

WEAVERS WAY SPRING GENERAL MEMBERSHIP MEETING

Sunday, May 20 at North by Northwest, 7165 Germantown Ave

✓ **Vote online**
or in the stores!

AGENDA:
EAT & GREET - 5:30-6:00
Food and drink will be provided
Ballot Voting will close at 6:30 PM
Ask about the bylaw changes suggested by your Board

BUSINESS MEETING 6:00-6:30
• Approval of Fall 2011 General Membership Minutes
• President's Report
• Introduction of the Board Candidates
• Bylaw Amendment review (public questions)

FEATURED PRESENTATION - 6:30-7:30
• **Don Hinkle-Brown**, President & CEO of The Reinvestment Fund (TRF)
• Questions for the Speaker
UPDATE FROM THE NEW CHICKEN COMMITTEE & HEALTH AND WELLNESS COMMITTEE - 7:30-7:40

GENERAL MANAGER'S REPORT - 7:40-7:55
• Mt Airy Renovation update
• Staff introduction
VOTING RESULTS: ELECTIONS & BYLAW AMENDMENT - 7:55- 8:00
CAKE & CONVERSATION (Dancing & Music) - 8:00-9:00



The Shuttle

May 2012 Vol. 41 No. 05

A Cooperative Grocer Serving the Northwest Community Since 1973

IYC Update

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

DURING THIS International Year of Cooperatives, Philadelphia will host a one-day conference where you can learn more about cooperatives and how they help to build our cities, regions and states. This will be an opportunity to hear from nationally known experts on cooperatives and learn from each other in smaller workshops. The conference, “Exploring Cooperatives: Economic Democracy and Community Development in Pennsylvania and

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TRF CEO to Speak at Spring GMM

by Jon McGoran, Shuttle Editor



photo courtesy of The Reinvestment Fund

Don Hinkle-Brown

WEAVERS WAY is very pleased to welcome Don Hinkle-Brown, president and CEO of The Reinvestment Fund (TRF), as the featured guest speaker at our Spring General Membership Meeting, Sunday, May 20. TRF is a community development financial institution that manages \$700 million. Although he has only been in his current position since last September, following the June departure of predecessor Jeremy

(continued on page 11)

Pet-A-Palooza Returns, June 2

by Jon McGoran, Shuttle Editor

ON SATURDAY, June 2, from noon to 4 p.m., Pet-A-Palooza returns to Weavers Way’s pet supply store in Mt. Airy, celebrating all things pet with fun-filled activities like Stupid Pet Tricks and informative sessions on pet wellness and nutrition. The event will also feature exhibitors including pet-sitters, doggy day care, veterinarians, groomers, animal rescue groups, trainers, and all manner of pet-loving people and the pets they love. The event will also highlight Weavers Way Co-op’s award-winning pet supply store and its extensive line of natural pet supplies, located at 608 Carpenter Lane, diagonally across the intersection from Weavers Way’s soon-to-expand Mt. Airy store.

There is plenty of fun already lined up, but we are still welcoming volunteers and other interested exhibitors. If you are



file photo

Pet-A-Palooza returns June 2

interested in participating in this fun-filled event, please contact Anne Workman, Outreach Coordinator, at 215-843-2350, ext. 118, or via e-mail at outreach@weaversway.coop.

Fresh & Local Fair is Back!

by Jon McGoran, Shuttle Editor

ON SATURDAY, May 19, Weavers Way Co-op and our local vendors and farmers will celebrate the local growing season with our second annual Fresh and Local Fair, from noon to 4 p.m., in the backyard of Weavers Way Chestnut Hill, 8424 Germantown Avenue. In addition to Weavers Way Farms, we will have product samples and demos from Iron Hill Brewery, Calkins Creamery, Moshe’s, Chung’s Sushi, Koch’s Deli, Bobbi’s Hummus, John & Kira’s Chocolates, Reanimator Coffee, Sun & Earth, My House Bakery, Real Pickles, Martins Sausage, and D’Artagnan. Come by and enjoy some live music, sample lots of locally grown and prepared foods, and meet some of Weavers Way’s Farmers at this fun-filled event.

Mt. Airy Renovation Proceeding

by Glenn Bergman, Weavers Way General Manager

IF ALL goes as scheduled, the Mt. Airy store will close for most of the summer months and then reopen right before Labor Day. I sometimes wonder, “Do we really have to do this?” The other side of my brain answers right back, “Yes! We promised!” A few years ago, as we discussed the expansion to CH, many of you asked, “What about Mt. Airy? Why not just invest in Mt. Airy first?”

The plan we came up with was to expand to CH and then if all went well in a few years we would come back to Mt. Airy and close the store for a few months to upgrade the store. We first needed a sec-



image courtesy of UJMN Architects + Designers

Initial renderings by UJMN Architects + Designers

ond store where members could still shop while we closed MA for this renovation.

We had expected the renovation might take at least three to four years un-

(continued on page 7)

Environment Committee Awards Grants

by Sandra Folzer, Environment Committee Chairperson

ONCE AGAIN, the Environment Committee of Weavers Way has awarded grants to community groups for environmental projects. Since the City now does recycling, the Committee no longer receives funds from the Partnership Recycling Program. We were fortunate to receive a grant of \$300 from Valley Green Bank, and we were able to make a profit from our Electronics Recycling, which we shall hold again on Saturday, June 23. We are continually looking for new sources of

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Weavers Way Cooperative Association
559 Carpenter Lane, Philadelphia, PA 19119
www.weaversway.coop

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Editor’s Note



by Jonathan McGoran,
Shuttle Editor

IN SAD news this month, Norman Weiss has been thinking again. I love Norman dearly, especially his ability to laugh at himself. I sometimes even find myself in agreement with him (generally when he is laughing at himself). In this month’s Suggestions column (p.28), Norman takes issue with my use of the word vibrant, which he considers “a meaningless adjective.” Now, just because Norman considers something to be the case does not make it so: If it did, sugar would be illegal, flowers would be abolished as unnecessary plant “marketing,” and no food would have more than two ingredients (and even then, only if one of those ingredients was a whole grain or legume). As so often is the case, Norman is wrong.

While “vibrant” is over-used, hackneyed, and even clichéd, it is not meaningless. Norman acknowledges such, attempting to describe the word’s meaning: “It seems to me that if something is not vibrant then it is basically dead. If it’s alive, it has ‘vibrant’ type stuff going on like respiration, a pulse, eating and eliminating, motion, etc.” (“Vibrant’ type stuff” ...watch it with the jargon, there, big boy.)


He attempts another definition as well: “Maybe the idea behind ‘vibrant’ is that the energy of the ‘vibrant’ object has more vigor and energy than typical.” Close, Norman, but that kind of a circular definition would be like saying, “The stupidity of the foolish columnist has more idiocy and stupidity than typical.” True, but not correct.

While vibrant can mean alive, it can also mean lively, energetic, or bright, or, most literally, “vibrating.” So While Norman’s brain may not be vibrant in any sense of the word, his head most certainly is—if only in that, when whacked with a rolled up copy of a vibrant but inanimate publication like, say, *The Shuttle*, his head can vibrate like a bell, emitting a hollow, sustained tone, that, while devoid of meaning, can persist for some time, and can even sometimes serve as the basis for his column.

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Statement of Policy
Articles should be under 500 words and can be submitted on disk at Weavers Way Mt. Airy or by e-mail to editor@weaversway.coop. Be sure to include your name, phone number, and membership number within the document. The purpose of *The Shuttle* is to provide members with information 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, at our stores, online at www.weaversway.coop, or via e-mail at advertising@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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Introducing the Farm Production Team 2012!

by Nina Berryman, Weavers Way Farm Manager

THINGS ARE always growing and changing on the farms, and that includes our seasonal staff. Our full-season staff for 2012 started in April (our team will grow again slightly in June), and they certainly hit the ground running. Sometimes we have cold, miserably rainy spring days that allow for a short day here, or an indoor planning day there...but not this year! While I write this (late March), our precipitation for the year is already down by five inches. With this summer-like weather, there has been plenty to do on the farms. This is the largest farm team we have had yet, and boy, do we need it! Our farm team is also more specialized than ever before, with separate farm education interns and farm production interns working at Henry Got Crops!. In the past, Henry Got Crops! interns have been asked to jump between the worlds of farm production and farm education. This year, Clare and I decided we could offer a more comprehensive learning opportunity by having interns focus on one or the other.

Working with Rick at the Mort Brooks farm is Katelyn Melvin. Katelyn is an Anthropology and Art Studio/History major from Wesleyan University. She is from Wayne, PA, and comes to us with a strong background in herbalism, having completed the course “Art and Science of Herbalism” by the well-known herbalist Rosemary Gladstar. She has also spent a season working at Maverick Farm in Valle Crucis, NC, and before that, she spent a season at East Hill Farm in Rochester, NY. The farm production team at Mort Brooks will grow again in June when the summer intern starts.

At Henry Got Crops!, Chris O’Brien, Matt Steuer, and Nancy Anderson have



Photo by Nina Berryman

Pictured here planting herbs, the 2012 Henry Got Crops Farm Production and Farm Education team (left to right) Erika Reinhard, Clare Hyre, Meg Berry, Sam Kelly, Chris O’Brien, Nancy Anderson, Matt Steuer.

joined me on the farm production team. Chris is a Temple University Biology and Environmental Science major from Western Massachusetts. He has spent two seasons working on Community Cooperative Farm in Great Barrington, MA, where he gained experience working at a vegetable CSA as well as working with grass-fed, pasture-raised cows for dairy and meat production.

Matt is a Portland State University Liberal Studies major who has volunteered and studied at various farms throughout Oregon, both urban and rural. He has also toured multiple farms between Vancouver and California on an agricultural-themed bike trip. Most recently he was volunteering at the well known City Slickers Farms in Oakland, Calif.

The Hope Garden

Notes from the Field: A Farm Educator Strives for “Awesome”

by Kestrel Plump, WWCP Farm Educator

THIS IS my second year as farm educator for Weavers Way Community Programs, and roughly half of my time is spent farming and educating at the Hope Garden at Stenton Family Manor. Walking the field in early March, I had a sinking feeling. The weeds, delighted by our mild winter, were already hitting their stride. Part of the fence had been trampled down. As always, there was trash, including a broken baby stroller strewn about the garden and the adjacent parking lot. I figured that I had two options: feel defeated before the season even got underway or figure out how to make this year AWESOME. Obviously, I decided to go for awesome, as that is infinitely more fun than suffering through. I called on the WWCP and Co-op community for back up.

I am pleased to say that, thanks to many helpful and hard-working folks, so far things are going well! There is no such thing as too much adult support on Kids’ Garden days, so we have posted co-operator hours so we will have extra adult help on those days. For the last several years, WWCP has hosted students from the Crefeld School once a week. As seasoned farmers, this group has been helpful in getting the Hope Garden weeds under control. We partnered with Penn State Nutrition Links to teach a series for adults at the shelter on healthy eating and shopping, complete with cooking demonstrations. On March 31, we hosted a volunteer workday. Two co-operators, some of our

farm ed interns from last season, two high school students needing to complete their community service hours, WWCP staff and their friends, and a few members of the St. Joe’s rugby team came out on a cold, rainy Saturday to clean up the garden, plant peas, and begin tilling.

Last but not least, Rachel made a call to an old friend from her tobacco control days to come out to the garden and help us kick off the season. Sterlen Barr, CEO of Rapping About Prevention Inc., is a health educator and motivational rap artist. On the spring equinox, Sterlen and three members of his dance group arrived with a sound system and a ton of energy, performing healthy lifestyle raps and leading everyone in dances. The dancers performed some amazing moves for us and then we broke into small groups. Teams of grown-ups and kids worked on their own raps about the Hope Garden. We wrapped up with Sterlen acting as Master of Ceremonies while each group performed their rap for the delighted audience. This afternoon, in particular, was a highlight for me. It was the most people I had ever seen out in the garden at



Sterlen Barr, from Rapping About Prevention, looks on as young musicians perform their rap about the Hope Garden.

one time. Moms, dads, kids, the Executive Director of the shelter, everyone was there and having a great time. As I desperately tried, with my big six-month pregnant belly, to keep up with the dance moves, watching everyone around me laughing and having a great time, the sinking feeling was gone. I was just grateful to be a part of what was happening in the garden, at this shelter.

For more information on Rapping About Prevention, call 267-809-1775, e-mail sterlen@sterlenbarr.com, or write to Rapping About Prevention Inc., P. O. Box 602, Huntingdon Valley, PA 19006.

What’s New on the Grocery Shelves

by Chris Switky, Mt. Airy Grocery Buyer

HOWDY, Co-op shoppers. It’s likely, though not completely certain at this moment, that we’ll have “quite a summer” ahead of us, if plans to temporarily close and renovate the Mt. Airy store go through. More on that later; for now, here’s a run-down of some new items we’ve brought in on the grocery and bulk shelves.

In the hot cereal section, you’ll find Arrowhead Mills Rice & Shine cereal. It’s a gluten-free cereal made from organic brown rice grits (and nothing else). I have to wonder, why not just call it “Brown Rice Corn Grits?” The same company makes a yellow corn grits cereal, and it’s called “Yellow Corn Grits.” Some things about this business I’ll never understand. Norman’s sense of humor keeps me going, also the monthly mortgage.

In the Asian cooking section, we’ve added dried lemongrass, brought in due to shoppers’ requests. It comes in a jar, 3/10 of an ounce for \$4.35. The word “new” appears on the jar, in a little oval. I’d love to see the word “old” in a little oval on a food product some day. Probably won’t happen at Weavers Way, unless I do it on the sly. This might be a way to market tourism at places like the Parthenon in Athens, or Machu Picchu, or Ayers Rock in Australia. Little oval stickers that say “old”...but alas, I digress.

We’ve added bulk farro (wheat grains) and texturized vegetable protein to our

baking goods section, also yogurt covered raisins (they’re dangerously addictive) to our bulk snacks section. Bulk chia seeds are also available, though challenging to find; look in the little space next to the Glenny Soy Crisp chips, across from the salad dressings. If you’ve made it this far



file photo

Chia Seeds are now stored across from the salad dressings.

and setting up an extensive bulk foods section on the second floor of 559 Carpenter Lane. We hope to carry many of the same bulk foods that our Chestnut Hill store carries, as well as adding bulk options for buying pastas, cereals, baking goods, and possibly liquids like maple syrup, oils, and condiments.

Please let us know what you’d like to see in the new bulk section. You can write in the Co-op’s Suggestion Book; please write only on the top half of each page, as the bottom half is for staff’s response. Or e-mail me at christopher@weaversway.coop.

As always, thanks for reading. The renovated Mt Airy store will have wider aisles and an improved plan for traffic flow, but I still look forward to running into you... in the grocery aisles.

~ christopher@weaversway.coop

reading this article, I know you have what it takes to find the chia seeds.

If our plans to renovate Weavers Way Mt. Airy go through, we’ll be moving most of our second floor merchandise (everything except the coffee, tea and detergents) to 610 Carpenter Lane,

What’s New on the Second Floor?

by Martha Fuller, Mt. Airy Wellness, Personal Care, and General Merchandise Manager

MAY CAN be such an excellent month, and I want to tell you about some predictably excellent products from every area of your WW MA Second Floor. As you may have read elsewhere in this issue of the *Shuttle*, much of the second floor product line will soon be moving to our new street-level storefront across the street at 608-610 Carpenter Lane. That will be a big change, for sure, but not the only one: we also have a ton of great new products for you, right now!

PERSONAL CARE We are in garden, hiking, biking, and walking season—hurray! We carry many products that will help with your achy back, creaky knees, and overall soreness as we work in our yards and gardens, go for long bike rides, and hike our streets and hills. There are many items that you know, love, and recommend to your friends, and we are glad you come Weavers Way to buy them. I am talking about Topricin and Boiron’s Arnica Gel and Arnica Cream. You may want to include Narayan (nah-rah-yan) Oil from Soothing Touch as a tool in your bag of “I’m feeling better now!” goodies. It is an ancient Ayurveda pain relief remedy that consists of eucalyptus, peppermint, and clove essential oils in sesame oil. These deeply penetrating oils ease sore muscles, aches and pains; aid in circulation; ease stiff joints; and can be used as a chest rub for congestion challenges. It is paraben- and petroleum-free and is applied directly to skin. Did you know that the Eucalyptus Chest Rub from Tea Tree Therapy can also be used to treat sore muscles, aches, and pains? I recently learned that by speaking with Ed, the formulator of many of the Tea Tree Therapy company products. A shopper asked if the chest rub could be placed

in her baby’s humidifier—great question, I said, and called the company. Ed said yes, it can be used in humidifiers and he told me the comforting and penetrating warmth we get from this as a chest rub also helps sore muscles and body aches.

One of my household’s fave products the Tea Tree Therapy Antiseptic Cream. It soothes and cools minor skin irritations like scratches, rashes, minor cuts, even sunburn. When I garden, I find that I have small scratches from trimming plants and bushes and from hauling items around the yard. (I use this and Calendula from Boiron; more on this in a moment.) We sent Tea Tree Therapy Cream with my daughter’s partner for her first year of college and the hand blisters and strains she had as a newbie member of the crew team benefited greatly from this healing cream.

Boiron’s Calendula products also work wonders and we use these both at home and here in the store. We carry four Calendula products—all of their topicals are paraben-free and unscented, and they work naturally with your body. Here’s a small primer on the types we carry. The cream has moisturizing properties, is ideal for sensitive skin (think about your face!) and for children. Gels have cooling effects on our skin, are non-greasy and non-sticky, are quickly absorbed by our skin, and are excellent for bug bites, brush burns and irritations from shaving. Lotions are moisturizing, great for larger areas of skin (think general body and hand use), and can be used on sunburned skin as well as dry and cracked skin. The ointment is a fave with many folks—it is great

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Spring Time is Prime Time for Foraging

by Stephanie Kane, Local Produce Buyer



ALTHOUGH WE’VE had local items well into winter, and even into spring, last month marked the start of the local season in the produce department. We’ve amazingly had apples for nine months, much longer than last year, as well as root vegetables from Tuscarora Organic Growers and micro greens from Blue Moon. But April brought in a fresh dose of much needed variety.

Among the more interesting items on our Spring produce list are the wild-harvested ones, including two big ones: fiddlehead ferns and ramps. Foraging has been gaining in popularity in recent years, and it includes these better-known items, as well as many plants considered weeds by modern Americans. Some examples of these are chickweed, wood sorrel, Japanese Knotweed, dandelions, and lamb’s quarters. Many of them you might find growing along the garden beds in your yard. Others grow in more wooded areas or near streams and rivers. Wild edibles can also include trees that bear fruit, like juneberries and ginkgoes. Anything that grows without requiring care can fall under this category, while some plants are considered “wilder” or more unusual than others.

I tend to think of foraging in two classes of “wildness.” There are plants that are considered wild and can be found growing in forests, parks, garden beds and along streams. These take some hunting and have varying levels of productivity. This could

What To Look For This Month:	
MAY	
Arugula:	Blue Moon Acres, Weavers Way Farm
Asparagus:	Viereck Farms, Common Market
Baby Bok Choy:	Weavers Way Farm, Paradise Organics
Collard Greens:	Weavers Way Farm, Paradise Organics
Chard:	Weavers Way Farm, Paradise Organics
Dandelion Greens:	Paradise Organics
Green Kale:	Paradise Organics
Leeks:	Common Market
Lettuce:	Paradise Organics
Microgreens:	OH! Produce, Blue Moon Acres
Mustard Greens:	Weavers Way Farms
Pea Shoots:	Weavers Way Farms, Blue Moon Acres
Snap & Shelling Peas:	Zone 7
Radishes:	Weavers Way Farm, Paradise Organics
Rhubarb:	Common Market
Scallions:	Weavers Way Farm, Lancaster Farm Fresh Co-op
Spring Onions:	Lancaster Farm Fresh Co-op
Spinach:	Blue Moon Acres
Spring Mix:	Weavers Way Farm, Blue Moon Acres
Strawberries:	Viereck Farms
Wheatgrass:	Blue Moon Acres

be purslane, coming up like weeds in your garden, patches of ramps flourishing along a river, or wild raspberries growing behind a baseball field in your neighborhood. Then there are less wild varieties, probably planted intentionally, like mulberry and apple trees throughout the city, or a fig tree in your backyard. People tend to be more comfortable with what they know, but

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Orchard Tours!

by Stephanie Kane, Local Produce Buyer

WEAVERS WAY is hosting a tour of two of our orchards in Adams County on May 12. We will be visiting Beechwood Orchards and Three Springs Fruit Farm, as well as stopping at the National Apple Museum. Adams County has a long history of growing tree fruit, with over 20,000 acres in production. You will be able to meet the farmers, learn the history of their farms and the region, and see where all those delicious peaches, pears and apples come from.



Adams County Orchard Tour
May 12, 8 am - 5 pm
(Leaving from the Mt. Airy Co-op)

Open to WW Members and Staff. Transportation, Boxed Lunch, and a tour of the National Apple Museum included.

E-mail Stephanie Kane to register:
skane@weaversway.coop

Members: \$25 with lunch/
\$20 without lunch

Staff: \$10 with lunch/
\$5 without lunch

Electronics, Clothing and Accessories Recycling Event

by Sandra Folzer, Environment Committee Chairperson

WEAVERS WAY Community Programs and the Weavers Way Environment Committee are teaming up for an exciting day of recycling, including electronics and clothes and accessories! Join us on Saturday, June 23, from 1 - 4 p.m. location will be announced.

Bring old electronic items, like computers, televisions, laptops, DVD/VCR players, printers, faxes, remote controls, telephones, cell phones, gaming consoles, etc. All items collected will be responsibly reused or dismantled instead of being thrown in a landfill. Suggested donations from \$5 to \$20 will support the Weavers Way Environment Committee's Community Grants program.

We will also be accepting clothing, accessories, and soft household textiles.

Textiles include sheets, towels, curtains, blankets, and pillows. Accessories include items like bags, belts, handbags, tote bags, back packs, wallets, and wearable shoes (men's, women's, and children's – pairs only). No roller skates or blades, or ski boots. Please bag these items separately and label the bag. WWCP is partnering with Community Recycling for re-use of these items in the U.S. and around the world. They will pay WWCP on a per-pound basis for items collected. Funds will be used to support WWCP's School Marketplace and Farm Education programs at Stenton Family Manor, Saul Agricultural high School, and the Mort Brooks Memorial Farm. For more information on acceptable items, please visit www.weaversway.coop.

2012 Environment Grant Recipients

- Chestnut Hill Garden District toward benches for their garden.
- Ogontz Library for garden supplies for their afterschool program.
- C.W. Henry School for supplies for their school garden.
- Hope Garden at Stenton Family Manor toward a fence for their garden.
- Hansberry Garden and Nature Center for garden supplies.
- West Central Germantown Neighbors for a garden at the Tulpehocken Station.
- Wissahickon Charter School Afterschool Program for their garden.
- Summit Children's Program for garden supplies.
- E. Mt. Airy Community Garden Network for garden supplies.
- Historic RittenhouseTown for native plants and shrubs for their restoration project.
- Tookany/Tacony-Frankford Watershed Partnerships for garden supplies.

Environment Committee Awards Grants

(continued from page 1)

revenue so that we may continue to award grants.

This year the Environment Committee awarded grants to the groups and projects listed above.

We would have like to fund all groups who submitted grants, but our funds were

limited. We are proud to be a part of so many community groups who strive to educate children about the environment and make the City more beautiful with its many gardens.

~ sfolzer@verizon.net

Green Street Coffee Roasters Honduran Blend offers Blissful Tastes

by Andrea Haines, WW Mt. Airy Staffer

It's 7 a.m. The sun shines through the kitchen window, draping across the cold porcelain countertop. The scene is quiet and still. I grind my coffee, disturbing the serenity with a cavalcade of noise. I crack open my grinder to reveal the coarsely ground beans, inhaling the first whiff of Green Street Roasters' *Honduran* blend... instantaneous bliss.

I encourage you to use a course grind in order to better capture the full flavor of the *Honduran* blend. The initial scent of these freshly ground beans produces a slightly citrus, nutty, velvety blend of orange peel, marzipan, and light hazelnut tones.

When brewing (I highly recommend using a French Press), make sure to add a little extra water, because the beans (via the coarse grind) seem to be more porous. Stir and let it sit for five minutes.

When drinking the *Honduran* blend, your taste buds will immediately be swarmed with delectable flavors. At first sip, citrus orange peels tingle the tongue,

followed by a winy, dry, subtly nutty body. At final swallow, enjoy the light hint of a chocolate bite.

Honduran Blend Drinking Specs:

When best to drink: Sitting down for breakfast, brunch on a lazy Sunday.

Roast: A mild to medium roast.

Acidity Level: 3.5 to 5



photo courtesy of Green Street Coffee Roasters

Chris (left) and Tom Molieri, of Green Street Coffee Roasters, 911 N. Broad Street Philadelphia,



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Buy a Passport and see all 15 sites!
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Family (2 adults & 2 kids) \$25

For more information call 215.844.1683 or visit our website at www.freedombackyard.com.

Unleash the Power of the Blender

by Andrea Haines, WW Mt. Airy Staffer

It’s A story we all know too well: tucked away in cupboards and closets sit collections of home appliances that rarely leave their storage spaces. The waffle maker, the food processor, the mixing bowl, and the blender, all just waiting for their chance to shine. Save your blender from its lonely existence. Counter space in the kitchen is precious, but if you make a little spot to have your blender accessible at all times, you will not regret it.

Smoothies can easily be made at home, for a fraction of the cost of a shop, simply by blending fresh or frozen fruit with filtered water or juice. There are lots of other ingredients you can use to increase the nutritional value. Get a little creative, and see what works for you.

Greens:

Don’t be afraid; it really does taste good. Throw in a handful or two of fresh washed greens, such as kale or spinach, for an added boost of iron and phytochemicals. Greens powders by Amazing Grass pack a nutritional punch and come in a variety of flavors. Packets range from \$1.52 to \$2.10 each.

Proteins:

These are vital to stabilize blood sugar and rebuild muscles. At Weavers Way, we sell both whey-based and vegan protein powders that can all be easily mixed in milk or a milk substitute, and they make great additions to a smoothie. Try adding a scoop of peanut butter to a banana smoothie with chocolate protein powder. It will make your day.

A Weavers Way favorite in this category is PlantFusion, with 21 grams of protein per serving and a full amino acid

profile. The main ingredients are European pea and artichoke powder and U.S.-grown organic sprouted fermented quinoa and amaranth. It’s hypo-allergenic, so no gluten, nuts, soy, or dairy, and very easily digestible. Packets are available in all four flavors for just \$2.61 each, making it easy to use on the go, for breakfast, or after a workout.

Seeds and Grains:

Ground or whole chia seeds: just one ounce of chia seed contains 11g of dietary fiber, that’s 42 percent of the recommended amount, and 18 percent of your calcium for the day. Also high in omega fatty acids, making this an excellent addition!

Ground flaxseed: whole flaxseeds often pass through our systems undigested. Use ground flax to properly absorb the seed’s nutrients, as it’s high in omegas, protein, fiber, and minerals. A new product worth mentioning is the Flax Fiber Prebiotic by Spectrum Essentials: loaded with fiber, phytonutrients, and prebiotic to promote health digestive flora and function.

Ground hemp seeds provide fiber and a nice amount of vegan protein. Wheat germ and wheat bran also give an extra dose of fiber.

Yogurt:

Pro-biotic, provides healthful bacteria, like acidophilus, to aid in digestive health. Did you know that most of the serotonin in your body is produced in the gut? Keeping it balanced and healthy can improve mood, energy level, anxiety level, and altered sleep patterns.

Amazing Meal by Amazing Grass has a full complex of greens, protein, fiber, en-

zymes, probiotics, fruits and vegetables. It’s also organic, raw, vegan, and gluten-free with no added sugars. Available in four flavors at Weavers Way Mt. Airy; you can try a packet for \$3.51.

Tips to expand your smoothie repertoire:

- Coconut water is loaded with electrolytes to keep your energy and hydration levels up. Replace half of your juice or plain water with this nutritious wonder juice.
- Peel bananas, slicing if you wish, and freeze in a sealed container. This will improve the texture of the smoothie. This is great to do also when your fresh fruit is at the end of its life. Wash, cut into cubes, and freeze for an easy low cost arsenal of ingredients at the ready.
- For a creamier texture, substitute almond, soy, or rice milk for the juice. Blending together with the frozen fruit makes a healthier version of a milkshake. Add a bit of honey or agave to sweeten if you wish.
- Try adding a shot or two of aloe juice. Well known for its topical uses, aloe is also very soothing and nourishing internally, aiding in not only digestion, but acid reflux and joint health as well.

Members Needed for Grievance Committee

by Jon Roesser, HR Manager

THE WEAVERS Way Board of Directors is currently seeking members interested in serving on Weavers Way’s standing grievance committee. The board requires the Co-op’s general manager to have a process in place for the handling of employee complaints and grievances if and when they arise. Usually these matters are handled internally by the Co-op’s human resources manager. In the event a Co-op employee’s complaint escalates to a full grievance, a committee is formed to review the matter and render a decision.

Grievances are rare—we’ve only had two in the last five years. When they do occur, they usually involve conducting some interviews, some back-and-forth via e-mail and conference calls, and a couple of in-person meetings of the three-person grievance committee.

Ideal candidates will be professionals with experience in labor law, conflict resolution, human resources, arbitration, or other related field. If you have the relevant background, this is a great way to serve your co-op!


Grievance committee members receive their full Co-op work credit for the year—regardless of whether or not a grievance committee is convened. We are asking for a two-year, on-call commitment. If you are interested please contact Jon Roesser at hr@weaversway.coop or 215-843-2350, ext. 132.

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Mt. Airy Homeowner One of 1,000 Saving Money with EnergyWorks

by Tanya Morris, Energy Coordinating Agency

SADE’S MT. Airy home was 105 years old and freezing in the wintertime. The downstairs bathroom was pretty much unusable because it was so cold, and she was really worried about the comfort of her five-year-old daughter Yemi’s bedroom and play area.

“The heater would run constantly just to keep the house at 68 degrees. And that made my gas bill as high as \$500 per month, which was crazy compared to \$30 in the summer,” Sade said.

When she heard about the EnergyWorks program, she signed up and was surprised to find out what was really going on in her home from Building Analyst Jamie Horan, who conducted her home energy audit.

“Jamie explained everything as we went along so I learned a lot. Some areas of my home had no insulation at all. I also found out that even though my house was cold, the heater was actually larger than needed and wasting energy. I ended up with a list of sixteen improvements that could really cut down on my house’s energy use and bills.”

The EnergyWorks audit creates a computerized “model” of your home; explains behavioral changes that will reduce energy waste; recommends appropriate energy reduction, operational, and maintenance procedures; and provides an unbiased road map to improving your home.

“I know. I took out a low-interest loan



photo courtesy of The Neiman Group
Homeowner Folasade Olanipekun-Lewis and her daughter Yemi

through EnergyWorks, but I still needed to be strategic about how I spent my money. I sat down with an EnergyWorks-approved contractor and carefully chose the improvements that would make the biggest impact. I replaced doors, insulated pipes, added an energy efficient washer and dryer—which I’m really excited about—and insulated areas like my first floor bathroom.” explained Sade.

To learn more, you can join more than 1,000 of your neighbors in saving energy and money attend an information session hosted by Weavers Way on Tuesday May 29, 2012, 7 - 9 p.m., Summit Presbyterian Church, 6757 Greene Street. For more information and to register, contact Anne Workman at outreach@weaversway.coop, visit www.energyworks.com or call 215-609-1052.

EnergyWorks is a program of The Metropolitan Caucus and supported by a grant from The United States Department of Energy.

What’s News on the Second Floor?

(continued from page 3)

for diaper rash, blisters, minor burns, and chapped lips as it promotes healing by moisturizing and protecting wounds.

There are also lots of sunscreen products and lip balm products that contain SPF ingredients. We’ll profile our lines in a future *Shuttle*.

COFFEE Check out some tasty coffee from our newest vendor, Green Street Roasters. We carry their Honduran Roast (a review of this coffee is on page 4 of this issue of the *Shuttle*); Mexican Roast (a smooth single-origin coffee); Colombian Roast (a fruity single-origin coffee), and Starlight Decaf. (First, you gotta love that name, and second, it is made of Peru Fair 6 organic beans in a dark roast). Tom and Chris, the brothers who own and run this company, love coffee. Lucky Chris spent time in Portland, Ore. roasting coffee and after returning to Philly, he hooked up with his brother to, as the label says, share a mission to roast great tasting coffee with honesty and true passion for specialty coffee. You can visit their web site at www.greenstreetcoffee.com and read some musings from Chris at greenstreetroasters.wordpress.com. Stay tuned for a date for a tasting from the guys. And do come to WW MA & CH, your headquarters for fabulous coffees!

HOUSE CLEANING The Seventh Generation Company continues to supply us with high quality, healthful products for our laundry and homes. Here are two new items: Natural Stain Removal Spray and Natural Fabric Softener, from their Free and Clear line. The stain removal spray is made with an advanced enzyme system that is combined with plant-based surfactants to help fight tough stains (yes, I am thinking of gardening again!). This biodegradable formula contains 97 to 99 percent renewable materials. It’s good to know that it does not contain VOCs, optical brighteners, dyes, perfumes, or synthetic fragrances. The new fabric softener is a concentrated liquid that is safe for HE washers. This formula also uses plant-based technology to soften your clothes, without added dyes or fragrances, for a clean you want.

TOYS Spring and Summer are wonderful seasons for toys - we can play outside, do art projects inside, take a magnetic

travel game on a car or plane or train ride. And how about children’s gardening products—gloves, watering cans. What good ways there are to play, have fun and learn. Andrea has hit some home runs with our new toy items—let us know what you think.


GENERAL MERCHANDISE You might wonder, what is General Merchandise? It covers clothing, candles, seeds, cards, journals, art supplies, bags from Baggallini, cooking utensils and gardening gloves, plus many other items. We have new companies and new items in each of those areas. The Aloha Bay candle line that Andrea has brought in has been popular. Ditto the new Baggallini items she has chosen for us. Maggie’s Clothing for the warm weather months includes camisoles and shorts and footie socks and Baby Tee dresses. Two words: garden seeds. You want ‘em? We got ‘em! We have three fine lines: High Mowing Seeds, Botanical Interest, and Happy Cat Farms.

WELLNESS The ChildLife Company offers nutritional formulas that provide your infant and child with a building block through the formative years to help create a solid foundation for good health throughout life. Our shoppers have loved their liquid D-3 and we hope you will love their newest formulas: Multi-Vitamin and Mineral Liquid, Child Echinacea Liquid, Child Vitamin C 250 mg. Liquid, Formula 3 Cough Syrup, and Toothpaste Tablets, all developed by Dr. Murray C. Clarke, N.D., D.Hom., L.Ac.

Ancient Secrets manufactures the Neti Pots and the Neti pot salt we sell here at WW MA. We have also added two of their new products. The Ear Cleansing Spray is a sterilized Hypertonic Seawater rinse that will help to gently wash away ear wax. Breathe Again is a sterilized Hypertonic Seawater Nasal Spray that helps dry congestion due to allergies and colds. It is a preservative-free saline product. The Herbs For Kids Company makes an Eldertussin Elderberry Syrup that feels like a great fit for children who need respiratory and throat support all year round. This all-in-one formula is sugar-free, and alcohol-free, and combines echinacea, chamomile, horehound and cherry bark in a syrup we hope your children will love. We also now stock their Comfort For Ears aches tablets too.

Your WW MA Wellness and Personal Care staff would love to show you the great lines we carry—come up and see us sometime soon.

~ martha@weaversway.coop




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Help WWCP by Joining The Energy Co-op

by Jon McGoran, *Shuttle* Editor

DURING THE months of May and June, mention Weavers Way Co-op when you join The Energy Co-op, and they will give \$20 to Weavers Way Co-op, to be donated to Weavers Way Community Programs.

Energy Co-op members support renewable energy generated in PA, our local economy, and the cooperative movement. More than 7500 consumers in Southeastern PA have already made the switch. Will you help create a sustainable future for our community? Call 215-413-2122 or visit theenergy.coop for more information or to join.

Mt. Airy Renovation

(continued from page 1)

til we had enough funds. I was wrong. We have an opportunity to execute this renovation this summer. We have received the necessary permits and we are in the middle of speaking to construction firms. We have been reviewing the plans with the Board and with staff.

The goals of the renovation are to accomplish the following goals:

- Replace old equipment with new more energy efficient equipment
- Expand our Produce and Meat offerings
- New energy efficient lighting
- New woodwork and decor
- Replace the floor
- Expand the footprint of the retail space: we are expanding the bulk section to include more than 300 items on the second floor of 559.
- Expand the footprint of the store to 610 Carpenter: we are planning to move the second floor of 559 to 610 Carpenter Lane and move the health and beauty aids, vitamins, and some general merchandise to 610. Our plan is to keep all of the food in the main building and to give the second floor a first floor exposure to members and the general public (who might not be aware of our product line). We have also received approval to combine the two stores at 608 and 610 into one store so members can shop in both stores and check out at one location.
- Change the staircase to make it easier to see the stairs and open them up to the store.

In the near future, our plan is to put in an elevator to the second floor. Right now we plan to put in an electric chair to help shoppers up and down the steps. I look forward to meeting as many of you as possible and will also be posting the plans in the store. If you have any questions feel free to contact me.

~ gbergman@weaversway.coop

Manager's Corner

by Glenn Bergman, Weavers Way General Manager

Farms Belong to You

Weavers Way is currently running two small farms in the city of Philadelphia, as many of you know. These two farms together are the largest urban farming operations within Philadelphia. They are your farms; you own them! Take the time to go out and see what your co-op is doing in the city. Not only are we generating jobs in the city that are green sustainable jobs, but we are also doing something even more important—educating children and adults on how to grow vegetables and how it is possible to do this in the city.

When you hear about empty lots and the new plans by the Mayor to move the inventory of empty lots into the hands of residents and groups that will do something about this major economic issue, think urban agriculture. I have read that there are at least 60,000 empty lots in the city. Many of these lots may not be right for gardens and farm production, but if done correctly and in conjunction with future plans that might be developed for buildings, urban ag can help create jobs and extra spending money, reduce vegetable transportation costs, and help improve the appearance of the city and the health of communities, and reduce crime. Just check out the literature and it is clear: cities with a well-developed gardening programs are a better place to live.

So visit your farm, say hello, volunteer, learn, and become part of this movement that is helping make the city a better place to live. Also join groups that support these efforts (i.e., Pennsylvania Horticultural Association, Philadelphia Orchard Project, Philadelphia Beekeepers Guild, etc.) because they along with many of the young farmers are transforming this city, and your co-op is right in the middle of this development.

If you have a teenager looking for a community service project, think about the WWCommunity Programs efforts at Saul, Awbury, or the Stenton Family Shelter farm. This is a perfect place for teenagers to see the WW nutrition education work in action and to be part of this great program.

Tax Sugar and Stop Allowing SNAP

Chronic health issues are now, for the first time, a greater health threat than infectious diseases. In Philadelphia, 64 percent of our adults are obese and 47 percent of our children are obese. Please stop and read that last sentence again—64 and 47 percent. I now support the move to add a soda tax, suggested by Mayor Nutter last year. I also believe that the SNAP (food stamp) program should be changed to disallow the purchase of products with “empty calories,” such as soda, fruit juices with high fructose corn syrups (HFS) or exces-

sive added sugars, and candies that are all sugar products. SNAP should be used as it was designed in the 1930s: “aimed both to feed the unemployed and to aid farm recovery,” not the pockets of food manufacturers or grocery store chains.

I have been carrying around a beat-up copy of the *New York Times* OpEd by Mark Bittman (2/1/2012), “Regulating our Sugar Habit.” If you have not read this piece, it is worth a look. This is not a Republican or Democratic issue, it is a national issue that impacts our health care system, our overall quality of life, and our gross national product.

At a recent Delaware Valley Regional Planning Commission (DVRPC) meeting of the Food System Stakeholder Committee, Dr. Nancy Childs from St. Joseph’s University Marketing Department gave a lecture on Food Marketing Influences. She reviewed the obesity levels and then asked what can be done. What increases consumption of “bad” food choices or amounts eaten? Dr. Childs had a matrix that showed Consumption against Marketing. Under consumption, the scale ranged from Intentional to Mindless choices and how these are made. Marketing was from Transparent marketing to Inconspicuous marketing.

For example, the price of the product, price promotions and quantity discounts increase consumptions in a transparent

way. What was not discussed was limiting the SNAP program to health food choices and increasing the cost of sugar products through taxation. Why? Because the billions and billions of dollars behind this food sector will not allow this to change. Just read Marion Nestle’s book *Food Politics*, or Mark Bittman’s pieces in the *Times*. It is clear this will be a hard fight, but worthwhile to save our children from poor health through poor “cheap foods.”

Sugar drinks are the “single largest intake of sugar in the diet.” There is no nutritional value. Calories through sugar drinks will not make you feel full, and heavy sugar drinks also alter the taste patterns of children in later years. Children with diets with a high sugar intake will continue to want more sugar in their diet as they get older. It is time to stop feeding this diet through low prices and subsidized government programs. Subsidize healthful food products produced locally and by farmers you know. We can put thousands to work in agriculture by altering the food bill and improving the health of our children.

The Farm Bill is now being reviewed; it is time for the standards to be changed to improve the availability and accessibility of nutritional foods to those who can not access or afford them.

~ gbergman@weaversway.coop



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Ask the Holistic Veterinarian

by Natasha Kassell, VMD

My two cats are itchy and scabby, especially around the tail, but I can’t find any fleas. What could be causing their itchiness?

While itchiness can be caused by anything from seasonal allergies to food allergies, chances are your cats do have fleas. Fleas can bite and cause itchiness all over the body, but for some mysterious reason they often congregate and cause the most itching in the tail base region. This is true for both dogs and cats. But how to tell for sure if you’re not actually seeing any fleas? Start by going to any pet store, including the Co-op’s, and purchasing yourself a handy, dandy little metal comb with teeth that are so close together they’re almost touching, appropriately called a “flea comb.” When you get home, dampen a piece of white paper towel or toilet paper with a little water. Now comes the fun part. Comb your pet all over. If the comb picks up anything that resembles dirt, put it on the paper and smudge it with your finger. Regular dirt remains brown. Flea “dirt” is actually flea excrement, which contains digested blood. When moistened, it will smudge a lovely shade of red. If you find flea dirt, even a little, you can be sure that your pet has at least a few fleas. In terms of dealing with the unwanted visitors, I’d suggest that you refer to my article from the March 2012 *Shuttle*, “Fighting the Dreaded Flea.”

Ever since I started feeding my dog a raw meaty bone-based diet, her poops have been smaller. Is this normal?

My apologies to those of you who are trying to enjoy your lunch, but today is the day to talk about poop. The answer is yes, that is normal. Almost all kibble and canned dog and cat foods contain grains or other starches in the form of rice, oats, white potatoes, sweet potatoes or peas, which are less digestible for carnivorous species than meat and thus result in larger stools. Many commercial cooked pet foods also contain soybean mill run (empty soy husks), peanut shells, or beet pulp. These fillers are nutritionally empty and pass through your pet pretty much undigested. I highly recommend that you closely read all labels and avoid products containing these ingredients, even in “diet” foods. If your pets are overweight, feed them smaller quantities of nutrition-rich foods rather than larger quantities of foods with fillers. Home-prepared or store-bought raw meaty bone-based diets (such as the Co-op Pet Store’s *Primal*) are far more digestible than cooked commercial pet foods. One of the happy “side effects” of feeding a raw meaty bone-based diet is smaller, less odiferous stools. More-digestible ingredients in = less waste out. And if you notice that the stools are lighter-colored than normal or even chalky, worry not. That’s just the digested bone coming through.

Questions for Ask the Holistic Vet may be directed to Dr. Natasha Kassell at tashko@verizon.net.

On Nutrition

It’s Springtime – Can I Eat my Way Out of Allergies?

by Cathy Esibill, RD, LDN

FOR MANY of us, with the arrival of spring comes the onset of seasonal allergies. Those of us who would prefer to treat symptoms with natural remedies may wonder whether changes in diet can help.

The answer is yes and no.

Although some believe following a vegan, vegetarian, or raw-foods diet (among others) can help, scientific studies do not support any correlation with following a particular diet to treat and cure allergy symptoms. However, those that suffer from seasonal allergies often suffer from something called oral allergy syndrome (OAS)—in fact, as many as 1/3 of seasonal allergy sufferers have a form of OAS. OAS occurs when a person’s body has an allergic reaction to the pollen-type proteins naturally found in plant-derived foods. Common symptoms include itchiness and swelling in or around the mouth. Not everyone who has seasonal allergies suffers from OAS, but if you think you do, you can be tested or simply try to eliminate the biggest offenders from your diet. The foods to avoid depend on your allergy; those who suffer from birch pollen may find apples, pears and hazelnuts cause irritation; if ragweed is your allergen, you may have to avoid honeydew, cantaloupe, watermelon, and tomatoes. If you experience hay fever because of a grass allergy, try omitting peaches, celery, and tomatoes. For a complete list, visit the

American Academy of Asthma, Allergy and Immunology (aaaai.org).

If you are still intent on finding a food-based cure from hay fever or itchy eye symptoms, try local honey. Although controversial, a daily dose of local honey just might give you some relief. It is based in theory similar to that of sublingual immunotherapy. By consuming honey that contains the same pollens as your local environment, your body becomes familiar to the foreign substance and is less likely to launch a complete attack when it enters your body through your airway. Since May of last year, Weavers Way has partnered with Urban Apiaries and has installed beehives right on the roofs of the Chestnut Hill store. You can purchase this delicious honey at either Weavers Way location. You can’t get any more local than that!

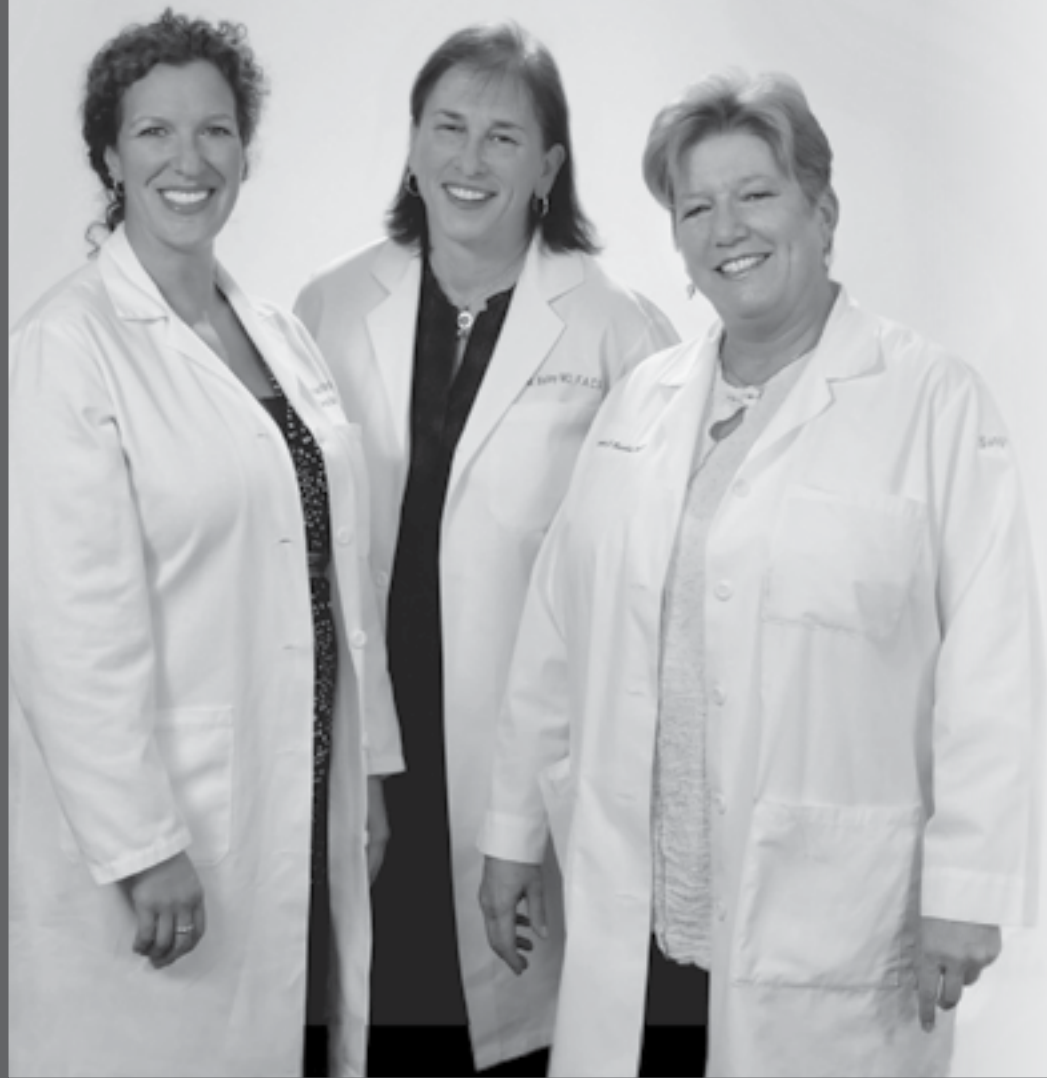
Correction

THE APRIL issue of the *Shuttle* erroneously stated that all Organic Valley, Earth Balance, and West Soy milk and soymilk is fortified with Vitamin D. This is not the case. The West Soy Plus plain and vanilla and West Soy Low Fat Vanilla are fortified with Vitamin D. The unsweetened products (Vanilla and Plain) and organic products are not.

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Marketplace Update

by Carly Chelder, Marketplace Coordinator

HOWDY FOLKS! It's Carly Chelder, back from maternity leave, with an update on the Marketplace schools in action. The school teams have been working diligently the entire year to bring healthful and affordable snacks to their school communities, and all with a smile.

The following four elementary schools currently participate: C.W. Henry, Anna Lingelbach, J.S. Jenks and Our Mother of Consolation. And don't forget our favorite high school, Parkway Northwest School for Peace and Social Justice. Each team is unique and awesome, but all the team members act as role models for the rest of their school communities.

This time of year, we are looking at our displays, checking our records, and improving our systems. We're talking about what we can do to make Marketplace better at each school, and we're gearing up for the annual Ice Cream Social at The Trolley Car Diner in June. All participating students and advisors are invited



photos by Carly Chelder

Marketplace students at the C.W. Henry School show off their teamwork during a sale after school.

to enjoy a cool treat while meeting Marketplace students from other schools. It's a fun time for all of our team members. Now for the stats: so far this school year, there have been forty-eight Marketplace sales earning over \$5,700 in gross sales! Participating students have earned and redeemed almost \$300 in coupons and total profits are at \$1,200 and rising! Just to remind the readers, one third of the profits earned from each Marketplace sale comes back to Weavers Way Community Programs to help with our operating expenses, and two-thirds of the profit gets deposited to each school team account at Valley Green Bank. At the end of the school year, teams get together and decide what cause they want to support with their earned profits. In discussions I've had with teams so far, I think we will see teams support school garden clubs, homelessness issues and current events. Thanks for reading, and stay tuned for the end of year update with the list of organizations the teams chose to support.

Saul High School Students Attend Home Grown Institute Workshops

by Clare Hyre, WWCP Farm Educator at Henry Got Crops! CSA



photo courtesy of Home Grown Institute

Henry Got Crops! students Yona Hudson, Antonio DeShields, and Josh Collins were among the attendees at the first Home Grown Institute Conference

HENRY GOT Crops! CSA farm education program is a dynamic program that teaches basic farming skills to students, educates students about health and nutrition, and allows students to engage within the larger context of the food movement.

In early March, I received word that the Home Grown Institute, an organization focused on building tools for a sustainable future, was running a weekend of workshops and my students at Saul were invited to attend. Students were able to choose which workshops they were interested in from a variety of options, including building chicken coops and raised beds, learning the basics of gardening, learning how to build worm bins, and much more. With the help of teachers at Saul High School, I was able to sign up three students for the Saturday, March 24, workshops. Arriving at the Springside Chestnut Hill Academy early Saturday morning, I immediately spotted my students: Yona Hudson, Antonio DeShields, and Josh

Collins. As we went inside to register, I noticed that my students were the youngest participants in the program and I felt proud to be with such articulate and self-aware youth. After introductions, Josh and Antonio went off to learn about cooking for a crowd, Yona went to learn about Gardening 101, and I went to a workshop on beekeeping. When we met up for a delicious lunch, I checked in with the students about their experiences thus far.

"Why are there so few youth here?" one asked. "Why are there so few people of color here?" another asked. "That was awesome," said a third. "I wish more kids from our class were here."

These were excellent questions and comments. Promoting youth to be involved in the food justice movement is a huge part of what we do at Henry Got

(continued on page 17)

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IYC Update

(continued from page 1)

Wisconsin” will take place on Wednesday, June 13, 2012, 8:30 a.m. to 6 p.m. at Drexel University School of Medicine, New College Building, 245 N. 15th Street (between Race and Vine), Philadelphia. The conference is free and open to the public.

Keynoting the opening session will be Gar Alperovitz, professor of political economy at the University of Maryland, a founder of the Democracy Collaborative and author of *America Beyond Capitalism*. He is a prolific writer and activist who sees cooperatives as a way to change our economic system in a more democratic and sustainable manner.

Throughout the day, a series of breakout sessions and workshops will examine specific cooperatives in detail, comparing those in Pennsylvania (mostly from Philadelphia) and those in Wisconsin (mostly from Madison). Workshops will highlight case studies on a variety of different types of cooperatives: food, worker, producer, consumer and financial. In the middle of the day, there will also be a panel of experts discussing the trends and issues in cooperative development.

Closing the conference will be Congressman Chaka Fattah (D-PA), sponsor of the National Cooperative Development Act of 2011. This legislation seeks to provide \$25 million to support cooperative development centers that would help put co-ops on the same level as other business models.

So what do Philadelphia and Madison have in common cooperatively? Are there lessons learned that point to smarter cooperative development? How can we move forward in Philadelphia to grow the cooperative economy? Come to the conference and find out.

Weavers Way is one of the sponsors of this conference. For more information

on the conference and to register, go to www.philadelphia.coop/conference/.

White House Community Leadership Briefing on Cooperatives

National Cooperative Business Association has been invited to bring 150 cooperative leaders from around the U.S. to the White House on May 4, 2012, to engage in an open dialogue with senior Administration and federal agency officials on a range of issues, including how co-ops are impacting job creation, food security and energy.

Co-op Producers & Brands At Weavers Way

Lancaster Farm Fresh Cooperative (LFFC) is an organic farmers’ cooperative owned and operated by 75 family farmers in Lancaster County, Pa. Lancaster Farm Fresh member farms produce certified organic produce and pastured grass-fed animal products. Their wholesale division serves restaurants, other cooperatives and retailers and their CSA and Buying Club programs serve individuals in the Greater Philadelphia, Baltimore/Washington and New York City metropolitan areas.

Beginning about eight years ago as mostly Amish and Mennonite farms, they realized that they could compete and operate more efficiently if they banded together and pooled their resources. LFFC provides services to its cooperative members in areas such as marketing, distribution, transportation and communication, allowing the small farmers to concentrate on what they do best. LFFC is dedicated to improving the economic viability of local farmers and to the protection of the environment by supporting sustainable, certified organic agricultural practices.

LFFC supplies WW with a host of products including produce, gluten-free bread and baked goods, cheese, Daisy flour and condiments.

For more info www.lancasterfarm-fresh.com/.

Spotlight On Cooperatives


Here’s another story about how cooperatives are helping to build a better world.

From Cohabitation to a Social Services Cooperative

It started with ten disabled and non-disabled people living together in a small flat. Now the Gruppo 78 cooperative has grown into a network in Italy’s Marche region of residential and day centers, protected housing, employment projects, and workshops, providing assistance to hundreds of people with mental health and social problems.

In 1978, ten people, six of them disabled, decided to start their own community. They formed an association based on the values of cohabitation, sharing, and self-management, and started a metal workshop in the basement to provide income for the group. The association became a cooperative in 1981 and began expanding and adapting itself to the emerging needs in their region—an Italian law closed down mental hospitals, shifting the burden to society and local communities.

The changes in the Italian welfare system led to Gruppo 78 shifting its focus to people with mental health problems, as well as former prisoners, drug addicts, and




2012
International Year of
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FACTOIDS

Did you know?

Cooperatives use the one-member/one-vote system, not the one-vote-per-share system used by most for-profit businesses. This helps the co-operative serve the common need rather than the individual need, and is a way to ensure that people, not capital, control the organization.



other disadvantaged groups. When public funding became available, they built up a team of professionals who could manage more complex situations, running residential centers and setting up workshops for carpentry, bookbinding, and manufacturing beekeeping masks. In 1990, they bought a farmstead, and over the last 20 years, they have been setting up a number of semi-protected flats.

The cooperative now has 50 employees, 68 members, and around 150 users. It is constantly looking to evolve to meet the needs of people with psychosocial and mental problems.

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Friends of the Wissahickon and Weavers Way Launch Volunteer Partnership Program

by Denise Larrabee, Friends of the Wissahickon

THE FRIENDS of the Wissahickon (FOW) and Weavers Way are pleased to announce a volunteer partnership program for Weavers Way Members. Weavers Way households will be able to earn Co-op work credit for volunteering with FOW beginning in March.

Work Day Tips

- All volunteers must sign the one-time volunteer agreement and release form. You can print it up, sign and bring with you to the work day, or we will have them available at the work day sign-in table.
- Volunteers under the age of 16 must be accompanied by an adult.
- Please arrive on time for a short orientation, safety talk and tool training.
- Volunteers are encouraged to bike or carpool to the event.

What to Bring

- Sturdy boots/sneakers
- Clothing that you don't mind getting dirty.
- Your own reusable water bottle to help reduce the waste of disposable bottles and cups.
- Refreshments are usually provided at

our Saturday volunteer days. Volunteers are always welcome to bring their own snacks.

Cancellation Details for Inclement Weather

Typically, FOW will work in a light rain or snow. Workdays are cancelled for inclement conditions such as heavy rain or snow, thunder and lightning, high winds, etc. If conditions look uncertain the morning of the scheduled work day, check the FOW homepage. If the work day is cancelled it will be posted on the homepage by 8 a.m. For more information and directions, contact FOW's Volunteer Coordinator Dan Mercer at 215-247-0417 ext. 107.

About Friends of the Wissahickon

The Friends of the Wissahickon, founded in 1924, is a non-profit organization dedicated to preserving the Wissahickon Valley. FOW works in partnership with Philadelphia Parks and Recreation to restore historical structures throughout the park, eliminate invasive plant species, monitor watershed management issues, and restore trails throughout the park system with its Sustainable Trails Initiative. For more information, visit www.fow.org.

Hinkle-Brown also serves as Community Development Trust's founding board member and as adjunct faculty at Temple University and the Center for Urban Real Estate Excellence at the University of Pennsylvania and the University of New Orleans. Hinkle-Brown holds an undergraduate degree in economics and a master's in real estate and urban planning from Temple University.

TRF provides financing in support of affordable housing, healthy food access, commercial real estate, and community facilities. TRF has funneled more than \$1 billion into housing, community arts centers, schools, commercial real estate, and sustainable energy projects.

Prime Time for Foraging

(continued from page 3)

really there is little more separating these classes than familiarity.

So, why bother with foraging? First of all, many of these wild plants contain amazing nutritional benefits. Wild greens are typically great detoxifiers, promoting kidney and liver function, as well as having high levels of many vitamins and minerals. It can be difficult to believe that tiny cells in these greens can do so much for you. Many people that move here from other countries recognize things that they grew up eating, and see this as a normal part of supplementing their diet. Learning the common varieties can help you to mix things in with salads or make teas.

One of the arguments against foraging is that it might ruin the plant's natural habitat, or that we can't all get our food from these wild sources. This is true and why many foragers keep secret the spots for their prized items, like ramps and morel mushrooms. Also, many wild edibles cannot be propagated for distribution. They are often much more perishable than typical produce. However, most things you'll come across grow like weeds and have little chance of becoming extinct.

Other things, like mulberries, produce a limited amount each season, but will come back year after year regardless of whether they are picked or not. More rare things like fiddlehead ferns do require some knowledge to hunt and to pick without disrupting their natural habitat.

In our modern culture, we've lost our connection to the natural world and don't see these plants as valuable anymore. The more people begin to learn about them, they can be appreciated and worked in to our culture. Also, many of them can be easily worked into our current lives, whether it be planting a fig or pawpaw tree in your yard, or working with the Philadelphia Orchard Project to plant them throughout the city.

To learn more about wild edibles, including free educational tours around town, join Wild Foodies of Philly on meetup.com, a great site for self-organized groups based around growing community involvement.

Don Hinkle-Brown

(continued from page 1)

Nowak, who now heads the William Penn Foundation, Hinkle-Brown has been with TRF since 1991. Prior to his current position, Hinkle-Brown was president of community investments and capital markets, with full responsibility for TRF's lending and investing. He oversaw the organization's efforts to improve food access, including TRF's work with the Fresh Food Financing Initiative. He was also involved in charter school, housing, commercial real estate, energy lenders, management of the NMTC program, real estate development and all related capitalization.



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International Cooperative Principles

The International Cooperative Principles were last revised in 1995 by the International Cooperative Alliance as part of the Statement on Cooperative Identity. The Statement also includes a definition:

A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.

and a statement of values:

Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity, and solidarity. In the tradition of their founders, cooperative member owners believe in the ethical values of honesty, openness, social responsibility, and caring for others.

The cooperative principles are guidelines by which cooperatives put their values into practice.

1. Voluntary and Open Membership

Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political, or religious discrimination.

2. Democratic Member Owner Control

Cooperatives are democratic organizations controlled by their member owners, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary cooperatives member owners have equal voting rights (one member, one vote), and cooperatives at other levels are also organised in a democratic manner.

3. Member Owner Economic Participation

Member owners contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital is usually the common property of the cooperative. Member owners usually receive limited compensation, if any, on capital subscribed as a condition of membership. Member owners allocate surpluses for any or all of the following purposes: developing their cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefiting member owners in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.

4. Autonomy and Independence

Cooperatives are autonomous, self-help organizations controlled by their member owners. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their member owners and maintain their cooperative autonomy.

5. Education, Training and Information

Cooperatives provide education and training for their member owners, elected representatives, managers, and employees so they can contribute effectively to the development of their cooperatives. They inform the general public—particularly young people and opinion leaders—about the nature and benefits of cooperation.

6. Cooperation Among Cooperatives

Cooperatives serve their member owners most effectively and strengthen the cooperative movement by working together through local, national, regional, and international structures.

7. Concern for Community

Cooperatives work for the sustainable development of their communities through policies approved by their member owners.

The Simplicity Dividend

The Old is New: Cohousing Comes to the ‘Hood

by Betsy Teutsch

WHAT DO Oakland, Calif, Takoma Park, DC, and Boulder, Colo., have that Germantown/Mt. Airy/Chestnut Hill doesn’t? While we all have food co-ops, indie coffee shops, bookstores, and local foods aplenty, they can all boast a cohousing community. Not to worry! A group of cohousing enthusiasts has birthed Wissahickon Village Cohousing, aiming to correct this neighborhood deficiency.

Cohousing is a thriving concept around the world, creating living quarters that establish a balance of private and public structure, both architectural and social. For most of human history, people have lived in interdependent cohousing, sharing responsibility and companionship. Of course, it was simply called a village.

American culture has veered very far into the private sphere. The American dream house, a mini-mansion surrounded by a moat of lawn, accessed via a long driveway to a four-car garage, sounds more like a nightmare to some. For me, a location needs to pass the cup-of-sugar test. If I am so far from neighbors (or so unacquainted with them) that I need to drive to a supermarket to get the sugar, no deal.

In my Zionist youth, I fantasized about living on a kibbutz, those classic Israeli communes where people ate together in a dining hall. (And where I imagined them bursting into Israeli song and dance every Saturday night). My husband David thought this sounded more like Dante’s inferno, so that was the end of that fantasy. A generation later, the burgeoning cohousing movement has created a model that bridges the need for privacy with the benefits of structured options for social connection.

The Wissahickon Village Cohousing group is in active conversation with a local developer who owns a Germantown Avenue site near amenities including bus lines, library, banking, coffee, and a gym. The neighborhood will consist of a variety of privately owned units ranging from 800 to 2200 sq feet. To increase economic diversity, there is a hope to also have investors buy units that will be rentals.

One of the most brilliant aspects of cohousing is that by designing shared facilities, each household can live comfortably in smaller space, lowering costs as well as eco-footprint. Cohousing complexes include a common house with shared facilities such as meeting space for occasional shared meals, office space for individuals to work in, a media room, even a guest room and possibly laundry facilities. The grounds are communally owned, so that gardening can be shared by those who enjoy it. Parking is at the periphery, prioritizing the porches and balconies that characterize the new urbanism.

When residents don’t want to interact, they needn’t. They just shut their doors. But when residents want to connect, the design makes it simple and natural to do so, just stepping out. This return to a more natural social coexistence, in which humans evolved, offers a deep reservoir of social capital. Having a natural village of neighbors close at hand provides health, economic, ecological, and cultural benefits impossible to quantify but much valued by co-housers.

Hence, cohousing is appealing to a wide variety of ages and household configurations. Elders like it, because it affords connection and stems the dreaded



isolation of aging. Parents of young children love it because their kids always have other kids on site to play with, plus all those extra surrogate grandmas and grandpas around. Trading off becomes natural and simple, not requiring elaborate planning, long drives, or major cash outlays.

Singles like it because it provides them a de facto family to share life with in a natural, comfortable way. Self-employed people enjoy how cohousing generates water-cooler conversation options when they take a break from their monitors. Environmentally-minded people like it because they can avoid all the material duplication of single-family homes. One snow thrower, not ten. Bikes, equipment, and even cars can more readily be shared, whether by design or just through impromptu conversation.

WVC is holding regular info, business, and social meetings, reaching out to interested individuals and families. This

is a chance to get in on the ground level of design. Note that the houses will be market-rate new construction. They are bought and sold as regular property, not requiring the approval of the group. Wissahickon Village Cohousing needs around 20 committed households to commence construction, once the site and plan are approved.

Interested? Curious? Intrigued? The public is invited to an informational session on **Saturday, May 12, 1-3 p.m. at the Weavers Way Annex, 608 Carpenter Lane.**

For more information, see the group’s website at <http://wissahickonvillagecoho.com/> or contact Community Coordinator Lynne Iser at lpiser@aol.com, 215-843-4933.

Betsy blogs at www.moneychangingthings.blogspot and chairs the 3 WW Dining For Women chapters.



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First Home Grown Institute Conference in the Books

by Sarah Gabriel, Home Grown Institute Executive Director

THE HOME Grown Institute’s 2012 Springing Good Intentions Into Action conference, March 24-25, 2012, was two full days of tours, workshops, awards, and camaraderie. The Institute focuses on home-scaled regenerative and sustainable practices, creating community around common interests while imparting skills to people of all ages. Several hundred attendees converged on the campus of Springside-Chestnut Hill Academy for a weekend packed with new ideas and new friends.

Participants shared their enthusiasm for learning in areas like vermiculture (worm composting), rainwater collection, and even food preparation. Each household took home either a worm compost bin—complete with live worms—or a 55-gallon rain barrel as a way to spring into action immediately. During the weekend some classes could be found in nearby backyards, where bees and chickens are kept or gardens planted permaculturally; some worked outside on the ground where power tools buzzed, building chicken coops and raised beds; and others used traditional classrooms and woodshops to learn about rain gardens and edible landscapes. When they weren’t busy sharing their wealth of knowledge, expert presenters like Joel Fath of the Philadelphia Seed Exchange rubbed shoulders with total newbies in other sessions.

Attendees came from all around the Philadelphia region, and from as far away as Long Island, New York; Connecticut; and Washington, D.C. Many explored topics like aquaponics (closed-loop vegetable and fish production) and mycology (mushrooms) for the first time, but more attended for the opportunity to connect

with like-minded people. Says one, “I had no idea so many people were doing such exciting things right in my backyard!” Though many families came together, the sight of total strangers lost in conversation was not uncommon. The lunch hour provided an opportunity for neighbors or those bound by a common interest to discuss ways to continue working together throughout the season: tables for land-use legislation reform, chicken sitting, cooperative living communities and more lent an air of raucous fellowship to the dining room.

Teens, kids, adults, and elders got involved in empowering projects like building chicken enclosures, documentary filmmaking, and composting. The experiential education aspect even extended to preparing lunch on site both days for the hundreds of registrants. In a workshop called, appropriately enough, “Cooking for a Crowd,” students of all ages prepared (primarily local and organic) soups, stew, heirloom grains, and both days’ standout favorite, the braised pear dessert sweetened with local honey. Though none fermented quickly enough to incorporate into the meal, sauerkraut and all manner of pickled vegetables stood out as another favorite hands-on activity for participants.

The Home Grown Institute honored three local organizations at its Inspiration Festival Saturday evening. Weavers Way Co-op, The Pennsylvania Horticultural Society, and *Grid* magazine each received an Inspiration Award for their contributions to home-scaled sustainable and regenerative practices in their respective fields. Saturday evening was also the venue for the Silent Auction which supported the scholarship fund. Scholarships were



photo courtesy of The Home Grown Institute

Natt Lohajoti, center, guides conference participants in the construction of a backyard chicken tractor. Students also built raised beds, cold frames, beehives and rain barrels.

offered to dozens of community groups and resulted in a rich diversity of conference participants.

Described by attendees most frequently as “inspiring,” “educational,” and simply “awesome,” the conference also featured community storytelling and a silent auction of local goods and services. An array of community partners shared their wealth of resources and knowledge with guests at Saturday evening’s Inspi-

ration Festival and in several cases led workshops or maintained an ongoing presence throughout the weekend.

The Home Grown Institute was founded in 2011, and the 2012 March Conference was the first event. For information about ongoing events, visit the-homegrowninstitute.org.

~ sarah@thegrowngrowninstitute.org



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Plenty of Enthusiasm for Manayunk/Roxborough Co-op



Photo courtesy Sam Fran Scavuzzo. Patch.com.

Over 200 people showed up at a meeting held to discuss the possibility of starting a new co-op in Manayunk or Roxborough.
For more info, contact manayunkroxboroughfoodco.op@gmail.com

CreekSide Under Construction



Photo by Jon McGoran

Construction is well underway and CreekSide Co-op is bustling with activity, still on track to open late summer or early autumn of this year.

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“Mt. Airy Home Companion” Comes to Allens Lane Art Center

by Jon McGoran, Shuttle Editor

ON SUNDAY, May 27, Allens Lane Art Center will be taken over by “Mount Airy Home Companion,” an old-time-radio-style variety show celebrating all things Mount Airy. The comedy will include a spoof of Public Radio, an “organic soap opera,” about a not-so-mythical food co-op, and, according to Harris, cameo appearances by several “well-known Mount Airy-ites.”

The show was written by Jim Harris and Martha Michael, two members of the popular Northwest Philly band “Saint Mad,” which will perform as part of the show, accompanied by special guests Richard Redding on sax and Audrey Bookspan on percussion. Bookspan is also choreographer for several dance numbers in the show, which also features the comedy of “The Mount

Airy Players,” a troupe of five talented local actors and Chestnut Hill singer-songwriter Neal Phillips, whose songs have been performed by the likes of Pete Seeger and Glenn Yarbrough.

“I was born and raised in Mount Airy,” says Harris, who also writes a weekly humor column for the Chestnut Hill Local. “I’ve always been a big fan of Garrison Keillor, so the idea of doing a show about Mount Airy using the ‘Prairie Home Companion’ format really appealed to me.”

The show starts at 7 p.m. Tickets are \$15 and can be purchased (by cash or check) at the door, or online at Eventbrite.com. For more information, go to Saint-Mad.com.



photo courtesy of Jim Harris

Saint Mad (clockwise from bottom right): Jim Harris, Molly Mahoney, Martha Michael, Lynda Chen.



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Saul Students at HomeGrown Inst.

(continued from page 9)

Crops!. Even though we are a small program, we still bring students to workshops, engage in multi-youth programs in the city, and encourage our students to participate in programs with more resources like Teens4Good or the Urban Nutrition Initiative. Youth are the future of the food movement, and many folks at the Homegrown Institute went out of their way to thank Yona, Antonio, and Josh for coming.

The second question, revolving around the food movement and communities of color, becomes much more complicated, and although this question comes up daily in my work, I am not always sure of an appropriate answer. There clearly is not one answer. When Antonio asked this question, I responded with “Why do you think that is the case?” We did not come up with a specific answer, but we concluded that youth of color can act as ambassadors to their communities, requesting fresh local food. Likewise, instead of being confined in systems of injustice, youth can use access to education as a tool

to learn of new options and teach others. This is something we are constantly working to enhance at Henry Got Crops!, making our programs and produce accessible for people of all race, class, and economic backgrounds.

My last student’s comment of the awesomeness of the workshops rang true for all three students. Each student left with greater awareness of their options, of a movement working towards self-sustainability, and pride in their participation at Henry Got Crops!. As the day came to a close, Josh and Antonio were discussing what they might cook for dinner while Yona and I discussed what food justice meant to us.

A big thanks to the Homegrown Institute for allowing us to attend workshops. Thanks to my students for asking such hard and deep questions. If you’re interested in coming out to Saul High School to view our education programs, and even participate, come out to the Henry Got Crops! CSA at Saul High School on Wednesday or Friday afternoons between 2 and 3 p.m. Please call Clare Hyre at 215-827-7482 if you would like to come by. You can also watch a film on Henry Got Crops! CSA; just go to www.weaver-sway.coop and click on “Weavers Way Community Programs.”

Co-op Board/Management Retreat at Awbury Arboretum



photo by Glenn Bergman and his handy dandy camera timer

On April 14, Weavers Way’s Board and Management team spent a day together at Cope House in Awbury Arboretum, L to R: Bob Noble, Stu Katz, Nathea Lee, Norman Weiss, Annette Aloe, Sue Wasserkrug, Chris Hill, Karen Plourde, Nina Berryman. Standing L to R: Glenn Bergman, Dean Stefano, Jon Roeser, Rick Spalek, Susan Beetle, David Woo, Nancy Weinman, David Chaplin-Label, Margaret Lenzi, Jon McGoran, Beau Bibeau, Ian Zolitor Linda Shein, Michael McGeary, Anne Workman, Michael Healy, Sylvia Carter.

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Meaning of Mothers Day

by Margaret Kinnevy

CHECKING OUT the meaning of holiday traditions was something I did when my children were young. Google had not yet arrived to help satisfy their unending curiosity about life; it was all on my shoulders. The little scholars would ask, “Why do I have to brush my teeth today; I brushed them yesterday?” As they developed and matured, the questions also developed and led to discussions about complex social justice issues like “Why isn’t there a Kids Day, only a Fathers Day and a Mothers Day?”

The little scholars have grown and moved out, and I have moved on to other daily occupations, including one that finds me exploring the meaning of Mothers Day from a different perspective. I help women overcome personal challenges on their journey towards motherhood, and for some, the annual marketing madness of Mothers Day is not a personally peaceful time. Yet, the day has a lot to do with peace. And war. And slavery. And creative life energies. That I do remember from those early days with the little scholars.

Mothers Day traditions around the world are many, and go back to centuries long before the 1800’s. Mothers Day as an American traditional holiday is rooted in the late 1800’s, and one of the early markings of it was begun by Julia Ward Howe. Exploring Julia’s life took me on a journey through American history that touched on Christian traditions, the Civil War, patriotism, and songwriting. Julia Ward Howe sanitized the macabre “John Brown’s Body” into “The Battle Hymn of the Republic,” the lyrics of which can be found

far and wide, in Martin Luther King’s sermons, and at presidential inaugurations.

Howe’s social justice work to abolish slavery and promote women’s rights led her to create a Mothers Peace Day in the 1870’s. This pacifist observance eventually morphed with other mothering holidays of late spring into our current one, now marked on the second Sunday of May.

The shaping up of our American Mothers Day coincided in timing with the Catholic Church’s dedication of the month of May to Mary, the mother of Jesus. Church historians report an 1880’s codification of May celebrations of the Virgin Mary as a means to counteract infidelity among Jesuit college students in Rome. Were the spring flings an offspring, perhaps, of the ancient Greek and Roman May festivals that occurred during the season of blooms? The energy of Spring is all about nature’s energy rising up and bursting forth.

In my early school days, May celebrations meant getting out of class, putting on a crown of flowers, and dancing around what seemed like a 100-ft. statue of the Blessed Mother Mary. Dancing around the Virgin during nature’s most sensual displays of fertility is a delightful memory I am sure many of you share.

On May 13, I will call my mothers, and pause to thank all the creative women who came before me, bringing forth life and peace, each in their own special way. Maybe, just maybe, I will put on a crown of flowers and dance.

Chestnut Hill Parking Foundation Adds Kiosks, Charges for Parking

by Jon McGoran, Shuttle Editor

ON MAY 1, 2012, following a two-week trial period, Chestnut Hill Parking Foundation (CHPF) will activate the new parking kiosks recently installed in CHPF’s parking lots. (The lot behind Weavers Way Chestnut Hill is not affected by this.) Shoppers using CHPF’s lots will be required to pay to park at all times, 24 hours a day, seven days a week. The cost for parking will be 50¢ an hour, and motorists can park for up to four hours at a time. There will also be a special nighttime rate of \$5 from 7 p.m. to 8 a.m. The

kiosks accept payment via cash, credit card, or special 50¢ tokens available in packs of 20 for \$10 from the CHPF offices, 8426 Germantown Avenue. Upon payment, the kiosks issue a receipt that must be displayed upon the dashboard. CHPF parking lots will be monitored by the Philadelphia Parking Authority, and tickets will be issued for violations. For more information, contact CHPF at 215-247-6696. For a map of CHPF parking lots, visit www.chestnuthillpa.com/directions/parking.

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Equal Exchange Reaffirms Commitment to Small Farmers Amid Controversy Over Future of Fair Trade

Phyllis Robinson, Equal Exchange Education & Campaigns Manager

“WE NEED to be clear: ...fair trade came from the south, most specifically from one co-op (UCIRI) in southern Oaxaca, Mexico. The idea was not to give control of the fair trade system to European non-profits, or bureaucrats, or multi-national companies or to plantations; but that is exactly what is happening,” said Equal Exchange co-founder Rink Dickinson, in his November presentation to the InterReligious Task Force on Central America.

Over the past 25 years, the commitment of Co-op members to small farmer co-operatives and Fair Trade has helped trading co-ops like Equal Exchange (EE) build and strengthen small farmer cooperative supply chains. Because consumers are willing to buy Fair Trade, small farmer organizations across the world have achieved the level of success they currently enjoy.

Unfortunately, this success and all our advances are now in jeopardy.

Deep controversies in the Fair Trade movement have been simmering during the past decade. Today, the situation has reached a boiling point, and concrete actions must be taken or we risk losing everything we have collectively built.

Fair Trade USA (formerly TransFair USA) has slowly but steadily chipped away at our principles and values. After taking the name Fair Trade USA, they proceeded to leave the international Fair Trade System (FLO International/ FairTrade International), lowered standards, eliminated farmers from their governance model, and invited large-scale plantations into coffee and all other commodities.

This is not Fair Trade and we are asking you to join with us in differentiating TransFair’s model from the authentic small farmer Fair Trade that we at EE are collectively building.

Our Model: Authentic Fair Trade

In 1986, EE was founded to challenge the existing trade model. EE supports small farmers and connects consumers and producers through information, education, and the exchange of products in the marketplace. At its founding, EE joined a growing movement of small farmers, alternative trade organizations (ATOs), religious organizations, and non-profits throughout the world who shared similar principles and objectives. The U.S. consumer co-op movement has been an integral part of this movement.

EE believes that only through organization can small farmers survive and



Photo by Mike Herbst

Nicole Vitello from Equal Exchange (l) leads a discussion about Fair Trade bananas with members of Weavers Way’s produce department.

thrive. The cooperative model has been essential for building this model of change.

In the 1990s, EE joined with a number of other organizations to create the certifying agency TransFair USA. The goal was to create a mechanism to ensure that a company’s products were providing social, economic and environmental impact for the small farmer organizations that grew them. Third-party certification for Fair Trade was similar to certification for organic products, in that it provided consumers with confidence in their purchases. This turned out to be good business, and TransFair grew as a result.

The certifiers have their own ideas... and interests.

As time passed, TransFair began to take on a life of its own. Rather than confine itself to its purpose as a certifying agency, collecting fees from industries that used its seal and monitoring them to ensure that Fair Trade practices were being met, TransFair soon developed its own vision. “Quantity over Quality,” “Breadth over Depth,” and other qualifiers came to be used to describe TransFair’s vision of a world in which vast numbers of products throughout the grocery store could be certified Fair Trade, in as fast a manner as possible.

(continued on page 21)



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Authentic Fair Trade

(continued from page 20)

Their problem was supply. Working with small farmer organizations can be challenging and time-consuming. These organizations don't have the same access to market, credit, infrastructure, and technology that large plantations generally do. Over the opposition of the ATOs, farmer organizations, and a host of other Fair Trade advocates, TransFair and its umbrella organization, FairTrade Labeling Organization (FLO), began certifying plantation tea, bananas, cut flowers, and other products with a set of different, less rigorous standards than those elaborated for small farmer organizations.

Soon, large corporations began to see value in certification as well. They discovered that consumers would respect all of their products, even if only one or two were certified as Fair Trade. TransFair rapidly began courting into the Fair Trade "family" big businesses such as Chiquita, Dole, and Nestlé. The Fair Trade advocates protested, but to no avail. Big business profits grew and, as more volume got certified, TransFair continued to grow as well.

Current happenings

These actions, and many others throughout the years, have created large-scale opposition to the certifiers. Bad feelings have mounted about the lack of transparency, accountability, openness, and representation on the boards and within

the committees of FLO International and TransFair USA. This year, the growing rift finally came to a head. It is time to withdraw support from TransFair USA/ FairTrade USA products. They do not represent Fair Trade.

What are we asking?

Please join with us in signing, and circulating, the public statement.

At this time, EE is trying to get the word out about the Fair Trade controversy, and the importance of small farmers. Eventually, we hope to enter into dialogue with the companies who are using the TransFair seal on their products, and explain to them that authentic Fair Trade means support for small farmers, not plantations and corporations. These conversations will ultimately affect what certification will look like and how consumer/citizens think about fair trade and the future economic, social, and political prospects of small farmers.

For more information on EE's perspective on the differences between Authentic Fair Trade and what TransFair USA is doing, visit <http://smallfarmers-bigchange.coop/>.

Greensgrow Farms May Events

by Bryn Ashburn, Greensgrow Philadelphia Project

GREENSGROW FARMS has a great line up of events in May, including culinary and nursery workshops, the Spring Craft Bazaar, Community Garden Days and more!

Spring Craft Bazaar

May 5, 9–5 p.m. • Free to the Public

Enjoy the atmosphere of the farm-stand and the nursery while getting your Mother's Day Gifts from our talented array of 30 local artists and craft vendors. The bazaar will feature handmade, one-of-a-kind items including a variety of up-cycled crafts; handmade soaps for home, bath and body; candles; crocheted and knitted accessories; prints; ceramics; photographs; jewelry; wood crafts; and furniture.

Window Box Workshop

May 5, 12–2 p.m. • Registration

Required

Have you always wanted to plant a window box but weren't sure how to start? Dave and Maureen will show you the best beginner methods for creating beautiful window boxes.

Spring Canning

with FoodinJars.com's Marisa

McClellan: Strawberry Vanilla

Jam • May 26, 12–2 p.m. • \$35 •

Registration Required

Whether you've been thinking about learning to can or you're well-versed in the ways of homemade jam, this class is for

you. Philadelphia-based canning teacher, blogger, and cookbook author Marisa McClellan will walk you through the basics of boiling water bath canning. The class will include information on food safety, best canning practices, recommendations on how to store your newly canned goods and much more. You'll learn to make Strawberry Vanilla Jam and will go home with a jar as well as a copy of the recipe.

At the Greensgrow Community Kitchen at St. Michael's, 2139 East Cumberland St. Enter at the blue door of the Trenton Avenue entrance.

Community Garden Days

May 18, 19, 20, 25, 26 & 27

When you register, we will donate 10 percent of purchases made to your community garden. Purchases must be made on Community Garden Days; May 19, 20, 26 and 27. Donations will go to registered gardens.

Located in Kensington, Greensgrow Farm is an experimental urban farm with a nursery, farm stand, and Community Supported Agriculture (CSA) program, with a vermiculture composting system, raised-bed and hydroponics, and a biodiesel production project. Greensgrow Philadelphia Project's mission is the development of green businesses as an alternative to abandoned land and a potential tool for neighborhood revitalization. More info at www.greengrow.org.

~ bryn@greengrow.org



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Mt. Airy Day, May 5!

by Jon McGoran, *Shuttle* Editor

COME OUT and help us celebrate Mt. Airy Day on Saturday, May 5, 2012, from 11 a.m. to 5 p.m. on the grounds of Cliveden of the National Trust at 6400 Germantown Avenue, Phila., PA 19119. It will be a great day of fun for the whole family—delicious food, live entertainment, great shopping, kids’ games and much more.

THERE WILL be live entertainment all day long, great shopping, and many delicious food options to choose from—no matter what you are in the mood to eat. Shoppers will find vendors aplenty, selling every-

thing from food to clothing to hand craft- ed goods, arts & crafts, and jewelry to ... just about everything! And Weavers Way will be on hand for the Co-op’s annual Mt. Airy Day plant sale. Come and stock your garden!

AT THE Mt. Airy Day KidZone, Children can enjoy pony rides, games, a moon bounce, giant slide, obstacle course, face painting, arts & crafts, and much more. Mt. Airy Day valet bike parking will be available in front of the Sacred Heart Manor on Germantown Ave.

Summer Camp at Historic Wyck

by Kristin Hagar

THE WYCK House’s Wyckedly Fun Summer Camp allows children ages 8-12 to explore the history and lifestyles of those who lived at Wyck during its remarkable 322-year history, while building healthy bodies and nourishing relationships through outdoor play. Wyck is a special place where history intersects modern life and feeds curiosity about the world. Summer camp at Wyck utilizes the beautiful, resonant features of the historic house, garden, and farm as a unique setting for week-long themes: **Native American Life (July 23-27), Colonial Detectives (July 30-Aug. 3), and Harvesting History (Aug. 6-10).** From Lenape life to colonial survival to farming and food, campers will immerse themselves in historical arts and crafts, farming techniques, games and toys, folklore and stories, even clothing. All activities are geared toward Wyck’s core mission to perpetuate the original Wistar-Haines family values of innovation, social responsibility, and environmental sustainability.

Registration is now open and typically fills up fast. The cost is \$175/week for Wyck Members; \$195/week for Non-Members. Please go to www.wyck.org/ programs for more information as well as to register, or call Christina Moresi at 215-848-1690.

Wyck, a National Historic Landmark house, garden, and farm, served as the ancestral home of one Germantown family for more than 300 years. Here, traditional Quaker culture blended with a passion for innovation. The people who lived and worked at Wyck expressed these values through their commitment to education, horticulture, natural history, and preservation.

Wyck connects this family and its rich history in Germantown to our community today through educational, experiential programs that focus on history, horticulture, urban agriculture, and family, using the past as inspiration for the future.

Rocking in the Garden Helps Plants

by Candice B. Green

STUDIED all over the world in innumerable ways. Sharing new-found information and evolving as a civilization is essential to our existence. Researching new and more efficient ways to grow crops/plants is beneficial to co-ops (of course), farmers, the community, and more!

Recently, I’ve been researching the utilization of music besides for mere entertainment. Music is a vibratory occurrence; when the vibrations of sound meet and affect airwaves, the airwaves affect other matter with which it comes into contact. Aren’t all living organisms not consumed up of matter? We already know how music can uplift the human spirit and add entertainment to our daily lives, but music can also augment motor skills in the human brain for certain diseases (ADD and Parkinson’s). If music has this effect on humans, what do you suppose is the affect it has on plants?

Dorothy Retallack (one of many agronomists I’ve researched), the author of *The Sound of Music and Plants*, conducted many experiments at the Colorado Woman’s College in Denver using the school’s three Biotronic Control Chambers. Using a variety of plants, sounds, and techniques for experimentation, Dorothy

concluded that music has a direct effect on plant growth. For instance, in one experiment, Dorothy played a constant tone in the first of three chambers for a period of eight hours. In the second chamber, she played the tone for three hours intermittently, and in the third chamber she played no music at all. In chamber one, the plants died; in chamber two the plants grew abundantly and much healthier than the plants in chamber three. In other experiments, Dorothy played different genres of music and in some instances the plants grew either toward the music or away from it. After many thorough experiments, Dorothy theorized that plants might have ESP. Plants having ESP is not a proven fact but what is a proven fact is the vibration of music does affect their growth.

I encourage those interested to conduct your own research. It has been scientifically proven that musical vibrations can stimulate and enhance the growth of plants if done correctly. Since this is correct, why not take this positive information, take the initiative, and produce even stronger crops? This might seem like a small task, but it’s the little things that count, right? So the next time you tend to your plants, why not give them some entertainment and play some good ol’ tunes!



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Weavers Way Community Programs

Record-Breaking One Million Americans Tell FDA: “We Have a Right to Know What’s in Our Food”

by Alex Duncan, Just Label It

ON MARCH 27, 2012, the Just Label It (JLI) Campaign delivered to the FDA more than 1.1 million comments in support of labeling Genetically Modified Foods. That is more than twice the number of comments ever submitted to FDA on a food issue. The campaign also announced a new national survey revealing that Americans across the political spectrum stand united in support of labeling food that has been genetically engineered. This is a striking contrast to the partisan divisions plaguing our political system.

“Pink slime, deadly melons, tainted turkeys, and BPA in our soup have put us all on notice that what we eat and feed our families is critically important,” said Ken Cook, President of the Environmental Working Group, a JLI partner. “Americans overwhelmingly demand safety, transparency and labeling of genetically engineered foods. It’s time for the FDA to come clean and restore public confidence in our food system.”

Since October, JLI’s national campaign to require GE-food labeling and its more than 500 partner organizations have spearheaded an historic number of public comments for a GE-foods labeling petition (Docket #FDA 2011-P-0723-001/CP). It took less than 180 days to accumulate the record number of comments.

“In recent years, Americans have shown a real interest in knowing more about our food, and now there is a clear mandate for the labeling of genetically

engineered foods. This petition asks the FDA to stand up for the rights of average Americans, and not just a handful of powerful chemical companies. It’s time for the FDA to give Americans the same rights held by citizens in forty nations, including all of our major trade partners, to know whether our foods have been genetically modified. The FDA needs to restore confidence in our food and our right to know about the food we eat and feed our families,” said Gary Hirshberg, chairman of Stonyfield, a JLI partner.

New Survey Results: Motherhood, Apple Pie, and GE Food Labeling

Consumer support for GE-foods labeling in the U.S. is nearly unanimous, according to the political opinion survey on GE food labeling conducted by The Mellman Group on behalf of JLI. Explained pollster Mark Mellman, “Few topics other than motherhood and apple pie can muster over 90 percent support, but labeling GE-foods is one of those few views held almost unanimously.” The survey found nearly all Democrats (93 percent favor, two percent oppose), Independents (90 percent favor, 5 percent oppose) and Republicans (89 percent favor, five percent oppose) in favor of labeling. The study also revealed that support for labeling is robust and arguments against it have little sway. (For the survey findings, visit www.justlabelit.org)

What Happens Next?

Last month, you helped submit a record-breaking number of comments—more than one million—to the U.S. Food & Drug Administration (FDA) in favor of labeling genetically engineered foods. But so far, the response has been, “We haven’t made a decision yet.” So Just Label It is taking this campaign to the next level and asking President Obama to weigh in. The White House has an online tool called “We the People” that lets individuals launch petitions directed at the Obama Administration. There are already more than the necessary 25,000 signatures needed to have the matter reviewed by White House policy experts, who will issue an official response. We need as many signatures as possible to show the President this is an important issue that demands a public dialogue—and that he should speak out publicly in favor of labeling.

Here’s How It Works:

- 1) Visit the petition on the White House at <http://tinyurl.com/label-gmo-petition>
- 2) If you already have an account, sign in. If not, click “Create an Account” and fill out your information – then check your email to verify your new account.
- 3) Then click “Sign This Petition” – and you’re done! Thank you.

We have less than 30 days to reach 25,000 signatures for this petition; otherwise the White House won’t respond. Your signature today will go a long way toward showing President Obama that this issue matters to the American public.

Please, take three minutes and sign our petition to the White House in favor of labeling genetically engineered foods. And after you sign, please share the petition with your friends and family on social media by clicking on the Facebook and Twitter links on the petition page!



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ECO TIPS

from The Environment Committee

New Life for old computers

Instead of recycling them, consider donating old computers, printers, and computer accessories to Nonprofit Technology Resources (NTR), which serves low-income people in Philadelphia. Their computer refurbishing “factory” serves as a training ground for people to grow their computer skills, and their computer Thrift Store serves the whole community with affordable, dependable computers. For more information, go to NTRweb.org.

Cleaning Tip

Have some copper pots (non-lacquered) that are tarnished? Instead of toxic polishing products, use ketchup! Smear it on the area you want to clean, leave for 5-10 minutes, then rise with water. Or use lemon and salt. Dip half a lemon into salt and rub across the area or make a paste of lemon and salt and rub into the area. Rinse and dry.



Where can I buy produce from Weavers Way Farms?

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June through October
Henry Got Crops! Farmstand
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Thursdays, 3 pm to 7 pm
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Click on Weavers Way Community Programs to learn about the non-profit's educational programs.

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Skyspace Groundbreaking Anticipated for May

by Nikka Landau

WHILE NORTHWEST Philadelphia blooms all around us this spring, one very special project that was “planted” a few years ago will bear fruit: Chestnut Hill Friends (Quakers) will break ground on a new meetinghouse. The design for the new building features a Skyspace by world-renowned light artist James Turrell. The project will sit just downhill from their current meetinghouse on East Mermaid Lane. More than just the new home for the growing Friends meeting and their social justice efforts, the new meetinghouse will be open to the public, for all those who value quiet contemplation, the environment, the arts, and a vibrant community.

Anticipating the groundbreaking this spring, the Chestnut Hill Friends New Meetinghouse Project has been spreading the word to neighbors and making fundraising advancements. Fundraising for the new meetinghouse took a giant step early in the spring when the William Penn Foundation announced a \$200,000 grant to the project. From the grant award letter:

“The William Penn Foundation has approved a 24-month grant to Chestnut Hill Friends Meetinghouse Project in the amount of \$200,000 toward construction of the East Coast’s only year-round, publicly accessible example of a “Skyspace” installation by contemporary artist James Turrell on a site directly adjacent to Fairmount Park and the proposed Cresheim Valley Trail.”

The fund-raising results as of late March stand at \$3,256,211 either pledged or in hand. That exceeds the meeting’s original goal of \$3.2 million, but they are continuing to raise funds to cover additional costs, and to get started on establishing an endowment. There are also items that they would like to add to the building that weren’t included in the original cost estimates (e.g., a photo-voltaic array to harvest energy from the south-facing roof of the two-story part of the building).

In March, three friends of the building in the LIGHT project hosted a party to

celebrate the project as a “cultural bridge” to the neighborhoods of Mt. Airy and Chestnut Hill. Elfant Wissahickon Realtors, Valley Green Bank, and Weavers Way Co-op brought the party to Cliveden, the historic residence of the Chew family on Germantown Avenue. Guests convened in the restored carriage house for refreshments, and welcomes from the hosts.

Bob Elfant challenged those present to match gifts up to \$3,200. Jay Goldstein of Valley Green bank expressed his excitement at the prospect of a new building and spiritual art that will attract visitors from far and wide to our neighborhoods. Stu Katz, of the Weavers Way board, mentioned the pervasive influence of Friends schools to the region, and noted that this project by Chestnut Hill Friends fits right in with Quaker ideals of service in the community.

After remarks by Signe Wilkinson, co-chair of the capital campaign, guests walked over a candle-lit pathway to the historic main house for a slide presentation of James Turrell’s works by local architect Philip Scott, and remarks by art historian Jordan Bastien, a recent transplant to the area from New York City, where she managed an art gallery. Both speakers impressed the guests with the significance of a Turrell Skyspace in northwest Philadelphia.

In late 2011, the project was put out to bid. Five pre-selected contractors returned bids on February 1. The Client Committee has been reviewing the bids and working to adjust the specifications to meet the budget. We’re very close to signing a contract.

We expect groundbreaking to be in mid-May, and the contractor projects that the building could be completed by the end of this calendar year! As of the *Shuttle*’s deadline for the May issue, the exact date of the groundbreaking had not been fixed. For a recent update, check www.chfmnewmeetinghouse.org.

~ nikkalandau@gmail.com

Chestnut Hill Home & Garden Festival, set for Sunday, May 6

by Peggy Miller

CHESTNUT HILL’S 16th Annual Home & Garden Festival will take place 11 a.m. to 5 p.m., Sunday, May 6. From Rex Ave. to Willow Grove Ave., Germantown Ave. will be turned into an outdoor marketplace as the street and stores come alive with festivities. The fun continues after 5 as many festival-goers extend the fun into the evening, meeting friends for more music and food at the Avenue’s many great pubs and restaurants.

Each year, 20,000 - 30,000 gardeners, families, and art lovers alike fill the streets during this event, when over 150 home and garden vendors, artists, and crafters display their wares. Eat, play, and discover all Chestnut Hill offers, including:

- A wide selection of tomato plants and flower seedlings
- Lush orchids, hanging baskets and garden sculptures
- Home design, hand-made furniture, quilts, jewelry, art & collectibles
- Bee hives and honey making
- Boutique shopping in Chestnut Hill’s one-of-a-kind shops
- A display of the latest car models by Subaru, Presenting Sponsor of the Festival

- Games and giveaways by B101 Radio, the Festival’s media sponsor
- Eco Alley, sponsored by PECO Smart Ideas, featuring vendors offering sustainable products from organic plants to electric bikes... all thanks to GRinCH (Green in Chestnut Hill)
- Live music by City Rhythm Orchestra, The Rich Posmontier Orchestra, The Dukes of Destiny and Melissa Martin & the Mighty Rhythm Kings
- Yoga for children
- Al fresco dining and fun festival foods
- Amusement rides, face painting, and arts & craft activities for kids
- Live critters from the Elmwood Park Zoo
- A basketball hoops clinic

For a festival schedule and a detailed list of performers and vendors, please visit www.chestnuthillpa.com or call 215-247-6696. Admission to the festival is free. \$5 parking will be available on select Chestnut Hill lots.

~ pmiller@chestnuthillpa.com



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Suggestions

(continued from page 28)

more articles about this. This issue is also likely to generate confusion for shoppers as in a short while the market will see different Fair Trade certifications, with different logos/seals and different meanings and certifying groups for each. Whom to trust, which seal to pick? Too soon to say but this is an issue our co-op should be educating shoppers, so keep an eye out for *Shuttle* articles and in-store signs.

Of far greater concern to me than Fair Trade issues is the fact that last month our esteemed *Shuttle* editor, Jon McGoran, wrote an article about the new Mt. Airy Business Association and used one of my pet-peeve words. Jon wrote one of the goals of the new association was “showcasing Mt. Airy as one of Philadelphia’s most vibrant neighborhoods.” I have huge problems with this statement on many levels. The use of the word “vibrant,” which I consider a meaningless adjective, seems to have proliferated in the last few years, especially in statements about organizations; it seems like I often see it in mission statements. It seems to me that if something is not vibrant than it is basically dead. If it’s alive, it has “vibrant” type stuff going on like respiration, a pulse, eating and eliminating, motion, etc. and these things are obvious and there is no need to state it. Talking about a new organization being vibrant is like talking about a newborn baby being engaged in the act of breathing. Of course that is happening, there is no need to state it. Maybe the idea behind “vibrant” is that the energy of the “vibrant” object has more vigor and en-

ergy than typical. In that case, now we have started a competition using vibrancy as a value judgement and also as something that can somehow be measured. If Mt. Airy is to be Philly’s “most” vibrant neighborhood, than there are other neighborhoods that must be less vibrant. Is there going to be an annual issue of *Philadelphia Magazine* that ranks the city’s most vibrant neighborhoods? How will “vibrancy” be measured? If a neighborhood has an active gang or Mafia branch does that improve its vibrancy measure? If a neighborhood is known for kids playing in the street during the day but after 8 p.m. is peace and quiet, does that make it less vibrant? These are the kinds of questions users of the word “vibrant” need to deal with before bandying this term about. And you thought Fair Trade was going to be confusing. Of course I can’t wait to read Jon’s response in our widely circulated (i.e., vibrant) but inanimate (i.e., not vibrant) newsletter.

Suggestions & Responses:

- s: “My all-time favorite Ben & Jerry’s ice cream is “Vanilla Caramel Fudge”. Yum! But we hardly ever have it. Although my waistline will probably complain, I would love us to stock more of this, more often.”
- r: (Chris MA) Whoops, this flavor “slipped off” our order sheet, we’ll bring it back.
- s: “Sure would be nice to have spritzers with many fewer grams of sugar. I don’t care about the source of the sugar. It’s chemically painfully similar. Recently

on NPR I heard that studies are showing it’s acting as other addictive substances do. Ah well.”

r: (Chris MA) Please check out the Knudsen Zero Calorie sodas on the bottom shelf of the soda shelf. They come in 4 flavors & have zero grams of sugar. Sweetened with erythritol, a sugar alcohol, and rebiana, a sweetener extracted from the stevia plant. (Norman) People should know that there are many forms of stevia, and that few would consider the “Truvia” sweetener in the Knudsen drinks a “natural” ingredient. Drying stevia leavies and grinding them up and adding them as a sweetener is a natural process; using solvents and GMO corn to create an erythritol based product with some molecules from the stevia plant (rebiana-A) is not. Which do you think “Truvia” is? Here’s a hint: “Truvia” was developed by Coca-Cola and Cargill.

s: “Love the Casabella sponge cloth—wish we had them more often! If you don’t want to waste paper towels and are looking for a sponge that doesn’t immediately shrivel up and get too dirty to clean, these are the best option! Long lasting, do a great job, don’t turn into a smelly blob the first time you use them (or even the last!)”

r: (Martha MA) So glad you like them—many thanks for your feedback.

s: “Just visited the Vegan Fest and really like those soft whole wheat pretzels. The maker said we have to ask Chris to order them. Chris?”

r: (Chris MA) The whole wheat pretzels aren’t yet available to us because they’re a frozen food item, and the manufacturer doesn’t have a frozen distribution option. We might be able to bring in

this item in the fall, after renovations at the Mt. Airy store.

s: “Please please please. Bring back the diet Dr. Brown’s! The taste of Boylan’s (local though they may be) is inferior—both creme and black cherry. It always sold well so I cannot be the only person who feels this way. Thanks!”

s: (Chris MA) Sorry that you’re disappointed with the switch. We switched to Boylan’s because it does not contain high fructose corn syrup (Dr. Brown’s non-diet does) and also because the packaging is all paper/glass/metal, no plastic.

s: “What happened to the black onion bread we used to have?”

r: (Molly MA) The black onion bread from Le Bus is a slow seller. We receive a few occasionally. You could always preorder one; fill out a slip by the dumb-waiter, say what day you want it, and we’ll have it for you that day.

s: “Yesterday I noticed a squirrel eating an acorn using only its front paws (well actually its mouth too). Can we require shoppers to eat like squirrels so as to minimize using disposables or having to waste water and time doing dishes?”

r: (Norman) We can, but, like with most things, there are plusses and minuses. For example, certain dishes would be difficult to eat with just your hands, like spaghetti. And soup. So this would probably would lead to people using aprons more frequently, and, as most young people know, aprons are not cool. What hip-hop artist has ever worn an apron in a video? You see how this gets complicated and involves juggling values. The world is so complicated...

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Morris Arboretum Welcomes New Swans

by Christine Pape

THIS SPRING, the Morris Arboretum of the University of Pennsylvania was delighted to welcome two new family members, a pair of female mute swans. The one-year-old swans, who are sisters and have yet to be named, are a gift to the Arboretum from Nicholas and Athena Karabots.

Swans have long played a role in the Arboretum’s history. The Swan Pond, a beloved Arboretum feature, was built in 1905 by damming the East Brook, which naturally flows through that area of the garden. The inspiration for the Swan Pond and the Love Temple likely came from the popular 18th century landscape design style of the English romantic landscape, which often included a classical temple reflected at water’s edge. Sculpted of white marble, the Love Temple was modeled after the plans of Vitruvius, an Augustan student of architecture. Records from that time period indicate that the Morrises purchased a pair of swans in 1923 for \$82.50, whom they named Elsa and Lowengrin. No fence was built around the pond to contain them; however, in 1920, plans were drawn up to enclose the pond with fencing, and evidence of an enclosure appears in photos from the early 1930s. The pond required sediment removal over the years, and after being dredged in 1982, the city of Ottawa presented the Arboretum with a gift of two swans named Ariel and



Titania, in honor of Philadelphia’s tricentennial.

In 2005, the pond’s 100th anniversary, the area underwent a major restoration with the help of a gift from the Asplundh Foundation. Renovations included the installation of a new fence, repairs to the masonry, and the installation of a new viewing area. The simple design of the fence provides unobstructed views of the area, ensuring the safety of visitors and the swans, while also providing unique protection from storm damage. The proj-

ect was finished with the help of the Arboretum’s Horticulture volunteers who added new plants to the area, including irises, azaleas and yews, as well as other plants with winter interest.

The Morris Arboretum is grateful to the Karabots for this gift that has brought new life back to the Swan Pond. The Arboretum is also working with Weavers Way Co-op, who will be generously donating fresh greens—primarily lettuces—

to regularly supplement the swan’s diet. The swans are certain to provide years of enjoyment and delight to Arboretum visitors of all ages.

Morris Arboretum of the University of Pennsylvania is a 92-acre horticulture display garden featuring a spectacular collection of mature trees in a beautiful and colorful landscape. Highlights include a formal rose garden, historic water features, a glass fernery, and Out on a Limb, a permanent nationally award-winning exhibit 50 feet above the ground. Morris Arboretum’s new Horticulture Center has received Platinum Level LEED® Certification, the highest sustainability rating of the U.S. Green Building Council. For more information, visit: www.morrisarboretum.org.

re·fresh·ing (ree-fresh-ing). adj.

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Shopping at Farmers Markets?


With the increase in the number and availability of farmers’ markets and farm stands, here are a couple of questions to ask before making your produce purchase.

Did you grow this produce?

To the extent possible, buy your produce directly from growers. After all, isn’t that the point of a farmers’ market?


What growing methods were utilized in producing this item?

Farmers should be able to explain to you in some detail their own growing methods. Is the produce you are buying chemical-free? Low spray? Conventional? Organic? IPM? It shouldn’t be a secret, and the seller should be able to fill you in.



Saturday Night Party


A special invitation to local co-ops & the people who love them



Co-op Party!
June 16
7:30 to 11 pm
Reading Terminal Market

Tickets - \$35
before June 1 or
\$65 at the door

Register online at:
www.weaversway.coop



Even if you’re not going to the National Food Co-op conference, this is a great opportunity to:

- ✧ Meet and socialize with hundreds of food co-op members from around the nation
- ✧ Enjoy the live music of Sharon Katz and the Peace Train
- ✧ Eat delicious food from a variety of Reading Terminal Market Vendors
- ✧ Experience the Give & Take Jugglers, Science Table, and much more.

The Consumer Cooperative Management Association (CCMA) conference is a 3-day gathering of hundreds food co-op managers, directors, educators, and consultants, plus their national allies. CCMA is a program of the National Cooperative Business Association.

CHCE Welcomes Mystery Writer Cordelia Frances Biddle

By Stacia Friedman

THE CHESTNUT Hill Center for Enrichment presents Philadelphia author Cordelia Frances Biddle reading from her Victorian mystery, *Daughter's Deception*, on Tuesday, May 15, at 4 p.m. at Woodmere Museum, 9201 Germantown Avenue.

Drawing from her own family history, Biddle brings 19th century Philadelphia to life with vibrant detail. Her sleuth Martha Beale—the fiercely independent society lady first introduced in *The Conjurer*—joins forces with her secret beau, Thomas Kelman, to track a missing heiress. “The Martha Beale Series grew out of my love of Philadelphia; it’s a place that beautifully unites past and present,” says Biddle. A former actress, the author lives in Society Hill with her husband and sometime co-author, Steve Zettler, and their dog Gabby.

A wine and cheese reception will follow. \$15 admission/\$10 Woodmere and CHCE members. Seating is limited. To reserve your place, call 215-248-0180.



photo courtesy of Cordelia Frances Biddle
Philadelphia mystery author Cordelia Frances Biddle



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A Night of Cabaret at the Mt. Airy Art Garage

by Linda Slodki

MAKE A night of it in Mt. Airy on Friday, May 11! It’s going to be an evening of sophisticated elegance at the Mt. Airy Art Garage—a cabaret with a Northwest sensibility, new renditions of old standards, and ballads from the ‘30s and ‘40s. Michael Richard Kelly will be performing with the Tamer Tewfik Trio—an evening of crooning and jazz with Michael, voted Best of Philly: Cabaret by *Philadelphia Magazine*. Michael’s a Northwest neighbor with a passion for singing. Some of you may have seen him in Forbidden Broadway in NYC, or at Danny’s Skylight Room in NYC, or Odette’s in New Hope. Rest assured, it’s going to be a night... and our

Gallery will be open. You can still see the Sol Levy photography retrospective.

So, really, make a night of it—you’ll have a grand time. Stop at a local restaurant like Avenida, Earth Bread & Brewery, Gee Chee Girl, or Wine Thief Bistro—then join us after. What a perfect night for after-dinner entertainment!

Doors open 7:30 p.m. at 11 West Mt. Airy Ave. Tickets for the cabaret are \$40 and include refreshments. Seating is limited so please reserve your seats now. Call 215-242-5074 or visit www.mtairyartgarage.org. All proceeds benefit the Mt Airy Art Garage.

Retrospective Photo Show Dedication of Solomon Levy Gallery

by Linda Slodki

BY THE time you read this article, artists, friends, family, and community members will have gathered to dedicate our new gallery. “Travels Through Life,” a retrospective photography exhibit of Sol Levy’s work, continues through May 20.

Many of you knew Sol, and in many different ways. To Weavers Way, he was their farm and special events photographer. To Habitat for Humanity, he documented their community work. To us at the Mt Airy Art Garage, he was our beloved founding Board member and Vice President—a friend and mentor who helped us to create a foundation. And for those of

you who remember, when Sol Levy died last year, we said he would continue with the Mt Airy Art Garage and see us into the future. It’s time.

We welcome you with open arms to the Solomon Levy exhibition, “Travels Through Life.” Share in his imagery from his earliest landscapes to more recent abstractions. Visit with us, share in our joy.

Open through May 20 at 11 West Mt. Airy Avenue. Hours: Thurs.- Sat., noon till 6 p.m., Sunday, noon till 5 p.m. All work will be for sale. For more information call 215-242-5074 or visit www.mtairyartgarage.org.

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We love our banks. We couldn't do business without them. And we don't mind paying them interest. But we'd rather give that money to you, our members. Because we love you even more.

Borrowing money is a fact of doing business, but if we are going to pay out interest, we'd rather it go to our members. So as we prepare to renovate our Mt. Airy store and continue to pay down our expansion debt, we are offering our members a \$100 discount card if they add \$400 to their equity account.

Every member is eligible. Whether you have \$30 in equity or \$400, investing another \$400 gets you a \$100 discount card. Right now.

We've done the math, and it definitely works to our advantage. We think it works to yours, as well. To learn more, visit www.weaversway.coop or call membership at 215-843-2350 ext.119.



Photo by John Barone



First-time equity payments made since April 1, 2010, and payments made as part of the “30 in thirty” equity campaign may be applied towards the \$400 investment as part of this campaign. To qualify, applicable equity investments must remain in equity account for a minimum of five years.



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. In the natural food/co-op world lately (and also rest of world but who pays attention to that?) is turmoil about Fair Trade certification. Without going into the complex details and issues, basically there is a rift between people that think Fair Trade certification should only

be applicable to smaller farms that are democratically owned and run (typically organized as producer co-ops), and other people that think that requirement is too limiting, and would like to certify larger producers that meet standards for treating workers fairly. The first group thinks unless producers directly control their own destiny they are still liable to be exploited. The second group thinks the market for Fair Trade items is too large to be only filled by small producers, and by allowing larger producers to be Fair Trade certified (think plantations using hired labor), the plantations will treat their workers better and the overall impact of Fair Trade will be greater. Some of our staff heard from a couple of Equal Exchange staffers about why Equal Exchange will continue to support the small, democratically controlled producer model, and why the plantation-allowed model is not true to the Fair Trade movement's values and roots. They also discussed how plantations do not deal with land and other inequities (access to education, gender equality, etc.) in countries where the plantations are located. This is a complex issue, worthy of hearing both sides in depth, so stay tuned for

(continued on page 25)




Fresh & Local Fair

Saturday, May 19 • noon to 4 pm
Weavers Way Chestnut Hill, 8424 Germantown Ave.





Join us as we kick off the growing season and celebrate our local farmers and vendors!
Food Sampling • Live Music • Meet the Farmers
Community-owned food markets, open to the public.
www.weaversway.coop



PET A PALOOZA

SATURDAY, JUNE 2
NOON TO 4 PM

VETS **GROOMERS**
Silly PET TRICKS **Weavers Way Pet Store** **LOCAL ANIMAL RESCUES**
PET SITTERS **608 Carpenter Lane** **PET FOOD VENDORS**

2ND ANNUAL



A Fun-Filled Pet Information and Adoption Event

2:00 p.m. "Ask the Trainer" pet training & demo
2:30 p.m. Silly Pet Tricks (all welcome to enter!)
3:00 p.m. Pet Parade (all welcome to enter!)

Pet Supply Store will donate 5% of sales for the day to participating animal rescues.

We have plenty of fun lined up but we are looking for volunteers and we welcome additional pet-related exhibitors to apply.


Contact: Anne Workman, Outreach Coordinator
215-843-2350, ext. 118 or
e-mail outreach@weaversway.coop



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

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

Weavers Way Co-op Welcome Meetings



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

Orientation dates are listed below and are also posted on our web site at www.weaversway.coop. Please complete the form below and return it to any of our stores, so we will know which meeting you will attend. Meetings last approximately 45 minutes to an hour and will include a brief store tour. We look forward to seeing you there!

Chestnut Hill Center for Enrichment/ Chestnut Hill
8431 Germantown Ave.
(parking entrance on E. Highland Ave.)

- **Wednesday, May 2 at 6:45 p.m.**
- **Tuesday, June 5 at 6:45 p.m.**

Weavers Way Co-op Offices/Mt. Airy
555 W. Carpenter Lane

- **Saturday, May 12 at 10 a.m.**
- **Saturday, June 9 at 10 a.m.**

Equal Exchange Fair Trade

May Coffees of the Month



Bulk Beans:
All bulk coffees except decaf:
reg. \$11.99 **sale \$9.99/lb.** April 5 - May 29

Ethiopian Full City
reg. \$11.99 **sale \$8.99/lb.** May 2 - May 29

PLEASE PRINT CLEARLY

Name _____ Orientation Date _____

Address: _____

City _____ State _____ Zip _____

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.