practices

Since its inception, Food Alliance has certified over 320 farms and facilities, covering over 5.6 million acres of land in Mexico, Canada, and the United States. A majority of these are in the western half of the continent, but interest from both farmers and consumers is moving eastward.

In early 2009 the Pennsylvania Association for Sustainable Agriculture (PASA) partnered with Food Alliance to create more accountability in regional food systems through certification. Since then, six PASA members have received the Food Alliance stamp of approval. The most recent addition to the roster of certified growers is Three Springs Fruit Farm of Aspers, PA.

Three Springs Fruit Farm is a 350-acre farm that has been family-owned and operated for over 100 years. They have long been proud of their sustainable growing practices, as well as the high quality of their produce. “It’s one thing to say the right things and it’s another to be able to back up those words with some kind of validity when it comes to sustainable agriculture,” says Ben Wenk, one of the farmers at Three Springs. “Now that we are a Food Alliance-Certified producer, and our apples, peaches, pears, and cherries are Food Alliance Certified products, we can

make these claims and customers can accept them with full confidence. It’s not my word against the word of someone else – it’s an independently verified fact.”

In passing the inspections, Three Springs Fruit Farm becomes the first independent fruit growing operation in the Mid-Atlantic area to achieve certification. Additionally, they can now boast the only Food Alliance-certified Honeycrisp apples on the entire East Coast.

Weavers Way Co-op has been purchasing fruit from Three Springs for over three years. We have always been impressed by their dependable quality and their environmental approach to farming. Peaches from Three Springs are the hallmark of summer and their apples, which are equally inspiring, can be found in your co-op’s produce department today. Even though peaches from Three Springs Fruit Farm may merely be memory, given Three Springs’s efforts towards sustainability, we can be assured of their return next year and every year to come.

For more information about Food Alliance and its certification process please visit [www.foodalliance.org](http://www.foodalliance.org).

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# Winter Squash

(continued from page 3)

its, but my personal favorites are the dark green, squat, bulbous varieties like butternut and kabocha. They have a deep orange, dense flesh that makes a wonderful comfort food. The skin of these types is also tender when cooked, meaning you don't have to peel them the way you might some other varieties. Not peeling them is less work, it's true, but it also provides a visual treat on your plate (or in your bowl) with that deep green skin against dark orange flesh. Not to mention that it adds more fiber to your meal. And really, aren't we happier, more pleasant people when we have additional fiber in our diets?

With over twenty years of professional cooking and baking behind me, I can honestly tell you that I still give prepping winter squash my full attention. The firm flesh is conducive to knife slippage but if you work carefully and slowly you'll be just fine. The easiest route is to first cut or scrape off any little brown warty-looking bits. (They're natural and harmless, but not very tasty.) Cut off the stem, place the squash former-stem-side down (the flat surface of the cut makes the squash more stable), and cut the squash in half. Scrape out the seeds and fibrous material inside with a spoon. From here, it's just a matter of how you want to serve it. You can slice it and steam it just until tender for a simple, eye-catching side dish, or dice and roast it with onions, garlic, salt, pepper, and olive oil for something a little more decadent. You can also use squash in any number of things, from soups and stews to muffins and pies. Or stuff it and roast it whole to create a spectacular centerpiece at your Thanksgiving table.

In case you're not sure where to start, here are a couple of my favorite recipes.

## Squash Spelt Muffins with Cranberries and Pecans

This muffin recipe calls for whole spelt flour, but white flour or a mixture of equal parts white and whole wheat pastry flours can be used if you add a little more liquid. Likewise, white sugar can be used in place of the carbon-free. (Carbon-free is what I use due to the fact that it's suitable for vegetarians and vegans). There are all sorts of other varieties of these muffins that can be made by exchanging different ingredients for the cranberries and walnuts. A few examples are chocolate chips, apples, pears, other nuts, other berries, and so on. Be creative: it's fun!



- |   |  |
|---|--|
| 2c. whole spelt flour                               | 3/4 c. peeled, cooked, pureed squash (yes, you can use canned pumpkin or squash if you're short on time or patience) |
| 3/4 c. carbon-free sugar (such as Florida Crystals) | 1/2 c. vegetable oil, such as safflower, grape seed, sunflower, or canola  |
| 2 tsp. baking powder                                | 3/4 c. orange juice  |
| 1 tsp. ground cinnamon                              | 3/4 c. nut milk, grain milk, or soy milk   |
| 1/2 tsp. ground nutmeg                              | 2 tsp. vanilla   |
| 1/2 tsp. ground ginger                              | 1 c. fresh or frozen cranberries   |
| 1/4 tsp. ground cloves                              | 3/4 c. chopped, toasted pecans   |
| 1/2 tsp. salt                                       |  |


Preheat oven to 325 degrees. Line 12 muffin cups. (WW sells lovely unbleached muffin cup liners.) In a medium-sized bowl, combine all dry ingredients. In a large bowl, combine all liquid ingredients. Stir cranberries and pecans into liquids. Add dry ingredients and mix just until combined. Over-mixing makes tough muffins. Divide batter evenly between muffin cups. They will be quite full. Bake 25 minutes. Rotate pan 180 degrees to ensure even baking. Bake another 20-25 minutes or until muffins are lightly browned and centers spring back when lightly touched.

## Curried Red Lentil and Winter Squash Soup

- |   |   |
|---|---|
| 1 c. red lentils  | 1 1/2 tsp. salt                                   |
| 5 c. water  | 2 tsp. curry powder                               |
| 1 Tbsp. olive oil   | 1 tsp. ground cumin                               |
| 1 medium onion  | 3/4 tsp. ground coriander                         |
| 2 medium carrots  | 1 (12 oz.) can coconut milk                       |
| 1 medium kabocha or butternut squash, about 3 lbs. (butternut can also be used, but should be peeled) | 1/2 bunch cilantro (optional for cilantro-haters) |

Wash and drain the red lentils several times until rinse water is fairly clear. Put in a large saucepan on medium-high heat with 5 c. water. Bring to a boil and reduce heat to low. Cook 25-30 minutes, stirring occasionally, until lentils are dissolved. In a large soup pot, heat the oil on medium heat, then add onions and sauté until translucent. Add carrots and sauté for about three minutes. Add squash and salt and cook, stirring frequently, until tender. Add curry, cumin, and coriander, and cook, stirring constantly, for two to three minutes. Pour cooked lentils over the sautéed vegetables and stir to combine. Bring to a boil, stirring frequently to prevent scorching. Remove from heat. Add coconut milk and cilantro. Adjust seasoning to taste.





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# Weavers Way Taking Orders For Summit Church BBQ Fundraiser

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SUMMIT PRESBYTERIAN Church, located at Greene and Westview Streets, will be holding a barbecue fundraiser on Oct. 30 and 31 to benefit Summit’s capital campaign to make critically needed repairs to the tower and roof, and do major re-pointing of the buildings. This is a great cause to help a great neighbor. Summit’s facilities are home to many local groups and events, including many held by Weavers Way. Almost as important, or even more so, this is a chance to get some truly special barbecue.

You are encouraged to pre-order

your barbecue, and you can do so through Weavers Way. (There may be leftovers available, but don’t count on it; everything has sold out for the last several years.) Pre-orders must be received no later than October 27.

After paying for your order, just save your receipt and then pick up your order at Summit on the day of the barbeque, Saturday, Oct. 30, from 12 to 2 p.m. or from 4 to 6 p.m.; Or the following day, Sunday, Oct. 31 (times to be determined); or arrange to pick up your order later at the Co-op, where uncollected orders will be taken.



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## Considering Henry School?

by Kelly Tannen

INTERESTED IN learning more about the C.W. Henry School, a K-8 public school in Mt. Airy?

Considering Henry is a group of current Henry School parents that meets throughout the academic year to provide neighborhood families with more information about the school and to help families make informed decisions about school choice.

Meetings are held at the home of a Henry family and run from 7 to 8:30 p.m. Attendees are welcome to bring a small snack or beverage to share. Child care is not provided.

Upcoming meetings include October 7 at 7 p.m., 420 West Upsal Street with hosts the Scannell-Goodell Family and teachers from C.W. Henry, and Nov. 10 at 7 p.m. at 1020 Livezey Lane, hosted by the Hackney Family.

Subsequent meetings will be Dec. 7, Feb. 16, Mar. 15, Apr. 7, and May 21.

To RSVP for a meeting or for more information about Considering Henry, please email [consideringhenry@gmail.com](mailto:consideringhenry@gmail.com).


## Clean & Green Work Party at Vernon Park

by Margaret Lenzi, Vice President, Weavers Way Board

THERE WILL be a Clean & Green Work Party on Sunday, October 10, noon to 5 p.m. at Vernon Park, Germantown Ave. at Chelten Ave. We will weed, plant, mulch, trim, re-establish a compost area, paint park benches, and pick up trash. We will also have fun while we work. Entertainment will be provided, including music, street theater, and singing. Everyone is invited, including children.

Sponsored locally by Neighborhood Interfaith Movement and Friends of Vernon Park, this event is part of the 350.org global initiative to do something in your neighborhood to help deal with global warming. <http://www.350.org/>. On 10/10/10, there will be thousands of work parties in more than 140 countries to show that we are serious about getting to work on climate change. All you need to do is to show up, bring work gloves and garden tools, and help to maintain Vernon Park, a green oasis in an urban landscape.

For sign-up and further information: <http://www.350.org/clean-green-work-party-vernon-park>; or [nimcleanandgreen@gmail.com](mailto:nimcleanandgreen@gmail.com).



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Yes, Electricity Rates Will Go Up, Up, Up

by Betsy Teutsch

JUST IN case you don't read every flier that PECO stuffs in your bill, be reminded that Pennsylvania electricity rates will soon be rising about ten percent as part of a multi-year deregulation effort. This is a great time to implement enhanced energy conservation in your household, since it means you'll save more for every measure you take. That's good for the pocket and great for the planet.

First off, take note of the energy bottom line number on your bill, not just the dollar amount. Copy your "Total Annual kWh Usage" figure and post it prominently; it is your previous annual household electricity consumption. Since our houses have aggregate metering, most of us have no idea how much electricity we use. Imagine if each appliance and outlet had a mini-meter and you could actually see the cost—it would be a great motivator to lower the usage. The annual kWh (kilo-

watt hour) is a crude measure, but you will definitely be able to see it go down month to month. For perspective on your number, the average American household consumes 11,000 kWh annually. The average Pennsylvania household consumes 10,332 kWh. (Of course, Americans are energy hogs. The world average is way lower; consider that 2 billion people have no access to any electricity.) This is a good chance to do better!

Once your number is prominently displayed on your [high efficiency] refrigerator, do a serious inventory of your home. You can lower your energy use in two ways. The first is cultivating lower-use habits. The second is utilizing higher efficiency electrical appliances, which can perform more work per kWh of energy.

For energy conserving habits, think like your grandparents or even great-grandparents. Turn off lights. Hang and air

dry your laundry. Air dry your hair, too! Chop your nuts by hand instead of taking out the food processor. Use a crock-pot. Unplug or turn off appliances that consume electricity even when not in use, like computers. Use fans instead of AC. Eliminate duplicate appliances. Maybe you can get by with just one or two TVs. (Or eliminate the TV altogether and watch shows online.) For those of you with old refrigerators in the garage or basement, be aware the older they are, the more power-guzzling. They are excellent targets for elimination, and PECO will even pay you to haul them away! ([www.pecosmartideas.com](http://www.pecosmartideas.com))

Retrofitting appliances costs money, but you recoup it through lower bills. By now you certainly know about CFL or LED bulbs. If you hated the eerie light and delay of early CFL's, give them another try, since they have vastly improved.

It is amazing how infrequently they need to be changed. We have dozens around our home and have replaced only one or two. Your oldest, highest consuming appliances should be the first on your replacement list. If you have an ancient dehumidifier running 24/7 in the basement, replace it with a new EnergyStar and that should lower you 10 percent right there.

We halved our annual kWh usage over a few years of new habits and retrofitting. You can achieve the same results more quickly since government appliance efficiency regulations have gone up. And you will feel a sense of virtue and accomplishment as you watch your annual kWh decrease each month! True confessions: mine is 8,368. Feel free to brag about yours.

*Betsy teaches blogging at MALT. Visit her at [www.moneychangesthings.blogspot.com](http://www.moneychangesthings.blogspot.com)*

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# Second Annual MALT Ball

by Jonna Naylor, MALT Executive Director

THE Mt. Airy Learning Tree is proud to present its Second MALT Ball! Back by popular demand, the Fall MALT Ball is returning to the Commodore Barry Club on Friday, Oct. 29 from 7 p.m. to 1 a.m. Learn how to salsa, cha cha, bop, and line dance from our beloved instructors Marck “Flaco” Best, Debra Klingler, Miguel Castaneda, and Joanne Short from 7 to 9 p.m., followed by an open dance floor. Tickets are \$15 in advance, and \$20 at the door. Call 215-843-6333 or purchase tickets online at [www.makethisourhome.org](http://www.makethisourhome.org). There will be light fare and a cash bar. The Commodore Barry Club is located at 6815 Emlen Street at Carpenter Lane, next to Septa’s Carpenter Lane train station. All proceeds go to the Make This Our Home Fund.

The former Walter O. Thomas Pharmacy, located at Greene and Hortter Streets, has been MALT’s home since July, 1999. By purchasing the building, MALT is confirming its commitment to

the neighborhood and helping to maintain the affordable prices on a vast array of classes.

MALT has grown from 17 classes in the spring of 1981, to over 300 classes today. During our fall, winter and spring terms, MALT offers classes in dancing such as ballroom, Latin, salsa, and zydeco. You can go for a walk through Laurel Hill Cemetery and meet the residents, gaze at the stars and learn astronomy. Make music by studying the guitar, harmonica, or ukulele. Get your exercise through yoga, pilates, swimming, tennis, rowing, or horsemanship. Make candles, soap, jewelry, Halloween masks, or a fresh-water pearl necklace. Teach your dog good manners. Learn computer skills from our local pros.

The first MALT Ball in the spring attracted 350 guests and raised over \$4,000. Come again to dance, eat, drink and party while helping MALT Make This Our Home!

# Scott Gordon, Jane Golden in MALT’s Fall Speaker Series

by Jonna Naylor, MALT Executive Director

THE Mt. Airy Learning Tree (MALT) is thrilled to announce its annual fall speaker series entitled Fantastic Philadelphians, presenting an inside look at two vital Philadelphia organizations. On Wednesday October 13 at 7 p.m. come hear Scott Gordon, founder and CEO of Mastery Charter Schools. On Wednesday, November 10 at 7 p.m., Jane Golden, Executive Director of the City of Philadelphia Mural Arts Program will speak. Both events take place at Hagen Hall Gym, Lutheran Theological Seminary, 7301 Germantown Avenue at Allens Lane.

Mr. Gordon oversees seven formerly underperforming schools serving 4,000 students. Under Gordon’s leadership, test scores have increased by more than 50 points per subject, and violent incidents have decreased by 80 percent since 2001. Over 85 percent of Mastery high school graduates enroll in higher education.

Under the dynamic leadership of Executive Director Jane Golden, the City of Philadelphia Mural Arts Program has created 3,000 beautiful murals that grace our city’s walls. Come and learn how these works of art began, how they breathe life into communities, and why the City of Philadelphia Mural Arts Program has become an internationally sought after model of urban development.



photo © Shea Roggio

Jane Golden, Executive Director of the City of Philadelphia Mural Arts Program

You will have a unique opportunity to meet and greet these two Fantastic Philadelphians before each talk at wine and cheese reception hosted and sponsored by Valley Green Bank. For \$40 come hear one speaker and attend one reception or for \$75 hear both speakers and attend both receptions. All proceeds benefit MALT’s Make This Our Home campaign and both speakers are generously donating their time! “This is a wonderful opportunity for Valley Green Bank to support MALT and their extraordinary work and at the same time bring to the community two outstanding Philadelphians,” says Jay Goldstein, President and CEO of Valley Green Bank.

To register for individual speakers at \$19 each or to add the Valley Green Bank receptions, go to [www.mtairylearningtree.org](http://www.mtairylearningtree.org) or call 215-843-6333.

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# Art Show, Author on Tap at Chestnut Hill Enrichment Center

by Mary Zell, Chestnut Hill Center for Enrichment

OCTOBER is a happening month at the Chestnut Hill Center for Enrichment (formerly known as the Senior Center, but we include everyone). On **Friday Oct. 8**, from 5:30 to 8 p.m., join us for the Opening of our Second Art Exhibit. The opening is an opportunity to meet the artists at a fundraiser for the Center with sumptuous hors d'oeuvres, wine and soft drinks, (\$25 for one, \$40 for two). The artwork will remain on display and for sale until December. This exhibit features the paintings of Amy Morrissey, Barbara Rosin and Debs Bleicher; the sculpture and photography of Elfie Harris; and the photography of Judy and Sol Levy. We look forward to seeing you there.

On Thursday, October 21, at Center on the Hill, at the rear of Chestnut Hill Presbyterian Church, the Center will present Jeff Jarvis, journalist, blogger and author of *What Would Google Do?* published by Collins Business, a division of HarperCollins, in 2009. Jarvis examines the success of the fastest growing company in the history of the world, the one company that truly understands how to succeed in the Internet age, and applies those lessons to a

number of industries, companies, and institutions, from carmakers to restaurants, universities to government. Craig Newmark, Founder of Craigslist, said "*What Would Google Do?* is an exceptional book that captures the massive changes the internet is effecting in our culture, in marketing, and in advertising." Jarvis also blogs about media and news at Buzzmachine.com. He is director of the interactive journalism program at the City University of New York's Graduate School of Journalism. He is consulting editor and a partner at Daylife, a news startup. He writes a news media column for *The Guardian* and is host of its Media Talk USA podcast. Jeff Jarvis was creator and founding editor of *Entertainment Weekly*; Sunday editor and associate publisher of the *New York Daily News*; TV critic for *TV Guide* and *People*; a columnist at the *San Francisco Examiner*; assistant city editor and reporter for the *Chicago Tribune*; and a reporter for Chicago Today.

For more information or to register for these events, call 215-248-0180 or email [chseniors@cavtel.net](mailto:chseniors@cavtel.net).

# High-Fructose Corn Syrup Producers Ask FDA for Name Change

from Sustainable Food News

SEEKING TO eliminate 'consumer confusion' industry launches TV commercials, online marketing campaign

The Corn Refiners Association (CRA), in September petitioned the U.S. Food and Drug Administration (FDA) to allow manufacturers of high fructose corn syrup to call their product "corn sugar."

The move comes as consumption of HFCS sits at a 20-year low thanks to a heightened public awareness about health and obesity

The CRA largely blames the media for "confusing" Americans.

"A continuing series of inexact scientific reports and inaccurate media accounts about high fructose corn syrup and matters of health and nutrition have also increased consumer uncertainty," the CRA said.

The CRA maintains that HFCS (what it calls a "natural sweetener") is not high in fructose when compared with other common sweeteners, including table sugar, honey and fruit juice concentrates.

CRA said a survey conducted through its own independent research indicated nearly 58 percent of respondents believed high fructose corn syrup has more fructose than other table sugar.

To help push its message, CRA has launched two new commercials, which they say will try to alleviate shopper confusion, showing people who say they now understand that "whether it's corn sugar or cane sugar, your body can't tell the difference. Sugar is sugar."

There is also a new online marketing campaign at <http://www.cornsugar.com>.

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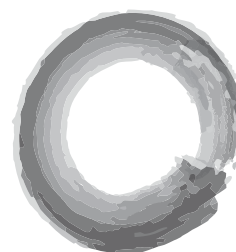
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| Nov 3- 21<br>Nov 5 <sup>th</sup> | Quintessence Theater: Plato's Apology<br>Mount Airy First Friday 6-9pm  |
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# Small Farmer Cooperatives: Saving Coffee—and the Earth

by Nicholas Reid, Equal Exchange Natural Foods Sales Representative

EQUAL EXCHANGE has credited co-ops with building Fair Trade coffee and making the alternative trade system possible, by keeping farmers organized in developing countries, and connecting them to consumers through co-ops like Equal Exchange and their local food co-ops. This October, while we celebrate Co-op and Fair Trade Month, and consider the values and successes of these two movements that are so intrinsically connected, Equal Exchange would like to push ourselves even further. The support and collaboration of co-ops is crucial to the future of organic coffee.

Declining yields due to soil exhaustion and global warming are threatening specialty coffee production, and the livelihoods of thousands of farming communities that rely on it. Once charged with making coffee cultivation economically viable for small-scale producers, Equal Exchange now asks co-ops to support those farmers in their efforts to adapt, innovate and invest in the future of high-quality, organic coffee.

The history of commercial farming in Latin America (and in the United States) is one of extreme short-sightedness, environmental destruction and an ever-increasing reliance on chemical and technological inputs. One need only look at the former sugar plantations of northeast Brazil, now deserts and agricultural wastelands, or the destruction of local communities and ecosystems that banana cultivation led to in Central America, to see that modern agriculture effectively raped the soil of nutrients, destroyed local flora and fauna that sustained the land, and nearly ended the possibility of human existence in those

areas. Specialty coffee grown by small-scale farmers is inherently a more sustainable form of agriculture than large scale plantations, but it, too, has felt the pressure of the corporate race to the scientific bottom. Regardless of our progress in the last 20 years, small farmers are struggling to compete, and scrambling to maintain healthy, productive farms and soil. Without the benefits of the three insidious sisters of modern chemical fertilizers (NPK) and carcinogenic pesticides, organic farmers are experiencing declining output and soil exhaustion. Traditional fertilizer techniques like composting and mulching are falling short.

Global warming—a global problem that disproportionately affects higher altitudes and subtropical regions, exactly where the majority of our coffee and cacao farmers operate—is exacerbating the problem. Changing weather, rainfall and temperature patterns are threatening coffee cultivation (and traditional agriculture, in general) around the world. The future of specialty coffee is perilous at best; organic production is threatened even further.

We at Equal Exchange, believe it is our responsibility to support our farmer partners as they invest in modern, sustainable agricultural methods and adapt to climate change. We know we cannot rely on Monsanto or Cargill; big business cannot solve these problems. With that in mind, we have partnered with agronomists at the CESMACH co-operative, who approached Equal Exchange with a proposal for a soil fertility project in the communities in which they work.

The first round of the project, funded by Equal Exchange and carried out by CESMACH, concluded in the summer of 2010. It involved taking soil samples in the coffee communities of the co-op, to analyze the nutrient profiles. Armed with an overview of the health and deficiencies of the soil in each community, Equal Exchange and CESMACH are preparing to implement the next round of the project, which will be funded through food co-op sales in October (see below).

The second phase of the project will explore the potential to produce organic fertilizer to meet the specific needs of each community, using locally available, low-cost inputs. The goal is to develop guidelines for composting (and other alternative agricultural techniques) that individual farmers can use. In the long run, the hope is to develop more centralized services for soil improvement and progressive agriculture, such as a facility to manufacture fertilizers for members (and potentially to sell locally). Not only are we excited about the impact on small-scale, organic coffee production in places like Chiapas, Mexico, but for the overall agricultural capacity in those communities: the ability to grow more food and more products to sell locally and abroad, and develop scalable models for all our partners around the world.

This October, the Equal Exchange coffee you buy at your local food co-op is funding sustainable advances in agriculture in Mexico, literally making the earth richer and securing organic coffee pro-

duction for the long term. Examples of visionary collaborations like these are what make cooperative Fair Trade so inspiring. The products we consume have the potential to produce something incredibly powerful: to make farming communities stronger, and to build a healthier planet. We have the ability to buy a pound of excellent coffee and make a direct investment in a brighter future. That is Small Farmers. Big Change.

In honor of the co-ops that make these transactions possible, Equal Exchange is raising money with our co-op partners to invest in this inspiring initiative that epitomizes the value of co-operatives. For each product sold to co-ops in the month of October, Equal Exchange will donate 20 cents (up to \$10,000) to the second phase of a soil fertility project in southern Mexico, spearheaded by the CESMACH co-operative. We hope that our efforts will not only result in higher yields and income for the co-op members, but will also create healthier ecosystems in coffee farming communities, and will build a sustainable model for soil rehabilitation for all the co-ops with which we work.

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# New Watchdog Group Vows to Protect Integrity of ‘Fair Trade’

from Sustainable Food News

THE ORGANIC Consumers Association (OCA) on Tuesday launched the Fair World Project (FWP) to fill the “critical need for a watchdog of misleading fair trade claims.”

One of the FWP’s reasons for existence is that the organic movement, with the advent of federal regulations, “has lost sight of the social criteria of fair prices, wages and working conditions,” the group said.

OCA said through the FWP it will focus on projects that involve claims of environmental and health benefits of organic agriculture and seek to protect the term “fair trade” from “dilution and misuse for mere PR purposes.”

The group said the FWP intends to “encourage critical thinking rather than blind faith regarding fair trade claims and certification schemes.”

“We will confront corporations, especially those already dealing in certified organic products, and government agencies everywhere to compel them to implement fair trade practices in their supply chains,” said Dana Geffner, FWP executive director.

“We will celebrate corporations that are adopting fair trade into their business models, but at the same time hold ‘fair-washers’ accountable and insist on keeping fair trade’s integrity,” he added.

Geffner declined to provide the FWP’s budget when asked by Sustainable Food News.

The Fair World Project’s inaugural

publication of For a Better World will debut at the Fair Trade Futures Conference in Boston Sept. 10-12.

Fifty thousand copies will be distributed nationwide to fair trade outlets including co-ops and organic markets, the group said.

The publication features articles on the fair trade movement, including different approaches to fair trade certification, exceptional fair trade projects abroad and at home in the West, as well as how to re-integrate fair trade back into the organic movement.

“We will make sure fair trade certifiers and membership organizations maintain high standards to keep fair trade meaningful, not just in the wording of their standards but also in their inspection and certification processes,” said Geffner. “We will pressure our schools, employers and other institutions to adopt fair trade purchasing practices with regard to food and other consumer products.”

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## Homemade Pizza Party at Hope Garden



photo by Rachel Milenbach

On August 25, families at Stenton Family Manor celebrated the end of summer camp with a party at the Hope Garden. Children made pizza, rolling out the dough and choosing from a wide variety of toppings. The Stenton campers harvested and prepared herbs and vegetable toppings earlier in the day. After eating about 50 homemade pizza, cooked by Adam Forbes (WWCP) and Tojuana Conway (Stenton) in our new cob oven, families roasted marshmallows over an open fire and ate s’mores. Thanks to the Weavers Way Environment Committee for the grant to build the cob oven, and Weavers Way outreach for donating the pizza dough, tomato sauce, and mozzarella cheese. The kids are still talking about our “camp out”!

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# Forum on Health Care Reform: Where Do We Go Now?

by Cheryl Pyrch, the pastor at Summit Church

ON SUNDAY, October 17, 2010, from 3 to 5 p.m., a forum, “Health Care Reform: Where Do We Go Now?” will be presented at Summit Presbyterian Church in Mt. Airy, examining the new health care bill passed by Congress and discussing the benefits of a single-payer plan. The forum will include discussion of the economic, moral, and faith-based reasons for continuing to work toward better health care reform. The main presenter will be Dr. Walter Tsou, board member of Physicians for a National Health Program, and former health commissioner of Philadelphia.

This forum will be funded by the General Assembly of the Presbyterian Church USA, which, in 2008, voted to provide financial resources for regional conferences on single payer universal health care reform. These workshops are for the purpose of educating the community about

single-payer, universal national health insurance. The General Assembly advocates this as the program that best responds to the moral imperative of the gospel.

In addition to Summit Church, this forum is sponsored by Health Care for All Philadelphia and Pennsylvania, Health-care-NOW, and Physicians for a National Health Program. It is open to all faith communities, as well as the entire neighborhood.

Child care will be provided and there will be light refreshments. For questions, please call Summit Church at 215-438-2825. The church is located at the intersection of Greene and Westview Streets in Mt. Airy.

# FOW Exec. Director Recognized for Environmental Achievement

by Denise Larrabee, Editor/Publicist, Friends of the Wissahickon

FRIENDS OF the Wissahickon Executive Director Maura McCarthy has been selected as a recipient of the Pennsylvania Environmental Council’s 40 Under 40 Awards. She is slated to be honored at PEC’s 40th Anniversary Celebration at the Civic Club of Harrisburg on September 22.

Nearly 100 environmental professionals and volunteers were nominated for this statewide honor. Nominees included volunteers and professionals in a diverse range of environmental fields including planning, research, education, and advocacy.

“I am so proud to help elevate awareness of Pennsylvania’s next generation of environmental leaders,” said Don Welsh, President and CEO of PEC. “We learned that these young leaders stand poised to tackle our state’s most important upcoming challenges including Marcellus Shale development, renewable energy, and stormwater, among others.”

Maura McCarthy has expanded the scope of FOW’s projects in Wissahickon Valley Park, restoring a premier Philadelphia asset that is integral to quality of life in our region. During her four years as Executive Director of the Friends of the Wissahickon, she has led the organization in tremendous growth. Under her leadership, FOW has completed the transition begun in 2003, from an all-volunteer organization to a professionally run non-profit with a paid staff of seven, executing large-scale watershed-education and trail-restoration projects.



Photo by Laurie Beck Peterson

Friends of the Wissahickon Executive Director Maura McCarthy

FOW is a non-profit organization dedicated to maintaining the Wissahickon Valley. FOW works in partnership with Philadelphia Parks and Recreation to restore historical structures throughout the park, eliminate invasive plant species, monitor watershed management issues, and restore trails throughout the park system with its Sustainable Trails Initiative. For more information, visit [www.fow.org](http://www.fow.org).

For more information about PEC’s 40th anniversary celebration, visit [www.pecpa.org/40](http://www.pecpa.org/40).

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Suggestions

(continued from page 28)

- r:** (Chris) There is a list of gluten free items stocked in all three Co-op locations. The list is available as a handout in all stores and is also on our web site under “products and services.” Unfortunately, we don’t have room to add the tortillas to our Mt. Airy store.

**s:** “I recently bought a bottle of Once Again Sunflower Seed Butter. However, when I went to eat it I was very unpleasantly surprised. It was sweet and had salt! I’m surprised that wasn’t on the front label like all other nut butters and only in the small print on the side. There should be a little sign or, better yet, have the company correct this. Big deal it’s organic if it has all this other junk in it.”

**r:** (Chris) Good point. I’ll contact the company about their deficient labeling.

**s:** “Please could you try to get “Strawberry Lemonade” from Santa Cruz juices. Also Mango Lemonade. It’s much more refreshing than the raspberry version and is a great cocktail mixer.”

**r:** (Chris) Sorry, no room to add Strawberry Lemonade to our juice line at this time. We do carry the Mango Lemonade, on the main juice shelf, just below the Raspberry Lemonade. (Norman) For those members that have never experienced the witty one-liners of Jon McGoran (our Communications Director) I suggest inviting him to your next cocktail party, he is also a great “cocktail mixer.”
- s:** “Your sandwiches are delicious. I love them. However, I don’t love the stickers that have twice been left on slices of apples in my sandwiches. Very disconcerting and as far as I know not very nutritious. Thanks.”

**r:** (Margie) I’m sorry this happened. I will talk to sandwich staff so it doesn’t happen again. (Norman) Paper is not nutritious, but you can make it more nutritious by spreading some almond butter on it. This is true for most non-food products. Paper is a good choice because it can be chewed and swallowed. I would avoid non-chewables like steel wool. Disclaimer: I am not a nutritionist so eating advice is just personal opinion.

**s:** “Please get smaller red onions. By the time I use it all it isn’t any good! Thanks.”

**r:** (Jean) Too bad you didn’t see those delicious local red “candy” onions—they were pretty small. It’s true that most sweet onions—and the reds are sweet—tend to be big. (Norman) If you store a cut onion in an airtight container it should last almost a week. Also, try one of the produce-saver-type bags we sell upstairs. I’ve never used one with a cut onion, but they do seem to work with things like broccoli and peppers.

**s:** “The new Eden Soba noodles that come in a box do not taste as good as the old Eden Soba noodles that came in a bag. The new ones taste more like spaghetti,

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- but not good spaghetti. Would it be possible to get the old ones back? Thank you!”

**r:** (Chris) Due to space constraints we switched to the boxed soba noodles, as they stack more efficiently on the shelf. If we get many complaints, we could switch back. In the mean time, the old soba noodles (40 percent buckwheat) are available as a full-case preorder, a case of 12 packages for \$42.65.

**s:** “I see that you are selling local stone fruit by the case. Any chance of getting local tomatoes by the case for canning?”

**r:** (Jean) Just ask! We don’t need any lead time to sell you a case of stone fruit. But you can easily order a case of local tomatoes by filling out a pre-order slip. We need two or three days lead time.
- s:** “Cheese in cheese case in Chestnut Hill store should be in alphabetical order as it is in Mt. Airy. Please.”

**r:** (Bonnie) We sort cheeses by region of origin. If you ever have trouble finding anything please ask our deli staff and we will be happy to assist you! Thank you.

**s:** “The broccoli from Sunny Harvest always seems limp and yellow/brown. The broccoli from California in the fridge display case always seems crisp and yummy. I would prefer to buy local, but it seems so inferior. The Sunny Harvest folks need to pack it on ice!”

**r:** (Jean) I know what you mean. The Sunny Harvest broccoli is a much fresher, superior product, but the ineffective field cooling from the Amish farmers growing it really takes a toll on its appearance. We’re asking Sunny Harvest to help solve this. In the meantime, I take it home and refrigerate with a damp cloth, and it does crisp up again.

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# Co-op Staffers, Ned Wolf Park Among Garden Contest Winners

by Jonathan McGoran

AMONG THE winners in this year’s Pennsylvania Horticultural Society (PHS) City Garden Contest were First Place Urban Farmers and Co-op Staffers Margie Felton and Susan McLaughlin, and First Place winner in the Small Community Park category, Ned Wolf Park.

The Pennsylvania Horticultural Society honored the contributions of hundreds of city gardeners for their efforts in transforming their own back yards, neighborhoods and communities across Philadelphia. This year, close to 300 individuals and groups entered the 36th annual City Gardens Contest. Categories included school gardens, community parks, flower and vegetable gardens, children’s gardens, container gardens, garden blocks and—new this year—urban farms. More than 200 volunteer judges visited each site over the summer and 140 winners in 35 different categories were chosen. A full list of winners is available at PHSONline.org.

“PHS is proud of each entrant for his and her efforts to improve their own spac-



es and the city through greening,” said PHS President Drew Becher. “Winners’ gardens included everything from a transformed Mt. Airy pocket park, a Roxborough resident’s ingenious vegetable roof



photo courtesy of Pennsylvania Horticultural Society

Pictured here receiving awards at the PHS Fall Garden Festival are (left ) New Wolf Park Gardeners (l to r) Bruce Murray, Susan Block, Mark Klempner, Eric Sternfels, and Ronda Throne-Murray, with PHS President Drew Becher. Pictured on the right are first-place urban farm winners (and Co-op staffers (l to r) Margie Felton and Susan McLaughlin, again pictured with PHS President Drew Becher.

garden and a Northeast business’ ‘cubicle farmer’s market’.”  
Launched in 1975, the City Gardens Contest is open to all Philadelphia residents and recognizes amateur gardeners

for their dedication, creativity and maintenance of gardening projects in the city. For more information, including a complete list of winners, please visit [www.PHSONline.org](http://www.PHSONline.org).



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### Suggestions

by Norman Weiss  
Purchasing Manager

GREETINGS AND thanks for writing. As usual, suggestions and responses may have been edited for brevity, clarity, and or comedy. An issue or two ago I wrote about how there was no such thing as an “employee of the month” because a month cannot possess an employee (oddly, no one has mentioned this insight to me since). This October turns out to be a month with something that a month can possess- themes. We have three themes in October: Co-op Month, Fair Trade Month and Non-GMO Month. All three themes are trying to call attention to their causes, issues being noble things like treating people fairly and promoting environmental and human health. I say “why bother?”

There is no point: It is clear that since we evolved from our ancestors, most civilizations have never risen above “might makes right” type of thinking. Once in a while, a few people think there is a better way, and organize things like revolutions, unions, Magna Carta-type documents, democracy, charities, etc., but over time these things don’t last and people revert back to might makes right. Thinking like this, and then realizing that November has one theme, giving thanks, I’m thinking November needs an additional theme, which I propose to be “I Could Care Less Month.” We should just admit our base nature of getting ahead at others’ (or the Earth’s) expense and take a month to celebrate this lovely aspect of human nature. Look for a democratically controlled, grass-roots non-profit to form soon to publicize this campaign. Wonder what the Tea Party position will be?

### Suggestions & Responses:

- s: “Mike was so-o-o helpful to me. He’s a wonderful employee.”
- r: (Chris) Glad to hear it. Thanks for writing.
- s: “Could you have more gluten-free items clearly labeled—one suggestion: Brown Rice Tortillas you have in Chestnut Hill—I live in Germantown.”

(continued on page 26)

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### What is Weavers Way Co-op?



Weavers Way is a Food Co-op, a grocery store that is owned by its members—the people who shop here.

Because our owners are our shoppers, we don’t try to make a profit selling unhealthy food at high prices. Instead, we sell the food our shoppers want us to sell—healthful, natural, and local foods, some grown and prepared right in our own neighborhoods. We buy local, we support fair trade, and we are committed to our community, because we are owned by our community. The dollars you spend here stay here, either invested in the co-op and the community, or distributed right back to the members who support us.

**Although we are owned by our members—and membership is important to what we do—we are very much open to the public: everyone is welcome to shop, and everyone is welcome to join.**

You can learn more about Weavers Way at [www.weaversway.coop](http://www.weaversway.coop), contact Member Outreach Coordinator Ebony Debrest at [outreach@weaversway.coop](mailto:outreach@weaversway.coop), or better yet, stop in for a shop, or just to look around, at our stores in West Mt. Airy, West Oak Lane, and Chestnut Hill.



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### Welcome to Weavers Way Cooperative Association



We encourage all new or prospective members to attend an orientation meeting, where they can learn all about our co-op, our stores and our member work program. If you have not already joined, you can do so at the meeting, and you will also learn more about Weavers Way and all that your co-op has to offer, including member benefits and our Working Member program.

Orientation dates are listed below and are also posted on our website at [www.weaversway.coop](http://www.weaversway.coop). Mt. Airy meetings are held at 555 Carpenter Lane. Chestnut Hill meetings take place at the Center for Enrichment, 8431 Germantown Avenue. Ogontz meetings are held in our Ogontz store, at 2129 72nd Ave. Reservations are suggested and will help us prepare. Please complete the form below and return it to any of our stores, so we will know which meeting you will attend. Meetings last approximately forty-five minutes to an hour and will include a brief store tour. We look forward to seeing you there!

**Weavers Way Ogontz Store/West Oak Lane**  
2129 72nd Ave. (intersection of Ogontz Ave., Walnut Lane & 72nd Ave.)  
**Tuesday, October 12 @ 6:45 p.m. • Tuesday, November 9 @ 6:45 p.m**

**Weavers Way Co-op Offices/Mt. Airy**  
555 W. Carpenter Lane  
**Saturday, October 16 @ 10:45 a.m. • Saturday, November 20 @ 10:45 a.m.**

**Chestnut Hill Center for Enrichment/Chestnut Hill**  
8431 Germantown Ave. (parking entrance on E. Highland Ave.)  
**Tuesday, October 19 @ 6:45 p.m. • Tuesday, November 23 @ 6:45 p.m**

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