

SPRING GENERAL MEMBERSHIP MEETING
 May 15 • Eat & Greet 5:30-6:00 p.m., Meeting at 6 p.m.
 New Covenant Church, 7500 Germantown Ave., Phila, PA. Founder's Hall, Room B-10

AGENDA: Food Samples from Weavers Way & Vendors • Meet the Board Candidates **Business Meeting**—6:00-6:15 • Approval of Fall 2010 General Membership Minutes • President's Report • Introduction of the Board Candidates • By-Law Amendment Explanation **Featured Presentation: Philadelphia Green**—6:15-7:00 • Speaker: Drew Becher, President, Pennsylvania Horticultural Society • Topic: Improving Our Environment and Building Community • Questions for the Speaker **Committee Showcase**—7:00-7:15 • What the Member Committees are doing **General Manager's Report**—7:15-7:30 • Cake & Conversation—7:30-7:50 • Q & A • Voting Results: Elections & By-Law Amendment—7:50- 8:00

Members get an additional 5% off their purchases all week!

Details on back page.

MEMBERAppreciation Week

MAY 15 - 21



The Shuttle

May 2011 Vol. 40 No. 5

A Cooperative Grocer Serving the Northwest Community Since 1973

Mr. Noble Goes to Washington

ON MARCH 29, 2011, longtime Weavers Way member Bob Noble was invited to speak at a congressional briefing on the role of cooperatives in rural and urban communities. Following is a transcript of his testimony.

MY NAME is Bob Noble. I am a board member and former board president of Weavers Way, a consumer-owned retail food co-op in Philadelphia, PA. Weavers Way has three stores, 140 employees, and annual sales of over \$15 million. It is owned by 4,600 member households.

Weavers Way is a good example of how food co-ops across the U.S. strengthen the connection between urban consumers and rural producers. When we started in 1973 and for many years thereafter, we were one of the few retail locations in our city where neighborhood residents could



Lisa Stolarski

Appearing at the congressional briefing on co-ops is (l to r) Michelle Anderson-Lee, Deputy Chief of Staff for Congressman Chaka Fattah; Paul Hazen, Executive Director, National Cooperative Business Association; Phil Drager, Senior Legislative Representative, Credit Union National Association; Brian Cavey, Vice President of Legislative Affairs, National Rural Electric Cooperative Association; Bob Noble, Weavers Way Co-op Board Member, WWCP President; and Steve Dubbs, Research Director, The Democracy Collaborative, University of Maryland.

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WW Recycling Egg Cartons, Brita Filters

Stevik Kretsmann, Weavers Way Environment Committee

THE WEAVERS Way Environment Committee's regular recycling collections have been discontinued indefinitely. However, we are conducting two pilot programs to collect used egg cartons and used water filters from Brita pitchers.

The collected egg cartons will be re-used by local egg farmers. Please bring your clean cartons (paperboard, plastic, or styrofoam) to 555 Carpenter Lane, the office building next door to the Weavers Way Co-op Mt. Airy store during store hours. If the door is locked, you can ask a

(continued on page 10)

Chester Co-op Opening is Culmination of 6-Year Dream

by Ted Barbato

FOR TINA JOHNSON, returning to her native Chester in 2005 after living in Mexico was an eye-opener: the city had no grocery stores. None.

“And I had lived in India, where you could get a banana at the base of the Himalayas. So it struck me as odd that I was living in a place in the United States, in a city, and there wasn't a fresh banana or apple or grape—the things you take for granted.”

So began a six-year journey for John-



photo courtesy of Chester Food Co-op

The new Chester Food Co-op

son, and for her reclaimed home town, that culminated with the grand opening on March 12 of the Chester Food Co-op. It is the first grocery store to open its doors in that city since 1994.

Johnson says her first thought in 2005 was to open a traditional market.

But at a local seminar on nutrition, a local pediatrician suggested a co-op. “I really had no idea what a co-op was,” she says.

(continued on page 11)

Fresh and Local Fair

by Jon McGoran, Shuttle Editor

ON SATURDAY, May 21, Weavers Way Co-op will kick off this year's growing season and celebrate our local vendors and farmers with a Fresh and Local Fair, from noon to 4 p.m.. The Fresh and Local Fair will take place at all three Weavers Way locations, so come by and enjoy some live music, sample lots of locally grown and prepared foods, and meet some of Weavers Way's Farmers at this fun-filled event.

May 21 is also the last day of Weavers Way's Spring Member Appreciation Week, which will kick off the previous Sunday, May 15—the day of the Spring General Membership Meeting. All week long, Weavers Way members receive an extra 5 percent discount on all purchases. That means nonworking members will get 5 percent off, and working members, who already get a 5 percent discount, will

Fresh & Local Fair
Saturday, May 21
noon to 4 pm
at all Weavers Way locations

Join us as we kick off the growing season and celebrate our local farmers and vendors!

- Food Sampling
- Live Music
- Meet the Farmers

receive a 10 percent total discount. Members of Weavers Way receive many great benefits every day—including discounts on goods and services, special privileges, home delivery, and patronage rebates if the co-op. Co-op members even get discounts from other area businesses through Weavers Way's “Community Discount Program.” Member Appreciation Days are one more great benefit.

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Editor’s Note



by Jonathan McGoran,
Shuttle Editor

WHEN I heard that Weavers Way Board member Bob Noble had been invited to testify before congress, I was shocked. I’ve known Bob for a long time, and, although hew has been letting his beard grow in, I was pretty sure he wasn’t a radical Islamist. And since I know Bob buys his beef at Weavers Way, I was pretty sure he wasn’t on steroids, either (not that there isn’t a distinct possibility he is totally buff under those sweaters).

It turned out, however, that Bob had been invited to a congressional briefing on the role of cooperatives in urban and rural communities.

At first, that shocked me even more, but the more I thought about it, the more I realized that few organizations would benefit more from a briefing on cooperation than congress. And who better to brief them than Bob Noble, a man who has invested so much of his life in the cooperative movement, and whose very name, while maybe not synonymous with honesty, is inarguably homonymous with “No Bull.”

The briefing got off to a rocky start. As Bob began his talk on cooperation, the assembled Washingtonians looked at him with their heads tilted to one side in confusion, like Nipper the RCA dog. But before they could bring in a translator, Bob made them realize that our similarities more than outweigh our differences.

The audience was greatly relieved when Bob clarified that by “cooperative,” he did not necessarily mean people working together despite their differences. And when he explained that “cooperative” also meant an organization that “exists to meet the needs and aspirations of its members,” he knew he had won them over. Because in that sense, few organizations are more cooperative than congress.

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Statement of Policy

Articles should be under 500 words and can be submitted neatly typed, on disk, or by e-mail to editor@weaversway.coop. Be sure to include your name, phone number, and membership number. Drop them off by the deadline to the Shuttle mailbox on the second floor of the Mt. Airy Co-op. The purpose of the Shuttle is to provide members with information as well as education about co-ops, health food practices, and other matters of interest to the members as consumers and citizens of the community. Articles express only the views of the writers and not those of the Co-op or the board of directors, unless identified as such. Articles, letters, comments, criticisms, and suggestions are welcome and should be directed to the editor. Space limitations require that the editor have the right to edit all articles. Ad rates are available upon request, in the advertising mailbox on the second floor, or at www.weaversway.coop. All ads must be submitted electronically, or camera-ready with prior arrangement, and should be submitted with payment. Products or services advertised in this paper should not in any way be construed to be endorsed by Weavers Way Co-op.



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Eat Your Greens

by Stephanie Kane,
Local Produce Buyer

ONE OF the first things to arrive on our shelves this season are a variety of greens from our local produce vendors, including Weavers Way Farm, LFFC, and Paradise Organics. Packed with Vitamins K, A and C, manganese, calcium, iron, fiber, and folic acid, cooking greens are an amazing bunch. Because each provides different vitamins and nutrients, we suggest trying all the produce department has to offer. Here is your guide to the greens we’ll have available all season, starting at the end of April through fall.

Kale: The nutritional powerhouse with the highest levels of Vitamin K, A, and C, as well as glucosinolates, reducing chronic inflammation and promoting cancer prevention. Kale has a more bitter taste when eaten raw, but doesn’t lose as much volume as other greens when cooked. Also, its cholesterol-lowering benefits are greater when cooked, especially steamed.

Chard: A relative to beets and spinach, the bright colors on chard’s stems (and beet’s greens) are phytonutrients, which signal its benefits to nervous system health. Chard is also known for being higher in fiber and protein than other greens, as well as having the ability to regulate blood sugar through one of its 13 polyphenol antioxidants—syngingic acid. It also contains both types of vitamin K; K1 prevents the breakdown of bone, and K2 activates the protein in bone to anchor calcium. It has a softer texture than kale and tastes similar to spinach.

Collards: Collards contain all the health benefits of other greens at slightly lower quantities. However, It does rank #1 in cholesterol-lowering ability. Let collard greens sit for 5 minutes after chopping to bring out more of its health benefits, followed by quick boiling or steaming.

Spinach: Look for bright-colored leaves; studies show higher levels of Vitamin C help maintain their vibrancy. It is recommended to quick boil spinach to remove oxalic compounds, which inhibit the absorption of calcium (this is also true of chard and beet greens, though these levels won’t outweigh the calcium in the greens).

Mustards: Like all greens, mustards aid in the detoxification process, to promote cell health and cancer prevention. Watch out when trying raw mustards, they’re spicy! They’re best cooked and work well with cream sauces, Asian cooking, or combined with other greens.

Sautéed Spinach with Pecans and Goat Cheese

This recipe uses spinach, though you could substitute your favorite green; chard would work especially well.

- 2 tbs. extra-virgin olive oil
- 1 medium red onion (about 8 ounces), halved and thinly sliced
- 1 lb. baby spinach, rinsed & mostly dry
- 1 1/2 tbs. sherry or apple cider vinegar
- 1/2 cup coarsely chopped pecans
- 1/3 cup (about 2 ounces) soft goat cheese, crumbled

Toast pecans over medium low heat until fragrant. Remove from pan, and heat oil in the skillet over medium heat until hot but not smoking. Add onion; cook, stirring occasionally, until onion has softened, about 5 minutes. Add spinach; cook, tossing, until spinach has started to wilt, about 2 minutes. Add vinegar and stir. Transfer to a serving platter. Sprinkle with pecans and goat cheese. Gently toss. Serve immediately.

Paying It Forward at Stenton Family Manor



photo by Rachel Milenbach

Philadelphia Pay It Forward Junto 5 members hold up five fingers after completing a day of work and laughter at the Hope Garden. Pictured in front of the new sign we installed are (left to right) Shamyne Jones, Jennie Wu, Larry Dessen, Lisa Washington, Jin Kim, Mark Purcell, Josh Sevin, and Michael Pietrafitta. Read more about Junto 5 and the great things happening at Stenton Family Manor on page 4 of the issue of *The Shuttle*.

Jean’s Favorite

Chris Petersheim & Paradise Organics

by Jean MacKenzie, Mt. Airy Produce Manager

WHAT IS it that I like and appreciate most about Chris Petersheim and Paradise Organics?

Let’s start with the gorgeous, abundant organic produce that he coaxes from four and a half acres of hilltop property surrounding his family’s house. Crisp baby salads, head lettuces, bunched spinach, scallions, and cooking greens start filling our produce displays in mid-April, quickly followed by herbs, broccoli, and one of my favorites—footlong beans. Cauliflower, summer squash, bok choy, cabbage, beets, carrots, peppers, radishes—the list goes on and on through the growing season, and the quality is unrivalled.

The Petersheims also lease 14 acres with the Crawford family and Bud Wimer—and together they grow a full range of certified organic vegetables and fruit for retail and wholesale markets, and for Wimer’s CSA.

Then there’s the extensive knowledge and skill Chris, and now his son, Isaac,

bring to their work. I’ve visited Chris at his home farm a few times, and while I don’t know much about farming, I do know something about planning, and attention to detail. I’ve seen, and been awed by, Chris’s fields, his greenhouses and his hoopouses, his planting and harvesting schedules and his customized computer software. I’ll bet if I called and asked him what he would be planting, or harvesting, on the morning of the third Tuesday in June, he could tell me, and give me an estimate of the yield and the cost. The hallmark of Paradise Organics is the consistent high quality and availability of their crops—the result of all the thought, skill and care put into growing them. According to Local Harvest – and according to me, if anyone should ask—“Paradise Organics has set the standard that all Lancaster County organic producers are trying to match.” (www.localharvest.org/wimers-organics)

And I like to think that it’s not coincidence that such a smart and successful
(continued on page 11)

DID YOU KNOW ?

Weavers Way has a full line of catering services at our Chestnut Hill Store.

And at both our Mt. Airy and Chestnut Hill stores we offer amazing boxed lunches. Great for picnics at Pastorius Park and concerts at the Morris Arboretum, business meetings or your next family gathering.

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For details, call our Chestnut Hill Store at 215.866.9150 and ask for Bonnie. Or in our Mt. Airy Store call Nancy at 215.843.2350 ext. 102



Mt. Airy Grocery News

by Chris Switky, Mt. Airy Grocery Buyer

HOWDY, SHOPPERS. The big news in the grocery aisles of WW-MA is the introduction of J’s Phila-belly gourmet frozen knishes. J’s Gouramaze is a local business, located in Olney, and owned by third-generation knish maker Jay Howard. Jay called me back in March and offered to stop by with some knishes for a little tasting event. As we heated them up in the Co-op kitchen, staff drifted in and out, tasting the various flavors of Jay’s offerings, and, without exception, raving about them. At that point, I knew there was no turning back. Jay’s knishes and Weavers Way were an undeniable match.

Jay makes his knish crusts from a paper-thin dough, fills them with simple but delicious ingredients, then flash freezes them. The Mt. Airy store is carrying two flavors of J’s knishes: spinach, garlic & potato, and potato roasted buckwheat. Heat according to the instructions on the label, and enjoy.

J’s knishes are available in larger sizes, as listed on the sign to the right of the frozen knish shelf, and in many flavors, including Lyonnaise potato with beef brisket; creamy cinnamon rice; sweet potato pie. They’re great for parties, special events, or just an easy but delicious meal. Prices vary by flavor, generally a little more expensive with meat and/or cheese. See me, Chris Switky, for prices and ordering schedule (Co-op ext. 113, or christopher@weaversway.coop).

New Assistant Manager on Second Floor at WW Mt. Airy



photo by Jonathan McGoran

Weavers Way is pleased to announce that Cara Raboteau (left) is our Mt. Airy store’s new Assistant Manager for Wellness, Personal Care and General Merchandise—in other words, Cara is the new Assistant Manager of our Mt. Airy Second Floor! You will probably recognize Cara as one of our second floor staff members, since she has worked with us in our department since the fall of 2007. Cara develops beautiful displays for us and provides our shoppers with her knowledge, her expertise, and her charming personality. She also assists us with buying decisions and places orders from many greeting card companies as well as Alaffia, Amazing Grass, Wind Rose Trading and the Tibet Collection. In addition to her duties as Assistant Manager, she is also our Second Floor Chief Merchandiser.

Hooked 12: Boston Seafood Adventure!

by Noel Bielaczyc, Meat, Fish and Poultry Department



photo by Noel Bielaczyc

Yes, the International Boston Seafood Show is big, but you should have seen the one that got away!

EACH YEAR, sometime in March, the “who’s who” of the seafood world converges for the International Boston Seafood Show. Big names like Chicken of the Sea and Trident Seafoods Corp are alongside smaller, regional companies like our friends at Samuels & Son Seafood. This year, I was fortunate enough to be among the masses (literally thousands) of producers, buyers, distributors, processors and retailers whose business (and usually passion) is seafood. It is the largest show of its kind in North America and occupies every floor, hall and meeting room of the enormous Boston Conference Center. The main exhibition area alone covers an astounding 344,000 sq. ft (about six football fields!). Walking out onto the showroom floor is a truly mind-boggling experience, especially if you are a seafood-obsessed fishmonger like me!

After a moment of recovery from the initial shock and awe (followed by a barrage of miniature crab cakes), I found my bearings and began to systematically explore the 1,700 booths at the show. One of the first things that jumped out at me was how truly international the show is. Attendees travel from 130 countries to participate, but most hail from seafood super-powers like China, Japan, Korea, Spain, Portugal, Norway, Iceland, Chile, Mexico, Canada, and the U.S. At any given moment, a half dozen languages could be heard in the bustling and crowded thoroughfares of the showroom. The second thing I noticed was the amount of effort and money put into some of the exhibits: whole seven-foot-long swordfish lay on beds of ice, elaborate audio/visual displays touted products, celebrity chefs sautéed scallops, a custom built “shrimp

chopper” sat gleaming on a platform, an antique Ford was airbrushed with tilapia logos, and samples of anything from toro sashimi to raw oysters were given away freely. Everyone seemed to carry a bag stuffed with glossy pamphlets, pens, coasters, and every other imaginable form of print marketing. Even consciously trying to be selective I amassed quite a collection myself.

My primary goal at the show was to connect with new sources for responsibly farm-raised fish and shellfish, as well as sustainable wild caught products. Despite the growth of demand for more ethical seafood, such specialized vendors still make up a relatively small percent of the showroom. Even so, I found several suppliers that have potential to provide

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A Word About Coffee Prices from Equal Exchange

The Equal Exchange Natural Foods Team, Andrew, Becca, Cara, Jodi, Luke, Manju, Nicholas, River, and Scott

DUE TO a multitude of factors, most beyond our control, coffee prices are going up. Again. Starting April 1, 2011, Equal Exchange is increasing the cost of all coffees sold to retail stores by \$.50 a pound. Please trust that this has been a very difficult decision on our part, and that we are doing everything we can to offer you the highest quality coffee at the best prices possible.

Why Are Prices Going Up?

At the heart of the matter is decreasing supply, increasing demand and commodity speculation. On the supply side, climate change is wreaking havoc on weather patterns across the world (we’ve had quite an interesting winter ourselves). Coffee plants rely on periods of rain followed by sunny dry spells in order to flower, produce cherries and ripen. Without these regular “seasons,” harvests around the globe are down. At the same time, demand for specialty coffee continues to rise, not only in the traditional consuming countries like the United States, but increasingly in producer countries as well.

The situation is further complicated by speculation in the commodity market. Traders are buying up supply and coffee contracts, assuming that prices will continue to increase. This becomes a self-fulfilling prophecy, as fewer supply and contracts are available. Like many other commodities (oil, sugar, cacao, for example), coffee is at a 14-year high.

Why is Fair Trade More Important than Ever?

It’s true that coffee farmers are benefiting from higher prices. While we spend much of our time—likely too much—talking about the benefits of higher prices, much of the success and value of the Fair Trade movement is in the “infrastructure” we have built: primarily farmer co-operatives. These organizations serve to protect the farmers when prices are down, and grant farmers direct access to markets when they would otherwise be forced to rely on brokers and middlemen who have historically exploited farmers’ isolation and lack of access to markets.

When the commodity market is high, small farmers can be tempted to sell to middlemen for immediate cash, rather than wait to receive a higher price through their co-op at a later date. The cumulative effect of many individual farmers making this decision is that coffee starts to “leak” outside the co-operative fair trade system. Farmer co-operatives lose members and supply, and have a hard time meeting their obligations to partners like Equal Exchange. In the past, middlemen have offered artificially high prices to farmers in order to “break” the co-ops (like busting a union) leaving the farmers in a much weaker position in the future—a “divide and conquer” approach.

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This Year’s Crop



photo by Carly Chelder

Gathering outside our Mt. Airy store are Weavers Way Farmers (l to r): Sarah Turkus, Mort Brooks Farm apprentice; Molly Devinney, Henry Got Crops! CSA apprentice; Clare Hyre, Henry Got Crops! Farm Educator; Katie Brownell, WWCP Farm Education apprentice; Kestrel Plump, WWCP Education Coordinator; and Nicole Sugerman, Mort Brooks Farm manager. Not present was Nina Berryman, Henry Got Crops! CSA farm manager.

Fundraiser, U-Pick at Saul CSA

by Nina Berryman, Henry Got Crops! CSA Farm Manager

THE HENRY Got Crops! CSA had its first fundraiser on March 20 to raise money for discounted CSA shares, in an effort to make the cost of membership more accessible. We hope the event will become an annual undertaking, to ensure continuous support for reduced-price shares. I was truly touched by the immense amount of hard work everyone put into organizing the event.

In starting a CSA, this is the type of community effort I hoped a farm would inspire: an invested group of community members rallying together to stand behind the mission of a farm. A dedicated crew of shareholders from 2010 started planning the event back in December and put an astounding amount of volunteer time into organizing the event.

We held a silent auction at the Unitarian Society of Germantown, with over 80 donated items from local businesses. Local musicians donated their time to

provide entertainment during the silent bidding. Students from Saul High School, where the farm is located, volunteered their time during the event to keep everything running smoothly, from refilling refreshments to helping with childcare. Thank you to all the businesses that donated items, food and drink, and everyone who came and participated on the day of the event!

Henry Got Crops offers You-Pick for shareholders during the height of the season. You-Pick is a fun way for the whole family to be connected to your food, with a deeper understanding of exactly where your food comes from and how it grows. Join fellow share members in the field to select your own specified quantity of flowers, herbs and cherry tomatoes. You-Pick is part of the 2011 CSA membership, and is only available at the Henry Got Crops! farm on Henry Ave. for shareholders, during specified share pick-up hours.

Paying It Forward at Stenton Family Manor

by Rachel Milenbach, WWCP Executive Director

ON ONE of the first April days that actually felt like spring, Philadelphia Leadership group Junto 5 descended on the Hope Garden at Stenton Family Manor for a day of demolition and infrastructure improvements as part of their Philadelphia Pay It Forward project. It wasn’t exactly a spontaneous act as portrayed in the popular movie and book by Catherine Ryan Hyde, *Pay It Forward*. This workday took a few months of planning and a couple of visits to the garden, mostly in very cold and wet snow.

Leadership Philadelphia’s Pay It Forward program was developed to encourage spontaneous good deeds. Their mission is to “mobilize and connect the talent of the private sector to serve the community.” Fortunately for WWCP, Junto 5 chose the Hope Garden for its 2011 project.

We chose a combination of projects that would benefit both the Hope Garden and Stenton Family Manor. Demolition included taking down five pieces of old rusty playground equipment that were adjacent to the garden. Getting rid of these eyesores will not only prevent injuries to kids, but will also allow us to till an additional plot of land, creating a U-shaped garden. Demolition was headed by Mike and Mark and involved brute strength, intellect, a SawZall, every blade we had with us, teamwork, and a lot of laughter.

Construction included building a base for a beautiful new shed that was to be delivered a few days later. Infrastructure improvements were many: fixing one of the garden gates; weeding and designing a small ornamental garden; picking up a lot of trash; and clearing a messy area and cutting the wood to create two nice piles of logs for the next cooking adventures in the Cob Oven. We ended the day by putting up a new Stenton Family Manor sign in front of the shelter front (see photo on page 2).

Katherine Gajewski from the Mayor’s

Office of Sustainability came out for a few hours, and, with two friends, repaired our composting structures, which were probably dismantled by kids wanting to build a fort with the pallets. And Farm Educator Kestrel Plump’s mom Joan came to visit for the first time, helping to pick up new pallets from Wyndmoor Hardware and weeding the strawberries.

Throughout the nine-hour day, a dozen kids hung out with us, playing basketball, blowing bubbles, sharing our food, and playing in the dirt. After watching a group of kids ranging in age from 5 to 10 spend the entire day digging worms in the garden and moving them to the raised beds, and then building dirt castles for them, we decided that the waist-high raised beds, built and donated by Washington D.C artist J.J. McCracken as part of Hunger Philadelphia, are best used as a dirt and worm station. Anyone who ever said kids don’t have any attention span or that playing in dirt isn’t therapeutic and creative hasn’t met this crew. It also speaks volumes for the need for urban gardens and outdoor play as a fundamental (and often missing) part of normal child development.

In addition to contributing demolition and construction skills and hard work, each member of the Junto 5 Pay It Forward group also made generous cash donations to the Hope Garden. If you are inspired by the Hope Garden, Philadelphia Pay It Forward, or the fact that little kids can still be happy building worm castles in the dirt, please consider making a donation to WWCP. Our goal is to match the amount raised by Junto 5 (\$2,550) for farm education activities this summer. Your tax-deductible donation can be mailed to WWCP, 559 Carpenter Lane, Philadelphia, PA 19119. Or go to www.weaversway.coop, click on “Weavers Way Community Programs,” and then “Give to WWCP.”





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Happy May Day from the Farm!

by Nicole Sugerman, Mort Brooks Farm Manager

MAY 1 is a significant day for farm-related holidays. Since pre-Christian times, May 1 has been associated with celebrating the harvest, soil fertility, and feasting. These holidays have included Mayday, Beltane, and Walpurgis Night. Revelers enjoy traditions including the maypole, Morris dancing, and celebrations to mark the beginning of a new growing season.

Although it may seem unrelated, May 1 is also known as International Workers Day. Commemorating both the anniversary of the Haymarket affair in Chicago in 1886 and the implementation of the eight-hour workday, this labor holiday is marked by rallies, marches, and events celebrating advances in workers' rights while pushing for further progress.

In an effort to celebrate both bountiful harvests and support fair labor, I try to merge the two by commemorating projects I know of that fight for fair labor in farming and food work. The Coalition of Immokalee Workers, for instance, is a Florida-based coalition of farmworkers and allies who lobby major food chains to sign on to a "fair food pledge" that calls for, among other things, greater transparency and small increases in the per-bushel price the chains pay for their tomatoes, sending these increases directly to the farmers to compensate for decades-long wage stagnation. To learn about their current campaigns, visit them on the internet at www.ciw-online.org.

Another exciting farmworker-rights project is the Domestic Fair Trade Association, a growing movement to brand products produced under just working conditions for farmers and farmworkers in the United States, similar to the way the

Fair Trade label signifies fairly made commodities produced abroad. Learn more at www.thedfta.org.

Holidays aside, May Day kicks off a busy month at the Weavers Way Farms. At the site I manage, the Mort Brooks Memorial Farm, May marks the start of our season-long farmers markets. I am excited and reinvigorated to see several months of labor finally come to fruition (literally!). Come say hello to us and pick up some freshly-harvested produce at Headhouse Farmers Market, Second and Lombard Sts., every Sunday from 10 a.m. to 2 p.m. starting the first weekend in May, and at the Mt. Airy Farmers Market, on Tuesdays from 4 to 7 p.m. starting mid-May. We will be selling the first of our field crops: cooking greens, radishes, turnips, bok choy, and cut baby greens. Look for them in the stores as well!

May is also an exciting month because our Community Supported Agriculture (CSA) program kicks off at the Henry Got Crops! farm at Saul High School. Beginning its third season, the CSA offers shareholders 26 weeks of fresh, seasonal, micro-locally grown vegetables for a single sum at the beginning of the season. The mutually beneficial CSA agreement rewards shareholders by sharing the harvest of bumper crops to optimally offer a better value than they would receive at a supermarket or farmers market, while ensuring farmers a built-in market for their vegetables and money for start-up costs when they most need it, before any money is coming in from vegetable sales. For more information on our CSA, e-mail henrygotcrops@gmail.com.

EPA, PHS Sponsor Volunteer Event at Awbury Arboretum

by Beth Miner, Awbury Arboretum



photo by Ellie Seif

A fraction of the more than 100 participants at the Awbury Arboretum volunteer event gather before getting down to work. The event was held in conjunction with the Mayor's Philly Spring Clean-Up, and was sponsored by Awbury Arboretum, Weavers Way, the Pennsylvania Horticultural Society and the EPA's Brownfields 2011 Conference.

MORE THAN a hundred volunteers gathered at Awbury Arboretum on a bright and breezy Sunday, April 3, to participate in a Spring Volunteer Clean-Up. Held in conjunction with the EPA's Brownfields 2011 conference and the Mayor's Philly Spring Clean-Up, the event brought together conference attendees and members of the community to beautify and clean up Awbury Arboretum, one of Northwest Philadelphia's hidden treasures. Among the projects tackled by the volunteers were a pond and stream clean-up, clearing invasive plants, like devil's walking stick, from a storm-water management area, and working with Pennsylvania Horticultural Society (PHS) and Weavers Way Co-op Farm to plant onions, strawberries and other crops.

"With the support of both the city and PHS, as well as onsite partners including Tookany/Tacony-Frankford Watershed Partnership, the PHS City Harvest Program, Weavers Way Co-op, and our EPA volunteers, many hands made light work

of a daunting task this weekend," said Awbury Arboretum executive director Karen Anderson. "This was an extraordinary example of how strong local leadership, technical support and community-based stewardship can make a difference in the lives of Philadelphians."

Awbury Arboretum's plans for the future include more partnership events, as well as the establishment of a regular corps of volunteers to help with the Arboretum's ongoing improvements. Those interested in becoming involved are encouraged to contact the Arboretum at awbury@awbury.org or 215-849-2855, ext. 25.

Awbury Arboretum is a non-profit 55-acre public cultural landscape located in the Germantown section of Philadelphia. In addition to hosting Weavers Way's Mort Brooks Memorial Farm, the arboretum offers service-learning and volunteer opportunities, and is the home of the Awbury Community Garden, a 60-plot community garden, one of the oldest and largest community gardens in Philadelphia.



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Manager's Corner

Weavers Way Farm Education at Saul

by Glenn Bergman, Weavers Way General Manager

A FEW years ago, Nina Berryman and Nicole Sugarman were farm interns at Awbury. Near the end of the season, we all realized we wanted Nina and Nicole to stay on, but how? They both came up with the idea of setting up a CSA (Community Supported Agriculture) program in conjunction with the Saul School on the Fairmont Park side of Henry Ave. I made it clear that WW would provide administrative support and some labor cost support, but that the CSA had to show promise within almost the first year or two.

It was a lot of work for them to set this up with the students and the faculty at Saul, and for us to convince the Fairmont Park administrative staff that this was going to be a great joint partnership. It actually did not take too much convincing. The city was very supportive and provided the three acres of land on their property line for the project. The teachers and the admin staff at Saul were great too. We promised this would be a program that would provide a field of ground with fresh vegetables raised in an urban area using organic methods that could be a training lab for the students. We promised this program would not come and go, leaving the teachers to clean up the fields, and that we, Weavers Way, would find the funds to augment the program with student education.

In the first year, Nina and Nicole (N&N) sold 50 shares in a very short time.

In 2010, they sold 80 shares (actually over 100 when you include the half shares). This year, Nicole has moved back over to Awbury to run that farm and Nina has remained on at Saul. The urban farm education program at Awbury is run by WW Community Programs; you will read more about that program each month in articles about what is going on there. The farm education program at Saul is not funded by WW Community Programs and needs to raise funds each year in order to have a part time farm educator present to help coordinate the farm education portion of the farming program at Saul. We need to raise over \$15,000 per year (of course, more would be better).

Here is what Saul and the students get with the WW program:

- A farm fully planted and paid for by the proceeds from the CSA shares sold in the area.
- A farmer on site throughout the summer months (when many people are gone) who maintains the farm from March – November.
- Summer jobs for students to work on the farm.
- Shares at reduced costs for some families from proceeds from other fundraisers.
- A knowledgeable urban farmer, not on staff, but available to the teachers.

- Additional joint partnerships with other funders related to farm and urban ag management.
- The need for the farm educator is critical for the Saul program. We have the CSA to pay for the farm expenses, and we have a great reputation as a partner with the school and Fairmount Park. What we need now is about \$20,000 each year to pay for the farm educator to allow for a really dynamic program with the students and the farm.

Nina is meeting with a group of members who are working on looking for funding for this program. It is not a great amount, but it is an important aspect of the WW program at Saul. If you are interested in giving to this program let me know (gbergman@weaversway.coop). If you would like to have a fundraiser at the farm that you can invite guests to attend we would love to host you.

The important outcome of this program is to show students who have expressed an interest in ag sciences how a small farm is viable in their own community. In a few years, these students will

be in positions to work, own a farm, or set policy for cities like ours. It's certainly possible that all of the empty lots will be farmed for food in a few years and these students will have spearheaded the effort.


If you would like a tour of the farm at Saul, more information, etc., please feel free to call on me at any time. 215-843-2350 x131. (I promised Nina we would not bother her too much during the growing season).

P.S. \$20,000 is really not that much for what comes out of the program.



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What Are Board Members Thinking?

The Rise and Fall of the Berkeley Co-op

Lessons in Cooperative History and Principles

by Margaret Lenzi, Vice-President, WW Board of Directors

In this column, Margaret Lenzi shares her individual thoughts and ideas and is not speaking on behalf of the Board

IF WE don't learn from our history, we're doomed to repeat it. Everyone has heard the saying.

Taking these words to task, the WW Board recently took a trip back in American cooperative history to learn about the biggest Co-op in America and why it failed. We read a few articles from a book titled *What Happened to the Berkeley Co-op? A Collection of Opinions*. I would highly recommend this book to anyone who wants to know what a Co-op should not do if it wants to survive.

The Consumers Cooperative of Berkeley (CCB) was once the largest retail food Co-ops in the United States. Founded in 1937, CCB grew and diversified into many areas such as a hardware store, gas stations, housing projects, bookstore, credit union, travel agency, pharmacies, a wilderness supply outlet, bottle shops, a garden nursery, and one of the first natural foods stores using a supermarket format. At its peak, CCB ran twelve supermarket stores, its sales volume reached \$83.6 million, and membership included over 102,000 residents.

So why did the Berkeley Co-op close its doors forever in 1988? There were a number of reasons why the Berkeley Co-op failed but let me name a few: rapid expansion, political strife at the Board level, changing demographics, and inability to control labor costs. But any business

could fail for these reasons and many do each year.

Most instructive to me was learning about what mistakes CCB made specifically as a Co-op. As Robert Schildgen persuasively argues in his article, the underlying cause of CCB's demise was its neglect of cooperative principles. Focusing on two principles of cooperative democracy and education, we can see how the Berkeley Co-op went astray and what a modern day cooperative like WW can learn from this experience.

The Rochdale Principles are a set of ideals for the operation of cooperatives. A key Rochdale principle is democracy, with members having open and active participation in setting policies and making decisions. However, the decisions that led to the CCB's collapse were anything but open and participatory.

The first decision was in 1962 when the board voted in secret to purchase five stores from the failing Sid's chain. Although the number of new members rose, member participation decreased, with a smaller percentage of members voting in elections and running for the board.

In 1974, there was a decision to purchase three stores in Oakland. Although the members expressed serious objections, their opinions were not taken into consideration and there was too little dis-

cussion of the issues.

What was increasingly lacking in these decisions was a democratic decision-making process that involves participation and communication on many levels. As Schlighen saw it, the CCB was "...no longer a vital democratic social organization with the high level of member participation it once enjoyed. Democratic in name only, in practice it had come under the control of management and a leadership elected from an increasingly diminishing number of candidates by an increasingly smaller fraction of membership." (*What Happened to the Berkeley Co-op*, pages 39-40).

Compounding the situation was CCB's decreasing use of education. The fifth of the Rochdale Principles states that co-operative societies must provide education and training to their members, elected representatives, managers and employees so that they can effectively contribute to the development of their cooperatives.

CCB once had a very broad-based educational program. It had education assistants in each of its stores. These employees coordinated various member activities, staffed education booths, explained the Co-op to prospective members, and generally provided a link between the Co-op and the community. However, when hard

financial times hit, the education assistants were all laid off and the personal contact that gave continuity to members' involvement ended. Organized education classes and study groups in cooperation were rare.

So there was a vicious cycle at CCB: decreased education led to decreased participation that in turn led to a lessening of democracy. With the mounting losses from declining sales and some other questionable business decisions, it was not long until CCB closed all of its doors in 1988.

Although WW is certainly not as large as CCB and exists in a different time and place, it nonetheless is a co-operative that is guided by the international cooperative principles of democracy and education. What lessons can we at WW gain from the Berkeley Co-op experience?

First and foremost, democracy and education are inextricably linked. Democracy is not just a vote. According to the late historian and activist Howard Zinn, democracy is a series of actions and a participatory process. In fact, the cooperative principle of democracy does not equate democracy with a vote, but rather defines it as what happens before and after a vote. And a lot of what happens is education.

(continued on page 24)

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Elise Rivers, M.Ac.

Chestnut Hill Update

by Kim Spelman-Hall, Chestnut Hill Store Manager

THIS MONTH our Chestnut Hill location will be having its one-year anniversary. Yippee! And, boy, what a year it has been. Remember the good times of our registers going down that first day? That was fun. Thankfully you all came back, and then some.

In celebration of our success we have some great things going on in May. The Co-op will be bringing back the ever-popular Member Appreciation Week, May 15 - 21, which was a huge hit this past January. On the last day the Co-op will have our first annual Weaver’s Way Fresh & Local Fair. We will be featuring only local farmers and local vendors that make the Co-op a unique place.

Part of our Product Philosophy Statement includes “We buy products which are locally and/or regionally produced and which support the local economy.” Thankfully, more and more people are embracing this concept and “local” is becoming a real buzzword. For many of us this is something we have been aware of for many years and something the Co-op has long supported. What is Weavers Way’s definition of “local”?

- Locally grown - 150 miles.
- Locally made and/or processed - 50 miles
- Regionally grown, made, or processed - 300 miles

Mileage parameters and local economy is one thing, but there are so many other reasons that supporting local is important. Health and nutrition, environmental stewardship, support for family farms and rural communities, and ensuring animal welfare are all benefited by your support. To read more in depth on these topics check out www.sustainabletable.org/issues/whybuylocal/.

Fresh and Local Fair

On May 21 from noon – 4 p.m. we will be having our first Weavers Way Fresh & Local Fair. Starring at both our Chestnut Hill and Mt. Airy locations will be our very own farms (for more info visit our website www.weaversway.coop and check out the “Our Farms” section). Chestnut Hill will also be sampling food and products from Weavers Way Prepared Foods, John & Kira’s Chocolates, Blue Moon Acres greens, Capogiro Gelato, Crazy About Hummus, Schmoogy’s baked goods, Moshes’, Copa Soaps and more. Mt. Airy will have a large plant sale and will be grilling some yummy food. Please check out both locations to enjoy some great food and local music!

To learn more about local farms and vendors in the Philadelphia area check out www.buylocalpa.org/philadelphia.

Water, Water Everywhere, All of It at Risk

by Benjamin Kessler, Weavers Way Co-op Staffer


How MUCH water do you consume in one day? Now are you sure the water you’re drinking is safe, or do you assume it is? If your everyday drinking water became contaminated with hazardous chemicals, would you feel that a fundamental right of yours is being violated?

The fact is, many Pennsylvanians are experiencing incidents that jeopardize their drinking water. For instance, the town of Dimock in northern Pennsylvania is currently undergoing a natural gas rush. The town has more than 60 gas sites and is experiencing incidents that jeopardize their public water. Last year, Pennsylvania’s Department of Environmental Protection fined Cabot Oil and Gas \$360,000 for contaminating Dimock’s groundwater and failing to fix the leaks that caused the problem. Natural gas companies extract gas through a process known as hydraulic fracturing, or “fracking,” which exposes hazardous chemicals to public drinking water and can cause serious health risks downstream. In addition, the Environmental Protection Agency recently uncovered oil and gas companies injecting 32 million gallons of diesel fluid in hydraulic fracturing operations without government approval.

With the industry cloaked in secrecy, how can we be certain that the water in our glass is safe to drink?

It’s a no-brainer that humans need water to survive, and only one percent of the world’s water can be used for human consumption. Nevertheless, the problem is that the industry is not violating regulations; it’s that the regulations are so loose that even operating legally is dangerous. With the booming growth of gas drilling operations, the likelihood that we will see many more cases of contaminated drinking water is a scary reality that can impact all Pennsylvanians.

To prevent gas companies from contaminating drinking water, the public must become more aware and involved. If the public is staring in a different direction, water will continue to be contaminated. Without a doubt, the environment requires commitment and participation. In order to ensure the quality of water is protected the public has to become irrevocably involved because it’s our responsibility to harvest our resources for the following generations. Pay attention, Philadelphia!



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American Wasteland: How America Wastes Nearly Half of Its Food

by Betsy Teutsch

JONATHAN BLOOM'S *American Wasteland* is an engaging book on a topic that is finally garnering some much-deserved attention: food waste. I've wanted to learn more about the back-story from field to my refrigerator, at which point waste is my personal responsibility, and Bloom is the perfect tour guide. Because of the declining cost of food relative to American incomes, food has become devalued. Hence food waste is no longer considered sinful or just plain stupid, but rather a solution to what to do with our excess.

Be warned, despite Bloom's droll wit, amusing anecdotes, and endearing asides, his story is not pretty. From production to plate, Americans waste almost half of our food supply. He takes us through our country's food system, from farm to restaurant or supermarket, and ultimately into the home of the consumer. Us. Much is wasted at each juncture, until in the end, we toss perfectly good food for reasons that might make sense at the time, but when analyzed, seem entirely avoidable.

Industrial farming is a high risk, low profit margin business. Imperfect produce is increasingly rejected by marketers in an attempt to match the elegant abundance of Whole Foods. The upscaling of expectation results in vast quantities of perfectly edible harvested food going straight to dumpsters. Some farms plow crops under rather than investing in harvesting them if they are subpar. Or sometimes, the migrant labor we depend on for harvesting is simply not available, and the crops rot.

Because such a large volume of our produce is grown in ginormous farms in Watsonville, California, it is hard to find enough local demand for so much food. Factory rejects overwhelm the local food recovery non-profits. While a small percentage is composted, most processing mistakes are junked. Produce is too perishable to be sold as factory seconds, and brand-consciousness would preclude

companies from allowing "flawed" merchandise to be marketed, anyway. Bloom emphasizes that these flaws have nothing to do with food quality, just with appearance. Sad indeed.

Bloom is a storyteller at heart, and working undercover in a supermarket produce section provided him with vivid insider observations. I cheered for the subversive produce pro who, offended by instructions to toss perfectly good tomatoes, sorted the perfect from the imperfect, combining two dumpster-destined clamshell boxfuls into one attractive batch. Thus he only threw out bruised vegetables. If a supervisor knew, that employee could have been in big trouble, even though common sense would suggest that it's good for the grocery store to sell more, right? The saddest of Bloom's observations is how even he, a crusader against wanton food waste, eventually stopped perceiving the imperfect produce they threw out as food. Throwing it away became normal.

Supermarket food is marked with dates. If the Sell By date is approaching, some stores toss it before. These dates might also say "Best By" or "Eat By," which is thoroughly confusing. No one knows what the hell these mean. Most consumers imagine something dangerous will happen if they don't abide by these somewhat arbitrary dates. So food is discarded rather than upsetting the customers, even though its quality is still fine. No discounting of such product at chain groceries—same concern with degrading brand quality. And no letting employees take it. Nope, to the dumpster it goes.

Next time you eat in a chain restaurant you might want to repress Bloom's reporting, since it's mighty depressing.

Eating establishments throw out immense amounts of prepared foods each night. Some restaurants discard food more frequently than that. The worst wasters are buffet spreads because their business model is based on extensive choice available the entire time the restaurant is open for business. Employees are not allowed to eat the leftovers, nor are customers allowed to take theirs home. Smaller locally-owned restaurants are more food frugal, often using leftover prepared foods in new, creative ways, just like home cooks. Waste, after all, represents the bottom line, and well-run restaurants attempt to minimize the amount of money they throw away.

Happily, Weavers Way, gets exemplary marks for minimizing food waste. We sell or give away food with expiration dates close at hand. We have a discount produce bin which shoppers check out, inspiration for many a soup or banana bread, I'm sure. Kim Spellman-Hall, our Chestnut Hill manager, outlines our protocols:

Items are marked down as they get close to the expiration date—bakery, dairy, meat, seafood, and prepared foods.

Produce items are used in our prepared soups and salads.

If the kitchen can't use some of the produce items, we donate to several food banks, which pick up seven days a week.

Damaged items and unsold marked-down expired items also go to food banks.

We compost all produce trimmings and rotten items and have a service that picks up animal fat from our meat department.

The only items that get pitched are moldy things that can't be composted. We even have someone who will pick these up for their pig.

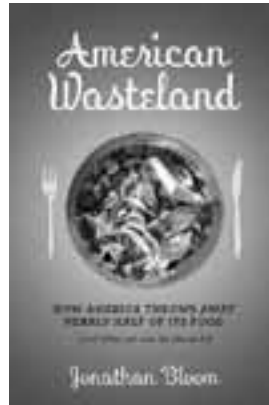
The food banks are so appreciative so it's a win-win for everyone!

This nearly zero-waste policy is something for Weavers Way shoppers to take great pride and comfort in, knowing that our co-op values food and makes every possible effort to avoid destroying it. I am thrilled to learn of this virtue-added benefit of membership.

One of the chief take-aways from Annie Leonard's *The Story of Stuff* is how much waste occurs in the supply chain, something about which the end consumer is entirely (and blissfully) oblivious. Jonathan Bloom does a great job of spotlighting the food chain. He includes a lot of data, but it's his stories that will stick with you.

This is one part of a three-part review. Bloom also lays out encouraging examples of waste reduction and food recovery, which I will feature in Part II. The third installment will focus on our home-based waste along with strategies for avoiding all the accumulation with which we are all intimately familiar. Send me *your* stories!

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Bob Noble

(continued from page 1)

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Today, despite the much wider availability of organic food products, our member-owners continue to turn to Weavers Way in ever greater numbers as a trusted source of locally and ethically grown healthy food.

Approximately 30% of our sales come from local suppliers within 100 miles of Philadelphia.

Twelve years ago, a small group of our members came to the Board and asked for support to start a co-op vegetable garden. We leased some land from a local arboretum, purchased some equipment, and started planting. This project has expanded over the years. Now we have two urban farmers on staff. The vegetables are sold in our stores, to local restaurants, and at farmers markets. Our annual urban farm revenues now exceed \$50,000, which puts us in the top 22% of all U.S. farms.

Our co-op also partners with Saul Agricultural High School, the nation's largest. Together we run a Community Supported Agricultural program, or CSA. Students work with Co-op staff and volunteers to grow healthy vegetables for neighborhood

residents who purchase shares at the beginning of each growing season.

About the same time as our urban farming efforts began, we engaged faculty, staff, parents, and students at a public middle school across the street from our original store. We initiated a student-run mini-coop called Marketplace. Students sell healthy snacks to others at their school. In the process, they learn social, math, and business skills, as well as co-operative principles and values, like self-help, democracy, honesty, and social responsibility.

As word of the success of our student Marketplace program spread, we were approached by other schools.

In 2007 we established a non-profit to help meet the demand for our growing community programs.

Today our Marketplace program is active in nine local schools, we conduct farm education for several thousand children and adults each year, and we have partnered with the largest city homeless shelter to grow food on site for their kitchen.

Studies have shown that there is a di-

rect correlation between access to healthy food and healthy eating. Adults with access to healthy food have lower rates of obesity and other dietary-related health problems.

Weavers Way and other food co-ops are helping to make healthy food available. We go where other stores will not. For example, four years ago a local Community Development Corporation asked Weavers Way if we could operate a small grocery store that had closed in their neighborhood which had low access to healthy food. A few months later we renovated and opened this store as an experiment. This store is not yet successful. But our sales have increased each year as we continue to adjust and adapt to our customers' needs and as our membership in this neighborhood has grown.

If we can achieve viability, we hope to use this small member-owned corner store model as a means for replication to other underserved areas in our city.

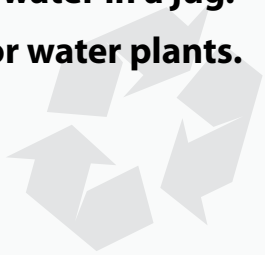
I believe Weavers Way enriches my community not because we have generous hearts or like to do good deeds, I believe Weavers Way enriches my community because it is a co-op—because it exists to meet the needs and aspirations of its members rather than to maximize return for investors.

This orientation to member and community needs is the greatest advantage for the cooperative business model. But this greatest advantage is, at the same time, a disadvantage in that it tends to make access to capital more difficult than for non-cooperative enterprises.

I believe the public will be greatly served by federal policy to support cooperative development through increased access to capital, technical assistance, and other means.

ECO TIP

When running water for a hot shower, capture the cold water in a jug. Save for water plants.



Recycling

(continued from page 1)

store staff person to unlock it for you. Egg cartons should be left inside on the left, under the front window.

Brita water filters are not recycled by the City of Philadelphia, so we want to give the community the opportunity to recycle these popular filters. Please bring dried out water filters to the Weavers Way Mt. Airy store. See a second floor staff person, who will know where the used filters go.

The collected water filters will be mailed en-mass to a recycling facility in New York state, and will be used to make new Preserve tooth brush and razor handles. A donation of \$1 for each filter is suggested, but not required, to cover postage costs. Any overage collected will go into the Environment Committee's recycling fund, which makes grants to local community environmental and beautification projects.

Both of these pilot projects depend on your cooperation and the good help of Weavers Way staff members, for which we are very grateful.

Thanks for recycling!

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Paradise Organics

(continued from page 2)

organic farmer is guided by deep spiritual and moral principles. Chris and his wife Esther began growing vegetables without chemicals in the 1970s, as they realized just how poisonous those chemicals are. “[Farmers] had fallen far from what our Creator intended,” says Chris, describing his early determination to grow food in a manner that would be healthy for people and for the earth.

In 1980, they bought their small farm in Paradise, just east of Lancaster, and began to grow crops under organic standards. After three years, they began to

identify their produce as organic, though there was not yet a certifying agency. In 1985, a group of organic farmers, including Chris, formed a Pennsylvania chapter of the Organic Crop Improvement Association. The chapter performed certification services for its members for about 15 years. In 1997, Chris and other members incorporated as Pennsylvania Certified Organic—which is now the primary certifying agency for the region.

Now at Paradise Organics, Chris and Esther’s daughter, Sarah, handles ordering, and Isaac takes on more farm responsibilities and decision-making every year. This means that our Weavers Way stores, and the communities that rely on them, will be enjoying the best available fresh, organic, sustainably-grown produce for years to come.

Chester Co-op

(continued from page 1)

But Johnson seized on the idea and conducted months of research on different co-op models, trying to find one that made sense for the Chester community. A steering committee was formed in 2006 and the group conducted a feasibility study, then developed a business plan and began community orientation.

That outreach included consulting with the leadership of Weavers Way, according to Bob Noble, a Weavers Way board member and a consultant for cooperative development. “They’re in an extremely difficult situation, with no supermarket in Chester in (many) years. So to do it on a cooperative basis is very exciting.”

A bigger step came in March 2007, when the group started its first outdoor market. “We were outside in tents, for the whole summer and part of the fall.” In November of that year a community member offered retail space, and the market moved to its first temporary home.

Four years later, the venture is a fully

operating cooperative with 250 household members, and a permanent home at 512 Avenue of the States in Chester. The grand opening on the weekend of March 12-13 brought out members, others in the community, bands, clowns, and even the Chester mayor, Wendell Butler.

The Co-op’s model mirrors the old Weavers Way model: members are required to work in the store. This could be a challenge in a community that is not accustomed to the cooperative concept.

But Noble thinks it could very well prove to be the best model for Chester: “To keep prices low, and overhead low, in a relatively low-income area, this might be a way to go for low-income areas, and prices are more important than for more affluent communities. So it’s an attractive model.”

Obviously, the opening is a milestone for Tina Johnson. But she is well aware there is much more to come. “That is gratifying. But this is an acknowledgement of the continuous work that has to go on,” Johnson says. “The building is one thing, but it’s our members who make the co-op what it is. That process is still ongoing. Yes, I’m very happy we’re in a new space. But I’m very much aware of the fact that the work has just begun.”

Member Party a Big Hit!



photos by Glenn Bergman

Weavers Way Members Party on Friday, April 15 at St. Paul’s Episcopal Church was a smashing success! Over 150 members attended the dinner sponsored by the Weavers Way Membership Committee. Members enjoyed lasagna and salad prepared by Weavers Way Chestnut Hill prepared foods staff and dessert from the Night Kitchen Bakery. Musical entertainment was provided by staffer Walt Bader and a Weavers Way member band comprised of Grant Fox, Berdine Whedon, and Richard Redding. Thanks to our hard-working members, set-up and break-down for the party was a breeze. Let’s hear it for good food and good friends!



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Stop! Don't Kill That Bug!

..While You're At It, Give It Some Native Plants to Eat

by Sandra Folzer, Environment Committee

MANY PEOPLE take pride in killing bugs, using insecticides freely as though it were a virtuous act. They remind me of the folks who cut down our primal forests thinking it was their duty to conquer Nature.

Of the 4 million species of insects, less than one percent are considered negative in some way. The remaining 99 percent pollinate our plants, return nutrients to the soil from dead plants and animals, keep other insects in check, and aerate and enrich the soil. In short, we need bugs more than they need us. In fact, our lives depend upon their important work. Herbaceous insects make up 37 percent of our animal species. They convert plant tissue into insect tissue, which directly or indirectly feeds almost all animals. While mature birds may eat berries and seeds, 96 percent feed their young an exclusive diet of insects. So without the insects, we wouldn't have birds.

I wonder how many people who love

birds and set out bird feeders in the winter recognize that they may be contributing to their demise by planting beautiful ornamental, non-native plants in their yards. Most of us have no idea why planting native plants is critical to the survival of birds and other animals. Let's take butterfly bushes as an example. People, like myself, planted them because they attract butterflies. True. The adult butterfly can drink nectar from the flowers. However, the butterfly larvae cannot eat the butterfly bushes' leaves and will starve if no native plants are around. If you want to attract butterflies, plant native plants, like milkweed (the only food of Monarch butterflies), coneflowers, black-eyed Susans, Buttonbush, Joe-Pye weed, and black cherries.

No two plants have the same leaf chemistry. Insects have evolved to eat specific leaves and avoid others. Leaves may even be toxic to insects who have not

developed the enzymes to digest them. About 90 percent of insects are specialists, eating only a particular plant. The other 10 percent generalist insects prefer native plants such as goldenrod and ragweed.

More and more land is being eviscerated as new developments tear out the native plants and replace them with sterile lawns and ornamental "aliens" (non-natives). These aliens do not support life, for the insects in our region cannot eat them, so the population of insects decreases and with them, the birds. I never realized that it was good to see a plant being eaten by insects. That means that plant can support life. Birds are then attracted to the plant and eat the insects so the plant is then protected. In effect, we have to learn to live alongside insects and other forms of life to reap the full benefit of Nature.

Alien plants cause problems because they have no natural enemies and eventually become invasive. Multiflora roses were imported to feed wildlife, I am told. Now, they are taking over the hillsides of much farmland and supplanting native plants. We lose the diversity of our plants and insects and animals when a few plants become dominant. Along the Wissahickon, Japanese knotweed has replaced many native flowers and plants. And it is nearly impossible to stop its delirious spread. Upstate, there is a small patch of knotweed that my neighbor unknowingly planted many years ago. I have been

fighting it for years.

My solution has been to cover the plant with old rugs to smother it after I weed what I can. I think I'm winning, but I can't let my guard down or it will spread over many acres very rapidly.

Our American Chestnut was wiped out by alien bugs that were imported on beautiful alien ornamentals. Some say it is impossible to import alien plants without importing diseases. Regulations do no good because the plants being imported don't look sick, so the bugs go unnoticed. Japanese beetles made their way into our country in this way. What compounds their presence is that the larvae develop on grass roots, so our pristine lawns are the perfect incubators for Japanese beetles.

Like alien plants, alien insects have no natural enemies, so they become prolific. It has taken thousands of years for Nature to create the balance of native plants and insects. When we introduce new species, the diverse balance we had is upset and the new alien plants begin to dominate, cutting off the food supply for insects and birds and other animals. Thus far 50,000 alien species of plants and animals have invaded North America. No wonder our native species are being crowded out.

In the Everglades, for example, the paperbark tea tree was introduced from Australia in 1906. It has nearly totally

(continued on page 20)



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The Neighborhood Gardener

May Garden Notes

by Mark Goodman

COMBINATIONS. The April 2011 edition of *Fine Gardening* magazine had an informative article on using combinations of plants for a striking visual effect. You may have seen, in March and April, one of Spring's great color combinations—yellow daffodils and Virginia bluebells (mer-tensia). Here are some more interesting combos that you can try in your garden.

If you like clematis but have nowhere for it to climb, try planting it right next to your climbing rose bush. The purple blooming jackmanii clematis blooms later than most traditional climbing roses, so when the roses stop blooming, the clematis, which has wound around the rose branches, takes over. In late fall, you can just cut back the clematis vine.

Does your spreading red lace-leaf Japanese maple tree look a little bare at the base? Are you concerned that to plant something there will detract from the Japanese maple's beauty? Try ophiopogon, or black mondo grass. It's noticeable but unobtrusive, and if it gets enough sun, it will bear small pink flowers.

In the vegetable garden, you can use the old Indian strategy of climbing pole beans up the corn stalks. Bingo! Instant succotash. The trick here is to wait until the cornstalks are about two feet high, and

then plant the beans, which will grow very quickly in summer heat.

You can also combine vegetables or flowers with herbs, for both appearance and some insect repellence. For example, plant some basil near your tomatoes. Then, when you pick the tomatoes, you can snap some basil at the same time. Try one of the ornamental basil—small leaf, purple, or bluish—for a more ornamental display.

There is a whole system of organic gardening, Bio-Dynamics, developed by Rudolph Steiner, that emphasizes companion planting. You can research each plant's likes and dislikes as you plan your garden. It can get a little tricky at times, kind of like planning a seating arrangement at a wedding dinner. But it's also fun as you learn the likes—and dislikes—of plants.

One good, simple rule for combinations in the vegetable garden is to plant

leafy crops, such as lettuce or other greens, next to root crops, such as carrots or radishes. This allows each type of plant to draw its own nutrients from the soil without robbing its neighbor.

Deer-proof plants.

Deer have their place, but not in our gardens, nibbling at the fruits—and vegetables—of our labor. One way to keep Bambi's family out of your yard is to grow flowers that they don't like to eat. We see more daffodils than tulips in Northwest Philadelphia because deer (and rabbits) eat tulips but not daffodils. Other perennials that deer will leave alone are clematis, Russian sage, Solomon's

seal, and lamb's ear. Deer-proof ground covers include pachysandra, ivy, and vinca. If you prefer perennials that are both deer-proof and native, plant purple coneflowers (echinacea), amsonia, columbine, baptisia, liatris, rudbeckia, chelone, creeping phlox, coral bells, boltonia, and small-leaf bleeding hearts.

Invasive natives. I've mentioned this in previous articles, but it bears repeating since many gardeners think that "native" and "non-invasive" are synonymous. Not so. How many gardeners have been pestered by spiderwort (tradescantia), poke-

weed, devil's walking stick (aralia), and Virginia creeper? All native.

Garden reading. My sister, Donna Goodman, an avid gardener in New Paltz, New York, sent me a great book, *Time and the Gardener*, by Elisabeth Sheldon. In this collection of essays, the author combines botanical knowledge and practical experience, with some history and wry wit thrown in. It's a good read for both novice and veteran gardeners.

For the poetry lovers among us, and we are many, the Everyman's Library pocket poets series has a delightful volume, *Garden Poems*, selected and edited by John Hollander. From antiquity there are selections from the Bible, Homer, Ovid, and Horace. Classical poets are well represented by Chaucer, Shakespeare, Rumi, Hafiz, Donne, Keats, the Rossettis, Tennyson, the Brownings, and poets from Japanese and Chinese classical traditions. Modern poets include D. H. Lawrence, William Carlos Williams, Robert Frost, May Swenson, and Rainer Maria Rilke. Adrienne Rich, Anthony Hecht, Richard Wilbur, and current U.S. poet laureate W. S. Merwin are among the more current poets appearing in this little treasure for those who appreciate gardens as well as poetry.

Come visit Earthcraft's "Organic Herbs" table at Mt. Airy Day, May 7. Happy gardening, and don't forget to mulch.

~ earthcraft@comcast.net



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- Greg * is a member of the Energy Cooperative Association of PA for electricity
 - * Board Member of the Wissahickon Boys and Girls Club

- Greg strongly supports the Philadelphia Public Schools.
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Nationalities Service Center Refugee Urban Farms

by Adam Forbes

AS MANY of you know I left my job as WWCP Farm Educator to embark on a new urban farm project in South Philadelphia. After a long winter of scrambling for land and support – spring is here! Unfortunately, we didn’t get the large piece of land we had hoped for. However, we are starting with vacant lots in the neighborhood and building over 60 raised beds. The project is being organized through Nationalities Service Center (NSC), which is celebrating its 90th anniversary as a support to Philadelphia’s refugees and immigrants. NSC offers social, legal, educational and senior services to our region’s refugees and immigrants.

NSC resettles the majority of the region’s refugees, with a caseload of 450 annually, mostly those who have fled Iraq, Bhutan, Burma, Eritrea, Sudan and Congo. It promotes a holistic approach to resettlement,

employing a strength-based model of support, with strong supplemental services, including employment programs, supportive health programs, services for survivors of torture and housing services.

Last year we started a community garden at the NSC Senior Center in North Philadelphia. As different as their languages and narratives may be, the immigrant seniors came together over their shared history as farmers, field workers, and gardeners. NSC resettled the first Burmese refugees in the region in 2007 and the community of some 400 in South Philadelphia asked for their own garden when they got word of the one in North Philly. The Bhutanese refugees of South Philadelphia, who were first resettled in 2009, followed suit, also asking to return to their agrarian roots. Elders and mothers have continually asked how they can get

their hands back in the dirt and still speak proudly of their fields and even who grew the hottest peppers.

Many of these refugees were subsistence farmers before violence forced them from their homes. By the time they arrive in the U.S., Burmese and Bhutanese refugees have spent many years living in refugee camps with limited access to health care, food, and clean water. Neighborhood food scarcity, combined with malnutrition among refugees at the time of arrival, make it imperative that we work to ensure that they have access to fresh produce!

So please come check out the gardens or support us at upcoming events. From

May 30 to June 5 NSC will be fundraising at Mt. Airy’s Trolley Car Diner & Deli, from 7 a.m. to 9 p.m. Monday – Friday and 3 to 9 p.m. Saturday and Sunday. The Diner will donate 15 percent of the revenue to the refugee urban farm project, as part of its Helping Hands Week. Stay tuned for more events. aforbes@nscphila.org, www.nscphila.org.



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Celebrate Memorial Day early!



Old Rose Symposium at Wyck

by Barbara Overholser

ONE OF the best-kept secrets in Philadelphia is the extraordinary rose garden at Wyck Historic House and Garden in Germantown. It's the oldest rose garden in the United States in its original plan and boasts numerous heritage roses. Beginning with *Rosa spinosissima* in early May and ending with *Rosa moschata* in late October, Wyck's roses are remarkable for their beauty and fragrance, which fills the garden. Wyck is an important repository of plants that have disappeared from other historic gardens; several old roses in cultivation today had been thought lost until they were discovered growing at Wyck, and all specimens of these varieties in the trade descend from Wyck plants.

On Saturday, May 21, 2011 Wyck celebrates this historic rose garden with its 3rd Old Rose Symposium, sponsored

by the Heritage Rose Foundation. The garden will be in full bloom, offering an incomparable sensory experience for rose lovers. The program includes lectures from experts in the field of roses including Jennie Watlington, Stephen Scanniello, Nicole Juday, the Reverend Douglas Seidel, and Jane Baber White, who undertook rehabilitation of the long-neglected Old City Cemetery in Lynchburg, Virginia after a major storm did extensive damage there in 1993. The cemetery is now the nation's only arboretum of 19th-century plants, and the collection of rare antique roses there is of national importance.

Jennie Watlington is a former president of the Bermuda Rose Society, which, over the years, has identified many of the old roses on the island; those left are now called Bermuda Mystery Roses. With the

new identifying techniques of today like DNA, they continue to research the possible origins of those roses. Stephen Scanniello, President of the Heritage Rose Foundation, is the gardener known for transforming the Brooklyn Botanic Garden's rose garden into one of the world's most acclaimed. He is the author of *A Year of Roses* and co-author of *A Rose By Any Name*, *Roses of America*, and *Climbing Roses*. The Reverend Douglas Seidel is a prominent expert in the field of roses and is a consultant to the Thomas Jefferson Center for Historic Plants at Monticello. He worked with the late rosarian Leonie Bell on Wyck's rose garden in the 1970s. Nicole Juday is Wyck's Landscape Curator. Besides her work at Wyck, she writes and speaks about urban gardening, old roses, and historic plants, and writes a garden column and blog for WHYY's News-Works website.

A delicious boxed lunch from Geechee Girl Rice Café is included in the

\$95 program fee. In addition, there will be an auction with an opportunity to bid on rare and virus-free heritage roses, including a complete collection of Bermuda Mystery Roses—all suitable for our gardening zone. There will also be plenty of opportunities to ask the experts your most vexing rose questions.

Wyck's 2.5 acre site also includes a c. 1797 smoke house, an 1836 ice house, a 1794 coach house, and a 1920s greenhouse. The main house is an accumulation of 18th-century parts and has been little altered since 1824, when Philadelphia architect William Strickland dramatically rearranged its interior spaces to create an open plan. Wyck's Home Farm is traditionally managed and supplies our seasonal farmers market with fresh, pesticide-free produce, at below-market prices for our community. For symposium registration information please visit www.wyck.org or call 215-848-1690.

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2011 Election for Weavers Way Co-op BOARD OF DIRECTORS

BALLOT

For Election for Weavers Way Co-op Board of Directors

Voting ends Sunday, May 15, 2011 at 6:00PM at the General Membership Meeting, New Covenant Church, Founder’s Hall, Room B-10, 7500 Germantown Ave, Philadelphia, PA 19119

To vote by mail: Ballots will be accepted by mail if received by May 14. **Mail to:** Leadership Committee, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia PA 19119.

To vote in stores: Place ballots in the ballot box at any Weavers Way store by 4:00pm, May 15.

To vote at Membership Meeting: Place ballots in the box provided at the Membership Meeting by 6:00pm, May 15.

AT-LARGE DIRECTOR (3-year terms; Vote for up to 4)

- ☐ Angela Griffiths
- ☐ Nwenna Kai
- ☐ Nathea Lee
- ☐ Brian Maher (incumbent)
- ☐ Joe Pientka
- ☐ Linda Shein
- ☐ Dave Tukey (incumbent)
- ☐ Ian Zolitor
- ☐ _____

PROPOSED BYLAW AMENDMENT (Vote Yes or No)

The text of the proposed bylaw amendment can be found in the Shuttle, on the website, and posted in the stores.

- ☐ YES, Amend the Bylaws as Proposed.
- ☐ NO, Do Not Amend the Bylaws.

Fold here for confidential vote. Every effort will be made to maintain the privacy of each member’s ballot.

This information is mandatory for vote to be counted. **One vote per member household**

Name (print clearly) _____ Member # _____

Signature _____ Date _____

By-Law Amendment:

In addition to the election for the Board of Directors, the ballot also contains a proposed by-law change that would allow the possibility of internet voting in future elections. To read the text of the proposed change, see the April issue of the *Shuttle*, visit www.weaversway.coop, or see a copy of the proposed change in any Weavers Way store.

Published on the next page are the responses of each candidate to the following five questions.

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

CANDIDATES

Angela M. Griffiths



- 1) As an important community hub for healthy grocery shopping and community activities, it has been a place to go where energy is high, staff friendly, food varied, and prices reasonable for the quality. As a working member, I enjoy seeing inside operations. It’s a social opportunity and provides a chance to participate in the nuts and bolts.
- 2) Experience is in computers implementing large document management systems. Served as go-between between the technical and user staff who were being prodded to move to a radically new way of doing business. In 2004 I got an MSW focusing on the area of aging and have been working at Jewish Family and Children’s Service in Senior Services. Clients are adult children grappling with the challenges of long-term planning for aging parents; and elderly living at home, on fixed and often very low incomes. Our mission is to provide support to clients to enable them to remain as independent as possible.
- 3) As a market that is more affordable to elderly and those on fixed incomes, perhaps not as primary source for shopping but as a place where some items are affordable. My guess is that some challenges facing the Co-op may be related to this issue.
- 4) My volunteer activities have centered around homelessness (preparing meals at a women’s shelter); library activities (book reading to small children); singing in DC Gospel choir.
- 5) I live in Chestnut Hill with my partner where we moved 6 years ago—she is from Mt. Airy and I am from D.C.

Dave Tukey



- 1) The Co-op is important to us for its quality food, values and connection to WMA. Our home-buying criteria were close walking distance to both the Co-op and Carpenter’s Woods.
- 2) I served previously on the Co-op staff (human resources) and the Board as a director. In academic institutions I worked with budgeting, supervision, strategic planning, institutional self-studies and programs fostering diversity.
- 3) The Co-op should expand to other neighborhoods to meet nutritional needs of Philadelphians. Philadelphia has the second lowest number of supermarkets per capita in the United States; many residents go out of their neighborhoods to buy food, or buy convenience food that is less healthy (source: The Food Trust). Member-owned, community-based co-ops can help remedy this problem. In pursuing this vision, the Co-op must first demonstrate that it can serve a diverse population. The Co-op’s mission statement makes diversity a high priority. But African-Americans constitute 10 percent of Co-op members in WMA where they are well over 40 percent—a large disparity. Until Weavers Way can serve the diverse population in its own backyard, it will be ill-equipped to serve diverse populations in other neighborhoods.
- 4) Working with Philadelphia Tree Tenders, DCNR’s TreeVitalize program and WMAN, I have coordinated the planting of over 350 street trees in WMA and volunteer to prune neighborhood trees.
- 5) I enjoy bicycling, games like chess and Go, history, celtic and Middle Eastern drumming, and tree climbing. My wife and I love Cornell hockey, Jane Austen’s novels, our two cats Rosie and Banjo, native trees and wildlife.

CANDIDATES

Linda Shein



- 1) I appreciate that Weavers Way fosters a strong sense of community, promotes environmental stewardship and supports local businesses. I believe in supporting a sustainable local economy, and WW provides a cherished venue for local and organic food while WW's farm guarantees members access to this. In the GMO foods era, it's crucial to take control of what we eat and know where it comes from. I enjoy meeting like-minded members.
- 2) I opened a retail business which grew to 39 stores, enabling me to serve WW's membership with my understanding of challenges facing retailers as they grow. Listening to customers helped me serve them; as a WW Board member I'll seek member input. I have attended natural products and organic farming conventions and understand the business. While I have strong opinions, I believe the best outcomes are achieved through collective thinking. I attended recent WW Board and Regional Co-op meetings.
- 3) With 2010 membership more than doubling, in the short-term maintaining core values and monitoring organizational infrastructure to support unprecedented growth is critical. In the long-term, to survive inevitable competition we must do more to secure loyal, involved members while offering outstanding products and services at fair prices.
- 4) WW Product Review Committee. Testified for Consumers for Dental Choice when Court ruled Philadelphia dentists must disclose fillings' ingredients. Autism events volunteer. Prior member Berkshire Co-op—brother served on Board.
- 5) Favorite adventure: Backpacking in Thailand with my husband—we survived a monsoon in a hut with a hill tribe. Have two wonderful children.

Joe Pientka



- 1) The Co-op is a part of my close community circle and is very much a reflection of who I am: a supporter of local businesses and those who grow and produce wholesome foods honestly and simply.
- 2) I work at Vanguard where I lead projects implementing updates to our systems to meet the needs of our clients. I will bring my project management skills, leadership, fresh perspective and integrity to the board. I excel at sizing up opportunities for improvement and servicing my clients.
- 3) We have grown dramatically and face new challenges that require change. My vision is finding the right balance to address our competing needs such as store location, member vs. non-member, community differences and product selection. Success means balancing these needs optimally to strengthen profitability for our member owners.
- 4) Last year I assisted the Co-op welcoming new members through many hours supporting local events. Outside of the Co-op, I volunteer at my daughter's school, the United Way, the Share Food Program and Philabundance. Additionally, I've funded over 43 microfinance loans to entrepreneurs in developing nations through www.Kiva.org.
- 5) My wife Janet and I have lived here since 1992. Our daughter Natalie is 11. I enjoy family time, reading, gardening, spending time outdoors, and visiting new places. I love learning about food and am passionate about cooking.

Brian Forbes Maher



- 1) When I moved to Philadelphia, Weavers Way provided an immediate "home," welcoming me into its efforts to strengthen food security and local solidarity. Serving on the Board for the past two years, I have been proud to see the broad impact that Weavers Way has on community-building in Northwest Philadelphia.
- 2) I have fifteen years of experience with nonprofits ranging from the country's leading theatre company for children to an ecologically-focused Liberal Arts college; my perspective has been broadened by living in three countries and eight states; and I have a MPA in Nonprofit Administration from the University of Pennsylvania. I offer you the organization, communication, and creative problem solving skills that developed from those experiences.
- 3) Participating in the expansion to new stores and the transition to the work option has shown me both our strengths and the challenges that we face. I would suggest that our efforts in this new era be focused on connection: connection to our expanding membership, connection to the character, energy, and vitality of each of our three unique neighborhoods, and connection to the region's cooperative network. Our members and shoppers have supported us through the successes and missteps of expansion; now it is time for us to return that support by listening to their needs and aspirations for the Co-op.
- 4) My partner, Stefani, and I were Peace Corps volunteers in Tanzania and volunteer foster parents in Prescott, Arizona.
- 5) Stefani and I are experiencing the joys of living with a toddler, our daughter Emerson Deneme.

Ian Zolitor



- 1) Since starting my membership and employment at The Co-op in November of 2008, I immediately realized the importance of what we have in our hands. More than just a retail store, Weavers Way is a cultural hub that strengthens and furthers the progress within our community. It gives us as members the ability to shop just how we want to shop in an environment that we design.
- 2) I have been a full-time staff member at the Mt. Airy store for more than two years. I know the Co-op intimately and can therefore identify our strengths as well as our shortcomings. My previous board experience as a representative to the Congress of Secular Jewish Organizations has given me a skill set that will be integral in allowing me to properly represent the members of our community.
- 3) I see a Co-op that remains true to not only who we are, but indeed who we want to be. As we grow and change as a Co-op, it is ever so important not to compromise our values and overall identity. Our voices as members must be the guiding force beyond financial stability.
- 4) I lived in a housing cooperative in Madison, WI from 2003 to 2004 and I am a lifetime member of North American Students of Cooperation.
- 5) As a local musician and songwriter I have become familiar and integrated with much of the local talent (many of whom are Co-op members!) and take pride in helping to develop more great culture in the area.

Nwenna Kai



1. Weavers Way Co-op is important because it makes healthy food available to people at an affordable price and it reflects a new business model that benefits everyone.
2. My experience as a holistic health and wellness entrepreneur will strengthen the Co-op Board by bringing ideas, contacts, and concepts to the Board that will strengthen Weavers Way's online and offline presence in order to attract more members.
3. My vision for the Co-op would be to increase its membership and its visibility both online and offline through educational initiatives in its respective communities.
4. I volunteer my time with Landmark Education, a global self-enrichment educational program. I assist in the office as well as in putting programs together.
5. I was born and raised in Philadelphia. I owned an organic raw vegan restaurant in Los Angeles. I've traveled all over the world. I have been a leader in the health and wellness business for over ten years. I have special talents in marketing, PR, and online internet marketing.

Nathea Lee



- 1) Weavers Way is important to me because it has been a beacon and an anchor in my adopted home of Mt. Airy. I feel welcome and included when I shop at Weavers Way. In addition, the Co-op cares deeply about its role in the community and contributes in a variety of ways to the well-being of members, customers and the community at large, including the farm, CSA, and other community programs.
- 2) With more than 25 years in non-profit management and communication, I feel my skills and experiences would benefit the Co-op in significant ways. First, I know what it takes to run a non-profit organization and how critical the Board's role is in governance and fiscal management. I am also experienced in strategic planning, community engagement and fundraising, so I would be able to add depth to the Board in these areas. Finally, I am a photographer-entrepreneur and would bring those skills and perspectives to support the work of the Board as well.
- 3) My vision for the future of Weavers Way is to build upon its success as an innovator in the field and to help enhance its profile as an inclusive, culturally-diverse, progressive community beyond its Mt. Airy-Chestnut Hill neighborhood.
- 4) My volunteer experiences include four years of volunteering at WPFW-FM, a Pacifica Radio station in Washington, DC, where I began my career. Currently, I volunteer my photographic services at Dress for Success-Philadelphia and the Adult Congenital Heart Association.

Maryland Blue Crabs, Softshells on the Way!

We will have live Maryland blue crabs by the beginning of May. the price will be roughly \$15 per dozen, though prices will likely change. Whole and half bushels are available for pre-order. We will also start seeing soft shell crabs about the same time. ~\$5 each for jumbos, prices subject to change.

As usual, we will continue to bring in a variety of oysters, clams and/or mussels through our Biweekly Bivalve sign-up program. New sheets are posted weekly in the seafood case.



Seafood Adventure

(continued from page 3)

Weavers Way with new seafood choices. Woods Fisheries may begin supplying us with untreated, wild U.S. shrimp and green-certified domestically farm-raised shrimp. Another company, San Francisco-based CleanFish, is devoted to sourcing sustainable fish (fresh and smoked) from U.S. waters and around the world. Other exciting possibilities include direct sourcing from The Copper River Wild Salmon Fisheries, Pangea Shellfish Company, and Nunavut Wild Arctic Char, to name a few. All are very good news for seafood-lovers and everyday shoppers alike.

I had an educational quota to fill as well and attended several presentations and discussion panels related to current issues and trends in seafood. Sadly, the talks featured mostly corporate speakers and largely catered to “Big Seafood Business” interests. For example, “traceability” was spoken of in terms of food safety and liability at the Red Lobster Restaurant chain. There was no mention of individual consumer choice, education, or FDA seafood labeling standards. In another example, “sustainability” referred only to long-term profits and not once to the health of lakes, rivers, estuaries, and oceans. Not surprisingly, these talks were sponsored by familiar entities like Cargill, Darden Restaurants, and The U.S. Soybean Export Council. The token speaker from an NGO (like Ocean Conservancy)

was treated with mild hostility, snickering, and murmurs of contempt from the largely business-oriented audience.

The most important trend appears to be the rapid rise of seafood aquaculture, particularly in Asia. In the last decade this industry has grown exponentially (6.6 percent annually since 1998) as the booming global middle-class eats more and more fish and seafood. It remains to be seen if this expansion can be done in a responsible way that actually takes pressure off wild fish stock and creates a net-gain in protein. Currently, no perfect solution has been found to deal with issues of feed sourcing, pollution, disease, and environmental degradation of coastal regions. In the meantime, we will continue to buy only the best farm-raised fish available.

Overall, attending the International Boston Seafood Show was a valuable opportunity to talk with fish-people from all corners of the business, some like-minded and some not so much. The show also helped me comprehend the sheer scale of the global seafood trade, and put our humble seafood case in perspective. But it also reminds us that while the Co-op is a small fry in a world of big fish, we are trying to do our part by eating good food and making the right choices with our mouths. If you are interested in hearing more about the Seafood Show (or just want to talk fish), stop into the basement of our Mt. Airy store or shoot me an e-mail. As always, seafood special orders and requests are encouraged. Happy cooking!

~ seafood@weaversway.coop

Don't Kill That Bug

(continued from page 12)

displaced hundreds of thousands of acres of native grasses. Yet it is completely useless to the birds, insects, and alligators, so these species will ultimately die out.

Oriental bittersweet was imported in the 1860s because it's pretty red seed covering is popular for flower arrangements. Like many other aliens, the bittersweet did not become invasive for awhile. Because the vine grows quickly, it can cover the canopy of the tallest trees and cut off the sunlight, preventing photosynthesis. Its weight can topple a tree in a storm or during a winter frost. Within a few years it can kill a tree.

At present Pennsylvania has less than one percent of “wild” land. Our open spaces are disappearing rapidly. With thousands of gas wells about to be drilled in our state forest land, we may lose what little is left of our open space. With the loss of space, native birds throughout the U.S. have been disappearing at a rate of one percent a year. That means in 50 years, we shall lose half of the diminishing array of birds we now enjoy.

“Pest free” ornamentals have been favored by gardeners who are unaware they are causing our ecosystem to be unsustainable. Of those plants replacing our natives, the worst offenders include honeysuckles, privet, multiflora rose, kudzu, purple loosestrife, Norway maple, English ivy, Japanese knotweed, Bradford pear, empress tree, wisteria, and mile-a-minute weed. What this means is that insects and birds have less to eat. While the native sweet gum tree is host to insects like luna moths, English ivy is host to nothing.

Studies have shown that the more diverse our native plants, the more the insect

population is kept in check without pesticides since there are many natural enemies of native insects. What increases the pest population is the presence of alien plants, lack of plant diversity and insecticides.

What should we do? We should have less lawn. Lawns do not sustain any form of life. And in the U.S. we burn 800 million gallons of oil each year in order to cut our lawns.

We should plant more trees, as trees sequester carbon, which diminishes global warming. Our native oak trees are known to sustain over 534 species of butterflies alone. Willow, cherry, plum, birch, poplar, crabapple, blueberry, box elder, sugar maples, elms, hickory, pine and hawthorn are some of the other trees that support different species.

We should plant only native plants and gradually replace any aliens with native species in order to support native insects, which feed our birds and enrich our soil.

We should request that our townships not mow roadsides in the summer so that plants like milkweed can continue to feed Monarchs and other insects and birds. They can mow in October after the butterflies and birds leave. It would save the township money and be enough to keep the roadsides from being overgrown.

We should appreciate insects and the work they do to sustain life.

This information is from Douglas Tallamy's excellent book *Bringing Nature Home: How Native Plants Sustain Wildlife in Our Gardens*. (Timber Press; Expanded Edition April 1, 2009)

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Evening of Jazz at Grumblethorpe

by Chris Waxman

GERMANTOWN MENNONITE Church will host an evening of jazz to benefit the children’s education programs at Grumblethorpe, Saturday, May 7, 7:30 – 10:30 p.m. The concert will feature Bruce Barth on piano, Tim Warfield on trumpet, Dan Hanrahan on guitar, Justin Sekelewski on bass, Nick Wright on drums, and vocals by Susanne Brose. Tickets are \$35 and include wine and light fare. Germantown Mennonite Church is located at 21 W. Washington Lane, in Germantown.

Grumblethorpe’s education program serves children from the John B. Kelly School, John Wister school, De Paul Catholic school, HMS School for Children with Cerebral Palsy, Germantown Friends, and Green Street Friends. Using the Grumblethorpe Historic Site as their classroom, elementary students learn history, horticulture, science and math through hands-on activities that support the academic curriculum. Middle school and high-school students serve as museum guides, work as Grumblethorpe Farm Stand assistants, farm their own garden plots, and demonstrate 18th-century crafts—all in their own neighborhood of Historic Germantown!

“The program teaches history and horticulture in a way that makes it relevant to our students’ lives,” says Diana Thompson, Education Director. “We provide hands-on nutrition training for the elementary grades. The kids plant and eat what they grow.” In 2008, Grumblethorpe started its own farm stand with the goal of providing fresh fruits and vegetables to areas of Philadelphia where fresh produce is not readily available or too expensive.

The newest initiative at Grumblethorpe is the high tunnel—one of few in Phil-

adelphia. The high tunnel will enable kids to be involved in growing all year. Grumblethorpe is also replanting its historic orchard. Heather Zimmerman, Farmer and Educator, explains, “Traditionally Grumblethorpe had orchards and sold bushels of fruit, such as pears. We want to replant the orchard and establish an edible forest garden. Most urban kids I work with have no idea where their food grows or how. Fruits like blueberries are expensive and when I bring them into my classroom, usually about half the kids in an urban low-income public school class of 30 have never tasted one.”

Grumblethorpe is a part of The Philadelphia Society for the Preservation of Landmarks. For over seventy years, Landmarks has played a significant role in the historic preservation movement in Philadelphia by restoring, furnishing and presenting to the public its distinguished house museums and gardens. For more information about the event, contact Jorja Fullerton at 215-925-2251 or info@philalandmarks.org, or visit <http://philalandmarks.org/calendar.aspx#jazz>.

~ chriswaxman@yahoo.com

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Senior Environment Corps Training Opportunity

by Lynn Fields Harris, Executive Director, Center in the Park

ARE YOU 55 years or older and want to become involved in protecting our resources and educating the public about the natural world? If so, the Center in the Park Senior Environment Corps (CIP SEC) wants you!

The CIP SEC and Nature Abounds, a national non-profit and coordinator of the Pennsylvania Senior Environment Corps (PaSEC), are partnering to provide water-quality monitoring training. The training is scheduled to be held on Monday, April 18 from 10 a.m. to 2 p.m. at the Center in the Park (CIP), located in Vernon Park at 5818 Germantown Avenue, Philadelphia, PA. Off-street parking for CIP is conveniently located at Rittenhouse and McCallum Streets. There is no fee, but pre-registration is requested.

Senior Environment Corps (SEC) volunteers can participate in a variety of tasks from monitoring water-quality, observing and reporting on wildlife, and even helping with office or support tasks.

The possibilities are endless and the range of talents and skills needed to run an effective SEC are varied, but no previous environmental stewardship experience is necessary. Adults younger than 55 are also welcome to participate in CIP/SEC activities.

For more information and to register, contact Fred Lewis, SEC Volunteer Coordinator at CIP at 215-848-7722 ext. 218 or info@centerinthepark.org or Melinda Hughes-Werts at 814-765-1453 or volunteer@natureabounds.org.

Center in the Park’s Senior Environment Corps (CIP/SEC), established in 1998, provides opportunities for older adults to use their varied expertise and experience to improve water quality of local streams. Center in the Park is a community center that promotes positive aging and fosters community connections for older adults. For more info, visit www.centerinthepark.org.



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Why We Get Old and What We Can Do About It

by Josh Mitteldorf

I was drawn to the study of aging 15 years ago by a paradox: Lab animals that are starved live a lot longer than animals that are fed a robust, healthy diet. As a lifelong health food nut, I was dumbstruck: Could it be that the body responds to optimal nutrition just by destroying itself more efficiently?

The question has taken me back to Darwin: If “fitness” is supposed to be about fighting off your competition and leaving more children behind, then where does aging fit in? Aging takes away our fitness. You would think evolution should have done everything possible to preserve the body against the ravages of age. But the puzzling fact is that we have genes with no other purpose than to kill us. Not only that, these genes have been preserved through eons of evolution. We know this because the same aging genes appear in worms and even yeast cells.

Our bodies don’t wear out. They are gradually destroyed from the inside out,

on cue, by a genetic program.

So why have “suicide genes” persisted? What was on Mother Nature’s mind when she scheduled our execution?

And is there any way we can “turn these genes off”? Is there anything we can do to slow down the process, to preserve our vitality and youth?

There’s good reason to believe that, after thousands of years of fraud and charlatans, anti-aging medicine now has something real to offer. Antioxidants don’t work. But surprisingly, simple anti-inflammatories (aspirin, ibuprofen, fish oil, turmeric) can add a few healthy and vital middle years. Vigorous exercise and weight control give us a few years more. And there may be more dramatic treatments in the pipeline.

Join me at Chestnut Hill Library, 2:00 p.m. Saturday, May 28 as I share the results of my own research and that of many other scientists.

~ josh@mathforum.org

Suicide Genes: How Nature Has Arranged for Us to Die on Schedule, and What We Can Do About It.

with Josh Mitteldorf

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Philadelphia Trail Connectivity

by Denise Larrabee, Friends of the Wissahickon

THE FRIENDS of the Wissahickon (FOW) are offering a free lecture on Philadelphia Trail Connectivity with Alex Doty, Executive Director of the Bicycle Coalition. The lecture is part of FOW’s lecture series, Valley Talks, sponsored by Valley Green Bank. The presentation is free and open to the public and will take place at Valley Green Inn on Wednesday, May 11, 2011, at 6:30 p.m. Refreshments to follow.

The Bicycle Coalition promotes bicycling as a healthy, low-cost, and environmentally-friendly form of transportation and recreation. Doty’s presentation will focus on connecting trails in the park and efforts to improve trail connectivity throughout the city. For more information, visit www.bicyclecoalition.org.

To register for this event, visit <http://fow.org/upcoming.php> or contact FOW at 215-247-0417. Space is limited.

The Friends of the Wissahickon, founded in 1924, is a non-profit organization dedicated to maintaining the Wissahickon Valley. For more information, visit www.fow.org.

~ deniselarrabee@comcast.net

Coffee Prices

(continued from page 3)

What Are We Doing About It?

We see our role, in this tumultuous period, to do everything we can to support producer co-ops and maintain the cooperative supply chains that are the heart of Fair Trade and real economic change for small-scale farmers. We are scrambling to get co-ops and farmers the best prices we

can so they can compete with local coyotes today and continue to develop and expand sustainable coffee production in the long-term.

In order to do this, Equal Exchange is taking every opportunity to be more frugal and efficient and cut back our own expenses. We are asking retailers and consumers to share some of these costs as well. Through this price increase, we can continue investing in the movement we have all built together, reinforcing the structures of empowerment and change, and continue to offer you the highest-quality coffee available.

Kim Sokoloff
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L • E • T • T • E • R • S

LETTERS POLICY The Weavers Way Shuttle welcomes letters about issues relevant to the Co-op or other topics. Letters to the editor should be marked as such and can be sent to editor@weaversway.coop, placed in the Shuttle Editor mailbox on the second floor of our Mt. Airy store, or mailed to: Weavers Way Shuttle, 559 Carpenter Lane, Phila., PA 19119. Letters to the editor express only the views of the writer and not those of Weavers Way's staff, management, membership, or board of directors, unless identified as such. Letters may be edited or rejected if deemed offensive, and should not include personal attacks or derogatory language. The Shuttle tries to print all letters received. In case of multiple letters on a similar topic, a representative sample may be selected. Letters may be withheld or delayed if submitted by writers who have recently had letters published in The Shuttle. Letters to the editor should be no more than 300 words.

To the editor:

I have been trying to support the WW store in Ogontz since it opened and have been pleased to see its progress. In the past, I made the effort to drive to the store after church in Germantown on a Sunday, only to find it closed, and blamed myself for not realizing or remembering that it did not have Sunday hours. Of course, I was pleased to see the hours had expanded, so today, Sunday, March 20, I made that same trip again. Unfortunately, I arrived to find a notice stating that the store was closed today due to a lack of support from the "leadership at WW" for Sunday staffing. This time I found another disappointed customer outside with his young child. He said he planned to call and complain. I decided to write, since I am not certain which part of the "leadership" is responsible.

I've read the letters to the editor discussing the viability of the store in recent issues of the Shuttle. As a long-time member of WW Mt. Airy, I share the concern that we show fiscal responsibility for our dollars. But clearly the Ogontz store is making excellent progress. It is much busier now when I shop, and I can find many more products, often making one stop shopping possible for me there. I am impressed by the management of the store and the interest shown in customers' needs.

Since joining WW, we have moved and now live approximately the same distance between Mt. Airy and Ogontz, though closest to the Chestnut Hill store. However, while the Chestnut Hill store is beautiful and convenient, I find I have to be very careful about prices when I shop there. As a working member, savings is one reason I joined the co-op. But I find support of this store more consistent with our values as a co-op than some other projects, and would be embarrassed for us as members were it to lose our full support.

I will continue to shop in all three stores but I hope that we will stay firmly committed to the one in Ogontz. It provides a real alternative to residents in the area.

~ Julie Cox

Response:

Thanks for your support and for taking the time to tell of us your concerns. We agree that the West Oak Lane store has made great improvements, and we are working hard to build on those successes. Opening on Sundays was an experiment intended to determine if there was enough sales to offset the additional staffing expenses. The level of support was encouraging, and the staff is evaluating different staffing models to see if this is something we can resume. We will keep you posted.

~ Glenn Bergman, Weavers Way General Manager

To the Editor:

I was so happy when you started carrying that chicken feed. I used to drive almost to Lancaster to get it. Thanks!

~ Nicole Juday, Ground Level blogger, WHYY NewsWorks

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Valley Greene Composting Toilet



photo courtesy of Friends of Wissahickon

The Friends of the Wissahickon (FOW) celebrated the opening of the second bio-composting toilet in Wissahickon Valley Park on April 14, 2011, with a Toilet Paper Ribbon Cutting. The compost toilet is located at the WPA shelter near the Rex Avenue Bridge. This is the first compost toilet in Fairmount Park powered entirely by alternative energy sources; electrical power is supplied by solar panels and a water turbine. Both this compost toilet and the one located at Kitchens Lane are environmentally safe, odorless, and require no water or chemicals and very little maintenance. FOW's Structures Crew worked with Fairmont Park District 3 staff (part of Philadelphia Parks & Recreation) and the Student Conservation Association to restore the WPA structure and install the compost toilet. FOW staff cut the "ribbon." Pictured here are: Development Director Ruffian Tittmann; Executive Director Maura McCarthy; Development Assistant Zane Magnuson; and Development Associate Heather Davis-Jones.



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Open House at Working Mill on Wissahickon in Gwynedd

by Anne Standish

BRING YOUR family and friends to join the Wissahickon Valley Watershed Association for an open house 1 to 4 p.m., on Sunday, May 15 at the Evans-Mumbower Mill, at the corner of Swedesford and Township Line Roads in Upper Gwynedd. After 81 years, the Evans-Mumbower Mill's water-wheel is finally turning and the millstones are grinding again. WVWA's dedicated Mill volunteers have worked for 24 years to achieve this milestone.

The Wissahickon Creek was an important center of industry providing waterpower for over seventy mills in the 19th century. The Evans-Mumbower is the only remaining mill in Montgomery County that is operational and open to the public. It is listed on the National Register of Historic Places. The Open House is free of charge but donations are welcome.

The same day the Franklinville School House will be open from 1-4 p.m., also free of charge. The Historical Society of Whitpain owns and maintains this



Evans-Mumbower Mill

Photo by Jamie Stewart

152-year-old one-room schoolhouse located close to the Evans-Mumbower Mill at 1701 Morris Road in Blue Bell. For more information visit www.histsocwhitpain.org.

Please call 215-646-8866 or e-mail info@wvwa.org.

Since 1957, WVWA has made a critical difference by protecting the local environment in the 64 square miles of the Wissahickon Creek's watershed, working with individuals, local municipalities, Montgomery County and the Commonwealth of Pennsylvania. WVWA protects over 1,200 acres of natural open space in Montgomery County. Visit www.wvwa.org and find WVWA on Facebook.

~ anne@wvwa.org

Berkley Co-op

(continued from page 7)

Secondly, we must continually reach out to our members and engage them in important decisions. When we decided to expand, it was a several-years-long process of gathering information, printing articles in *The Shuttle*, a market study, and discussion at several membership and board meetings. Likewise, the change in the work requirement was a process of educating the members in the Shuttle, discussion at meetings, and then a Membership Vote at a Special Meeting. Member input in these decisions was critical to a well-informed decision and we continue to be open to member questions and concerns (keep those letters to the Editor coming).

Thirdly, we must find ways to educate and involve new WW members. Of our current 4,740 member households, 1,750 are new since May 1, 2010—that's 36 percent. How do we educate and engage these new members in the life of the Co-op while retaining long-term members? The Board and staff have been grappling with this issue.

WW has taken several steps to educate our new members: increasing the orientation sessions from one to three per month (one at each store); enhancing the new membership material; holding a member party for the first time in April so that new and old members can get acquainted and informed. WW has two staff members who now work exclusively on membership coordination and outreach making innumerable daily contacts with new and prospective members.

Still, there appears to be more that WW can and should be doing to educate and engage our members. Maybe we should start education or study groups on cooperative principles and topics? Are there member services that are needed and important to our members? In the next year The Board will be looking at how to involve members in the life of WW. If you have any suggestions, please send them along to the Board.

The experience at the Berkeley Co-op teaches that attention to cooperative principles is important and is not merely an academic exercise. It is the essence of who we are and why we are a cooperative. Democracy and education go hand in hand at a cooperative—with education comes participation, and with participation comes democracy.

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Suggestions

(continued from page 28)

containers presents a violation of standard HACCP practices. (HACCP stands for Hazardous Analysis Critical Control Point, and is a practice for ensuring food safety throughout the supply chain.) By the way, a term like “supply chain” is industry lingo for the system that includes growers, packers, transportation, wholesalers, etc. I’m happy to finally use this term in *The Shuttle* because using industry lingo like this helps me maintain the illusion that I work in an industry that is so important it warrants its own vocabulary.

Suggestions and Responses:

s: “A couple of us would like to see the Chestnut Hill store carry Berlin Bakery’s Sprouted Spelt Bread. Bread made from sprouted grain is more alkaline. We have tried the local spelt bread that you offer and find it very dense. In our opinions, too heavy for light weight sandwiches. The Berlin Sprouted Spelt is even light enough to make french toast! We’ve special ordered it at Mt. Airy but the minimum order of 6 loaves is hard to store. (We don’t have large freezers.) This bread is a big seller at Whole Foods and is sometimes out of stock when I (unfortunately) have to go there to get it. It will have no trouble selling in Chestnut Hill. If you’d like to try some before you order, I’d be happy to bring some over for you.

r: (Rachel CH) Thank you for the suggestion—we appreciate hearing from members because we want to sell what you want to buy! It can be tricky fitting in new items but Brittany and I have started resetting various sections of the store, and we will keep it in mind when we get to the freezer section. We’d be happy to try a slice if you have some on hand and you don’t mind bringing it in. Thanks again.

s: “Online I’ve seen Greenpeace’s ratings of toilet paper, and Green Forest is rated highest. I’ve just bought some through drugstore.com. Would the co-op consider buying it? Shall I bring you a roll?”

r: (Kim S. CH) We carry the 4 packs in Chestnut Hill. (Norman) Interesting that Greenpeace rated Green Forest highest because it is wrapped in plastic. Seventh Generation does offer single rolls wrapped in paper, available in MA store. Toilet paper is one of the few things that is appropriately single use, although I guess people could switch to a kind of cloth-diaper type service if we were truly motivated to not use paper. There’s a new industry waiting for some entrepreneur... By the way, from a sustainability standpoint, two important things when choosing paper products is that they be made from post-consumer recycled paper and that they not be bleached with chlorine.

s: “What happened to the blond brownies”?

r: (Lindsey MA) They were off our order for 2 weeks but are back on now!

s: “I’m sighing over the disappearance of the seeded demibaugette, so delicious with sardines. Nothing else is the same.”

r: (Lindsey MA) Sorry! We discontinued them because they weren’t selling but I can special order them for you any time.

s: “Please stock Quorn products; they are vegetarian products that are not soy-based. You all carry it on G-town Ave, but I come here daily.”

r: (Chris MA) Sorry, no room to add Quorn items to our freezers here at Mt. Airy. (Norman) I’ve had my doubts about Quorn products since they came to market. Up until 2003 Quorn was made by a division of Astra Zeneca, a dominant corporation in genetically engineered food. Quorn is currently owned by Premier Foods, the UK’s largest food producer. Quorn is made from “mycoprotein”, which starts out as a mold which is then grown in labs and processed into patties and such. Some doctors think mycoprotein is gastrototoxic. If your goal is to find vegetarian products that are not soy-based, but are still “natural foods,” I think there are much better choices than Quorn.

s: “Hominy! Awesome. Thanks for getting that in. It’s tasty in chili.”

r: (Chris MA) Glad you like it, thanks.

s: “Have baked dates (when bread baked) on Sonmaya & Sons pita breads. They are great pita breads, but they go stale quickly.”

r: (Lindsey MA) We have been having trouble with Sunmaya pita getting stale quickly. We will date them when they come in but the vendor has not been very responsive to our complaints that the pita molds quickly. We are looking for a new supplier and are open to any suggestions. Thanks!

s: “Whole wheat pizza dough.”

r: (Lindsey MA) We already carry Four World’s whole wheat pizza dough. It comes every Friday morning.

s: “Please bring back Silk Soy Creamer. The replacement tastes awful. Thanks.”

r: (Chris MA) Will do. We’ve gotten several complaints. Organic Valley is a much better company than Silk as far as supporting effective organic standards, but unfortunately their soy creamer is not cutting it.

s: “The pet store is not really a pet store because no pets are sold. Please change the name to something more accurate, like “Pet Food” or “Pet Supply.”

r: (Norman) The word “pet” has many definitions, it is both a verb and a noun. Next time you visit, pet something in there, like a stuffed animal or a pig’s ear, thereby helping the store keep its name, since we already have a sign. Thanks for your cooperation.

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Family Creek Exploration with the Friends of the Wissahickon

by Denise Larrabee, Friends of the Wissahickon



photo courtesy Friends of the Wissahickon

Chrissy Moresi from WEC helps Ethan Larrabee from Mt. Airy look for creatures in Wissahickon Creek.




THE FRIENDS of the Wissahickon (FOW) and the Wissahickon Environmental Center (Andorra Tree House) are sponsoring a Family Creek Exploration on May 14, 2011, at 2 p.m.

Get knee deep and explore life in the Wissahickon Creek. Using the creek as a laboratory, children and adults will search under rocks for aquatic life and discover how these critters can help us determine

the health of the stream. Come prepared to get your feet wet! This event is for ages eight and older.

To register for this event, visit <http://fow.org/upcoming.php> or contact FOW at 215-247-0417. Meet at the Wissahickon Environmental Center at 300 Northwestern Avenue in Chestnut Hill.

~ deniselarrabee@comcast.net




PET A PALOOZA

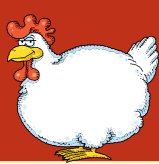
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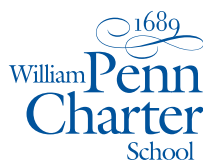
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Choirs Perform at St. Paul's

by The Reverend E. Clifford Cutler,
Rector of Saint Paul's Church

THE COMBINED lower school choirs of St. Alban's School for Boys and the National Cathedral School for Girls, directed by William Hutto, will be singing at Saint Paul's Episcopal Church, 22 E. Chestnut Hill Avenue, Philadelphia on Sunday, May 22 at the 10:30 a.m. worship. Both schools share the campus of the National Cathedral in Washington, D.C.

The National Cathedral School began in 1900 and nine years later, thanks to a bequest from the niece of President James Buchanan, Saint Alban's School was formed for boys. A scholarship endowment at this school provided for the education of boys to sing in the National Cathedral Choir. Children from grades 4 through 8 in both schools will form the choir and sing for worship at St. Paul's.

~ ccutler@stpaulschestnuthill.org

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Soul Food: Music of Transition

by Janet Tebbel

ON SUNDAY, May 22 at 4:00 p.m., the intergenerational choir called Higher Ground will present a concert of their own sort of "Soul Music." This Higher Ground choir, comprised of community members from Mt. Airy and Germantown, with Donnie Felton (on electric guitar) and his band, will sing the music of the Beatles, Paul Simon and more recent singer/song-writers. The theme of the concert will be "Changing Life Journeys."

Originally created with the combined choirs of St. Michael's Lutheran in Mt. Airy and FUMCOG, the Higher Ground choir has provided many vocal musicians with the chance to sing with live music, to explore their own interpretations of popular music and to work as a team to select and arrange their repertoire. This will be a casual concert, come to enjoy and applaud the efforts of the choir!


There will be a freewill offering, and there will be a reception after the concert. The concert will take place at the First United Methodist Church of Germantown, 6001 Germantown Ave (at High St). You may contact the church at 215-438-3677 or www.FUMCOG.org for more information.

~ tebbj@comcast.net

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In Memoriam—Sol Levy



Photo by Alix Passage

Gathering at the Mt. Airy Art Garage Funky February event, board members (l to r) Meeli Ling Ng, Arleen Olshan, Sol Levy, and Linda Slodki

It is with great sadness that we report the loss of Sol Levy, longtime member, neighbor, friend, and contributor to the *Shuttle*. One of the most delightful stories I have had the pleasure to report in the *Shuttle* over the last ten years has been Weavers Way's farms, and while the thousands of words we have written about the farms have hopefully kept you informed of the details, it was the photos of the farm—the beauty of the plants and the joy of the people tending them—that told the real story.

Sol Levy was the primary source of those photos, documenting our farms' growth and development with dedication, grace and artistry almost since the beginning. Sol served on the Board of Directors of Mt. Airy Art Garage, and volunteered for Habitat for Humanity. For these and many, many other reasons he will be greatly missed.

In memory of Sol Levy, the family requests that a donation be made to the Mt. Airy Art Garage, P.O. Box 18838, Philadelphia, PA 19119 or via www.mtairyartgarage.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. These days there seems to be a high priority and value placed on Weavers Way finding and stocking and tracking sales of “local” products. I’m pretty sure the whole “local” thing is just another fad, like oat bran, fat-free, macrobiotics, gluten-free, low-carb, probiotics, fondue, Tang, etc., which I’ve seen come and go in my life in the natural foods business. Jumping on the “local” bandwagon, I did want to point out a benefit of having a local food system that I don’t see mentioned much, that being the ability to re-use shipping containers. One of the many things that I find troubling about our current food system is that most of what you see on store shelves got there by traveling in a container of some sort, typically a cardboard box. Although cardboard boxes are often made of recycled material, and some are recyclable after use, I question to what extent this kind of recycling is the best choice. Large amounts of energy

are expended picking up material, sorting it, breaking it down to usable pulp, making it into new products, etc. Bottom line is that the cardboard boxes used in shipping are still in effect a “single use” container, and therefore are burdened with all the downsides of single use containers. A much better way to conserve resources is to use containers that are multiple use—examples are plastic milk crates and bread trays and plastic totes and plastic soup buckets. These get used, then returned to the supplier to be re-used again and again. (Suppliers often charge a deposit on these containers, which is then refunded when returned.) When it comes to local produce, I think there is an opportunity to further implement re-usable containers in a way that is not possible for non-local produce, partially as a result of dealing directly with farmers. This makes exchanging containers much easier. Right now we deal with about eight farmers that re-use containers. Waxed boxes (which are not recyclable) are flattened and re-used until they fall apart; cranberries, mushrooms and our own farm stuff comes in plastic boxes we return; apples and peaches come in beautiful wooden boxes we return; strawberry quarts come in cardboard flats which we return and we reuse the quart and pint containers throughout the summer (as long as they don’t get too dirty). Depending on the seasons, dealing directly with local farmers re-using crates saves hundreds of crates per week. This is clearly more sustainable than recycling and of course way more sustainable than single-use/disposal containers so typical in our food system. There are challenges with a system based on re-use too; for example, we have one supplier that is committed to local food distribution and dealing directly with local farmers but cannot re-use containers due to potential food safety issues as re-using

(continued on page 25)

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 unhealthful 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, contact Membership Coordinator, Kirsten Bernal at member@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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May Coffees of the Month



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Being a member means you are an owner, and you have a say in how your co-op is run. Members can get home delivery, cash back on purchases and other benefits, plus they save money with discounts on services like Notary Public, member-only specials, discounts from many area businesses, and sometimes even year-end rebates. Now, during Member Appreciation Days, members save even more!

If you have been thinking about joining Weavers Way, now is the perfect time!

www.weaversway.coop

Attend a Weavers Way Welcome Meeting and Get Two Hours Work Credit!

To Help You Get a Jump on Member Work, You Can Get Your Household's First Two Hours Just for Attending a Welcome Meeting!

Whether you are a new member or thinking about becoming one, Weavers Way Welcome Meetings, or Orientation Meetings, are a great way to find out more about what Weavers Way is all about, and what membership offers. And now you get two hours work credit just for attending! Limit two hours per household. See below for times and locations.

Weavers Way Co-op Welcome Meetings



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 web site at www.weaversway.coop. 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 45 minutes to an hour and will include a brief store tour. We look forward to seeing you there!

Chestnut Hill Center for Enrichment/Chestnut Hill
8431 Germantown Ave. (parking entrance on E. Highland Ave.)
• **Weds., May 25 & June 22 at 6:45 p.m.**

Weavers Way - West Oak Lane
2129 72nd Ave. (intersection of Ogontz Ave., Walnut Lane & 72nd Ave.)
• **Sat., May 14 & June 25 at 10:45 a.m.**

Weavers Way Co-op Offices/Mt. Airy
555 W. Carpenter Lane
• **Weds., May 11 & June 15 at 6:45 p.m.**

PLEASE PRINT CLEARLY

Name _____ Orientation Date _____

Address: _____

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Phone number _____ E-mail _____

Please return this form to a cashier, mail to Weavers Way Co-op, Attn: Membership Department, 559 Carpenter Lane, Phila. PA, 19119 or fax to 215-843-6945, Attn: Membership Department. You can also call 215-843-2350, ext. 118 or e-mail outreach@weaversway.coop.