

All Weavers Way stores are
CLOSED Monday, July 4
for INDEPENDENCE DAY

New at Weavers Way West Oak Lane

✓ New Hours!
✓ New Sandwiches and Salads!
✓ New Philly Food Bucks!

See story on pg. 2 for details!



The Shuttle

July 2011 Vol. 40 No. 7

A Cooperative Grocer Serving the Northwest Community Since 1973

Pet-A-Palooza a Howling Success

by Jonathan McGoran, *Shuttle* Editor

ON SATURDAY, June 4, Weavers Way Co-op Mt. Airy went to the dogs, to the cats and even to a lizard or two, for Pet-A-Palooza, a celebration of all things pet. In addition to fun-filled activities like Stupid Pet Tricks, Ask the Trainer, and a Pet Parade, the event also featured exhibitors including pet-sitters, doggy day care, veterinarians, groomers, animal rescue groups, trainers, local and natural pet food manufacturers, and all manner of pet-loving peeps. The event also highlighted Weavers Way Co-op’s award-winning pet supply store and its extensive line of natural pet supplies, located at Greene St. and Carpenter Lane, across from Weavers Way’s Mt. Airy store.

The event was a great success, thanks to all the vendors, the pet people, and of course, the wonderful animals who came out. See more Pet-A-Palooza photos on page 11 of this issue of *The Shuttle*, and, for some great coverage of the event, visit www.weaversway.coop and click to Mt. Airy Patch, News-works, and Weavers Way’s own Facebook page.



photo by Ellie Seif

Who’s a good dog? You’re a good dog. Yes, you are.

CH, MA Farmers Markets Accept ACCESS, Credit/Debit Cards

by Joanna Pernick, *Farm to City*

THE CHESTNUT Hill Growers’ Market and the Mt. Airy Farmers’ Market, both operated by Farm to City, are pleased to announce that farmers at these markets are eligible to accept credit/debit cards and ACCESS cards, as well as Farmers Market Nutrition Program (FMNP) vouchers.

The Mt. Airy Farmers Market is located on the William Allen Plaza of the Lutheran Theological Seminary, on Germantown Ave. near Allens Lane, and is

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Environment Committee Grants Awarded to Local Groups

by Steven “Stevik” Kretzmann, Weavers Way Environment Committee

WHAT IS special about the grants awarded by the Environment Committee of Weavers Way is that they support many small community groups in the area who might not otherwise have funds for gardens and education.

Until recently, the Environment Committee had a regular source of revenue, thanks to its diligent volunteers who organized a recycling activity each month under the auspices of the City’s Partnership Recycling program. The good news is that the city now recycles without our help. The bad news is that we don’t have a funding source. We are trying to raise money from different sources to replenish our meager bank account. We are asking banks and other businesses who serve our community for grants so we, in turn,

might help others beautify our neighborhoods and teach children the importance of our environment. Individuals who may wish to support our grant-giving may also make a tax deductible gift to the Environment Committee through Weavers Way Community Programs. This year the Environment Committee awarded a total of \$3,700 to the following community groups or schools:

- Dignity Housing—gardening supplies and education
- East Mount Airy Community Garden Network—plants
- Henry School’s PTA—plants
- Northwestern Stables—erosion prevention

(continued on page 8)

WW Softball Team to Take On Whole Foods



photo by Rachel Milenbach

They might have 300 stores and \$4 billion in assets, but we’ve got lots of heart. Fresh off our victory over St. Vincent’s, and defending our undefeated record of 1 - 0, Weavers Way’s softball team is taking on the team from Whole Foods Jenkintown. The game is tentatively scheduled for Thursday, July 18, 6 to 8 p.m. at Blue Bell Hill ball field (off of Walnut Lane). Pictured here are team members: (back row, l to r) Joan Gigliotti, David Shechtman, Jon Roesser, Rick Spalek, Olivia Snyder, Brittany Baird, Mike Herbst, John Drayton, (kneeling) Walter Bader, Steve Hebden, Annette Aloe, Thomas Rowe, Andrew Dragoni.

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Editor’s Note



by Jonathan McGoran,
Shuttle Editor

I LOVE Monsanto. No, I have not been cross-pollinated with some Genetically Modified (GMO) snarky co-op columnist that loves GMOs. And it’s not that I don’t think that deep down, the company is evil. It is.

No, I love the folks at Monsanto because they’ve got *Chutzpah*. A lot of it. So much that I sometimes think they have genetically altered themselves to produce abnormal amounts of the stuff. They are not only pioneers in questionable food technology, they are also leaders in the area of bizarro legal tactics.

This is the company that famously sued dairy farmers for advertising that their milk was free of Monsanto’s synthetic rBGH growth hormones—not because the ads were untrue, but because they could be construed to suggest there was something wrong with rBGH milk. The fact that scientific research suggested the same thing was beside the point. (See? The trans fats people could use the same tactic, but they lack *chutzpah*!)

More recently, Monsanto has been suing farmers for infringing the patent on “Round-up Ready” GMO crops, including organic farmers whose crops have been contaminated by Monsanto’s GMO seeds through cross pollination. This is like charging a murder victim with unlawful possession of a bullet. (To be fair, though, the tactic is not unprecedented; see Reese v. Reese, the landmark, “You Got Chocolate in My Peanut Butter” case.)

And that brings us to the most recent round of litigation. Recently, a group of organic farmers filed a preemptive suit seeking to prevent Monsanto from coming after them if their crops became tainted with Monsanto’s genetically engineered seeds. Surprisingly, Monsanto released a statement conceding that they would not. But when asked to make that agreement legally binding, Monsanto returned to form. They hired a new lawyer.

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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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Local Farm Profile Beechwood Orchards

by Stephanie Kane, Local Produce Buyer/Forager



photo courtesy of Beechwood Orchards

Beechwood Orchards

BEECHWOOD ORCHARDS has been operating in Adams County for five generations. Currently run by Dave and Tammy Garretson, it is truly a family-run business, as their son Jason and daughter Melissa have roles on the farm as well. Melissa handles the ordering from us, as well as growing vegetables for their farmers markets. And Jason can be found working on the farm

and operating the stands at some of their markets. The Garretsons are members of the Pennsylvania Association for Sustainable Agriculture (PASA), which advocates for small farmers and helps them become more viable in our food system.

(continued on page 16)

Summer Breezes, Summer Cheeses

by John Connor Chestnut Hill Cheese Buyer

AS WE approach the height of the summer season, there are many cheeses that suggest themselves for family dining as well as for vacation parties. The most obvious is fresh mozzarella. At Weavers Way, we are lucky to have available to us Claudio’s ovaline (egg-sized, four-ounce) made fresh on 9th Street in South Philly. Sliced with fresh tomatoes and basil, drizzled with extra virgin olive oil, it makes the perfect summer salad. At Chestnut Hill, we also offer Mozzarella di Bufala in seven-ounce balls imported from Italy and made from the milk of water buffalo. It has a slightly different flavor profile and is much appreciated as a special summer treat.



(continued on page 16)

July Is Tomato Month!

by Nicole Sugerman, Mort Brooks Farm Manager



THERE ARE so many things I could write about the farms in July. July is one of our busiest months, full of large harvests, long days, big weeds, and full crews. At this point in the season, in addition to our full-season apprentices—Sarah Turkus at Mort Brooks and Molly Devinney at Henry Got Crops—we also have summer interns. At Henry Got Crops, we welcome Ariel Dooner, and at Mort Brooks, we welcome Co-op employee Hannah Slipakoff.

But of all the things worth highlighting this month, I think the one thing that particularly defines late July for local farmers and their fans are the tomatoes. With luck, our tomatoes should be ripening up around the third week of July. As of article-writing time, the tomatoes are in the ground, much happier than many of us about this very hot, dry weather. They are looking pert and strong. Best of all, I believe we are growing the largest variety

yet of tomatoes for you to enjoy this season. Here is a probably-incomplete list:

Heirloom tomatoes we are growing: Green Zebra, Costuluto Genovese, Goldie, Hillbilly Potato Leaf, Kosovo Oxheart, Moonglow, Nyagous, Valencia, Oxheart, Principe Borghese, Roma, San Marzano, Paul Robeson, Brandywine, Mule Team, Red Zebra, Pineapple, Striped German, Cherokee Purple, Black Krim, Long Keeper, Moskovitch, Rose, and Copia.

Cherry tomatoes: Tess’s Land Race, Wickline Cherry, Peacevine, Black Cherry, White Cherry, and Sungold.

Conventional tomatoes: Defiant Phr, Mountain Magic.

I cannot really justify why we grow so many different tomato varieties. Certainly, diversity is good for disease, pest,

(continued on page 16)

“Philly Food Bucks,” Salads & Sandwiches, Expanded Hours, and More at WW West Oak Lane

by Andrea Haines, West Oak Lane Store Manager

STARTING JULY 1, Weavers Way West Oak Lane will be staying open a half hour later, 10 a.m. to 7:30 p.m., Monday through Saturday. The store is also now offering “Philly Food Bucks,” so anyone buying \$5 worth of food and paying with food stamps gets a coupon for \$2 good on produce at any Food Bucks location, including Weavers Way West Oak Lane (not redeemable at Weavers Way Mt. Airy or Chestnut Hill), as well as many farmers markets throughout the city (see below).

On the product-offering front, our West Oak Lane store is introducing a new salad and sandwich menu. Sandwiches include Tuna Wrap, Crunchy Veggie Wrap, Vegetarian Chicken Salad Wrap, and Pita Sandwiches with tuna salad or vegetarian chicken salad on whole wheat pita, all for less than \$5. There is also a selection of mini-sandwiches, for just \$2.75.

Salads include Garden Salad, Veggie Patch, Beet Salad, and Greek Salad, all

(continued on page 4)

CORRECTION: In the June 2011 issue of The Shuttle, the article “Produce Profile: Strawberries” was mistakenly attributed to local produce buyer Stephanie Kane. It was in fact written by Chestnut Hill Produce Manager Mike Herbst.

July Grocery News

by Chris Switky, Mt. Airy Grocery Buyer

HOWDY, SHOPPERS. It's July, the hottest month, and I come to my job at the Co-op each day and want so badly to say to my coworkers, "I'll be in the walk-in freezer tidying up, please come and get me a few weeks before Halloween." But no, life can't be that simple. There are developments in the grocery dept. of WW-MA, and it's my job to tell you about them.

Speaking of freezers, you'll find a new line of frozen desserts at WW-MA: Larry & Luna's Coconut Bliss coconut milk ice cream. It comes in many charming flavors, and has gotten great reviews from staff and shoppers. This line replaces the Purely Delicious coconut milk ice cream, which lists among its ingredients "natural flavors." Now, maybe you're thinking that "natural flavors" doesn't sound so bad, certainly better than "artificial flavors," or "petroleum based food wax." But consider this:

"Title 21, Section 101, part 22 of the Code of Federal Regulations defines natural flavorings & flavors as follows:

The term natural flavor or natural flavoring means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional.

'Natural' does not mean it is not a harmful food additive. 'Natural' only means that the natural flavor ingredient originated from a natural source. For example, 'natural' can mean a type of food additive such as MSG which has been found to be a dangerous food additive ingredient for many of the people who consume this so-called natural additive." (Excerpted from www.sellingsalesmanship.com)

"Natural flavors" can be harmless, like spices, and sometimes food manufacturers choose not to disclose them in order

to protect the finer points of "secret recipes." Still, you never know. Coconut Bliss ice cream does not list "natural flavors" in the ingredients, just the real food ingredients that are in it. A shopper pointed this out to me, and since I've always been a sucker for "real food ingredients," I said "OK, we'll try switching." Let me know what you think!

As I mentioned before, it's July, and you're probably enjoying fabulous fresh tomatoes from your own garden and/or the WW produce department. Maybe you're not thinking about canned tomatoes at all, and who could blame you? But I have to think about canned tomatoes all the time; it's my job.

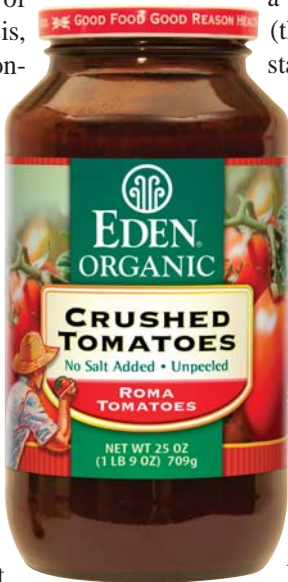
By the time you read this, we should have a new crushed tomato item on our shelves: Eden crushed tomatoes in amber glass jars. The interior of all metal cans containing tomato products is lined with bisphenol A, aka BPA, which protects the metal can from the corrosive qualities of certain acidic foods, like tomatoes. There has been much written about possible ill health effects of BPA leaching into foods.

Eden foods, which has proven to be a fairly conscientious company (their cans of beans, for instance, are not lined with BPA) has come out with crushed tomatoes in amber glass. You'll find this item near the glass jars of pasta sauce, if not in early July, certainly by mid-month. Feedback is always welcome.

One more plug before I sign off: we have a new muesli on the cereal shelves, which we're getting directly from the producers in Sharon Springs, NY. It's called Mu Mu Muesli, and it's delicious. Many of the ingredients are organic, and almost all are sourced domestically.

That's all, folks. As always, I look forward to "running into you" in the grocery aisles of WW-MA, where we can chat about natural flavorings, unnatural can linings, and Norman Weiss's childhood career as a emu jockey. Thanks for reading.

~ christopher@weaversway.coop



Bulk Cleaners from Sun & Earth Are Now Available



Our Free & Clear Fabric Softener will be arriving in the near future, but only at Mt. Airy. We have free Sun & Earth refill bottles for folks to use. Shoppers may also bring in their own bottles (and we have staff on hand to show you how to dispense and weigh these products—**Cost for all is 12¢ per ounce.**

Mt. Airy and Chestnut Hill:

Free & Clear Laundry Detergent • Dish Washing Liquid
Hand Soap • All-Purpose Cleaner • Glass Cleaner

Meadow Run Farm Introduces Sweet Stem Farm

by Dale Kinley, Seafood, Poultry and Meat Manager

MEADOW RUN Farm started in 2000 as a multigenerational farm occupying 115 acres of prime farmland in Lancaster County. It has been committed to raising beef, pork, lamb, and chickens and eggs, all completely natural and pastured. Their products are known for their quality and great taste. As of January 1, the business has been divided between the two generations. Philip and Dee Horst Landis are raising the beef, pork, and lamb. Their farm is now Sweet Stem Farm. Dee's parents, the Horsts, will be raising the chickens and producing the eggs. They will keep the name Meadow Run.

Both families care deeply about the quality of their products and the well-being of their animals. It really shows in the flavor of their products. They have almost a cult following in the region. We will continue to stock the pork products and lamb (fall only) from Sweet Stem, and the eggs from Meadow Run. Most of the pork

is in the display freezer, except the ham steaks and bacon (both excellent!), which are in the meat refrigerated case. Meadow Run eggs are also displayed in the meat case (love those yellow yolks!). If anyone is interested in chicken or beef from Sweet Stem, it can be preordered. Please enjoy these excellent products!

~ dale@weaversway.coop



photo courtesy of Sweet Stem Farm

Dee and Philip Horst-Landis, owner/operators of Sweet Stem Farm

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Henry Got Crops! New Farm Educator

by Clare Hyre, New Farm Educator at Henry Got Crops!

GREETINGS FROM Henry Got Crops! agricultural programs. I'm Clare Hyre, and I'm the new education coordinator at Saul High School for the CSA! A brief introduction: I am originally from Virginia and I went to Guilford, a small Quaker College in Greensboro, NC, where I studied Peace and Conflict Studies and Religious Studies, and where I spent thousands of hours volunteering nationally and internationally through the Bonner Scholars Program. During and after college, I worked on educational farms in California, Maine, Connecticut, and New York, and I am glad to have finally found a home at Weavers Way.

The education coordinator position is brand new and was formerly part of Nina and Nicole's job. We all agree that having someone focused solely on education at the CSA (even if only part-time) is proving to be very successful.

At the farm, things are in full swing and the enthusiasm for education programs is very high. People are so enthusiastic that classes have to come out every other week to make sure that everyone gets a turn weeding, transplanting, and creating new beds. Students learn how to grow vegetables from seed to table and are able to understand the importance of local and sustainable agriculture. Likewise, I hope to incorporate what students are learning in the field into what they're learning in the classroom, and vice versa. Because Saul is an agricultural high school, the students can see how everything fits together and how important healthy food is to healthy living.



photo by Julia Gazdag

Henry Got Crops! Farm Educator Clare Hyre

Another fun part of my job is running the Farm Club, which meets every Wednesday afternoon to give students a chance to explore the CSA, taste test, and help out with our weekly farm stand. In addition to growing for a CSA, we sell our produce to the local community in Roxborough. Having the kids help run the farm stand is a great way for them to see the business components of farming and learn about marketing. Through the educational programs at Henry Got Crops! I hope to deepen the relationship between the Saul students and the CSA, empowering them to find ownership in the work they do. All families of Saul students are offered a discount if they join the CSA.

Soon there will be several paid high school interns on the farm, and we will also be working with incoming freshman classes to introduce them to the farm. It will be a busy place. Hopefully I will see y'all at the farm and we can chat while harvesting U-pick green beans grown by Saul students.

~ henryeducation@weaversway.coop



photo by Norman Weiss

Weavers Way West Oak Lane store manager Andrea Haines (center) hands out samples of the store's famous smoothies at this year's West Oak Lane Jazz Festival

New at West Oak Lane

(continued from page 2)

for less than \$4. You can also add house-made tuna salad, Moshe's vegetarian chicken salad, or hummus. We also have the smoothies you already love, plus our juice bar, with fresh carrot juice.

The Philly Food Bucks program was launched by the Food Trust and the Philadelphia Department of Public Health to encourage SNAP/food stamp recipients to use their benefits to purchase fresh, local ingredients at participating farmers markets throughout the city.

Through the Philly Food Bucks program, funded by a grant from the federal Communities Putting Prevention to Work initiative, farmers market customers will receive \$2 in Philly Food Bucks coupons for every \$5 they spend in SNAP/food stamp benefits at participating farmers markets. For more information, including a list of participating farmers markets, visit www.foodtrust.org, and then, under "Our Programs," click "Farmers Market Program."

~ haines@weaversway.coop

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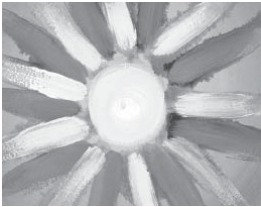
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The School Garden as Classroom at C. W. Henry School

by Kelly Tannen

IN APRIL 2010, C. W. Henry parents launched a school garden with support from Weavers Way Community Programs. Now in its second growing season, the school garden is growing in more ways than one. In addition to its current crops of kale, garlic, asparagus, strawberries, herbs, and more, the school garden is growing as a resource for teachers to enrich students' learning in the classroom with hands-on lessons in the garden. More than half of all Henry students will have participated in lessons in the garden with farm educator David Siller by the end of the school year. The C. W. Henry PTA funds Siller's time, and supplies and materials for the garden are paid for with donations from parents and community members and grant funds from the Weavers Way Environment Committee.

Sixth grade students had the following to say about their experience in the garden:

"We learned different things in a fun way. We learned that certain vegetables

must be planted during the full moon, so they can grow better. We learned about different vegetables and got to eat corn and greens. I had a great time and hope to visit the garden again." —Mya

"I learned a lot of things from Farmer Dave. I learned how to plant seeds and how to grow vegetables. I also learned which plants are safe to eat. My class tasted different types of greens, dandelions, and sweet corn. I enjoyed the experience." —Daniel

"I enjoyed planting the kale and learning about all of the different kinds. Nature is really not my thing, but when you are working with foods (you love) it really doesn't matter." —Tyannah

Vegetables and fruits harvested from the school garden during the school year will be offered to the students for tasting. Over the summer, the garden harvest will be shared with families in need. If you are interested in receiving information about volunteer opportunities in the garden, please email cwhenrypta@gmail.com.

WWCP Welcomes Haverford College Interns

by Angelique Bradford and Leora Winston



Photo by Carly Chelder

WWCP summer interns Leora Winston (l) and Angelique Bradford (r) strike a pose on a tour of the Mort Brooks Memorial Farm

THIS SUMMER, Weavers Way Community Programs (WWCP) is fortunate to have two new summer interns from Haverford College. Angelique Bradford and Leora Winston are working with WWCP's Marketplace and Farm Education programs. Angelique and Leora have completed their second and first years respectively at Haverford College. Their internships are funded through Haverford's Center for Peace and Global Citizenship (CPGC), which has a long-standing relationship with WWCP. As written in the CPGC mission statement, the goals of the internship program are to "widen and deepen Haverford's connections with social change organizations and to encourage an integrated approach to pressing social, cultural and ethical concerns while promoting scholarship and teaching about the critical issues of our day." If you wish to

learn more about Haverford or the role of the CPGC please check out www.haverford.edu/cpgc.

Leora Winston

Hi, I'm Leora, from Boston, MA; I am an undecided major at Haverford College, leaning toward studying gender studies and economics. I applied for an internship with WWCP because I am interested in sustainability and education. In the past I have worked with kids through the organization Vida Urbana, which helps families deal with home foreclosure. I also spent some time on a farm last summer at the Bread and Puppet farm in Burlington, Vermont. I'm hoping to gain a better understanding of what is being done, and what more could be done to improve access to

(continued on page 8)

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Urban Farm Bike Tour

Saturday, July 23
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 Starting & ending point:
 Weavers Way Co-op Farm in East Mt. Airy

Urban Farm Bike Tour
On The Road Again!

We're adding lots of new farms this year, and will continue our tradition of hosting two rides: one for "beginners" (without much bike riding experience, or who prefer a shorter ride) and one for more experienced riders who can manage a longer ride at a bit faster pace. Two rides—short and long, with both rides beginning and ending at Weavers Way Co-op's Mort Brooks Farm in East Mt. Airy. More details and exact farm locations will be available soon. And the party at the end will be a great reward for all your effort. Watch for details at www.weaversway.coop.

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Manager’s Corner

Awbury Agricultural Village

by Glenn Bergman, Weavers Way General Manager

OVER THE last ten years, Weavers Way has been working with some wonderful partners to convert the Northwest tract, a 16-acre lot across from the main Awbury Arboretum, into an oasis of gardening, farming, education, and wildlife. Ten years ago, the Northwest tract was impossible to drive around in and there was little to see or do in the area.

Located just before Ardleigh off of Washington Lane, the tract is a partnership of Weavers Way, Weavers Way Community Programs, Awbury Garden Club, KJK Arborists, Pennsylvania Horticultural Society, Awbury Arboretum, and Penn State Cooperative Extension services. The long-term goal is to see if these partners working together can turn the 16 acres into a village of learning about urban farming. I believe we can accomplish this goal over the next few years.

The partners are now just forming a combined group that will allow Weavers Way to represent the entity. One day, we hope the houses not part of the tract will be purchased or left to the AAV to use for intern housing and educational services. We hope to work synergistically with Awbury’s environmental education programs.

If you have not been out at the farm, I welcome you to go on your own or to sign up for a work shift for your hours. It is a wonderful and magical place that I know will one day be an important agricultural center here in Philadelphia, training future urban farmers to take over land in Philadelphia.

Buying on the Avenue

The Chestnut Hill Business Association has a great campaign to keep people buying on Germantown Ave. This is a valuable campaign and one that I hope all of you will think about as you plan your shopping needs. It is important to also shop at locally owned businesses, not

chains, to maximize the reinvestment in the city. The other day, I started at the top of the Hill and tried to stay on the Avenue. Here is how it worked out and what the alternative shopping decisions were, some good and some not as good.

- 1. Chestnut Hill Sports: Pair of sandals: My dog had decided that the sandals I have had for five or six years were done, so it was time for me to purchase a new pair. I had added this to my shopping list. I went to Chestnut Hill Sports. Not only did I come out with a great pair of sandals, but I also walked out with a pair of sneakers on sale for \$30 that the owner wanted to get out of inventory. All I had to say was, do you also have anything on sale? To top it off, I also got a chance to meet his mother and talk about Italy and where she was from. This would not have happened at Dicks or Payless, etc. I left spending \$80+
- 2. Chestnut Hill Camera: Quick pick up of film and a charger for my daughter’s camera. Could have gone to the Plymouth Meeting Mall, but why do that?
- 3. TD Bank: Counted out a few hundred dollars of coins. Left with \$280 of cash in my pocket.
- 4. Kitchen Kapers: Picked up a replacement for my French press glass insert that I broke a month ago while washing. Could have purchased also at the Mall.
- 5. Killians: Dropped off a screen to be repaired, had a few keys made, and picked up a few lightbulbs.
- 6. Weavers Way: Just stopped in to say hello.
- 7. Top of the Hill Market: Lunch with the new Executive Director of the Schuylkill Center.

- 8. Antique Shop: Purchased a gift for my daughter’s graduation.
- 9. Night Kitchen: One fancy cupcake for my other daughter.
- 10. Chestnut Hill Pharmacy: A refill for my daily pill...I have to lower my animal fat intake...I know I do, I think.
- 11. Art on the Avenue: Left a bunch of stuff that needed to be framed. Nothing to pick up.
- 12. Wissahickon Bike Shop: Dropped off my 25+ year old bike (that I purchased used at Hill Cycle for \$100) for a new back gear changer.

This took me about two hours, not including the lunch. I started thinking about how much I can stay on the Avenue and near the Avenue to do almost all of my shopping. In West Mt. Airy there is the Blue Marble Book store which is a mecca for writers and readers. For a recent map for a trip I had to go to Center City. There are a few other shops I might suggest for the area:

- 1. A men’s shoe store. I usually go to Kohls or REI for what I like to wear. It would be great if someone would open up a shop. Is there a store in Germantown?
- 2. A movie theatre: I know these are passé, but so am I (per my kids).
- 3. An outdoor store, similar to EMS or REI, someplace on the Avenue.
- 4. An Apple store or something similar for Apple equipment.

It is important that we as residents support local independent businesses and assist with our contacts to get people interested in opening in this area. Large chains are not needed. They might be “cheaper” but the long-term effect on our community is not positive. Keeping our money local, being deposited in local banks and being recycled, is most important to our long-term economic growth and survival as a tight-knit community.

Support the local farmers markets, the Chestnut Hill Cheese Shop, the Top of the Hill Market, Weavers Way, and small urban farm producers before you go to a large box store for your grocery products. Think about the travel, what the workers are paid, and what happens to your dollars when it leaves your pocket and goes into the till of a business. If the funds are swept to a large bank or lockbox in another city ,the purchase has done little to support the community. Vote with your dollar!

Member Archive

I have hired member Dylan Spellman-Hall to audio record, photograph and possibly video record some of our long-time members and their recollections of the early days of Weavers Way, to save for posterity. This is a project we been trying to get up and running for some time, and we are very happy Dylan is taking this on. If you have been a member since the early days, we would love to hear from you, and hear your memories. Contact me at gbergman@weaversway.coop or call 215-843-2350, ext. 131.

~ gbergman@weaversway.coop



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What Are Board Members Thinking?

Weavers Way, MAFCA, Part of New Wave of Co-ops

by Stuart Katz, Board Member At Large

In this column, Stuart Katz shares his individual thoughts and ideas and is not speaking on behalf of the Board.

NOTHING THAT I have done as a Weavers Way's Board member has given me more pleasure than speaking before groups of eager co-op wannabes: people who want to learn about our co-op and what it takes to create a new co-op in their community. There have been times when I have been fortunate enough to witness the forming of a community right before my eyes. But what is really special is that my experience is not unique: more than half of our board has had the very same experience. Today, in and about Philadelphia and New York and several other places, groups of people are actively working to create new food co-ops. Many of these start-up groups have sought and received support from the managers and board members of Weavers Way.

About three years ago, when Nancy Weinman was president of the WW board, we brought together representatives of most of the existing and start-up co-ops in the Philly region to share ideas, plans, and problems, and to seek support from one another. From that initial get-together over barbecue and beer, we grew and ultimately created the Mid-Atlantic Food Coop Alliance (MAFCA), now comprising over 30 groups from six states from Virginia to New York.

From its beginning, support of start-up co-ops has been a major initiative of MAFCA. When we learned of a successful start-up conference that was held in Bloomington, Indiana, in the spring of 2010, a small planning committee came

together to see if we could create such a conference in our Mid-Atlantic region. Led by our own Bob Noble as chair of the planning committee, we quickly found that there was both interest and funding support for the conference. So, we set to work.

On Saturday, April 16, Weavers Way hosted the first Mid-Atlantic Food Co-op Alliance Start-Up conference here in Northwest Philadelphia. More than 130 participants representing more than 60 existing and start-up co-ops attended the conference. Our goal was to foster co-op development by bringing together experienced managers, board members, national leaders, and senior co-op development experts with those interested in starting food co-ops. The conference was incredibly well received.

The sixth principle of the International Cooperative Association is support of co-ops ("Cooperation among cooperatives"). The board and senior staff of WW takes this principle seriously. WW board members have spent many hours over the past years participating and leading committee meeting and planning sessions for start-up co-ops. Glenn and some of his managers have reviewed financial plans, architectural drawings, and construction plans to assist other co-ops. Hardly a week goes by that someone does not contact Glenn or a WW board member to discuss forming a new co-op somewhere nearby. Board President David Woo, as well as board members Bob Noble, Chris

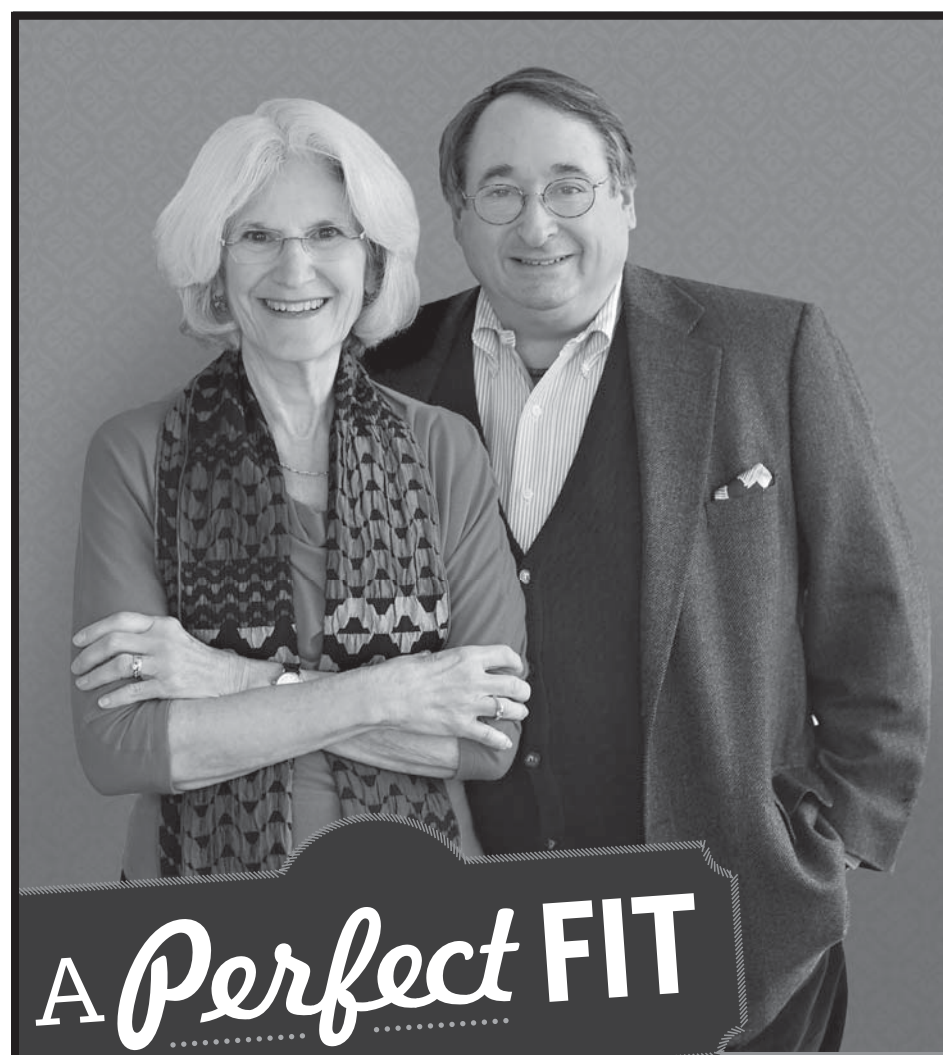
Hill, Sue Wasserkrug, Sylvia Carter, and I, have led and spoken at community meetings to explain how a co-op functions and the basic steps to get one started.

Right now within Greater Philadelphia, WW is the big kid on the co-op block. While our primary fiduciary responsibility will always be to WW—and our current debt makes significant financial support for start-ups nearly impossible—we offer real help to these efforts in the time and expertise we share. I do not have a vision of WW becoming some vast Cooperative conglomerate, but by lending our time, commitment, and experience, we try to provide useful and important support and assistance. Through MAFCA, we have learned that in New York City, The Park Slope Co-op is playing a similar role in their assistance to the many start-up efforts in and around New York. Each start-up has unique characteristics that reflect the nature of its community. However, what is always present is the belief that by growing a food co-op, the life of each member and the community as a whole will be enriched.

I have written and spoken before about my belief that within the concepts and ideals of the cooperative model is an incredible and even subversive idea that can be transformative of our community, our region, and our country. If we can effectively support the growth of a strong, dynamic cooperative economy, amazing change may be possible. In West Philadelphia, Mariposa Co-op is about to more

than double its size. In Elkins Park, the Creekside Co-op may soon be able to start construction on the property it hopes will house its operation. South Philly and Kensington appear to be on the verge of creating their own reality. The Chester Co-op just opened its doors this spring. WW did not create the dedicated, effective, and hardworking leadership from these communities. But when asked, we eagerly found ways to respond to and assist these leaders, and we fully expect that our relationships with them will remain strong as they come into existence, sowing the seeds for even more co-ops in the future. Now, a priority on our agenda is to create a regional co-op development fund to financially support future food co-op growth and development efforts. Through MAFCA, we are also exploring options for other cooperative activities, such as purchasing, administrative, and financial, and perhaps even some shared membership functions.

WW has overcome many challenges and has significant issues still before it. We have hard work ahead to ensure our profitability as a business, build good and fairly paid jobs, enrich our communities, and participate in building a more sustainable and better world. Our participation in co-op development and start-up efforts is not only fully consistent with this mission, but puts WW in a leadership role that builds real progressive change. It is an honor to be a part of such an organization.



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(continued from page 1)

open every Tuesday, 3 to 7 p.m., until November. The Chestnut Hill Growers' Market is located on Winston Road, between Germantown Ave and Mermaid Lane, and is open Saturdays year-round from 9:30 a.m. to 1:30 p.m.

ACCESS cards are given to those who receive Supplemental Nutrition Assistance Program (SNAP) benefits, which were formerly distributed via food stamps. The purpose of the Farmers Market Nutrition Program (FMNP) is to increase the consumption of fresh fruits and vegetables by low-income seniors (SFMNP), and low-income women, infants and children (WIC), and to expand awareness of farmers' markets.

For more information about eligibility, distribution, or any other questions, call the Philadelphia Corporation on Aging Helpline at 215-765-9040 or visit <http://tinyurl.com/market-voucher>.

In addition to these vouchers, which have already been accepted at both the Chestnut Hill Growers' Market and Mt. Airy Farmers Markets, patrons can also use VISA, MasterCard, and Pennsylvania ACCESS cards, thanks to a USDA-FMPP grant received by the Reading Terminal Market and managed by Farm to City. The PA and US Departments of Agriculture are responsible for authorizing individual farmers, so ask each farm what methods of payment are available at that stand.

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Environment Committee Grants

(continued from page 1)

- Ogontz Library—gardening supplies
- Old Tennis Court Farm—fruit trees
- Project Learn School—gardening supplies
- Summit Children's Program — education
- Tookany/Tacony-Frankford Watershed—plants
- West Oak Lane Senior Center—a laptop gardening project
- WWCP—new garden plot

The Environment Committee plans to begin publicizing grant applications in January or February of next year, with grants due by mid-February in order to send out checks by March. Since much of the funding is for gardens, this earlier date gives groups more time to plan their gardens in the spring.



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Haverford Interns

(continued from page 5)

healthy food within Philadelphia. So far, I have been working with Marketplace Coordinator Carly Chelder, going to different schools in Northwest Philadelphia to help out with preparation and observe Marketplace sales. It was eye-opening to see the food situation in the schools. In the coming weeks I will continue to work with Marketplace, and also with Farm Educator Kestrel Plump. Everyone at WWCP seems very dedicated to their work, and I am learning a lot already.

Angelique Bradford

Angelique here. I too am very excited to be interning here at WWCP and I love everything that we have been able to do so far. A little background info: like Leora, I am also from the Boston area, hailing from Belmont, MA. At Haverford, my academic interests center around human rights and their impact on public health.

However, I am a foodie at heart, and I love how food represents the intersection between the necessary and the enjoyable. In the future, I hope to work with non-profit organizations, and this experience at WWCP is a wonderful way to experience a successful program and the impact on the NW Philadelphia community. Though I will be working with the Farm Education Program for much of the summer, so far I have been spending most of my time with Marketplace. I've learned so much in just a few days: everything from how to take inventory at the warehouse to the best way to interact with the paying customers. I've also encountered larger issues such as the state of public school food and how Marketplace acts not only to give more options but as a learning experience for the student participants. I am excited about the rest of the summer and feel proud to be part of the Weavers Way community.

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The Simplicity Dividend

Bringing Back the Clean Plate Club

Reviewing Jonathan Bloom's *American Wasteland*, Part III

by Betsy Teutsch

END-USER WASTE: that's a value-neutral term denoting all the food we trash. Along with the food, we also waste all its embedded energy and the expense of growing, processing, marketing, buying, and transporting it. This is crazy, no?

Avoiding household food waste is a snap—all that is needed is planning, discipline, and commitment. Unfortunately, when it comes to food, we humans aren't very good at any of those. Food is cheap, demands on our time are ever growing, good intentions fall by the wayside. Out the food goes.

In *American Wasteland*, Jonathan Bloom includes many practical suggestions for shrinking our waste "food-print," like sticking to a prepared list when shopping. Here are some of my own strategies for eating in restaurants, shopping for food, and maximizing the chance that leftovers will be eaten.

When going to a restaurant:

Know restaurant strategy: labor is expensive, food is not. There is an arms race for portion size, so don't be surprised when gargantuan dishes come to the table. Expect it and plan for it. Order an appetizer instead of an entrée, or split an entrée. If by some chance you are still hungry (this has never actually happened to us, but it's a possibility), order more food. Why do we care what the waitstaff thinks? They should care that we are upset by the idea of their providing so much food that it practically guarantees waste.

Typically, restaurants will provide huge Styrofoam clamshell containers to

take home, no matter what size your leftover is. Plan ahead and bring ziplock bags with you. Or perhaps upgrade to a covered plate and tote designed for just this purpose. Don't be shy about taking bread, since restaurants are not allowed to serve it to the next patrons, and as soon as you leave the venue, in the dumpster it will go.

Let's all try to get past our embarrassment, worrying someone will think we are cheap. Why is it tacky to take home food, and okay to throw it out? It should be the reverse.

Lastly, eat what you order. If you don't want to overeat, you need to under-order. There are much better ways of watching your caloric intake than throwing away uneaten food.

When shopping for food:

It is the 21st century. Thankfully we live in the USA. We are not experiencing famine, nor are there food shortages like in Soviet Russia. We don't live in remote areas waiting for the Wells Fargo Wagon. Don't shop as if you won't have another opportunity. Buy what you need, not what you imagine it might be a good idea to have in your pantry. Those good idea purchases often sit so long they outlive their appeal.

Buy a smaller refrigerator and get rid of any older second fridge. They are inefficient, and the extra storage encourages you to accumulate more food than you can realistically consume. Likewise, limit yourself to a refrigerator freezer and skip the freestanding unit, unless you grow so much food it makes sense to store it

frozen.

Schedule a No-Buy day or week. I attempt to consume all the food in our freezer and pantry before Passover. This is extreme, but makes me mindful of how much surplus I accumulate, even being careful. Try a week of no shopping and see what you learn about your habits. We have an ingrained fear of deprivation; learning to identify and ignore that voice is very helpful in cutting back on waste.

Plan meals that use what is actually in your refrigerator and pantry. Google is great for this. Once I wanted to use up a partial container of ricotta, along with a can of pumpkin. Voila! A wonderful ricotta pumpkin pudding.

If you are a parent, don't permit children to heap food on their plates and not eat it. Serve very small portions and let them take more. I actually enforced this rule with our children's guests as well as our own kids. They quickly learned that I expected them to eat an apple if they took one, or to finish the cereal if they poured it into the bowl.

Once my children moved out of the house, I discovered I never drank a quart of milk before it spoiled. Now I put half of it in the freezer as soon as I purchase it. It is fine for cooking and coffee. I keep powdered milk in the pantry as a backup, which eliminates special trips just to purchase milk.

The Art of Leftovers

If you're someone in the habit of stashing lots of leftovers in the freezer, as-

sign a weekly No Cooking Night and eat them. My mom called this Review. The plan is to take all the little dribs and drabs and serve them. (This is in addition to a No Buy Week. You'll really be on a roll.)


Store leftovers in clear containers. Weavers Way sells Pyrex sets with matching covers. I know from experience that putting leftovers in random opaque containers effectively camouflages the food, guaranteeing it will spoil.

Try not to automatically deposit leftovers in the fridge. Instead, pack them up to take to work for lunch or put a label on them and freeze them. One of my pre-Passover adventures is thawing random unmarked containers. Labeling always seems like a lot of work at the time, but it beats the alternative of stocking your freezer with mystery items that you are very unlikely to find useful or appealing. Sometimes I need to thaw these packets just to identify them.

Of course there is no such thing as a zero waste house. Start composting, find a neighbor who composts, or hire a pick-up service like PhillyCompost.com. Then you will truly be doing your part to close the waste loop, making the best use of both your dollars and the earth's resources. Bon appétit!

Betsy blogs at MoneyChangesThings.blogspot.com

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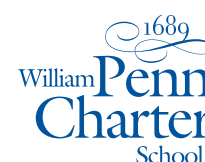
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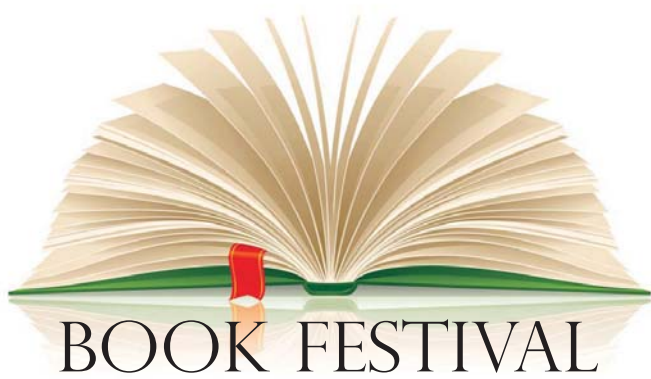


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USDA Announces MyPlate Replacing My Pyramid

from Sustainable Food News

FIRST LADY Michelle Obama and Agriculture Secretary Tom Vilsack today unveiled the federal government’s new food icon, MyPlate, to serve as a reminder to help consumers make healthier food choices. MyPlate is a new generation icon with the intent to prompt consumers to think about building a healthy plate at meal times and to seek more information to help them do that by going to www.ChooseMyPlate.gov. The new MyPlate icon emphasizes the fruit, vegetable, grains, protein, and dairy food groups.

The MyPlate icon is available to view and download in PDF and JPG formats.

“This is a quick, simple reminder for all of us to be more mindful of the foods that we’re eating and as a mom, I can already tell how much this is going to help parents across the country,” said First Lady Michelle Obama. “When mom or dad comes home from a long day of work, we’re already asked to be a chef, a referee, a cleaning crew. So it’s tough to be a nutritionist, too. But we do have time to take a look at our kids’ plates. As long as they’re half full of fruits and vegetables, and paired with lean proteins, whole grains and low-fat dairy, we’re golden. That’s how easy it is.”

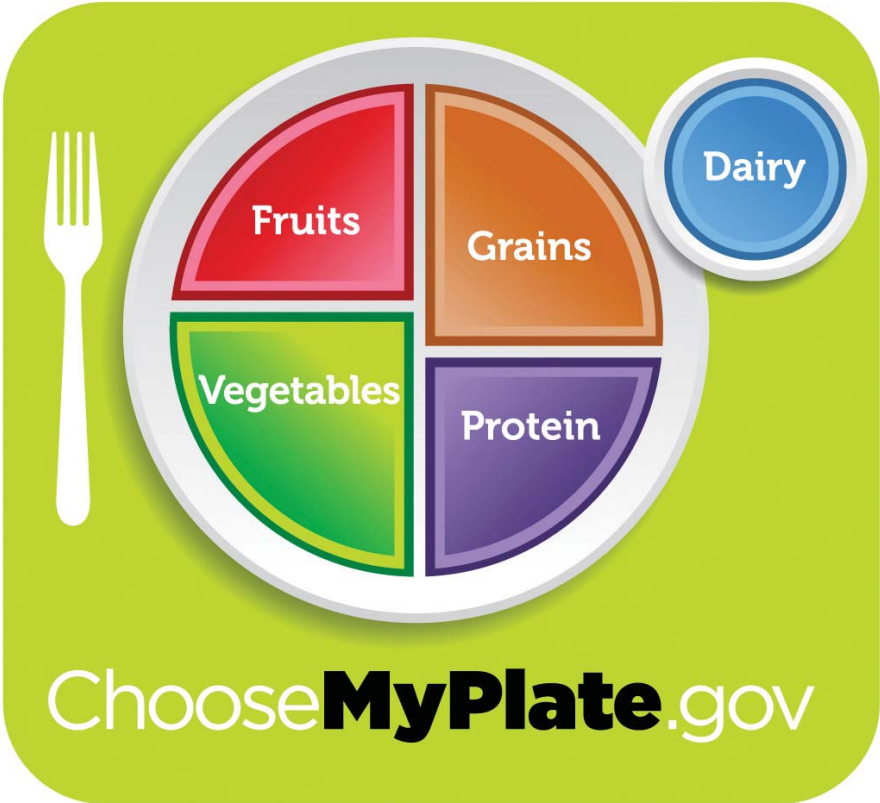
“With so many food options available to consumers, it is often difficult to determine the best foods to put on our plates when building a healthy meal,” said Secretary Vilsack. “MyPlate is an uncomplicated symbol to help remind people to think about their food choices in order to lead healthier lifestyles. This effort is

about more than just giving information, it is a matter of making people understand there are options and practical ways to apply them to their daily lives.”

Originally identified in the Child Obesity Task Force report, which noted that simple, actionable advice for consumers is needed, MyPlate will replace the MyPyramid image as the government’s primary food group symbol as an easy-to-understand visual cue to help consumers adopt healthy eating habits consistent with the 2010 Dietary Guidelines for Ameri-

cans. MyPyramid will remain available to interested health professionals and nutrition educators in a special section of the new website.

ChooseMyPlate.gov provides practical information to individuals, health professionals, nutrition educators, and the food industry to help consumers build healthier diets with resources and tools for dietary assessment, nutrition education,



2010 USDA Dietary Guidelines include:

Balance Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains.

Foods to Reduce

- Compare sodium (salt) in foods like soup, bread, and frozen meals, and choose foods with lower numbers.
- Drink water instead of sugary drinks.

(continued on page 13)

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If It's Tuesday, It's Mt. Airy Farmers Market Day!



Photo by Kathy Detwiler

Nicole Sugerman (r), manager of Weavers Way's Mort Brooks Farm, at the Mt. Airy Farmers Market, selling produce picked at the farm just hours earlier. The Mt. Airy Farmers Market runs every Tuesday, 3 to 7 p.m. at William Allen Plaza, at the Lutheran Seminary, on Germantown Ave. across from Allens Lane.

MyPlate

(continued from page 12)

and other user-friendly nutrition information. As Americans are experiencing epidemic rates of overweight and obesity, the online resources and tools can empower people to make healthier food choices for themselves, their families, and their children. Later this year, USDA will unveil an exciting "go-to" online tool that consumers can use to personalize and manage their dietary and physical activity choices.

Over the next several years, USDA will work with First Lady Michelle Obama's Let's Move! initiative and public and private partners to promote MyPlate and ChooseMyPlate.gov as well as the supporting nutrition messages and "how-to" resources.

The 2010 Dietary Guidelines for Americans, launched in January of this year, form the basis of the federal government's nutrition education programs, federal nutrition assistance programs, and dietary advice provided by health and nutrition professionals.

Coupled with these tested, actionable messages will be the "how-tos" for consumer behavior change. A multiyear

campaign calendar will focus on one action-prompting message at a time, starting with "Make Half Your Plate Fruits and Vegetables."

"What we have learned over the years is that consumers are bombarded by so many nutrition messages that it makes it difficult to focus on changes that are necessary to improve their diet," said Secretary Vilsack. "This new campaign calendar will help unify the public and private sectors to coordinate efforts and highlight one desired change for consumers at a time."

For more information, visit www.ChooseMyPlate.gov. Additional resources include: www.DietaryGuidelines.gov and www.LetsMove.gov.

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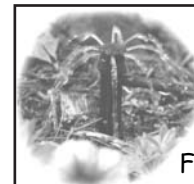
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A walk around West Mount Airy reveals a neighborhood of lush landscaping, huge old trees, and fascinating architecture, including Victorian, Greek and Gothic Revival—a stellar example of which is Upsal Gardens Apartments. Set on a terraced site, the brick and stone (Wissahickon schist) walls of Upsal Gardens are covered with ivy and distinguished by bays, turned gables, battlements, half-timbers, corbels, leaded glass and pointed arches. Today, all but a handful of the 146 apartments at Upsal Gardens have different floor plans. Units range from studios to three-bedroom/three-bath apartments.

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The July Garden

by Mark Goodman, The Neighborhood Gardener

QUICK: WHAT’S the first plant that comes to mind when I say “vine”? Many people will respond “grape” or “poison ivy.” But with the increased use of vines in the home landscape, there are many more possible responses.

Honeysuckle is a popular vine that has provided many memories of picking the flower, biting off the back end, and sucking the one drop of sweet nectar. Unfortunately, traditional (Japanese) honeysuckle, for all of its beauty, tastiness, and evergreen leaves, is invasive in the home garden and environment. However, there is a native variety, *Lonicera sempervivens*, that flowers red, attracts hummingbirds, and stays under control.

Similarly, the native bittersweet vine (*Celastrus scandens*) has the same orangey fruits as the invasive Asian variety but does not take over your yard—and your neighbors’.

While we’re talking about invasives, remember to think carefully before planting the Asian varieties of wisteria (*Floribunda* and *sinensis*). They will literally climb into your house through any crack in the window frames. They can also clog gutters and downspouts. And the surface runners and roots can build a network all through your lawn. There is a native alternative, *wisteria frutescens*, that, while not as showy, is not as invasive as the Asian varieties.

Trumpet vines also have the twin attributes of being beautiful and invasive. Underground runners tend to pop up



photo by Aubrey James Shepherd, <http://aubreyshepherd.blogspot.com>

Lonicera sempervivens, native honeysuckle throughout your garden, so keep it away from your flower garden, and—like wisteria—away from your house so it doesn’t move in. *Campsis radicans* is the orange flowering native variety.

Clematis are very colorful and less invasive than most ornamental vines. Their colors range from deep purple to blue to pink to white. I like the purple Jackmanii variety for its long, late spring bloom season. The white flowering “Henryi” variety often blooms twice—in spring and late summer.

All of the vines mentioned so far need a full day of sun to bloom properly. But what about the shady gardens in North-west Philadelphia? Climbing hydrangea

will bloom in shade and climb on stone houses and on fences. Its white flowers brighten a shady spot. *Schizofragma* is another good shade-blooming vine, which imitates the growth habit of climbing hydrangea. The “Moonlight” variety has bluish tinted-leaves with heart-shaped white petals.

There are some annual vines that will provide summer long color. The hanging black-eyed Susan vine (*Thunbergia*) grows well in hanging pots and climbs, then trails, in golden billows. Morning sun is the best habitat.

Vegetable gardeners know how pumpkin, melon, squash, and cucumber vines can climb and seemingly spread for-

ever. But if you want to combine a bountiful harvest with unique beauty, plant scarlet runner beans. (Still time in early July.) They climb well on trellises and fences, and produce lovely red flowers which attract hummingbirds. The beans are large and delicious, and the mature seeds turn purple and black. I’m convinced that these multifaceted beans were the magic seeds from “Jack and the Beanstalk.”

One advantage of vines is that sparse horizontal space is not a deterrent. All you need is vertical space. Consider adding an ornamental vine or two to beautify your garden.

Vacation watering: Going on vacation? Hoping that it rains while you’re away is not a recommended watering strategy. Install an irrigation system—sprinkler, soaker hose, or drip system on a timer. Or hire the kid down the street to water.

Happy gardening, and don’t forget to weed.

~ earthcraft@comcast.net

ECO TIP

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Summer Cheeses

(continued from page 2)

Feta flies off the shelf in the summer. We offer French feta made from sheep’s milk, which is rich and creamy. We also offer a domestic feta that is made from cow’s milk in a Greek style: more robust and tangy. Both make welcome accents for a salad with calamata olives, cucumbers and onions. For a seasonal treat, try the French feta cubed with watermelon when that fruit is at it’s juiciest. A light sprinkling of fresh mint and coarse black pepper make a simple, unique salad. Add Vidalia onions and golden balsamic vinegar if you wish.

The fresh cheeses are particularly attractive in summer. Claudio’s fresh ricotta pairs well with berries, and for a pizza party you can use Cacia’s fresh dough as a base for tomato sauce dotted with fresh ricotta and fresh spinach. Fromage blanc is the French answer to yogurt. Is is low in calories, has no fat, and is a nice simple breakfast when eaten with fresh fruit. If calories are not a concern, enjoy the decadence of mascarpone with your fresh fruit. Creme fraiche is traditionally used to thicken sauces and soups, but be inventive with it: slathered on pancakes it makes a rich, flavorful substitute for butter.

Ricotta salata is a firm but not hard Italian sheep’s milk cheese that can be shredded on cold or hot pasta dishes. Beemster goat gouda can serve the same purpose, and it’s made in Holland by a

Dutch dairy co-op that uses goat’s milk from small farms.

Speaking of goats, we offer a wide variety of goat cheese, from the mild and creamy, to the more robust and tangy. One worth mentioning is the goat cheese with honey from Belgium. It makes a nice addition to a summer salad that contains dried fruit and nuts.

Halloumi is a sheep’s milk cheese from Cyprus that grills! It doesn’t burn or melt; it retains its shape, softens slightly, and can be cubed as an appetizer, used as a salad accent, or made part of a kabob.

Let’s not forget the cheddars—as a snack with cured meats, as a burger topping or in that summer classic: the grilled cheese sandwich. Our much-loved everyday cheddar at the Co-op is from Australia, nine to twelve months old, pleasantly sharp, creamy and affordable. At the other end of the cheddar spectrum is the Old Quebec, born in Canada, then aged by a careful entrepreneur in Lancaster County. It comes to us with more than three years aging—rich, sharp, creamy, and complex.

This has only scratched the surface on summer cheeses. As an easy, tasty, healthy way to get protein, cheese can be a welcome part of meals and snacking (think string cheese for a kid’s snack). The hazy, lazy days of summer are upon us. Make cheeses a part of the summer fun!

Tomato Month

(continued from page 2)

and environmental risk management, but we really take it to excess. I think we all just become attached to varieties we like, but at the same time get excited about new ones, so the list snowballs.

For the uninitiated, heirloom tomatoes are, for many, the most exciting tomatoes, and perhaps even most exciting vegetables grown on our and other small, local farms. “Heirloom” is a label given to open-pollinated vegetables (meaning you can save seed from these tomatoes and grow the same type of tomato from it the next year) grown before World War I. During the first world war, innovations and changes in food distribution and eating habits meant that food was being shipped farther and stored for longer; during this era, the modern supermarket came into prominence, meaning food was standardized, consolidated, and distributed en masse.

These changes had great implications for plant breeding. Vegetables began to be selected for traits such as hardness during shipping, uniformity of appearance,

and shelf life. In contrast, vegetables bred before this time were instead selected for traits like taste, texture, and interesting appearance.

While we can and do grow heirloom varieties of every vegetable available, the difference in taste and quality is perhaps most prominent for tomatoes. Heirloom tomatoes are notoriously fussy to grow; they produce fewer tomatoes per plant, they get diseases easily, and the fruit cracks or bruises if you so much as touch it too hard. But the taste is so exceptional that it is all worth it. Moreover, growing heirloom tomatoes really embodies all the reasons for a food co-op to have its own farms, and illustrates the joy in re-localizing our food supply; heirloom tomatoes can only be grown either in a person’s backyard or in a farm very near where they are being sold, being virtually impossible to ship or store for long periods of time. So, look for a colorful array of Weavers Way Farms tomatoes in the store, and enjoy!

~ nsugerman@weaversway.coop

Beechwood Farms

(continued from page 2)

Like all our local stone fruit sources, Beechwood Orchards uses Integrated Pest Management (IPM) techniques in their orchards. IPM manages pest damage by the most economical means and with the least possible hazard to people, property, and the environment. IPM uses preventive methods by setting thresholds for pest levels, and scouting for pests. Scouting allows growers to catch problems early so they can use less harmful methods. Many growers use this technique, though it doesn’t make them IPM. IPM growers use pheromone disruptors, which are less risky pesticides that target specific pests. IPM is difficult to define, since it operates as a process rather than a series of prac-

tices. This is why it’s important for us to have a relationship with our farmers so we can better understand what they are doing.

All that hard work paid off and last year we were provided with a huge array of fruit from Beechwood, including white and yellow peaches and nectarines, those little candy-sweet donut peaches, and many different types of plums. You can find their stone fruits, as well as an array of other vegetables, berries, and goods at such farmers markets as Headhouse Market, South and Passyunk Market, Rittenhouse Square, and Penn’s Campus.

~ skane@weaversway.coop

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Farmers, Ag Groups Join Preemptive Suit Against Monsanto

from Sustainable Food News

CITING “new threats” to organic farmers, seed businesses, and agriculture groups already challenging Monsanto Co.’s patents on genetically modified seed, the Public Patent Foundation (PUBPAT) recently amended its lawsuit against the biotech giant after it failed to provide binding legal protection.

“Our clients don’t want a fight with Monsanto, they merely want to be protected from the threat that they will be contaminated by Monsanto’s genetically modified seed and then accused of patent infringement,” said PUBPAT Executive Director Daniel Ravicher. “We asked Monsanto to give our clients reassurances they wouldn’t do such a thing, and in response Monsanto chose to instead reiterate the same implicit threat to organic agriculture that it has made in the past.”

Over the years, Monsanto has sued farmers, alleging they have stolen the corporation’s intellectual property by saving their proprietary seed rather than purchasing new seed each year that would include a “technology fee.”

Because pollen, and thereby genetics, can be spread through the wind, or by insects, farmers are vulnerable to having their crops contaminated and then subsequently being sued by Monsanto, according to PUBPAT.

The plaintiffs said in March they were “forced to sue preemptively,” asking the court to prohibit Creve Coeur, MO–based Monsanto from suing them for patent infringement should they ever become contaminated by Monsanto’s genetically modified seed.

The suit was filed in federal district court in Manhattan.

Soon after the March filing of the lawsuit, Monsanto issued a statement saying that they would not assert their patents against farmers who suffer “trace” amounts of transgenic contamination, PUBPAT said.

In response, and in the hope that the matter could be resolved out of court, PUBPAT said its attorneys wrote Monsanto’s attorneys asking the company to make its promise legally binding.

The biotechnology giant responded by hiring former solicitor general Seth Waxman, a partner in the Washington, D.C. office of WilmerHale.

Waxman completely rejected PUBPAT’s simple request and instead confirmed that Monsanto may indeed make claims of patent infringement against organic farmers whose fields become contaminated by Monsanto’s genetically modified seed, PUBPAT said.

“Monsanto’s letter was a completely empty, indefensible, and self-evident evasion that shows they are only interested in trying to spin propaganda and do not want to take serious steps to resolve the problem they have created for organic and non-transgenic agriculture,” said one of the co-plaintiffs in the suit, Don Patterson of Virginia.

“Monsanto has run roughshod over organic and conventional farmers who have chosen to be sensitive to consumers’ concerns, and marketplace demand, by shunning genetic engineering in their seed purchases and the crops they produce,” said Mark Kastel, co-director of The Cornucopia Institute, a co-plaintiff in the suit with over 4,000 members, most of whom are organic farmers. “Because of Monsanto’s massive investments in federal political campaigns, and in lobbying, it’s important that an independent judiciary protects citizen-farmers from intimidation.”

In addition to supplementing the complaint with Monsanto’s most recent actions, PUBPAT announced that a new group of 23 organizations, seed companies, and farms or individual farmers have joined the original plaintiffs in the suit, bringing the total number of plaintiffs to 83, comprising 36 organizations, 14 seed companies, and 33 farms and farmers.

Court Dismisses Monsanto’s Appeal of GMO Beet Suit

from Sustainable Food News

THE U.S. Court of Appeals for the Ninth Circuit Court of Appeals in May issued a summary order concluding a long-standing lawsuit over the impacts of Monsanto Co.’s genetically modified sugar beets. As a result, previous court rulings in favor of farmers and conservation advocates will remain, including the order requiring the U.S. Department of Agriculture (USDA) to prepare a rigorous review of the impacts of GE sugar beets, engineered to be resistant to Monsanto’s Roundup herbicide, before deciding whether to again allow their future commercial use.

The ruling “cements a critical legal benchmark in the battle for meaningful oversight of biotech crops and food,” said Center for Food Safety (CFS) attorney George Kimbrell. “Because of this case, there will be public disclosure and debate on the harmful impacts of these pesticide-promoting crops, as well as legal protections for farmers threatened by contamination.”

The original suit challenged the USDA approval in 2008, arguing that GE sugar beets would contaminate organic and non-GE farmers’ related crops, such as table beets and chard, as well as increase pesticide impacts on the environment and worsen the current Roundup-resistant “superweeds” epidemic in U.S. agriculture.

In September 2009, Judge Jeffrey White in the federal district court in San Francisco agreed, and ordered the USDA to prepare an Environmental Impact Statement (EIS) assessing these and other impacts, as required by the National Environmental Policy Act (NEPA).

In August 2010, after a year of vigor-

ous litigation over the proper remedy for the USDA’s unlawful approval, the court again agreed with the plaintiffs, threw out the USDA’s approval, and halted planting.

Monsanto and other biotech industry intervenors appealed on procedural grounds but this latest order dismissed that appeal and affirmed the lower court’s rulings.

“Dismissal of the appeal confirms that the district court rightly concluded that in this case, as in every other case that has challenged USDA’s oversight of genetically engineered crops, the agency has flouted the law, favoring the interests of Monsanto over those of American people,” said Earthjustice attorney Paul Achitoff. “With every court decision the need for fundamental reform in this area becomes ever more obvious.”

The EIS is only the second USDA has undertaken for any GE crop in over 15 years of approving such crops for human consumption.

Both analyses were court-ordered. USDA said it expects to finish the GE sugar beets EIS and have a new decision on commercialization in 2012.

Monsanto created “Roundup Ready” crops to withstand its Roundup herbicide (with the active ingredient glyphosate). Growing previous Roundup Ready crops such as soy, cotton, and corn have led to greater use of herbicides. It has also led to the spread of herbicide-resistant weeds on millions of acres throughout the United States and other countries where such crops are grown, as well as contamination of conventional and organic crops, which has been costly to U.S. farmers.

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Chestnut Hill Book Fest, July 9, 10

by Peggy Miller

CHESTNUT HILL has announced that this year’s Book Festival will be held Saturday, July 9 and Sunday, July 10. This year’s events will be presented at various venues, including Stagecrafters Theater, 8130 Germantown Avenue, Philadelphia, and will showcase more than 50 locally and nationally recognized authors. It will also host more than 25 free events at additional venues in the area.

Now in its third year, the festival will feature such noted authors as Middle East expert and president of the Arab American Institute, Dr. James Zogby; veteran journalist and crime novelist George Anastasia; University of Pennsylvania Professor and bio-ethicist Dr. Arthur Caplan; four-time Pulitzer Prize nominee Michael Capuzzo; and critically acclaimed *Black Ice* author Lorene Cary.

“Right now we have secured some of the best authors around,” said Greg Welsh of the Chestnut Hill Business Association. “This festival just gets better each year and it’s a nice addition to the other amenities here in Chestnut Hill.”

The two days will be filled with panel discussions, author readings, writer’s workshops—poetry, fiction and a singer songwriter slam. For children, there will be music, hot dogs, and nationally recognized authors/illustrators Ponder Gombel, Matt Phelan, Jason Deeble, David Lubar, and the Barr sisters Sarah and Susan.

Following their success at the Free Library of Philadelphia Book Festival is

a special pre-event on Friday July 8 with First Person Arts Story Slam, which will be held at 7:30 at The Venetian Club in Chestnut Hill with a theme of “Firsts.”

Named by the National Trust for Historic Preservation as 2010 Distinctive Destination and selected as a top Urban Enclave by *Forbes* magazine, Chestnut Hill is truly Philadelphia’s favorite destination neighborhood. Located in the scenic northwest section of the city and designated as Philadelphia’s Garden District, Chestnut Hill combines its natural beauty with a variety of unique experiences for the day-tripper, out-of-town explorer, and neighboring residents. Chestnut Hill offers great locally-owned shops and restaurants with a variety of gifts and tastes for every need and budget. Shoppers can also enjoy free parking in all eight parking lots. For more information, please visit www.chestnuthillpa.com.

The Stagecrafters Theater was founded to “promote the advancement of knowledge and appreciation of drama in all its forms, and to encourage the writing and production of drama of a high literary and artistic standard by its members.” Housed in an historic and lovely property on Germantown Avenue in Chestnut Hill, The Stagecrafters continues a fine tradition of community theater. Over the years, The Stagecrafters has evolved to its present status as a full-fledged theatrical organization, with a subscription base of nearly 700.

pmiller@chestnuthillpa.com

Suggestions

(continued from page 24)

food we have commercial access to while traveling and playing is so unhealthy. On the other hand, having as much food as possible deep fried over and over in cheap oils made by agricultural giants like Cargill and ADM that use toxic chemical solvents to extract the oil from GMO crops like corn and soy does sound like fun, so maybe the next step is to have a theme park with the theme being deep fried foods. Imagine a roller coaster that runs through an imaginary deep fryer, everyone comes out dripping with grease and feeling crispy.

Suggestions & Responses:

s: “Could we carry Coconut Bliss ice cream instead of Purely Decadent coconut ice cream? The Coco Bliss doesn’t have natural flavors (just real food ingredients) as opposed to natural flavors in the Purely Decadent. It’s tastier too! Thanks!”

r: (Chris MA): OK, I’m a sucker for “real food ingredients.” We’ll try it.

s: “No more conventional frozen vegetables, e.g. corn? It is less expensive than organic and corn is #3 on your “Clean 15” list of veggies, if this makes a difference. Is this a temporary or permanent decision?”

r: (Chris MA) We stopped carrying the two-pound bags of corn and peas in order to make room for an excellent locally made product: Jay’s Gourmanze

Knishes, which have proven to be very popular since we introduced them, so yes, I believe this is a permanent decision. Sorry to drop a product that you liked, but we are also supporting a local business by selling Jay’s Knishes. Plus, they are great!

s: “We used to carry these really cool white oven gloves, they were made in the U.S. I would like to buy some more but now they are gone. Can we get some more? Or can I special order them? Thanks.”

r: (Martha MA) The oven gloves should be here by the time you read this. Glad you like this Chef’s Planet product! Thank you for telling us.

s: “Poblano peppers. Seems we haven’t had them recently (or do they just sell out before I make it in?)

r: (Jean) Couldn’t get them, so I got Seranos. I try to switch peppers now and then anyway. Poblanos and Anaheims are next up, assuming I can get them! Thanks.

s: “Can we carry in Mt. Airy individual Fage yogurts? Maybe trade them for a slower seller individual? Thanks.”

r: (Chris MA) Unfortunately, there’s no room to add more flavors or sizes of Fage yogurt to our Mt. Airy selection. You might consider pre-ordering cases of them. They come 12 cups per case, and usually have a five-week sell-by date. Plus, you’ll get 8% off of regular price.

s: “What happened to Metropolitan Bread? Their multi-grain sliced is my favorite sandwich bread.”

r: (Lindsey MA) We should still be getting it but I’ll add two or three loaves to our order each day. Thanks!

s: “I don’t understand why we sell frozen foods. They are difficult to eat, hard to chew. I’m surprised anyone buys them.”

r: (Norman) You must be new to food shopping; recent college grad out on your own for first time? Part of our failure as a society is kids don’t get much education about food and health from parents or schools. Fortunately, the Coop can step in and fill this gap. Today’s lesson is that all frozen foods are made to be convenient to purchase but before eating must be deep fried.

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Moonlight Movies, Fridays in Mt. Airy

by Elizabeth Moselle, Director of Commercial Corridor Revitalization at Mt. Airy USA

MOONLIGHT MOVIES, the new outdoor movie series at Lovett Library, kicks off Friday, July 8, at 8:30 p.m. with a showing of *The Princess Bride*. Sponsored by Mt. Airy USA in partnership with the Free Library of Philadelphia and the Trolley Car Diner, the series will run for six consecutive Fridays, through August 12. Lovett Library is located at 6945 Germantown Avenue. Seating begins at 8 p.m. “Moonlight Movies” will be free and open to the public.

Mt. Airy USA came up with the idea for Moonlight as a way to breathe life into a quiet section of the neighborhood’s commercial corridor. “There’s this huge, basically unutilized green space next to our community library. If we can get people to come out for these events, our hope is that they’ll start thinking about how they might want to use the space long-term,” said Anuj Gupta, Mt. Airy USA’s Executive Director. “Attracting more people to this stretch of the Avenue will be key to continuing the successful development we’ve had above Mt. Pleasant Ave.”

But the series is about more than developing Germantown Avenue. Events like this bring fun and vibrancy to a neighborhood. By getting neighbors out of their homes and coming together in our public spaces, we create an opportunity for people to interact and make connections with each other. We hope to create an atmosphere that deepens and solidifies the strong sense of community we have here in Mt. Airy.

The Trolley Car Diner is donating their film projection equipment for the series. The diner will also be selling concessions at the events and turning over 15% of the proceeds to the Friends of Lovett Library. “This is a win-win for the Mt. Airy community and for the Library,” explained Trolley Car Diner Owner Ken Weinstein. “The partnership between the Diner, Mt. Airy USA, and the Library has

been fantastic. It’s proof that great things can happen when people work together. We’re glad to be a part of this movie series.”

The Free Library has been incredibly supportive of “Moonlight Movies” and is producing posters and marketing materials for it in-kind. “The Free Library of Philadelphia is delighted to partner with Mt. Airy USA and to welcome the community to the Lovett Library garden. Founded by a trio of caring neighbors, the Lovett

Library truly functions as a community gathering place. We welcome the film audience to come in and borrow DVDs, CDs and of course books!” commented Siobhan A. Reardon, president and director of the Free Library of Philadelphia. Remaining costs, most notably film licensing fees, will be underwritten by a generous local donor, who chose to remain anonymous.

The movies in the series were selected based on community feedback. Mt. Airy USA and Trolley Car Diner developed an online survey with 50 titles to choose from, which was distributed and publicized throughout the neighborhood. The survey received a strong response, with over 350 people selecting their personal ‘top ten’ and suggesting others they’d like to see. The winning line-up is listed above.

Moonlight Movies

The Princess Bride, Friday, July 8

Back to the Future, Friday, July 15,

March of the Penguins, Friday, July 22

The Sandlot, Friday, July 29,

Finding Nemo, Friday, August 5

E.T., Friday, August 12

The Last Mountain

by Glenn Bergman, Weavers Way General Manager

I WONDERED the other day as I paid our utility bills at the Co-op how much of our energy comes from coal. I was still very upset by a new documentary on coal production in West Virginia. *The Last Mountain* opened at the Ritz at the Bourse theatre in June and it received four stars from the *Philadelphia Inquirer*. I had seen a few clips of this movie on a program that featured Robert Kennedy Jr. speaking about the devastation of the lush hills of West Virginia by what is called “mountaintop removal.” What did I really know about this process? Why should I care? What impact if any can I have as a Philadelphia resident?

What became clear is that people who make their fortune off of this type of coal production should check their morals. It is as simple as that. There is no discussion that can make what is happening in West Virginia and other parts of the Appalachia mountains right in any discussion of ethics. It is especially true when one looks at the price of coal being at historic highs, and the quality of American high-energy coal in such worldwide demand.

The Chinese demand our coal to fuel their growth and mix it with their less efficient coal.

It is not only the devastation to the natural beauty; there is a clear, direct line of illness and death of residents in these small communities caused by the release of toxic metals from the coal mines.

Brain cancer and heart disease are occurring at alarming levels in these rural, isolated communities.

This type of mining, the removal of the mountain tops, has already damaged over

500 mountains on million acres of forest land. The pictures you see are hard to believe. In one picture the mountain is there, and in the next it is gone. The surrounding beauty is also swallowed up in the destruction.

Something is not right when the energy policy of this country, even under this President, allows this to take place. The fines that energy companies, like Massey, have to pay are small compared to the profits they make from destruction, pollution of the land, and the killing of innocent poor people in Appalachia. It simply is not right.



There are a number of things to do:

1. Use less energy: easier said than done.
2. Convert to as much alternative—sustainable—products (wind, water, and solar) and services as possible.
3. Write to your Congressional representative and the President.
4. Protest.
5. Stop supporting companies that support this type of action
6. Give to environmental groups trying to stop these methods.
7. Finally, I encourage you to see *The Last Mountain*.

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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.

Letter to the Editor

I write in reference to Lawrence Geller's letter from the June issue of *The Shuttle*. I am a proud non-working member of Weavers Way, and though I respect Mr. Geller's experience, I feel he has lost track of how much the Co-op's expansion has offered a voice to people who have never known the value of a store that sells whole, fair food. He infers that the growth of Weavers Way is in some way a moral failing, and that makes me feel sorry for him.

Weavers Way is not turning into "just another food store," as you put it. For most of its newer members, the store offers the first opportunity to purchase food from a co-operative effort. The contemporary shopper has so little choice apart from the enormous impersonal chains that dot the landscape. Offering consumers in North Philadelphia, for example, the option to buy more whole produce is a far greater gesture of hope than anything the major, profit-oriented whole foods supermarkets are capable of making.

Furthermore, I am disappointed that you don't understand that there are people whose economic stress does not enable them to give their time to working at the Co-op. That may not be the reason why I am a non-working member, but it's nevertheless a reality for many others. Weavers Ways novel efforts to encourage people unfamiliar with the cooperative effort to go to meetings are also typically admirable, and you ought to accept that.

And I'm amazed that you don't see that Weavers Ways growth helps people be a part of something extraordinary, whether they work or not. You even begrudge people the opportunity to vote from home on member issues, and yet you crow about the importance of the relationship between democracy and the cooperative movement. How needlessly petty. As a longtime member, you disappoint me, sir.

And finally, I don't think you do yourself any justice by peppering your letter with needlessly profuse quotation marks. Paragraph three of your letter alone had four inexplicably quoted phrases and words that only confused the point you wanted to make. I would think that your need for your voice to be heard would have compelled you to be a bit less peculiar to your readers.

~ Ted Connelly

L • E • T • T • E • R • S

Letter to the Editor

Hi, I am Robin Roberts, the PTA President of Charles W. Henry School. PTA is a powerful voice for all children, an excellent resource for families and communities, and a strong advocate for public education. Our school is the first non-charter public school in the Philadelphia School District to join the National PTA organization.

We are doing a lot of great things at Henry. Our kindergarten playground suffered a devastating loss of equipment due to fire last July. Through community support and a host of volunteers, we were able replace the structure and padding to allow the children a safe place to play. Our school garden is in its second year and is growing great. It is a fantastic way for the kids to learn. Feel free to check it out! This year we are also initiating more Science experiences for our students and continue to support our wonderful Theater, Music, and Art programs. We have sought to support our teachers and parents so that all Henry students are able to have a positive learning experience.

This next year, the PTA is looking toward doing so many things, like initiating structured recess, increasing volunteer opportunities, and enriching daily activities to engage the children more. Despite the proposed budget cuts for next year, we are committed to maintaining and strengthening the education at Henry. We are seeking the help of our Mt. Airy community in these efforts. There are a number of ways that community members can volunteer in the school. Mt. Airy neighbors can also join the PTA. Membership is open to anyone who is concerned with the education, health, and welfare of children and youth. The PTA page of the school website offers membership information and general information about the activities of the PTA.

We are glad to be a part of the Mt. Airy community and appreciate the support we have received from neighbors over the years. We are dedicated to making sure that C.W. Henry continues to be a neighborhood public school of which we all can be proud.

Thank you,


~ Robin Roberts
President, C.W. Henry School PTA
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L • E • T • T • E • R • S

To the Editor:

When writing an article to inform readers about a real-world issue, it is essential for the writer to provide references for the source of stated “facts.” This is especially critical where numerical data are provided. Lacking source references, an article becomes either a personal opinion piece at best, or a misinformational propaganda statement at worst. Sandra Folzer’s article in the June 2011 issue of *The Shuttle*, “Destroying Boreal Forest for our Gasoline: Tar sands, Part 1,” presented many disturbing “facts” about the environmental impact of tar sand development in northern Canada, but provided absolutely no reference to sources. Knowing the source of shocking statements such as “23 percent of Canada’s waterways cannot sustain life” or “If any of the tar sands ponds would breach, it would be 3,000 times worse than the Valdez spill in 1989” is critical to evaluating the credibility of the entire article. Also, the first quote is a good example of implying a cause (tar sand development) to an effect (23 percent of Canada’s waterways cannot sustain life), which is completely invalid. Certainly there are polluted waterways in Canadian provinces other than Alberta and tar sand development does not occur in all Canadian provinces. The article is full of dire and unsubstantiated claims about the impacts of tar sand development; however, it gives no indication that the writer understands that oil refined from tar sands in Canada for U.S. consumption would be replaced by oil imported from some other part of the world and the consequent impacts, environmental and economic. Environmental awareness requires careful attention to factual details and sources. It also requires an awareness of the implications of various alternative choices and actions.

~ Peter Muller

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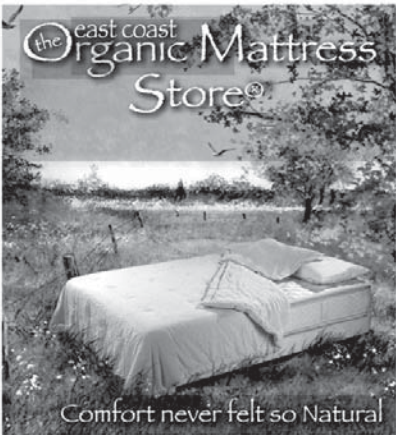
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Dear Mr. Muller,

I think you are correct that facts need to be substantiated. Since *The Shuttle* is not a professional journal, I do not give footnotes as I assume most readers don’t want the references. However, I am always happy to give my references upon request.

For example, The 23% is from Statistics Canada’s report in 2007.

They are actually a Canadian agency which gathers statistics. The report from 2007 is <http://www.statcan.gc.ca/pub/16-251-x/16-251-x2007000-eng.pdf>. The tar sands ponds hold the tailings, the toxic waste. These ponds are enormous. Even the Alberta Energy Research Institute, a pro industry group, say the exponential growth of the ponds is “unsustainable”. By 2018 they are expected to grow from 23 square miles to 85 square miles.

The Valdez catastrophe released 11 million gallons of crude oil in Alaska. A breach in a tar sands pond would release about 3000 times that amount. This is according to Bruce Peachey of New Paradigm Engineering and David Schindler of the University of Alberta.

Yes, Mr. Muller is correct in saying that if we did not import oil from the tar sands, we might have to import it from the Middle East. My hope is that we spend our resources on alternative fuels, not oil. Too much long-term destruction is occurring for short-term gains.

~ Sandra Folzer, Ph.D.

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THE BOTANY Department at the Morris Arboretum has received a grant from the Pennsylvania Wild Resource Conservation Program (WRCP) to create resource recovery plans for three plant species considered among the most critically imperiled in Pennsylvania. The species of concern in this project are glade spurge (*Euphorbia purpurea*), Torrey's mountain-mint (*Pycnanthemum torreyi*), and spreading globe-flower (*Trollius laxus*).

Morris Arboretum Botany Department staff will visit the few sites where these species are known to occur to provide up-to-date data for extant populations. The data collected will include population size, potential threats, reproductive capacity, and overall population health.

Historic sites will also be visited to assess whether or not the species could re-

main at those sites. The potential for previously unknown sites will be assessed using geographic information system (GIS) analysis based on various physical parameters. All background and laboratory research associated with this project will be conducted at the Morris Arboretum of the University of Pennsylvania.

The WRCP is part of the Department of Conservation and Natural Resources and is the only dedicated source of funding for research and conservation of wild plants in our state. Visit www.dcnr.state.pa.us/wrcp to find out how you can help support this vitally important program.

The Morris Arboretum of the University of Pennsylvania is located at 100 East Northwestern Avenue in the Chestnut Hill section of Philadelphia. The 92-acre horticulture display garden features a spectacular collection of mature trees in a beautiful and colorful landscape. The Arboretum includes numerous picturesque spots such as a formal rose garden, historic water features, a swan pond, and the only Fernery in North America. A new permanent nationally award-winning exhibit, Out on a Limb—a Tree Adventure, adds to Morris Arboretum's allure by transporting visitors 50 feet up into the treetops on a



photo courtesy of Morris Arboretum

Spreading globe-flower (*Trollius laxus*), one of the critically imperiled plants Morris Arboretum's Botany Department will be studying with a grant from the Pennsylvania Wild Resource Conservation Program (WRCP).

canopy walk that requires no climbing. The Morris Arboretum's new Horticulture Center Complex has received Platinum Level LEED® Certification, the highest sustainability rating of the U.S. Green Building Council. The Morris Arboretum is listed on the National Register of Historic Places and is the official arboretum of the Commonwealth of Pennsylvania. For more information, visit www.morrisarboretum.org.









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-  July 6 - **Quakertown Band**
www.quakertownband.org
-  July 13 - **Cheers Elephant** WXPX welcomes
www.cheerselephant.com
-  July 20 - **Joanna Pascale (Jazz Vocalist)**
www.joannapascale.com
-  July 27 - **West Philadelphia Orchestra**
www.westphiladelphiaorchestra.com
-  July 27 - **Police & Firefighters Picnic**

RAIN LOCATION - The Jenks School, 8301 Germantown Ave. - in the event of rain, the shows will take place there at 7:30 on the scheduled dates. For More Information CALL 21-248-8810

Where can I buy produce from Weavers Way Farms?

Every Monday, 3 pm to 5:30 pm

Early June through October
Stenton Family Manor Farmstand
1300 E. Tulpehocken Street

Every Tuesday, 3 pm to 7 pm

Mid-May through October
Mt. Airy Farmers Market
Plaza at the Lutheran Seminary
7200 block of Germantown Avenue

Every Wednesday, 2 pm to 5 pm

Early June through October

Henry Avenue Farmstand
7100 Henry Avenue, across from the
intersection with Cinnaminson Street

Every Saturday, 9:30 am to 1:30 pm

Early June through October

Chestnut Hill Growers Market
Germantown Avenue and Mermaid Lane

Every Sunday, 10:00 am to 2:00 pm

May through mid-December

Headhouse Farmers Market
2nd Street and Lombard Street

All Weavers Way Co-op

Locations:

Chestnut Hill, Mt. Airy, West Oak Lane

Through our CSA:

For more information, visit
<http://weaversway.coop/index.php?page=saul-csa>

For more information, visit
www.weaversway.coop or e-mail
farmer@weaversway.coop

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Look for these varieties from Weavers Way Farms

Green Zebra

A small, round tomato, that has a tangy flavor and is great for salads. Ripe when they have a yellow blush that accentuates the green stripes.



Nyagous

A rare Russian tomato variety. Beautiful, smooth and round, these "black" tomatoes are a dark mahogany with dark grey-green shoulders.



Mule Team

More perfect and blemish free than other heirloom varieties. This medium-sized, globe-shaped red tomato has a classic flavor that is nicely balanced between sweet and tangy.



Moskvich

Another Russian variety, these deep red, small fruits are smooth, round and slightly flattened, with a luscious, rich taste.



Costuluto Genovese

An old Italian preserving tomato variety but also a great slicer. It is heavily lobed and scalloped making for beautiful slices. It's flavor is intense and acidic.



Valencia

This round, smooth fruit is a brilliant orange. It has an excellent, complex tomato taste, with a great balance of acidic and sweet. It is meaty and rich with few seeds. It has been described as bursting with flavor, rich and buttery and pineapple-like, as well as sweet and refreshing.



Striped German

1-2 lb. fruit with red-yellow stripes and dense, juicy, red-yellow streaked flesh. Complex, sweet and fruity flavor and smooth texture. The marbled interior looks beautiful sliced.



Rose

A deep, dusty-rose color, these 3-inch, meaty globes have a renowned, fantastic flavor.



Hillbilly Potato Leaf

Absolutely gorgeous bicolor beefsteak tomato, great for slicing. Large 1 pound fruits are yellow with red streaks from the bottom end with red-yellow flesh. Sweet and juicy.



Brandywine

This is a classic beefsteak tomato with a pinkish flesh. It's best known for having a "great tomatoey flavor"; it is beautifully sweet with a wonderful acidity.



Cherokee Purple

Medium-large, flattened globe fruits. Deep purple-brown color with green shoulders. This tomato has a rich smoky taste and a refreshing acid. It's watery, thick-skinned, and earthy with a lingering flavor.



Oxheart

A large, heart shaped tomato. Very flavorful and meaty. Great for making tomato sauce.



Sungolds

A bright tangerine-orange cherry tomato, with an exceptionally sweet fruity flavor.



Other tomatoes that the farm will have this summer:

Goldie, Moonglow, Roma/San Marzano, Paul Robeson, Pineapple, Big Zebra, Black Krim, Long Keeper, Principe Borghese

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New Health Advisory Committee Forming

Weavers Way is forming a small committee to address ways in which the Co-op can have a positive impact on the health of our community—reducing obesity, diabetes, heart disease, and hypertension in Northwest Philadelphia. We are looking for a wide variety of health professionals to apply their expertise to creating criteria for health-conscious food products, designing incentive programs for healthy lifestyle changes, initiating educational programs, and suggesting other community health programs.

If you are a dietician, exercise physiologist, epidemiologist, health educator, nurse, physical therapist, physician, physician's assistant, or other health professional with suitable expertise, collaborate well with others, can attend one meeting a month, and want to make a community-wide difference, please apply to sit on this committee by contacting Anne Workman at outreach@weaversway.coop. Co-op work hours are a bonus!

Howard J. Goldblatt

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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.

The term “food deserts” has been used to describe areas where there is little or no access to healthy food. Although there is no definition of “healthy food,” it seems to mainly include fresh produce, whole grains, and foods that are less processed and lower in sodium and fat. Typically food deserts are areas of low-income populations, often, but not always, in inner cities. Recently I’ve done some traveling by car, once to northwest Connecticut and once to Pittsburgh. Being 58 years old, frequent stops along the interstate at “travel plazas” are required for me. While in the “travel plazas,” with their fast food chains and mini-marts, I like to look around and see if there is any of what I consider to be “normal food” available for sale. (FYI—“normal food,” as defined by me, is produce, whole grains, beans, and nuts, as natural as possible.) Usually, such food is scarce in these kinds of places. Af-

ter visiting one place on the PA turnpike I could find zero “normal food,” not even pieces of fruit at Starbucks or salad at the pizza chain (they did have a tray for it, but it was empty). The A-Plus had a very small refrigerator with small packages of sliced apples with caramel dip and mini-carrots with ranch dip. I thought too bad the apples and carrots had to be ruined by the dips, which were mostly white sugar and crap oil with thickener and artificial flavorings, not to mention it seemed like a lot of plastic packaging for a few ounces of produce. I got back into the car thinking about food deserts and thinking that these “travel plazas” are actually themselves a form of food desert.

While in Pittsburgh, we attended the Arts Festival, which was a pretty good time, and kind of a carnival atmosphere, complete with snow cones, cotton candy, foot-long hot dogs, and funnel cake. Again, I was curious to see if I could find any “normal food” and was pleased to see a few vendors had salads and veggies. Watching what other people ate though, it seemed the main criteria for what people were choosing to eat was that the food be battered and deep fried. I saw deep fried things I had never seen before, including fried tortillas, fried pierogies, and fried fruit. Another thing I did in Pittsburgh was attend a Pirates-Phillies game at the new PNC park, which after a quick walk around resulted in me thinking here is yet another food desert.

Unlike urban food deserts, there are no academics looking at food offerings of travel plazas and fairs and stadiums, or grant monies funding ways to get healthier foods into these food deserts. In this era of more concern for health and what we spend on health care I find it an interesting comment on our priorities that the

(continued on page 18)

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.



Equal Exchange Fair Trade

July Coffees of the Month



Bulk Beans:
Organic Guatemalan Medium
reg. \$11.99 **sale \$8.99/lb.**

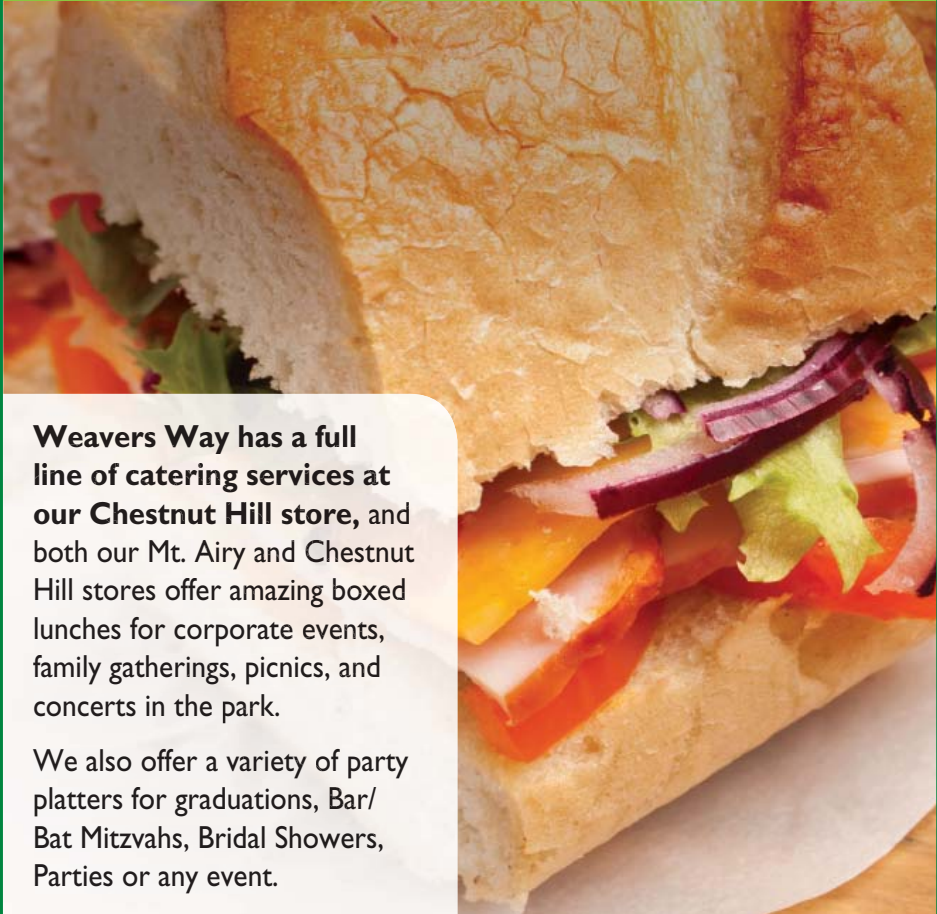
Organic Ethiopian
reg. \$11.99 **sale \$8.99/lb.**

Organic Rabble Rouser (MA only)
reg. \$11.99 **sale \$8.99/lb.**



June 29 - August 2

Take us with you!



Weavers Way has a full line of catering services at our Chestnut Hill store, and both our Mt. Airy and Chestnut Hill stores offer amazing boxed lunches for corporate events, family gatherings, picnics, and concerts in the park.

We also offer a variety of party platters for graduations, Bar/Bat Mitzvahs, Bridal Showers, Parties or any event.

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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., July 13 & Aug. 24 at 6:45 p.m.**

Weavers Way - West Oak Lane
2129 72nd Ave. (intersection of Ogontz Ave., Walnut Lane & 72nd Ave.)
• **Sat. July 16 at 11:30 a.m. & Sat Aug 27 at 10:45 a.m.**

Weavers Way Co-op Offices/Mt. Airy
555 W. Carpenter Lane
• **Weds., July 20 & Aug, 17 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.