



The Shuttle

June 2013 Vol. 41 No. 6

Community-Owned Food Markets Serving Northwest Philadelphia Since 1973

Spring 2013 Meeting Puts Up 5-Year Plan, Other Good Numbers

by Mary Sweeten, Shuttle Editor

A PREVIEW of the new Five-Year Strategic Plan, managers' reports and board election results — not to mention a WW-catered dinner — drew a capacity crowd of Weavers Way members to Summit Church for the Spring General Membership meeting May 19.

Board election winners

Chris Hill
Lisa Hogan
Stu Katz
Laura Morris
Siena

More than 100 members chowed down on sushi, sesame noodles and green salad and then, with the plates (mostly) cleared, Board chair Margaret Lenzi opened the meeting by noting that a robust 22.6 percent of Co-op members had cast ballots in this year's board election. "Compare that to the election next Tuesday — you know, THAT election," Lenzi said to chuckles from the crowd, referring to the Pa. general primary a few days later.

This year's turnout was 1,184 ballots, doubling the count from last year, which was the first for online voting. Last minute voters were welcome to hand in paper

(continued on Page 11)



Mary Sweeten photos

Weavers Way founding member (and founder of the Shuttle) Dorothy Guy enjoys dinner before the meeting (above center, with daughter Cynthia Potter, right; Kate Butler, left; and Shelly Brick, standing); Board Vice President Nathea Lee (below) served as moderator.



From farm manager Nina Berryman's report:

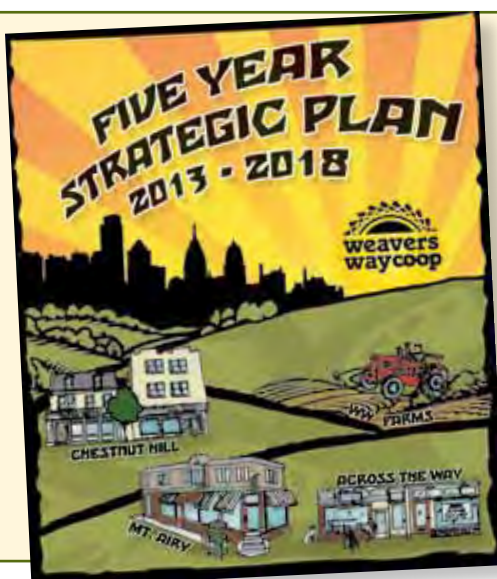
"I'm proud to farm on the campus of a public high school.

"I'm proud that this high school is one of two urban, agricultural high schools in the country.

"I'm proud to be one of only two co-ops in the country with farmers on staff.

"I'm proud that we grow in a city.

"I'm proud to be part of an education farm that not only serves as a outdoor classroom for urban youth, but also trains adults through our internship and apprentice program."



Where, When You Can Weigh In on the Strategic Plan

Meet the GM and talk to the staff. All sessions are at 555 Carpenter Lane, starting at 6 p.m

Internal Operations and Organization Development Monday, June 10

Glenn Bergman, Jon Roesser, Michael McGeary, Annette Aloe

Member Engagement Wednesday, June 12

Glenn Bergman, Rebecca Torpie, Bettina de Caumette, Jonathan Leeds

Weavers Way Farms and Urban Agriculture Thursday, June 13

Glenn Bergman, Nina Berryman, Rick Rigutto, Scott Blunk, Stephanie Kane, Norman Weiss

Growth and Expansion Wednesday, June 19

Glenn Bergman, Michael McGeary, Rebecca Torpie, Norman Weiss

Community and Weavers Way Community Programs Thursday, June 20

Glenn Bergman, Jill Fink, Rebecca Torpie, Carly Chelder, Mira Rabin

INSIDE...

Co-op News

What's in Store	3
Manager's Corner	6
Suggestions	7
Co-op Specials	10
Fresh & Local Fair	12
Staff Spotlight: Meet the Farmers	24

Community News

Weavers Way Community Programs	4-5
Environmental Committee.	14
Ask the Vet	17
The Passionate Gardener.	19
Home-Grown Institute	26
Moonlight Movies at Lovett	27

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Editor’s Note



by Mary Sweeten
Shuttle Editor

IT HAS come to my attention that many Shuttle readers, not to mention Weavers Way members, may be confused about which farm is which. Or more specifically, which farm programs are supposed to make money for the Co-op (wait, the Co-op makes money?) and which ones fall under the nonprofit Weavers Way Community Programs. Because, boy, WWCP has a lot of farm programs.

While I promise a chart in a future issue, what I’ve done this month is put all the WWCP stories — including the one about the Marketplace program, which isn’t a farm but does involve food, and kids — together on Pages 4 and 5. In the newspaper business, we call that packaging.

Speaking of packaging, Chris Switky has a letter to the editor on that subject on Page 22.

This month’s Shuttle has other important stuff (Weavers Way board election results, a explanation of how we think about local products) along with fun stuff (Petapalooza is coming! WW Executive Chef Bonnie Shuman goes vegan!). One thing it doesn’t have is reviews. No restaurant reviews. No book reviews. (Except books by Jon McGoran.) Also, no footnotes. I’ve decided, as Shuttle editor, not to go there.

Now, it does get tricky, all this deciding. I love the Shuttle, but as Norman Weiss says in his column on Eden Foods on Page 7, it’s complicated.

Because the Shuttle often defies packaging. It could be filled up with stories about what we sell in the store — because hey, people, the Co-op IS a grocery store — or about board governance, or staff changes or the like. But as it says right down there in the fine print: “The purpose of The Shuttle is to provide information about co-ops, healthy food practices and other matters of interest to Weavers Way members as consumers and citizens of the community.”

But please, no footnotes. Because, in the end, the Shuttle is just a newspaper.

Yeah, like the Co-op is just a grocery store.

msweeten@weaversway.coop



WANTED: Good writing. Coveted Co-op work hours available in exchange. What you write must be of interest to Weavers Way members based on the tyrannical standards of the Shuttle editor (or Glenn, who’s the boss). Submissions are due the 10th of the previous month and should be 500 words or less. (See, for example, A.J. D’Angelo Masko’s grocery roundup and Mike Herbst’s article on strawberries at right.) For more than 500 words, please have a good reason. And as it says in the fine print, “The Shuttle retains the right to edit or refuse any article.”

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For information, contact advertising@weaversway.coop, or call 215-843-2350, ext. 117

Statement of Policy
Articles should be under 500 words and can be submitted via email 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 information about co-ops, healthy food practices and other matters of interest to Weavers Way 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. The Shuttle retains the right to edit or refuse any article. 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 may not in any way be construed as endorsed by Weavers Way Co-op.



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When We Say ‘Local,’ We Mean So Much More

by Stephanie Kane and Rebecca Torpie, Weavers Way Staffers

AS MORE people are becoming familiar with “local” as a buzzword, they are also starting to ask, “What does local mean?” Is it purely geographic, or does Weavers Way attach a philosophy to the word as well?

Weavers Way has had a commitment to buying from local farms and producers for many years. We’ve recently updated our definition of local to make our goals clearer to both our store buyers and our shoppers.

The term “local” is applied to any item grown or processed within about 150 miles of Philadelphia. This extends west to York and Adams counties, up past Wilkes-Barre and down to Washington, D.C. We do give our buyers some discretion, so if they find an amazing product from an awesome company that is 160 miles away, we’ll still consider that local.

We define “regional” items as being grown or processed within 300 miles. This larger network lets us consider things that are not available in our immediate area.

Our goal is always to source as close to home as possible, as long as we’re getting a high-quality product from someone we trust.

We’ve extended the definition of “locally processed” items beyond the old limit of 50 miles to allow us to include some of the vendors we’re already dealing with. Items

like Beechwood applesauce and Three Springs Fruit Farm canned peaches fall into this category. We already get excellent fruit from both these farms, but the old 50-mile cutoff would have kept their processed foods from being called local. We felt this was arbitrary, and wanted to showcase two fantastic items.

Recently we have been taking an even harder look at the items we sell, from both sustainability and price points, and how they measure up to our product philosophy. This has led us to look more closely at our involvement in the food-supply chain well beyond “local” to include three other values we think are important to our shoppers:

Health, of workers, animals, the environment and the consumer.

Fairness, the assurance that products are produced ethically, with minimal harm.

Directness, which includes working closely with the producer to ensure the other values.

There are plenty of situations that require additional scrutiny, of course. For example, small chicken producers are now competing with a Tyson Foods factory farm also located in our defined local area. In this case, we also need to think about size, and how it relates to how much of

(continued on Page 12)

Full Steam Ahead On (and Off) the Farm



Scott Blunk photos

by Scott Blunk
Weavers Way Compost Tzar

Nothing better first thing in the morning than checking the temperature of a steaming pile of compost! That’s what Shaheed Oliver and Hanif Kelly (left and right at right), both from Philadelphia, are doing at the Henry Got Crops! site at W.B. Saul High School, where they are participants in Beginning Farmer Training. The USDA-funded program provides valuable hands-on experience in all facets of urban farming.

The Henry Got Crops! compost operation processes tons of Weavers Way vegetable garbage (5,070 pounds in April, from both stores, picked up three times per week).

The compost has been spread on all three Weavers Way farm sites, the pastures at Saul and the gardens at Morris and Awbury arboretums and has traveled to Delaware, Maryland and New Jersey. Saul students screen and bag the finished compost, and 3-gallon bags are available at Weavers Way, Stanley’s Hardware in Roxborough, Killians Hardware in Chestnut Hill and Primex Garden Center in Glenside. Even Whole Foods has ordered 100 pounds!

Some of our purchasers buy in bulk, including Episcopal Academy Horticulturist Joe Bayer (doing his best “American Gothic,” right), who took two truck loads — 6 cubic yards or about 9,000 pounds — to naturally fertilize the grounds at the Newtown Square campus. It’s a small percentage of the over 500 tons of finished compost produced at Henry Got Corps!

Our new partnership with Bennett Compost is providing Weavers Way members with an option to have household vegetable waste picked up at curbside and composted at the farms. This program funds Weavers Way Community Programs projects and increases revenues at the farms. (To find out more about this program, check out the ad at the bottom of Page 19!)





What's in store at Weavers Way

Strawberries: Get 'em While They're Local

by Mike Herbst, Weavers Way Chestnut Hill Produce Manager

IN THE produce department, strawberries are the true harbinger of summer. They are the first exciting crop of the season and portend the arrival of even more summer fruit. Their unmistakable fragrance and taste are unlike anything else, and the reason strawberries are among the most popular fruits.

Strawberries require a lot of water followed by a lot of sunshine to grow and ripen, hence their late spring/early summer season. They are susceptible to more than 200 varieties of pests, which is the reason for the large amounts of pesticide used on most commercial farms. Consequently, strawberries are consistently on the Environmental Working Group's list of "Dirty Dozen" produce items that have the highest levels of pesticide residue. Purchasing strawberries grown on organic or sustainable farms is a way to avoid these high levels of residual pesticides. In addition to health considerations, strawberries grown locally are bred for flavor over transportability. They can be picked riper and therefore will taste exponentially better.

Not only are they incredibly tasty, but strawberries are also one of the most nutritionally beneficial fruits. They are an excellent source of vitamin C and other essential nutrients. Strawberries promote optimal health, and studies have shown that strawberry consumption reduces the risk of macular degeneration and rheumatoid arthritis.

Due to the acute weather sensitivity of strawberries, the right combination of rain and sun can result in spectacular bumper crops. In the event of such conditions, be on the lookout for Weavers Way



Mary Sweeten photo

First of the season from Salem County wait backstage at the Chestnut Hill store.

Co-op to feature special sale pricing on local strawberries during the season. Preserve now and thank yourself later! During bumper crops of strawberries is the perfect time to round up some Mason jars and clear out space in your freezer. Strawberries preserve remarkably well, and with the extreme difference in flavor between seasonal berries and those sold in the winter, the effort is well worth it.

In addition to jams and preserves, strawberries have many other culinary uses. They can be used in pies, breads, muffins, salads, smoothies and even soups. Let's not forget the classic pairing of strawberries with rhubarb. Rhubarb season runs concurrently with strawberry season, so be sure to grab a few stalks to take home with your flat of berries.

A majority of the local strawberries sold at Weaver's Way Co-op this season

come from Salem County, NJ — the A.T. Buzby Farm in Woodstown. A.T. Buzby was started in 1981 and continues to be family-owned and -operated. They grow a variety of fruits and vegetables on 170 acres, which they sell wholesale, through their CSA and at farmers' markets, including Headhouse Square. While some of their produce is organic, the strawberries are grown using Integrated Pest Management (IPM) practices. These methods include pest monitoring, crop rotation, and other techniques that allow for a reduction in pesticide and fungicide application.

Strawberry season is short (late May through June) and only comes once a year, so be sure to enjoy it while it lasts!

mherbst@weaversway.coop

Tea and Granola, Hold the Guilt

by A.J. D'Angelo-Masko, Weavers Way Produce Staff

AS SUMMER approaches, the grocery department at Weavers Way Mt. Airy is looking forward to rolling out several new products for your purchasing pleasure. Heather Carb, our intrepid grocery manager, is always eager to improve and diversify our product line. To that end, she plans to have a number of these new items on shelves in the upcoming weeks, and maybe even by the time you read this!

The first new addition is **Mira's Homemade Granola**, a local brand with this stated mission: "To create food that does the least amount of harm to, and the most amount of good for, animals, humans, and the natural resources on our precious planet." Mira's granolas, which come in Double Nut, No Nut, and Blueberry Banana flavors, are organic, raw and vegan, and contain neither GMO products nor gluten. Weavers Way will be just the second store in Philadelphia to carry Mira's granola and we are delighted to offer it.

Next up is a familiar brand with a co-op friendly twist. **Twinings** tea has introduced a line of organic, Fair Trade bagged teas and is thus far the only major brand to do so. We will be adding teas from this line to our current offerings, and plan to bring in Earl Grey, Breakfast Blend and Rooibos, among others. If you have a favorite tea that you would like to see us include, please let us know and we will be happy to check for availability.

Last but not least, something for our younger members: **Funky Monkey** dried fruit snacks. Featuring fruits such as apples, mangoes, pineapples and bananas, these convenient single-serve packs are gluten free, vegan, raw, kosher, fat-free and non-GMO. We hope these will prove to be a delicious and nutritious addition to your child's lunch box or snack time.

As always, we love hearing from our members. Drop us a line to let us know what you think about what we are currently carrying, as well as what you'd like to see in the future.

Also New

Chestnut Hill Grocery: Jin+Ja drink. Combines ginger, cayenne pepper, green tea, mint, and lemon for a unique and "deliciously powerful" flavor. Gluten free, kosher, preservative free, and low calorie. Find it in the cold drink case at our Chestnut Hill location.

Mt. Airy Across the Way Wellness: We have expanded our popular line of Baggallini bags to include some that are ideal for summer travel and optimized for the use of electronic devices. Check out these new offerings at our Across the Way Wellness store (610 Carpenter) and while you are there, browse our new greeting cards from Artists to Watch (recycled paper, soy-based ink) and Cards from Africa (fair trade).

Mt. Airy Meat, Poultry & Seafood: We've recently added Eberly ground chicken to our poultry selection. This product is all natural, local to Pennsylvania, free-range, and raised on a vegetarian diet. A fine substitute for any recipe calling for ground turkey or ground beef. Try it in meatballs!

aj@weaversway.coop

Five Things

FIVE THINGS IS A SERVICE OF WEAVERS WAY.
Because there's no event that can't be improved by bringing something you bought at the Co-op!

... to Bring to **Senior Week at the Shore**

It's Senior Week and you're headed to the Shore with 17 of your closest friends. The taste of impending freedom is as sweet as salt water taffy, and before you and your buds part ways, you're going to have just one more blowout!

- 1 Bearitos Tortilla Chips** - **Party Rule No. 1:** There's no party without chips. These perfectly salty snacks are made with organically grown corn and zero hydrogenated oils. Let the chips fall where they may, just make sure you vacuum them up before you leave.
- 2 Avocados** - You need these babies to make your own guacamole, porque su guacamole es el mejor. You know a good avocado when you see one: it's got a little give and if it's green under the stem, you're in good shape. A little lime, a little cilantro and you're on your way.
- 3 GTS Enlightened Kombucha** - Chug smart. Let's face it: boogie boarding is hard work. You need to be on your game and this fizzy ferment in fruity flavors will provide you with the probiotics and enzymes you need to kowabunga! with style and class.
- 4 Tofurky Beer Brats** - There's always a veggie in the crew, and that's, of course, totes cool. Now they can play with the big boys... just throw these bad boys on the grill next to your burgers and dogs. These are some hearty eats, close enough to the real thing you'll be doing a polka on the patio.
- 5 Chilly Philly Ice Cream** - This local, small batch ice cream straight from the 'lth will make coming back home a little bit easier. Two flavors, easy peasy: Vanilla and Vanilla Malt Chip. Lick it good!

Hello, Goodbye to Weavers Way Community Programs Board

AS SPRING transitions to summer, here at Weavers Way Community Programs we find ourselves doing some transitioning of our own. This month, we say farewell to four of our founding Board members and welcome six new individuals to our Board. Over the course of the last six years, **Barbara Bloom, Bonnie Hay, Liz Werthan** and **Bob Noble** have served WWCP and helped us to grow into the organization we are today. From humble beginnings to an organization that now serves over 3,000 youth each year, operates three farm education programs and has a full-time staff of four, we wouldn't be where we are today without the leadership of these four amazing individuals.

Sarah Bunch spends her days working in the produce department of our Mt. Airy store and will be a familiar face to many of you. Having relocated to Philadelphia last year, Sarah has immersed herself in our local community and brings with her experience leading grass-roots organizing and fund-raising efforts. Next time you see her at the Co-op be sure to welcome her to the WWCP Board!

Jeffrey Fuller joined the Co-op in 1979 after relocating to Philadelphia from Chicago. In his professional life he's the President of Jeffrey Fuller Fine Art, and also serves as an art appraiser and auctioneer. Jeffrey joins the WWCP with a particular interest in urban community agriculture and a desire to give back and

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Patricia Stranahan is a native of Pittsburgh, but completed her MA and PhD at the University of Pennsylvania and then spent many years spreading her talents around the globe. She comes back to Philadelphia with a wealth of experience leading nonprofit and academic organizations both domestic and international. Her skills in strategic planning, finance, program management, fund-raising and organizational alignment make her an asset to any board, and we're thrilled to

Sue Wasserkrug wrapped up her service to the Weavers Way Co-op Board in May, leaving just enough time for WWCP to snatch her up so that she can continue her commitment to the community with WWCP. Sue has a professional background as an attorney, but also with nonprofits, cooperatives and most recently in the food industry as owner of Zea May's, a food truck whose mission is to introduce people to Native American cultures through food. We couldn't be happier to have Sue join us. (And not just because she'll cook for us!)

A NOTE to our supporters: We're sorry that our Phillies night falls on Rosh Hashanah. (It's the only date the Phillies offered.) For those who will be celebrating the New Year with family and friends, we look forward to having you join us for another WWCP activity.

jill@weaversway.coop

by Larken Wright Kennedy,
WWCP Farm Apprentice

IF YOU'VE visited Mort Brooks Memorial Farm at Awbury Arboretum recently, you may have noticed a new addition to the landscape. The northwest corner is now home to a multi-story permaculture food forest! The project was envisioned by the Philadelphia Orchard Project, Awbury, Weavers Way Farms and WW Community Programs, and brought to life this spring with help from phenomenal volunteers.

The 30 volunteers, from Temple University, Bryn Mawr College, the POP Board of Directors and surrounding neighborhoods, spent a day of weeding, mulching and tree planting. One group flattened and laid out cardboard as the first layer of weed control for half the orchard, while another tackled the infinite task of uprooting the oh-so-invasive — and pervasive — Japanese knotweed. Next, a layer of mulch went on top of the cardboard. And finally, the trees were tucked into their new home and given a heavy watering to help them settle in.

This small orchard boasts multiple varieties of cherry trees, as well as apple, pear, plum and the native pawpaw. Underneath is an understory of pumpkins, winter squash and gourds, which will be ready for harvest when the Fall Farm Festival rolls around and will help shade and mulch the ground in the meantime.

After a lovely lunch donated by Awbury, the volunteers got a more detailed introduction to Japanese knotweed. If you don't get the entire root out, it will come back stronger than ever. So what's the solution? Burn 'em! But rather than burn the plants to ash, adding nutrients to the soil, the best strategy is to burn them slightly so they're wounded but still alive; this compels the root to put all its energy into repair. Do this once a month or so, and eventually the roots are all worn out and a few well-laid layers of sheet mulch will be enough to keep them down.

If you haven't visited already, we invite you to come check out this edible forest, a combined effort of multiple organizations seeking to grow delicious food for the city of Philadelphia and educate its population about food production!



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Weavers Way Community Programs

WWCP School Marketplace Year in Review

by Carly Chelder, WWCP School Marketplace Coordinator

As the school year comes to an end, the School Marketplace Program at Weavers Way Community Programs reflects on the past year.

Four schools participated in curriculum and sales: John S. Jenks School and Our Mother of Consolation in Chestnut Hill, and Anna L. Lingelbach and Parkway Northwest School for Peace and Social Justice in Mount Airy. More than 100 students from Grades 3 through 12 participated on School Marketplace Teams, providing healthy snack options to their school communities and learning nutrition, basic business skills and cooperative principles.

Did it work? We think so! When asked if Marketplace has helped her to make healthier eating and other choices, Courtney, 17, a student at Parkway NW, said: “Yes, it motivated me to eat healthier because instead of drinking soda, I remind myself of Marketplace and drink water instead.”

As of early May, with one month left of sales, our gross sales were \$8,600, with a net profit of \$2,600. More than 5,000 customers were served. The average customer purchase was \$2.31.

Some other highlights from this year:

- Our Mother of Consolation really



Carly Chelder photo

Pickles were the prime movers at Lingelbach, where the students moved two buckets' worth at almost every Marketplace.

- increased their produce sales by offering more options like cut pineapple, or half an apple or orange for 25 cents.
- Parkway NW sold hoagies, chicken and tuna salads, chicken Caesar salads and wraps. Their profits increased significantly from last year.
- Lingelbach sold more pickles than any other team, usually two buckets per sale!
- The Jenks team discovered they love pomegranate seeds. They also added some great team members throughout the course of the year.

Right now, teams are brainstorming about where they want to donate their profits. Look in next month's Shuttle for the donation results.

In early June, Marketplace students, advisors and cooperators will gather for an end-of-year Ice Cream Social at the Trolley Car Diner. This is a fun event for students from different Marketplace schools to meet each other.

Also in June, open to the public, are the Marketplace End-of-Year Blowout Sales! Join us in the Back Yard at Weavers Way Chestnut Hill from 3 to 6 p.m. Tuesday, June 11 and 25 (same time as the WWCP Farmstand) to buy any left-

over inventory from the school year and meet some of our star students. Hope to see you there!

The successes of the program are due to the hard work of a variety of people and sources. I want to issue a sincere “Thank you!” to everyone who participated and supported the teams this year. Marketplace is a cooperative venture and the support of the school community makes the program thrive. Much gratitude to all student team members, student customers, teacher and parent advisors, principals and Weavers Way cooperators. You are the best! Have a great summer and we'll see you next year!

Save the Date

Wednesday, September 4 at 7:05 p.m.
Citizens Bank Park

- Seats are located in section 419
- Tickets specially priced at only \$22
- \$4 will be donated to WWCP for every ticket sold via:
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Manager’s Corner

Fair Trade: Think Globally, Act Locally

by Glenn Bergman, General Manager

I HAVE been giving a lot of thought recently to the cost of clothing, the cost of food and the cost of running a “triple-bottom-line” business. — one that considers the welfare of workers, environment/community and suppliers to be bottom-line concerns. The recent horror in Bangladesh, with more than a thousand people sent to their deaths, happened because the owner of the building and business just did not care about the humans involved. It is as simple as that!

As I child, I remember my grandmother, a member of the ILGWU, tell me stories about the Triangle shirtwaist factory fire in lower Manhattan — how she had been just a few blocks away, a young adult working in a similar job, and how that disaster galvanized the garment workers.

In the world economy today, it is important that unions, consumers and non-profits work toward the goal of providing workers a safe place to work that is free of these kinds of horrific conditions.

Weavers Way is not perfect at buying, but our buyers try to educate themselves as much as is possible on the ethical treatment of humans and animals in the processing of our food. This starts with education and awareness, and then action. We can talk about the importance of diversity, and that is important, but we must first start with the ethical treatment of all workers as the call to action. Many people I speak to think that our No. 1 issue is making the co-op more diverse. It is important, but if we purchase with no regard to the ethical treatment of workers in the United States and internationally, then we are doing a disservice to our

members and humanity.

The working conditions that are experienced by poor peasant workers in the garment and the food industries throughout the world are also experienced right here under our own noses. Farm conditions today are better in many cases than they were 80 years ago; but we know that migrant agricultural workers who are not “legal” are treated very poorly. And this is taking place in the United States!

There are some programs in the United States that attempt to address the conditions of farmworkers and to then certify these farms as “fair trade,” but it is simply not enough, even though the Department of Labor also imposes standards.

Food-processing plants such as slaughterhouses and vegetable processors both offer crushingly hard work that most of us would never tolerate for more than a few days, unless we knew of nothing else. Read any investigative piece about the internal workings of a modern slaughterhouse and you will be repulsed by both the brutal speed the workers have to keep up and their inability to complain. These are not operations owned by small companies, either. Try Googling “slaughterhouse Cargill” and spend a few minutes watching and reading.

As consumers, it is important that we educate ourselves and one another and learn more about the clothing and food industries, pressuring the name brands to change their ways. If you purchase at large retailers, send them a letter and get to know which brands stand for worker rights and better conditions. This

is important to the world. As has been said: “Think globally, act locally.”

So we at the Co-op are always working to improve our buying practices and trying to educate our community to shop with their dollars.

I urge our member owners to write for the Shuttle, join the Weavers Way Education Committee and help us move the rights of food and garment workers to the front line, and support diversity by supporting the rights of the migrant workers who feed us.

The cost of clothing is a little higher when made with union labor or labor that is compensated at a living wage. The same is true for food. We could lower our prices by eliminating organic and local food. And we could easily save more than \$500,000 a year by eliminating or trimming health and dental benefits, 401k contributions, sick leave, vacation time, and having more part-time or contract labor workers who would have to pay their own payroll taxes; but then we would not be the Co-op, with our support for our community of workers who live in this area.

As you compare our prices against our competition, please keep in mind that there is a cost supporting better conditions for workers who supply you every day.

You may be interested in this explanatory article from The Economist about triple-bottom-line businesses: www.economist.com/node/14301663

Strategic Planning: My View

More than eight months ago, a team of Weavers Way staff started working on the strategic plan for the next five-year period. The team was picked from young and old (like me). During the process of interviewing member-owners, shoppers, community stakeholders, neighbors of both stores, Board members and employees, this committee gathered months worth of data. They performed an analysis of our strengths, weakness and opportunities as an organization and took that information and turned it into a plan.

I am excited that the result of all their work, our second Five Year Strategic Plan, was rolled out at the General Membership Meeting in May. Additional feedback is being gathered, and when our new fiscal year begins July 1, we will begin to budget for the operations and the plan together. All of this is tied in some way to our “Ends” goals as a cooperative organization.

“How important is our strategic plan to operations?” you might ask. “Very important!” I would answer. We will work on figuring out who “owns” which part of the plan on the staff and assign parts of the plan across the board. Some will require alignment with committees, with the board and with you to help us reach the goals we have set for the Co-op over the next five years. The plan becomes part of our planning each year and will require resources to implement.

I want to thank the committee — Annette Aloe, Beau Bibeau, Lindsey Bingham, Jill Fink, Fran Johnston, Stephanie Kane, Michael McGeary, Jean MacKenzie, Stacy Robinson, Jon Roesser and Rebecca Torpie — for their work and look forward to seeing how we do over the next five years in carrying it out. The plan will be posted on the Weavers Way website, so check it out there, or call Membership to get a copy.

gbergman@weaversway.coop



JUNE CALENDAR OF EVENTS

Saturday, June 1	10 a.m. - 3 p.m.	Wednesday, June 19	6 p.m.
Germantown Garden Festival Friends of Vernon Park will host a garden-themed community workshop/plant swap/garden day. Members of the community will offer workshops on building hypertufa containers, seed bombs, understanding historical agriculture and more.		Strategic Plan Follow-Up: Growth and Expansion Staff: Glenn Bergman, Mike McGeary, Rebecca Torpie, Norman Weiss. 555 Carpenter Lane	
Fun Fit Fest WW is a sponsor of this Henry School PTA fund-raiser, which will feature activities for children and exhibitions that promote healthy lifestyles. On the grounds of the Henry School at Carpenter Lane and Greene Street in Mt. Airy. (Rain date: June 9)	1 - 4 p.m.	Thursday, June 20	6 p.m.
Rain Date: Wyck House Rose Garden Tour Wyck House, 6026 Germantown Ave.	5 - 8 p.m.	Strategic Plan Follow-Up: Community and Weavers Way Community Programs Staff: Glenn Bergman Jill Fink, Rebecca Torpie, Carly Chelder, Mira Rabin. 555 Carpenter Lane	
Thursday, June 6	7- 8:30 p.m.	Saturday, June 21	7 a.m. - 7 p.m.
Cancer Healing Odyssey: A Presentation by Sarto Schickell Held at the Community Room at 555 Carpenter Lane in Mt. Airy. Author Sarto Schickell, whose wife survived Stage IV ovarian cancer, will explain the healing power of a Gerson diet modified to include macrobiotics. To register: outreach@weaversway.coop or 215-843-2250, ext.118.		Kroc Center Member Appreciation Day Weavers Way will be participating in the festivities at the state-of-the-art Ray & Joan Kroc Salvation Army Community Center, 4200 Wissahickon Ave., from 11 a.m. until 3 p.m., sharing information about Co-op membership.	
Monday, June 10	6 p.m.	Make Music Philly Get up and dance! A citywide initiative to populate the streets of Philadelphia with free live music all day. Look and listen for a slew of surprise performances outside both of our stores.	8 a.m. - 8 p.m.
Strategic Plan Follow-Up: Internal Operations / Organization Development Staff: Glenn Bergman, Jon Roesser, Michael McGeary, Annette Aloe. 555 Carpenter Lane		Sunday, June 22	Noon - 4 p.m.
Wednesday, June 12	6 p.m.	Petapalooza Our annual pet-centric festival concentrated in Mt. Airy benefiting PAWS, features pet adoptions, a pet parade and pet costume contest (a perfect excuse to break out that terrier tiara), pet services and products and a raffle. Pet adoptions at both stores.	
Strategic Plan Follow-Up: Member Engagement Staff: Glenn Bergman, Rebecca Torpie, Bettina de Caumette, Jonathan Leeds. 555 Carpenter Lane		Friday, June 28	
Thursday, June 13		Chillin’ & Grillin’ Weavers Way Mt. Airy neighborhood gathering of food trucks and musicians. Don’t cook — just come down to Carpenter and Greene to have dinner and chillax with your neighbors!	
Strategic Plan Follow-Up: WW Farms / Urban Agriculture Staff: Glenn Bergman, Nina Berryman, Rick Rigutto, Scott Blunk, Stephanie Kane, Norman Weiss. 555 Carpenter Lane	6 p.m.	Wednesday, June 26	5 - 7 p.m.
Thursday, June 13	7:00 p.m.	Film Screening of AMERICAN MEAT Weavers Way is partnering with the Roxborough-Manayunk Co-op Initiative to present this acclaimed documentary exclusively to guests of either co-op. “American Meat” is a pro-farmer look at chicken, hog and cattle production in America. Kendrick Recreation Center, 5822 Ridge Ave. Doors open at 6:30 p.m., film at 7.	
Weavers Way Welcomes New Members Join us in the Back Yard at Chestnut Hill for an intro to Weavers Way Co-op and a discussion of the benefits of membership. In case of rain, the meeting moves to 555 Carpenter Lane in Mt. Airy. Earn two hours credit toward working member status by attending. Current members who sign up to help host also get credit. To register: outreach@weaversway.coop or 215-843-2350, ext. 118.			



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.

I was going to continue my fascinating lectures on our unhealthy food system and the role of a co-op in it, but seems that something more pressing has come up, or at least more current, which is the brouhaha about Eden Foods. I received a number of emails about it, and I think it's an interesting subject that raises a number of issues for co-ops.

If you haven't heard, the issue is that

“ If you haven't heard, the issue is that Eden Foods is suing the Obama administration over covering contraception. What should Weavers Way do? It's complicated. ”

Eden Foods, led by CEO Michael Potter, is suing the Obama administration for exemption from the mandate to cover contraception for its employees under the Affordable Care Act. The suit alleges that forcing the company to cover contraception would violate its rights under the First Amendment, the Religious Freedom Restoration Act and the Administrative Procedure Act.

As soon as this hit the news, Weavers Way began to get a few emails per day from members who wanted to make sure we had heard about this and also some members calling for a boycott and / or alternatives. Co-op staff discussed how to respond; here was my initial response to how we handle this concern:

I think we explain it's a complicated issue and encourage people to investigate on their own and make their own choice to buy Eden products, not buy them, contact Eden directly to express their concerns, propose a boycott at WW via bylaws, etc.

It's complicated because:

- 1. We do not vet the politics of owner-

ship of every company we deal with. However, that is not to say we shouldn't take action when we encounter information that affects our values (to the extent we've identified them).

- 2. Eden's main competitors — Silk and Westsoy are owned by Dean Foods and Hain Celestial, whose investors are the likes of Carl Icahn, Vanguard Group, TIAA-CREF and other large institutional investors. Dean Foods and Hain are publicly traded and their ownership can change in a short time, so it is difficult to track accountability of their owners as it relates to co-op values.

- 3. Eden has set high standards for organic food. They are one of the few organic companies that appears to uphold organic values in the highest sense — they refuse to display the USDA Organic seal on their products because they have higher standards (Eden lobbied to not have USDA Organic standards watered down in 2005 but lost to “big organic” companies).

Eden was also one of first to recognize the hazard of using bisphenol-A in

can liners and found alternatives. Eden still deals with smaller scale farmers to source their ingredients. In many ways Eden represents the motivation of the origins of the organic movement for healthy food grown on healthy soil by people that are treated fairly (albeit, apparently not when it comes to reproductive rights).

Eden management, unlike many of their early and successful natural food peers, never “cashed out” by selling the company to a larger corporation as did White Wave, Westbrae, Knudsen, Arrowhead Mills, Muir Glen, Cascadian Farms, Stonyfield, etc. These companies lost some of the power to keep high natural food standards at the expense of increasing market share and higher corporate profits after they were acquired by large food companies such as General Mills, Kraft, and Cargill.

- 4. Some rights, like reproductive rights, are controversial and people disagree about what is appropriate (and / or “moral”) and what is not. What is Weavers Way

(continued on Page 25)



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There’s an Art to Busy, Busy Germantown Life Enrichment Center

by Conni Bille, for the Shuttle

IT HAS been a long, joyful struggle for the intrepid board and staff of the Germantown Life Enrichment Center, but if you walk into the venerable old YMCA of Germantown building at 5722 Greene St. today, nearly three years after its reopening and less than a year after re-opening as a childcare facility, you may have to dodge a troupe of 5- to 7-year-olds in bright new uniforms rushing the door. The little boys and girls are headed across the street to line up for Coach Ian, sent by the Phillies to start a T-ball league that meets in Vernon Park. If you glance into the Members Lounge, you will see a couple of players going at it with ping-pong paddles while a couple of other members huddle over a chessboard. Sweeping past you are a dozen teens on their way to the basketball court, two older women heading upstairs to yoga class, a couple of guys on their way down to the racquetball courts, a young woman on her way to a spin class, a young man eager to finish lifeguard training and get a summer job, a mother bringing her little daughter for a swim lesson or a father bringing his son to martial arts.

These kinds of activities have taken place at the former Y for decades, but on your way in from the parking lot, you will also pass something very new: In the little cottage that stands on the opposite side of GLEC’s parking lot, artist Renny Mole-

naar has set up a studio so he can do his own work downstairs and lead art workshops upstairs. Renny and his wife, Rocio Cabello, opened the iMPeRFeCT Gallery a block away a year ago. This collaboration with GLEC is an exciting new development.

For the past year, a spirit of creative adventure has been taking over in Germantown, with the founding of the 100-member Germantown Artist Roundtable, the opening of the iMPeRFeCT Gallery and Wired Beans café, two wildly successful Photowalks, a spectacular Countdown to Germantown Day in Vernon Park and a design charette to reimagine what Germantown Avenue might look like, to list just a few examples. The Artist Roundtable held its first art exhibit at GLEC last spring, representing 18 of Germantown’s artists.

GLEC’s Summer Camp for kids aged 6 to 12 opens June 24 and runs to Aug 30. This year, creative activities will enrich the program that takes full advantage of the Center’s pool, gymnasium and playing fields, and also includes free lunch and field trips. Contact Lyn Kuebler (lkuebler@glifecenter.org) for more info.

For details about all GLEC programs, call 215-844-3281 or visit us on the Web at www.glifecenter.org.



Bet you’ve never been inside

Hidden Cities Festival unlocks Germantown Town Hall

Hidden City photo

Artist Jacob Wick, working with the collaborative the Think Tank that has yet to be named, is throwing open the doors for the month of June, rechristening the empty Classical Revival building at Germantown and Haines as “Germantown City Hall.” As part of the Hidden City Festival 2013, Germantown residents will have free access, and are encouraged to schedule meetings, performances and events. Others can buy tickets to partake of the city-wide nine-site festival, noon to 7 p.m. Thursdays-Sundays through June 30. Hidden City’s online magazine spotlights under-known or endangered built sites in Philadelphia. For more information, visit festival.hiddencityphila.org.

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Community Works to Grapple with Germantown High Closing

by Jazminn Jones, for the Shuttle

WHEN THE School Reform Commission put 99-year-old Germantown High on its closing list, Germantown residents, community activists and GHS alumni — not to mention students and educators — were stunned, crushed and angry.

The mammoth four-story, 350,000-square-foot facility, just one year short of a century old, encompasses nearly an entire city block fronting Germantown Avenue at High Street.

Now the neighborhood has to deal with one more big empty building — a block of antiquated real estate in a section of the city that doesn’t need any more stress.

Although some stakeholders, including the Germantown High alumni association, have not given up hope that the site has a future as a public educational institution, others are trying to envision how it can be repurposed and reused, and not become just an empty hulk dragging the neighborhood down.

An April panel at First United Methodist Church of Germantown, at 6001 Germantown Ave. just across High Street from the school, brought out about 100 citizens, community leaders and experts to try to envision a future for the site.

AxisPhilly, a non-profit news and information organization, joined with NBC10, the Public School Notebook and PhillyPlan to launch Schoolhouse Watch (www.schoolhousewatch.org), a project that allows the community to get in-

involved in what happens with the locations of the 23 closing schools.

The “What’s Next? A Forum on the Future of Germantown High” event was the first project for the collaborative, and featured a panel of six community leaders — Betty Turner, president of the Germantown Community Connection; zoning attorney Bill Ewing, a former member of the Philadelphia Zoning Board of Adjustment and FUMCOG congregation leader; 8th District Councilwoman Cindy Bass; Germantown state Rep. Stephen Kinsey; Emily Dowdall of the Pew Charitable Trusts’ Philadelphia Research Initiative; and Allan Domb, president of the Greater Philadelphia Association of Realtors.

Pew’s Dowdall, who has done a lot of research on what happens to closed schools, said it was good the discussion was starting early, noting that an empty building is much harder to market.

Domb delivered the unpopular view that redeveloping GHS into condos or se-

nior housing would be too expensive. He favored soliciting Philadelphia businesses to partner to set up a tech/trade training institute, while Ewing made an argument for a satellite campus of Community College of Philadelphia.

GCC President Turner, a veteran of many community-development discussions, noted that collaboration, unity and a realistic look at community needs will be essential for the old building to live on as a community asset. “We have to stay in tune with reality,” she said.

But anger spilled out in the question-and-answer session at the end, especially from GHS alumni representatives, who questioned why they were not represented on the panel and attacked its very premise — that Germantown High would have to shut down.

“Accepting this change is going to be very tough,” said Kinsey, himself a GHS grad who represents Germantown’s 201st District in the state Assembly, in an interview.

He has received numerous phone calls from community residents, giving their suggestions and opinions about the

school’s fate. Since the panel, the flow has been steady, yet the energy of keeping the school open has never ceased.

“The majority of the calls that my office is receiving is that folks do not want to see Germantown close,” he said. “It appears that we’re still getting emails, hand-written letters and a ton of phone calls from folks who don’t want to see Germantown close.”

“Folks are still hopeful,” he added.

He said that for anything to happen to the building, it would be best to have community involvement to lessen the tension of those who have an opposing mind set.

“If there were plans to try and have some type of acceptance, there would have to be some type of involvement taking place, and quickly. To have the school sitting there for more than a year could definitely cause some issues.”

Besides Germantown High’s building being suggested as a cultural center or another school facility, the idea of a retirement center or any other residential use was also thrown into the mix.

“Some are afraid of what can become of the property if it is abandoned for too long,” Kinsley said. “In addition to having the Town Hall close, as well as the Germantown YWCA and the old County Assistance Office, the community is afraid of what can become of this building.”

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At Open House, Tour Restored Mill & Touch a Truck

Visitors are invited to tour the recently renovated 250-year-old Springfield Mills and the LEED certified "green" Horticulture Center during Morris Arboretum's Open House at Bloomfield Farm on Sunday, June 23, noon to 3 p.m. Guests may also "Touch a Truck" with heavy equipment, such as a backhoe and tractors, on display.

The mechanical overhaul of Springfield Mills has taken several years. But with dedicated volunteers and generous gifts, the one-ton millstone is turning again for the first time since World War II.

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Spring GMM

(continued from Page 1)

ballots at the membership meeting until 6:30, and the votes, electronic and paper, were tallied on site for the announcement at the end of the membership meeting.

In her state of the co-op summary, Lenzi noted that while revenues remain good, Weavers Way expects to lose money this year mainly due to higher expenses, including the renovation of Mt. Airy. CFO Mike McGeary elaborated on that later in the meeting, citing the \$700,000 renovation, a pay raise and two bonuses for employees (greeted by applause) and the patronage rebate (more applause) paid out last year.

Lenzi also asked and received approval of the minutes of the last GMM, held a full year ago, since last fall's schedule meeting was, like most of the East Coast, washed out by Hurricane Sandy.

Board Vice President Nathea Lee then introduced consultant and Weavers Way member Fran Johnston to present "an overview to get you oriented" to the new Five-Year Strategic Plan for Weavers Way. The plan, developed over the past nine months by a committee comprised of Weavers Way managers and staffers, identifies five main "focus areas" on which management will concentrate through 2018: Growth and Expansion, Internal Operations, Weavers Way Farms, Member Engagement and Community. The plan replaces Weavers Way's very first strategic plan, instituted in 2009.

Johnston, a principal at Teleos Leadership Institute, interspersed her presentation with "Strategic Plan pop quizzes" — What percentage of members is responsible for 70% of sales? What year did the Co-op implement the 6-hour work requirement? — and followed it with "Five Corner" breakout sessions, where attendees discussed and asked questions about each focus area in smaller groups.

Lee then turned the microphone over to General Manager Glenn Bergman, who thanked the Strategic Plan committee for their months of hard work, and then, reminding the crowd that 2013 is Weavers Way's 40th anniversary, recognized Dorothy Guy, one of the founders (and founder of the Shuttle).

Speaking after Bergman were CFO McGeary, whose general import was that with sales on the increase and expenses decreasing, next year is expected to be good for the stores. Farm manager Nina Berryman followed, announcing that as part of an effort to get more WW farms produce into the stores, the farmers would only be doing one market this summer — Headhouse Square.

She also announced, to perhaps the second biggest hand of the night, that Weavers Way Kale Salad, made with Weavers Way Farms kale and produced by Weavers Way Prepared Foods, was now available on the shelves.

New WWCP director Jill Fink presented last, screening a video featuring



Scenes from the GMM: Fran Johnston presents the Strategic Plan (top); cooperator Sylvia Gentry prepares to count votes; Membership Coordinator Jonathan Leeds and Membership Committee chair Gwen Bailey at the sign-in table (right); Weavers Way Community Programs board President Mira Rabin and executive director Jill Fink (above, left and right) greet members.



farm educator Clare Hyre and her charges at W.B. Saul High School. It received the biggest hand of the night; be sure to check it out on the Weavers Way home page, www.weaversway.coop. "We're able to go out to serve those who need us, not just those who can afford us," she concluded.

Lee returned to the podium to thank departing WW board members Bob Noble, Sue Wasserkrug and Stu Katz for their service and to introduce Leadership Committee Chairman David Woo, who announced the election results: Chris Hill, Laura Morris Siena and incumbent Katz, the top three vote-getters, were elected to three-year terms, and Lisa Hogan to a one-year term to fill a vacancy. Details of the voting, including write-ins, are available in the members' area of the Weavers Way website at weaversway.simplyvoting.com.

Woo offered a hearty thank you to all the candidates who stepped up to run — Hill, Siena, Katz, Hogan, Howard Bilofsky, Joshua Bloom and Pat Paulus.

He added: "Remember: A strong food cooperative equals a weaker Monsanto."

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WHY?



Defining ‘Local’

(continued from Page 2)

your shopping money stays in the community. Tyson is an international corporation; additionally, it does not adhere to standards for fair labor practices or worker health, the health of its chickens or the environment. So Weavers Way will no longer carry Tyson chicken nuggets, even though they may be processed locally. We are looking for an alternative we can feel comfortable stocking, because we feel strongly about choosing not to support a company like Tyson.

To further strengthen our commitment to our Product Philosophy, we will be rolling out a Weavers Way Co-op Approved label for products that we know fit our values. We will start small, and only mark products from sources visited by us, or someone we trust (like another co-op) and feel ethically OK marking with our Approved seal. Look for a rollout in July.

As we research more companies and products, you’ll see more and more with the seal. Wouldn’t it be nice if 100 percent of our stock was Co-op Approved? But that’s quite a ways away. It’s a process we want to invest the time in to really “take stock” of our stock. We think it’s worth it.

We’re taking this stance as a reflection of the values of our membership, who hold us to a commitment not only to support producers who are local, but who also hold themselves to high standards for quality, fair practices and sustainability.

Weavers Way’s Product Philosophy statement is posted on our website: www.weaversway.coop/pages/weavers-ways-product-philosophy-statement

skane@weaversway.coop
rtorpie@weaversway.coop

Spring Household Hazardous Waste Drop-Off Event

Saturday, June 15
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For more information, call the Streets Customer Affairs Unit at 215-686-5560 or visit <http://philadelphiastreet.com/hazardous-waste.aspx>

Fresh & Local Fair 2013

It’s good to be a locavore! Despite the dreary weather, folks at both Mt. Airy and Chestnut Hill celebrated all that good, green, edible stuff that’s from close to home . . . and who doesn’t love a didgeridoo?

Ellie Seif photos





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Chef's Corner

The Accidental Vegan

by Bonnie Shuman, Weavers Way Executive Chef

SEVERAL MONTHS ago, we called our friends in Florida to start planning our annual pilgrimage to their lovely shores. Every year before we go we send a surprise hostess gift.... a way of thanking our friends in advance for their hospitality, as well as recognition of how blessed we feel to be a part of their lives.

Though our friends are not nearly as food-centric as we are, we have always sent food or beverage oriented gifts. The first year, it was a Nespresso single-serve coffee maker. Despite the apparent generosity of such a gift (they aren't cheap), I confess to the selfish motive that we can not live our lives without good coffee. The Nespresso makes a strong, fragrant brew, with a rich crema top. The second year we went, we sent a Weber dual gas/charcoal grill. Again, our motives weren't all that pure of heart. We were baffled to discover on the previous year's trip, that the only means of cooking was an electric stove. Though we could certainly suffer through this, it seemed wrong to not be able to cook out-of-doors, given the plush beauty of the Florida landscape at their back door.

This year we were sort of stumped as to what to send, as we got some shocking news from our friends when we made that first phone call.

Our friends have declared themselves VEGAN !! VEGAN ??? What about the delicious lamb we had grilled on the new grill the year before? The fabulous burgers?? How could this be? A lamb-loving Greek, who is married to a committed carnivore, going VEGAN!

This news came as more of a hardship to my partner, also a pretty devout carnivore (Heck, she grew up on a farm, and while she came to love Bessy the cow, she had no qualms about eating her for dinner). About a week before we left, she mentioned making some delish thing with butter in it. I kindly reminded her she would be making no such thing, that butter was a no-no where we were going. She looked at me with what appeared to be hurt in her eyes, I may have even seen

a tear, as she said "No butter" ???

So, we went to Florida, Frankie having negotiated with our friends that the deal was off if we could not bring half-and-half into the house for our coffee

We got there and as with all the previous years, we provided for ourselves by both eating out and cooking at home. I enjoy cooking for the people I love, and having cooked so much vegan food during my tenure as chef at the Co-op, I had a pretty good arsenal of vegan knowledge up my sleeve. I even gave both of them some cooking lessons.

So, we got through the 10 days, Frankie being able to get her meat fix on the occasions we ate out. For myself, I pretty much stuck to the vegan diet, but did eat cheese and dairy occasionally. This was not hard for me, as I really hadn't been eating much meat anyway. I confess though, that making an intentional effort to not eat meat felt very good to me. I came home confident that, not only could I have a meat-free diet, but that I could have a deliciously satisfying meat-free diet.

I am pretty sure I will never become a vegan for longer than our annual ten days in Florida, but, the more I think about eating animals, the less I want to eat animals. I think as a chef who runs a kitchen that does serve a fair amount of animal-based food, making the commitment to vegetarianism is a little bit more difficult (I do HAVE to taste the food we make). But, I may well be on my way, and it's a change in myself that I can fully embrace.

As for the gift we sent to Florida this year?? A really expensive juicer. Unlike our previous gifts, this one wasn't a new purchase. My carnivorous girlfriend bought it a few years earlier. She juiced for about two days before she put the damn juicer back in the box and made herself a steak with tarragon compound butter.

bonnie@weaversway.coop

Shop the Co-op

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Starting **Friday, June 7**, every **First Friday** Iron Hill in Chestnut Hill will feature **"Shop the Co-op"** dinner specials made with ingredients from Weavers Way—including produce fresh picked from Weavers Way Farms!

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Environmental Racism: It's All in How You See It

by Sandra Folzer, Weavers Way Environmental Committee

You have 1,000 homes that are in close proximity to the refineries. They're victims of air pollution, soil contamination and water pollution. It's all well documented . . . I always compare it to street crime. Homicide, right? They die instantly, everybody understands that. But environmental victimization isn't immediate. In a community that's poisoned, it might not manifest itself for decades."

Melissa Jarrell, author of "Environmental Crime and the Media," as told to the Texas Observer.

SOME TYPES of racism are less visible than others, yet no less destructive, for it is generally the poor and people of color who are most affected by pollution. Landfills, power plants, toxic waste sites, sewage treatment plants and industrial sites are more likely to be located in poor communities. The United Church of Christ's Commission for Racial Justice has reported that three of the five largest hazardous waste landfills in the United States are in black or Latino neighborhoods.

This may be the worst type of racism, for pollution may cause serious illness, even death. Unlike identifying a culprit like the Ku Klux Klan, environmental racism is subtle. The chemicals can't be seen, so cause and effect are difficult to establish. One chemical alone may not cause a heart condition or cancer; it may be a combination. Since cancer takes many years to develop, it is hard to prove which carcinogenic chemicals

were the cause.

Unfortunately, children are most susceptible to pollution. Black children between the ages of 5 and 14 years are four times more likely to die from asthma as white children, according to the U.S. Centers for Disease Control and Prevention.

"I'm the only one in my family who doesn't have asthma," Johnny White, 58, who lives near the refineries in North Richmond, CA, told Environmental Health News for a 2012 series on "Pollution, Poverty and People of Color" (www.environmentalhealthnews.org/ehs/news/2012/pollution-poverty-people-of-color-series-summary). Sandy Saeteum recalled, "At school, along with earthquake drills, we were practicing chemical explosion drills."

During World War II, blacks moved to North Richmond, near Chevron's refineries because they had nowhere else

to go. "People don't put themselves in harm's way intentionally," Betty Reid Soskin, 93, told EHN. "Real-estate developers could determine where you lived. The local banker could determine who could get mortgages."

In 2010, according to an EPA inventory, 3.5 million pounds of toxic chemicals, including benzene and hydrocyanide, were released into the air, water and waste sites in North Richmond. More than 80 percent came from four oil refineries. Chevron, the biggest polluter, has tried to cut some of its toxic releases, but benzene and lead have increased every year. A Superfund site there continues to leak DDT and other toxins into Richmond's harbor where many of the residents fish for food.

People of color in Richmond live on average 10 years less than white people living in other parts of the county, EHN reported, using Contra Costa County government figures, and African-Americans are 1.5 times more likely to die of heart disease and strokes.

Another area where environmental racism is obvious is Flint Hills, near Corpus Christi, TX. According to a 2012 Texas Observer story (www.texasobserver.org/kochworld/Texas), toxic emissions like benzene and sulfuric acid are causing cancer, birth defects and chronic asthma in nearby residents.

Latricia Jones didn't think about the effects of pollution until her son was born with severe asthma. At the age of one

month, "He was coughing and vomiting. He'd try to cry but he couldn't, his chest was so tight." At the hospital the doctor said, "as long as I live near the refineries, he'll always have asthma attacks."

As one resident said, "Living here is like living in a death trap." Another, who relies on an oxygen tank to breathe, said, "I just can't see a man or a group of men making all that money, and there's people out there who are having trouble breathing."

Flint Hills Refinery is owned by Charles and David Koch, two of the wealthiest people in the United States. The Koch brothers famously advocate a free market with limited government regulation. They helped found the Tea Party. From 2005-2008 they gave \$24.9 million to climate-change-denier groups.

Koch Industries has spent millions lobbying lawmakers, so they enjoy lax environmental regulations, good tax incentives and exemptions. Yet, Koch Industries has a history of federal indictments for dumping toxins into the air and water around Corpus Christi. In 2000 Koch Industries paid the largest civil environmental fine in American history to date, \$35 million for oil spills in Texas and five other states.

Now the Koch brothers are lobbying in favor of the Keystone XL Pipeline. Their refineries will process much of the tar sands.

And the XL Pipeline is yet another example of environmental racism as almost



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ECO TIPS

from The Environment Committee

Most of us know that BPA (Bisphenol A), an endocrine-disrupting chemical, is in plastic drinking bottles and in the coating of food and beverage cans.

But did you know that BPA is also found in cash-register receipts? There really is no way to tell if a thermal paper receipt contains BPA, but a few simple steps can help you limit your interaction with the chemical. Refrain from taking receipts at ATMs, gas stations and other retail stores, or, if you really need one, make sure not to place it in a bag with food items, especially those you eat raw. Store any receipts you do accept in an envelope, and wash your hands thoroughly after touching them. Do not recycle cash receipts, as BPA can contaminate other recycled paper. Finally, if you own a company or work for a company that issues receipts, check with your supplier to see if the paper contains BPA. If it does, switch to a BPA-free paper manufacturer. And just so you know: Weavers Way receipts are BPA-free! For more info about BPA in receipts, check out this article by the Environmental Working Group: www.ewg.org/bpa-in-store-receipts.

all of the land where the tar sands would be extracted is on or near indigenous territory (socialistworker.org/2012/10/03/a-pipeline-that-threatens-us-all).

Alberta has seized the land from native tribes and undermined treaties to benefit the corporations. The water, air and land have been contaminated so that cancer has skyrocketed there. Once again, it is people of color who suffer so others may profit.

In Pennsylvania the concern is con-

tamination from gas drilling, since those affected have little political power. Here, as in North Richmond and Corpus Christi, the gas and oil corporations are able to continue polluting with few regulations.

I doubt this would be possible if the same pollution were occurring in suburban white neighborhoods instead of black and Latino communities.

Racism is invisible only if you're not looking.

Citing Opposition, Parks Withdraws Wissahickon Treetop Course

by Amy Blackstone

PHILADELPHIA PARKS and Recreation has withdrawn its proposal to build a commercial treetop adventure course in the woods above Valley Green, citing "significant differences in public opinion regarding the proposal."

Earlier, PPR had announced it would "defer further public action and discussion regarding the Treetop Adventure course in the Wissahickon Valley to conduct an internal re-evaluation of the concept."

Opposition to siting a commercial adventure course in the Wissahickon began as soon as park users heard about the plan in March. Residents were outraged that PPR would consider introducing a privately run amusement into the woods off Wigard Avenue adjacent to W.B. Saul High School's pastures. Concerns were that the development would detract from the renowned tranquility of the park, and that habitat loss and environmental degradation would follow, in spite of PPR's promises to the contrary.

Opponents noted that if PPR's goal is to connect urban youth to nature, the infrastructure already exists: the trails, the creek, the woods. Environmental education programs have been offered for years at the Wissahickon Environmental Center (a/k/a the "Tree House"), and could be further developed by PPR. There is even an existing high-ropes Outward Bound course in the park already.

The Alliance for the Preservation of

the Wissahickon (APOW) began circulating petitions in hopes of stopping what they saw as an ill-conceived method of educating children about nature, an inappropriate use of parkland and a dangerous precedent. In a short time, more than 1,200 signatures were gathered.

In February, Friends of the Wissahickon offered provisional support of the project if certain conditions were met. But on May 1, FOW announced it would not support it. Soon afterwards, City Councilman Curtis Jones, who represents the area, announced he would not support it either. Signing APOW's petition, he said the Wissahickon is "a beautiful, pristine area ... I will work to keep it that way."

PPR, in its May 15 statement withdrawing the proposal, said, "While Philadelphia Parks & Recreation maintains that experiential programming such as a Treetop Adventure Course is an appropriate strategy to promote environmental education as well as to engage future park stewards, PPR also recognizes that there are significant differences in public opinion regarding the proposal. This public divide is counter to PPR's commitment to unify neighborhoods and in adherence with this larger mission, Philadelphia Parks & Recreation will no longer pursue the development of a Treetop Adventure Course within Philadelphia."

Keep up to date on this issue at apowblog.org.



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"Happy Hour" by Ryan Foley, 2012, oil on canvas, 30x30, courtesy of the artist



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Student Art at Ned Wolf Park

Artist Marcia Jones is hosting her annual student art show at Ned Wolf Park in West Mt. Airy (corner of Ellet and McCallum Streets) on Saturday, June 8 (rain date June 9), from noon to 5 p.m. The show features art students of all ages creating inspiring works in watercolors, oils, acrylics, pen and pencil, clay, jewelry, handcrafts and other various media. Now in its fifth year, the Ned Wolf Park show proudly shares student-driven work with its community. All are invited to stop by and share in this beautiful experience, supporting community arts!

nedwolfparkartshow@gmail.com

Fabric Artist at La Salle Museum

THE LA Salle University Art Museum is presenting “Emily Richardson: Shifting Vistas in Silk,” in the Special Exhibitions Gallery June 13–Aug. 16. An opening reception will be held 5-7 p.m. June 13, with an artist’s talk at 6 p.m. June 19.

Richardson composes in sheets of painted silk organza. Hand-constructed from painted cloth of varying degrees of transparency, colors painted on layers of fabric show through and optically mix. This is work that must be experienced in person for full effect. The work at a glance barely recognizable as quilt-making—at least in the traditional bedcover



“After the Sea Ship,” 2007, acrylic paint and silk by Emily Richardson

sense.

The La Salle University Art Museum is on the lower level of Olney Hall on the La Salle University campus at 19th Street and Olney Avenue. Admission is free; call for summer hours: 215-951-1221 or visit www.lasalle.edu/museum.

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Ask the Vet

Lyme Disease & Your Pet

by Jennifer Muller VMD

DOGS GET Lyme disease too, and like the disease in humans, the symptoms can vary, and may not show up until long after a tick bite.

Dogs with Lyme disease can show no problems, come up a little lame — limping on a front leg is the most common symptom — or be acutely ill. They can become lethargic or feverish and have gastrointestinal problems, and even die.

In unlucky dogs, Lyme disease affects the kidney, causing a protein leakage known as Protein Losing Nephropathy. A dog with PLN can slowly shed protein over the course of many months, or suddenly be extremely sick.

The initial test for Lyme can be done in your veterinarian's office with a small amount of blood.

The best way to check for PLN is through a urine test. If your dog has protein in his urine, your vet might want to do a Protein : Creatinine Ratio that can put the protein loss in perspective and tell you if it requires further treatment.

Your vet might also want to check the blood level of albumin, a circulating blood protein that can be diminished in dogs with PLN. When a dog's blood albumin is very low, it can be life threatening.

The primary treatment for Lyme disease is a month of doxycycline. The vast majority of dogs whose Lyme is causing lameness (and not a PLN) respond very well to a course of doxycycline.

However, dogs with PLN can be on doxycycline for a much longer period of time. Dogs with PLN might also require a second drug to slow the leakage of protein through the kidney.

Even after treatment, Lyme-related lameness can return many months later, as the disease can flare up again. Additional tests are available that can quantify the Lyme titer; this is helpful if your dog is limping a second time, weeks or months after initial treatment, and you are not sure if the Lyme has come back or

Tick Protection from Across the Way

Weavers Way Pet Store carries both **Frontline**, to prevent fleas and ticks on cats and dogs; and **Advantage**, for fleas on cats only. We also carry **Advantix**, for dogs only, which prevents fleas and ticks. Be sure to do the reading or consult with pet-store staff or your vet to be certain the product you choose is safe for your best friend.

something else is going on.

If you think your dog may have Lyme disease, it is important to check with your veterinarian. Many dogs are exposed even when owners can't recall seeing a tick.

Good tick prevention can help prevent the spread of Lyme disease.

There is also a Lyme vaccine, but its use has been controversial.

Currently it is not known if cats are affected by Lyme disease, but cats are vulnerable to other tick-borne diseases without question. Be VERY careful with flea and tick prevention for your cat as many products sold over the counter and marketed for cats are actually toxic to them, even when the label states it is for use in cats, and even when there is a photo of a cat on the packaging. It's best to talk with your veterinarian about safe flea and tick prevention for your cat.

Or stick with the old standards such as Frontline, Advantage (fleas only), or Revolution.

Never apply a dog product on a cat and never apply a product you buy over the counter to your cat before checking with your veterinarian to see if it is safe. Otherwise, you might find yourself rushing your cat to the emergency room.

*Dr. Jennifer Muller
(mullervmd@gmail.com)
is a house-call veterinarian serving
Northwest Philadelphia.*

HOT DIGGITY:



PETAPALOOZA YET AGAIN.

FROM: Grumpy

On Saturday, June 22, from noon to 4 p.m., Weavers Way hosts its third annual Petapalooza, billed as "a Celebration of Pets of All Kinds." Hmmm . . . I'd beg, if you will, to differ. Quite frankly, we have a misbranding here. Petapalooza really is all about the dogs — just one big block party dedicated to domesticated dingos.

Next year, why not go with "Dogapalooza" and just be done with it? Dogs, dogs, everywhere — as usual, Mr. McBarky will get his day in the sun. There will be all kinds of canine-related mishegas: dog walkers, dog art, dog training and dog food samples. There will be dogs for adoption. (Ed. note: Cats and kittens too, Grumpy!) It's going to be a real dog and pony show on Carpenter Lane. Best to avoid — except for the "Pet Parade," during which owners will dress up dogs in costumes for prizes. Heh heh.

Live music and food for the humans, lest anybody forget not to bite the hand that feeds you.

But Grumpy, you say, don't be a party pooper! Dogs are man's best friend, loyal, unconditional love yada yada. I'd go with sycophantic, solicitous submissiveness and supplication, but hey, you say tomato. I'll be on the couch watching Scenes from a Marriage, uninterrupted. But while you're out showboating Spot in his adorable fireman outfit, it'd be really peachy of you to pick up some Greenies (Salmon flavor, please), a new feather teaser and three cans of Merrick's Mom's Pot Pie, that'd be much appreciated. Whatevs.



PET • A • PAL PAWZA

Saturday, June 22, Noon to 4 p.m

**Weavers Way Pet Store
608 Carpenter Lane**

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

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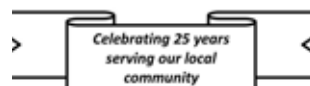
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Mt. Airy Roots Reach Rooftops Nationally

by Lauren Mandel, MLA, ASLA

ROOFTOPS AROUND the country are turning green as building owners, activists, and designers realize the environmental and aesthetic potential of green roofs. Where did this sustainability trend start? You guessed it, right here in Mt. Airy.

Civil engineer and long-time Mt. Airy resident Charlie Miller began toying with the idea of vegetated rooftops in 1997, when he built an experimental green roof atop West Philly’s Philadelphia Fencing Academy in exchange for fencing lessons for his kids. He quickly founded Roofmeadow (formerly Roofscapes Inc.), which has blossomed into a nine-person multidisciplinary design and engineering firm. Roofmeadow designs green roofs and “landscapes on structure” in partnership with a national network of Roofmeadow-certified green roof installers. To date, Roofmeadow has more than 180 green roofs in its portfolio, including Chicago City Hall, Brooklyn Botanical Garden Visitor Center, The Barnes Foundation and PECO’s main office building (accessible by tour through the Pennsylvania Horticultural Society).

Half of Roofmeadow’s diverse staff resides in Mt. Airy, including myself,

a Mt. Airy native. Located on German-town Ave. above Chef Ken’s and Infusion Café, our office breeds innovation through experimentation, material testing, and collaborative brainstorming. Our latest obsession? Rooftop agriculture.

Gardeners, entrepreneurs, architects, and policy makers are catching wind of



Mt. Airy native Lauren Mandel wrote “Eat Up” to spread the word about rooftop agriculture. North America’s burgeoning rooftop agriculture movement. From the tops of churches in San Francisco to warehouse roofs in Brooklyn, rooftop gardens as small as 10 square feet and commercial farms as large as two acres are sprouting.

Urbanites are drawn to rooftop agriculture for a multitude of reasons, including lack of available land, marketing potential, and of course, a desire for fresh food grown close to home. The benefits of rooftop agriculture overlap with those of urban agriculture and green roofs: Peo-

ple are fed, stormwater is managed, the urban heat island effect is reduced. No wonder we’re so obsessed with this!

As Roofmeadow’s Rooftop Agriculture Specialist and author of the first full-length book on the subject, “Eat Up, The Inside Scoop on Rooftop Agriculture” (available in print and as an ebook from New Society Publishers, 2013), I am committed to furthering the rooftop agriculture movement. “Eat Up” describes how to turn dreams of rooftop gardens and farms into actual spaces that feed people, using case studies, interviews with industry leaders and useful checklists. (Be sure to check out Page 124, which mentions Weavers Way Chestnut Hill, home to some of Urban Apiaries’ rooftop honeybees.)

For more information and news on local rooftop farming initiatives, visit my rooftop agriculture blog at eatupag.wordpress.com. Also stop by Good Karma Café, 928 Pine St., through June 29 to see a photo exhibit of images from the book.

Lauren Mandel is a rooftop agriculture specialist at Mt. Airy-based Roofmeadow and a contributing writer for Urban Farm and Grid magazines. She blogs at eatupag.wordpress.com.

A Greening Plan Grows in South Philly

In her current gig, former Weavers Way farm apprentice Molly Devinney is working with South Philadelphia High School and the Lower Moyamensing Civic Association to “green” the mostly-cement block-square campus at Broad and Snyder.

Now they’re looking up — to the roof, where they’re envisioning an ambitious roof garden with the help of Roofmeadow and landscape architect Lauren Mandel.

Says Molly: “If we were to be able to expand our growing space up on the roof, we’d be able to produce a massive amount of food for the school’s culinary arts department to continue cooking and gaining experience marketing and selling to local businesses, including the future site of the South Philly Food Co-op.”

They’re looking to raise \$9,000 by June 8 for the first phase of the plan, and they’re well on their way with more than \$7,300 pledged.

For more information, or to make a donation, visit projexity.com/projects/view/South-Philly-High-Schools-Greening-Plan/3



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The Passionate Gardener

Make Room for Beneficial Insects

by Ron Kushner, for the Shuttle

ORGANIC GARDENS provide homes for beneficial insects that prey on many pests, including slugs and snails. Ground beetles, lizards, frogs and toads find shelter in rock crevices and in mulch. A gardener can do no better than to create an environment where “problem” organisms are kept in check by natural means.

An easy way to attract beneficial insects is to grow some small-flowered food-bearing plants here and there where space provides. Parsley, dill, fennel, lemon balm and yarrow are all excellent choices. Also, fill in garden spaces this month with annuals such as zinnias, calendula, nasturtium, lisianthus, verbena, coleus, marigolds and lantana. And plant some bacopa in your containers to deter squirrels!

Compost tea can be applied at this time and continued monthly through the summer and early fall. You can improve the quality of this solution by aerating it, running a simple pump in a five-gallon bucket overnight to insure that the bacteria and fungi are living and healthy for application directly to your plants. I screen the liquid through cheese cloth before pouring it into a pump sprayer, which prevents clogging. Vegetables, perennials, herbs, shrubs and dwarf fruit trees all seem to benefit greatly from the compost tea.

Once it is confirmed that any particular plant no longer “works” in its space —

for whatever reason — it’s best to move or remove it before it spreads too much and the roots find their way throughout those of neighboring plants. June is a good time to relocate such plants, as the approaching heat of July and August makes successful transplanting more difficult.

Do not water your garlic anymore before harvest time. Of course, you can’t stop normal rainfall, but no supplementary water is needed before harvest time next month.

Peas should be finished by the end of this month. You have a few choices now. You can remove the support, add some compost and replant with a summer cover crop like buckwheat, which grows quickly and can be chopped up when flowering begins after about a month. It is an easy cover crop to work with, as it is very shallow-rooted, smothers most weeds and attracts many beneficial insects. Another option is simply to plant beans at the base of your support, about 6 inches out from the pea vines, and let the beans simply climb up the spent pea vines.

Another great summer cover crop you could plant at this time are French marigolds. They will provide plenty of color throughout the rest of the summer, tend to repel many pests and will be a deterrent for root nematodes. A perfect location for these flowers is where next year’s tomatoes are to be planted. They can re-



French marigolds actually make a good cover crop, especially for next year’s tomato bed.

main until the frost kills them and left in place to break down over the winter.

Make sure you continue to mulch all of your vegetables now and throughout the entire growing season. Salt hay is excellent, as it contains no weed seeds. Chopped and shredded hay and straw (sold in bales) is another excellent choice, although you may have to pull a timothy volunteer or two as the season progresses. Fill in all around your vegetables so that a layer of at least 4 inches covers the beds. This mulch will control most weeds, keep needed moisture from evaporating in the heat of the summer and then decompose slowly, providing “on the spot” compost.

June is also the perfect month to add

a “tropical flair” to your garden, deck or patio area with tropical plants that would normally be kept inside as house plants. Dwarf banana plants, cannas, palms of many sizes, dracaenas, rubber plants, and various ficus plants all will give a very dramatic look to your garden area. Put them in pots or just in the ground for a seasonal effect.

One plant in particular, Musa basjoo, a hardy banana, is hardy in our area. It will come back every year after dying back from frost and will grow to 8 or 10 feet tall. If you like a bit of tropical jungle, this is the plant for you!

Contact Ron Kushner at ronkushner@comcast.net



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To fight mosquitoes, take a dunk

by Don McGuire, Weavers Way Staff

ALL MY neighbors agree the past few summers have been especially difficult outdoors because of the abundance of mosquitoes. There is a particular dislike of the new bug on the block, the Asian tiger mosquito, because it aggressively hunts for a blood meal all day long and because its bites are so irritating to sensitive individuals. But talk with people about the subject for a while and you learn that the concerns go well beyond quality of life — a Weavers Way member and neighbor of mine got West Nile virus two summers ago. Meanwhile, encephalitis is on the rise. And don't forget, mosquitoes are responsible for spreading heartworm to dogs and cats.

In "You Bet Your Garden" segment earlier this year, public radio host Mike McGrath described a novel approach to

mosquito and black-fly control.

In addition to the conventional effort of trying to eliminate standing and stagnant water around your house, he recommended maintaining a few containers of water specifically to attract breeding mosquitoes, but treating that water with Bti, a natural poison that destroys larvae's guts.

Bti is a natural substance produced by soil bacteria that is deadly to insect larvae, but not to fish, birds, adult insects or mammals, including humans. It was discovered in Israel in the 1970s and patented as a larvicide in the United States in 1979. So it has been in use here for three decades, and its properties are well understood.

I have joined with a number of my Pelham neighbors to see if we can affect the entire neighborhood's quality of out-



Bti comes in preformed "dunks" (pictured, not Don's hand), as well as bulk granules.

door life this summer. The other reason we are working together is to buy Bti in bulk and lower our costs.

Bti is supplied in two forms that are suitable for neighborhood use — "dunks" and granules.

- The dunks are floating ring-shaped briquettes that release Bti for about



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30 days. One dunk will treat a 10-by-10-foot pond, regardless of depth. For smaller containers, such as 5-gallon buckets, a dunk can be broken in quarters and used to treat four buckets.

- The granular form of Bti, which also tends to float, necessitates smaller, more frequent treatments: a teaspoon of granules treats a 5-gallon bucket for 7 to 10 days. A pound of granules is about 96 teaspoons, and should treat four buckets for 19 weeks or more, a whole mosquito season.

Granules also are convenient for treating old tires, flowerpot saucers, gutters or spots in the yard or around trees that stay wet after it rains. If an area treated with Bti dries out, the Bti will last the same 10 or 30 days, becoming active when water reappears. Both forms of Bti are stable if kept cool and dry, and can be stored for use next summer.

Costs: you can get dunks locally, two for \$7 or six for \$13. Purchased in bulk over the Internet, packages of 20 dunks cost as little as \$15, including shipping.

This is more than enough for two summers of treatments. Granules are less expensive: locally, a pound costs \$17; buying a 40-pound bag from a national supplier brings the per-pound cost, including shipping, down to \$4.50, but of course you need to have 30-40 neighbors who want to use granules! It is worth organizing a group of neighbors to buy and use Bti together to lower costs, to affect a wider area and to promote neighborhood spirit.

Weavers Way carries six-packs of Bti dunks at Across the Way in Mt. Airy.

To sum up: one neighborhood in Mount Airy is going to work together this summer to eliminate as many mosquitoes as possible, using a safe natural larvicide. This effort won't take a lot of time or money, and we all hope that it will vastly improve the quality of our outdoor life and reduce the risk of mosquito-borne disease during these warm months. I plan to report on our experience (and success, I hope) in the Shuttle this fall.

dmcguire@weaversway.coop

Wissahickon Hours for Working Members

by Denise Larrabee, Friends of the Wissahickon

WEAVERS WAY members can now earn Co-op work credit by volunteering to work with the Friends of the Wissahickon in the park. Shifts are posted on the Online Member Center at members.weaversway.coop. Information on workdays is available at www.fow.org/volunteering. Most shifts are on Saturdays.

Work Day Tips

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

What to Bring

- Sturdy boots/sneakers and clothing you don't mind getting dirty.
- Your own reusable water bottle.

Weather Cancellations

Workdays are cancelled for heavy rain, thunder, lightning and high winds. Check the FOW website, www.fow.org; cancellations will be posted by 8 a.m.



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Reduce Plastic Packaging

To the Editor,

In Glenn Bergman’s May Shuttle column, he encourages shoppers to bring their own reusable bags and containers when shopping the bulk department at Mt. Airy (can be done at Chestnut Hill also), and he writes that “reducing plastic [use] has to come from the shopper.”

Actually, decisions made by Co-op purchasers and managers can reduce the proliferation of plastic packaging on a much greater scale than choices made by individual shoppers. For example, a few years ago, the Mt. Airy store switched from using plastic bags for rebagged bulk items to cellophane bags. (This was before the renovations of summer 2012, when most of bulk foods were rebagged by cooperators and put on display shelves.) This decision eliminated the use of hundreds of pounds of plastic bags per year.

Glenn writes about the fact that so many of the food items sold at WW come packaged in plastic, but over the past four months I’ve noticed an increase in plastic-packaged grocery products at WW Mt. Airy, not a decrease. Poland Spring sparkling water, in plastic bottles, is one example. Is this item really necessary, when the co-op already carried Mountain Valley sparkling water in glass?

If we care about reducing the use of plastic, is it necessary to sell 4-packs of toilet paper wrapped in plastic, instead of just having single rolls of TP in a paper wrapping, no plastic involved? The Co-op’s Product Philosophy Statement states that “we purchase eco-friendly products that do not adversely affect the environment.” If this is the co-op’s purchasing philosophy, why are we adding “duplicate” products that come in plastic? Is the Product Philosophy Statement being referenced when making decisions about what to carry?

“Reducing plastic,” in the big picture, has to come from all of us, but especially Co-op staff, whose decisions can have the greatest impact.

Chris Switky, Mt. Airy.

LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Submissions must be short (no more than 200 words) and verifiable. Please include your name and email address or phone number so we can contact you for verification; no anonymous letters will be published. Letters may be edited, and The Shuttle may decline to publish any letter for any reason.

Five Years, Three Sisters and One Truck

by Sue Wasserkrug, Weavers Way Board

It’s FUNNY how things turn out.

Five years ago, I joined the Weavers Way Board of Directors, motivated by a piece Glenn had written in the Shuttle a few months earlier (in November 2007, in case you want to look it up), in which he described his vision for Weavers Way and its role in our community over the next several years. He talked about co-ops and urban farms and incubator kitchens and food access and school programs. Weavers Way Community Programs, which had just been created, figured prominently.

Something about what he wrote spoke to me; I called him to say I wanted to be a part of making his vision a reality, and he suggested I run for the co-op’s board.

Over the course of the next five years, Weavers Way practically doubled its membership; we opened one store in West Oak Lane that subsequently closed, and we opened another store in Chestnut Hill that is practically bursting at the seams. Weavers Way has become a leader in the co-op movement locally and regionally, as a founding member of the Mid-Atlantic Food Co-op Alliance, the Philadelphia Area Co-op Alliance (not just for food co-ops), and the recently launched Delaware Valley food co-op group. We’re mentoring countless food co-op start-ups in and around Philadelphia. We’ve increased the amount of land we farm, the amount of local products we carry in the stores and the number of people we employ (not to mention the number of households who receive this paper).

And I got to be a part of it, as a mem-

ber of the Board of Directors. And even though my time on the board has come to an end, I’m getting to be more a part of it than ever, thanks to my involvement with some of the aforementioned alliances, as well as my new career path.

A year ago, I left my job as an advocate for low-income senior citizens and opened a food truck — Zea May’s Kitchen. I didn’t know anything about the food-truck industry. I was just looking for a vehicle (no pun intended) to introduce people to Native American cultures through food, and a truck seemed a lot simpler than a restaurant.

Now, a year later, after hawking all manner of menu items inspired by Native American cuisines, I had an opportunity to spread the word about Native American cultures and cuisines through Weavers Way Community Programs. In early May, I joined Shelley Hedlund, the WWCP farm educator at Hope Garden, a production and education garden at Stenton Family Manor, a family shelter in Germantown. We did a program focused on the “Three Sisters.”

According to Native American lore, the Three Sisters are corn, beans and squash. Native American peoples tell stories about the Three Sisters, legends that often reveal various ways the sisters sustain and support each other. Many tribes planted the three crops together, with the beans very close to the corn so the cornstalk would serve as a support for the bean vines to climb, and the large squash leaves as a natural barrier against weeds and crit-

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ters. At the end of the growing season, the plants can be turned into the soil to provide nutrients. And, of course, the three crops produce foods that are very nutritious, particularly when eaten together.

Corn — known botanically as *Zea mays* (hence the name of my business) — was first cultivated thousands of years ago in Central America from a grass called teosinte. It spread throughout the Western Hemisphere and became a staple crop, along with beans and squashes, before the arrival of Europeans. Today, of course, corn is a ma-

major — if controversial — agricultural commodity.

At Hope Garden, I talked to the children about the three crops, and about how the Native Americans used them and cultivated them. I brought plenty of multi-colored corn for them to pass around. Then I served up a Zea May's signature dish: Quinoa Three Sisters Salad, which I'd made with quinoa (also a crop indigenous to the Western Hemisphere and cultivated for thousands of years by Native Americans, albeit in South America), sweet

corn, kidney beans and toasted pumpkin seeds, with a bit of spring onion and tossed in a lemon vinaigrette. The kids loved it! Some asked for seconds and even thirds. To complete the lesson, Shelley helped us all plant a Three Sisters garden, so the kids will actually see how the crops grow together. Then we'll harvest the crops and I'll go back and give a cooking lesson.

So, as my term on the Weavers Way Board comes to an end, I'm looking forward to my — and Zea May's — new adventures with WWCP.

Seeking Volunteer Attorney with Nonprofit Expertise

Philadelphia Area Cooperative Alliance (PACA), a new nonprofit cooperative corporation, wants to apply for 501(c)(3) tax status with the IRS. If you are an attorney with expertise in nonprofit law and would like to help out a nonprofit cooperative group, please contact Bob Noble at bobnoble@philadelphia.coop. For more info on PACA, visit www.philadelphia.coop.

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 organized 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

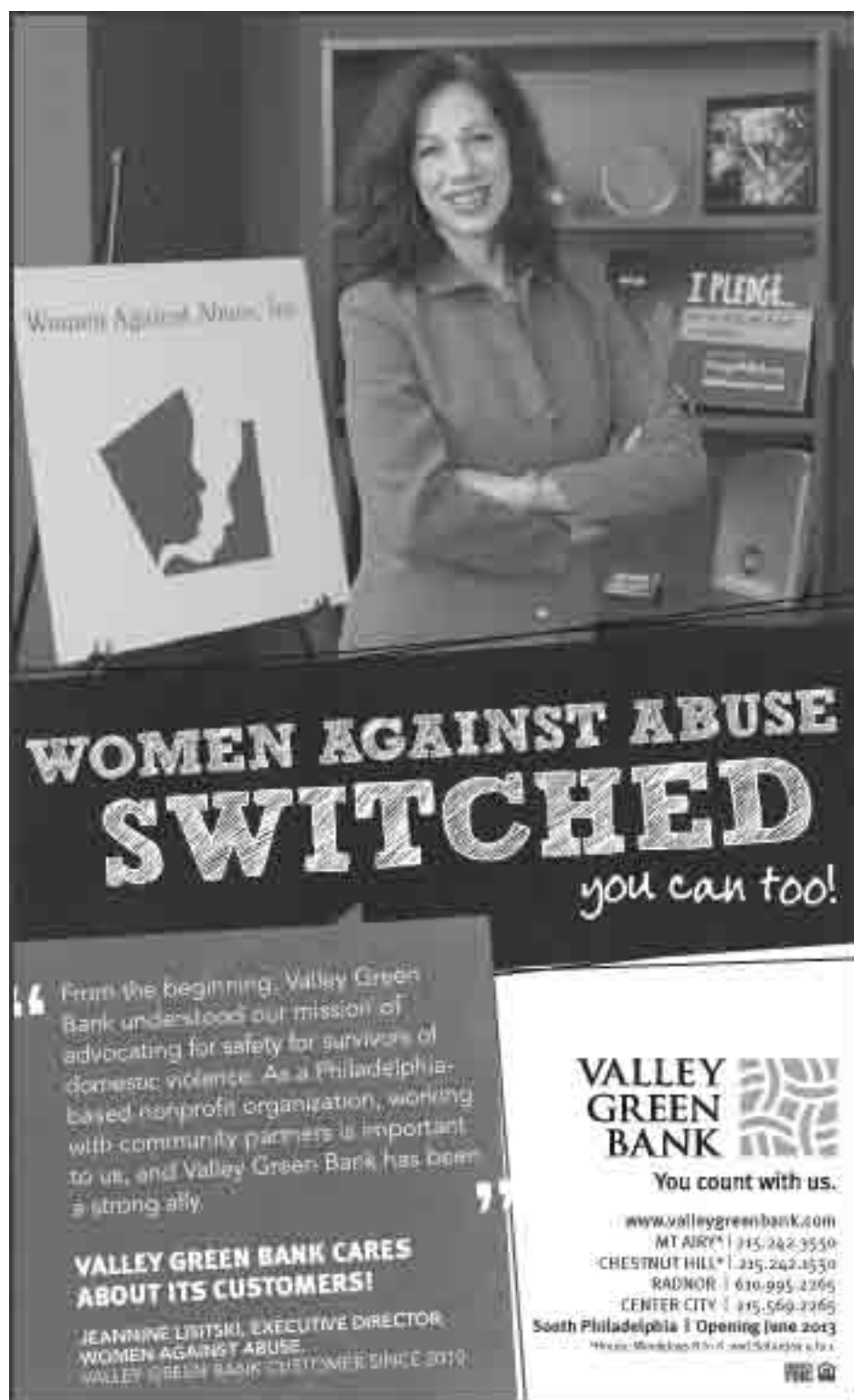
Cooperatives provide education and training for their member owners, elected representatives, managers, and employees so they can contribute effectively to the development of their cooperatives. They inform the general public—particularly young people and opinion leaders—about the nature and benefits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



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Staff Celebrity Spotlight

WW Farm Interns Plant Seeds of Education

by Karen Plourde, Weavers Way Grocery Staff

IN MID-MAY, Emma Dosch attended the end-of-the year banquet for the Future Farmers of America at W.B. Saul High School. It was the day after she arrived in Philadelphia, two days before she tried out for a local ultimate frisbee team and five days after she graduated from Allegheny College. Such is the life of a Weavers Way farm intern.

Dosch, of Alfred, NY, was the last of the four farm interns to start the seven-month program. Her colleagues — Julia Hofheimer and Caity Flanagan at the Mort Brooks Farm, and Tara Campbell, the intern for Weavers Way Community Programs who also operates out of Saul — began their work in early April. While Dosch was finishing up the last requirements of her degree in environmental studies, Hofheimer and Flanagan were learning the ways of the walk-behind tiller and prepping the beds at Mort Brooks for planting.

“My body was definitely doing some adjusting. I was pretty sore and pretty tired,” said Hofheimer, a native of Little Rock, Ark., who graduated from Haverford College last year. “But after sitting in school, I liked the physical nature of the work.”

Hofheimer heard about Weavers Way while interning at Common Market, a Philadelphia-based distributor of locally produced food. “I was helping with sales, and that got me interested in where food comes from,” she said.

A psychology major, Hofheimer came to her internships with no background in agriculture. But Flanagan, her co-intern at Mort Brooks, brought with her a wealth of farming experience. From the age of 13, she spent summers working on a livestock farm outside New York City. When her family moved

to North Andover, Mass., she switched to produce farming.

Flanagan graduated from Dickinson College with a degree in gender studies last spring. She got to know Weavers Way Farm Manager Nina Berryman through her internship with SHARE, a Philadelphia-based nonprofit that works with community groups to provide healthy, fresh food to those in need. While doing smaller-scale farming at SHARE, she fell in love with urban farming, and went on to volunteer with Nina at Saul.

“It’s amazing to be outside every day, and to have the instant gratification of harvesting and eating the

food you grow,” she said.

Like Flanagan, Tara Campbell also saw her volunteer work at Saul expand into an internship. The 2006 graduate of Drexel University moved to Germantown last year, joined Weavers Way and became a CSA member at Henry Got Crops! She started volunteering there just for fun, and toward the end of the season, WWCP farm educator Clare Hyre asked her if she wanted to help her work with the students at Saul.

“They’re just kids, and they’re great kids,” Campbell said. “Some are into the work, some not. We’re trying to get them active, involved, engaged and to have fun with each other doing this work.”

Campbell and Hyre also spent the winter working on issues relating to food justice and food sovereignty, or the freedom for people to make decisions regarding their food. That aspect is present to some degree in all the farm internships at Weavers Way — in between tilling, planting and harvesting.

“I definitely think education is a huge part of changing the food system,” Campbell said. “Not just kids, but the community as a whole.”

kplourde@weaversway.coop



Karen Plourde photos

Farm interns Julia Hofheimer and Caity Flanagan (left) at Mort Brooks; Emma Dosch and Tara Campbell, (right) at Henry Got Crops!

Members, Share Your Talent

by Bettina de Caumette, Weavers Way Outreach Coordinator

IT WAS beautiful spring evening in Mt. Airy, Workshop Night at Weavers Way, and around 7 p.m., people started to arrive in the Community Room at “555.” We were all looking forward hearing WW member CJ Hazell tell us “How to Speak Dog.”

CJ, a talented professional dog trainer currently finishing her PhD in wildlife biology, was conducting field research in the wilds of Central Asia when she realized she needed the assistance of a dog to find and collect jackal and wolf scat. She

enlisted a rescue border collie who came to her with severe behavioral problems. The process of learning how to work through the dog’s issues and teach him to partner with her sparked a passionate interest in dog-training methodologies. Since returning home, she also volunteers regularly with the behavior team at the Pennsylvania SPCA, dealing primarily with dogs that are not acceptably socialized, including some that have been legally removed from abusive owners.

CJ’s audience came away with new

insight on how dogs read human behavior. We learned how to interact more productively with our own dogs, as well as any dog we might meet in passing, by changing how we think about negotiating the space we share with them.

As our Co-op’s Outreach Coordinator, I meet Weavers Way members daily who have amazing stories to tell, or something special to teach, like CJ. In case you didn’t know it, you, the collective owners of Weavers Way, represent a tremendous wealth of unique skills, creativity and experience. Presenting a workshop is a great way to acknowledge this wealth, and grow it.

Vibrant co-ops give rise to creative forms of exchange that positively impact

local culture. Workshops contribute to cultural vitality. That’s why you get work credit for holding one. It’s the kind of bonus transaction that naturally extends from an organization such as ours that is built on social values.

This month, therapist Claudia Apfelbaum will present a workshop that will focus on ways for women to enhance self-esteem and self-acceptance. Look for sign-up sheets on our bulletin boards, or email outreach@weaversway.coop for more information.

If you have offered a workshop or two in the past, and if you are considering giving one, thank you! It means a lot to all of us.

outreach@weaversway.coop

For 40 years, Weavers Way has been committed to supporting the values of our Community.

We will continue to celebrate equality and justice for all people everywhere.



Suggestions

(continued from Page 7)

Co-op’s role in issues like this? Should the Co-op have an official “stand” on reproductive rights? If so, how should we decide? Vote of membership? Vote of Board (representing membership)? Staff “sense” of membership? Is it not our business at all? Should we assume that because we are in liberal, progressive Northwest Philadelphia that the majority of members disagree with Eden’s lawsuit?

So you see, it really is complicated.

Incidentally, if you do want alternatives to Eden, there is not a lot of choice in aseptic 32-ounce soy milks other than Westsoy and SoyDream. However, we do have a good alternative for Eden beans. A small, local, family-owned company, Jyoti (in Berwyn) has come out with a line of organic beans in aseptic pouches, and they are actually cheaper than Eden, plus the beans hold their shape better. (However, Jyoti’s aseptic packaging may not be as recyclable as the Eden cans).

suggestions and responses:

s: “My Organic Market in Maryland sells organic avocados for 99 cents each and they always get sold before they go rotten. If you tried lowering the prices,

they might sell faster and better.”

r: (Jean MA) I’m not sure where My Organic Market is getting their organic avocados so cheaply. Perhaps they’re selling them below cost as a “loss leader.” We buy both hard and pre-conditioned avocados. Sometimes the preconditioned ones arrive a little too preconditioned — ready for guacamole. We sell a boatload of avocados every week and mostly sell out of what we buy.

s: “We haven’t carried clementines for 3 weeks. I thought they were gone for the season. I found organic clementines at Trader Joe’s for less than I paid at the co-op.”

r: (Jean MA) I stopped getting clementines when they stopped tasting good. Trader Joe’s may have them, and have them cheaper, again, as a loss leader.

s: “Unrefined coconut oil — Dr. Bronner’s — great internally and externally.”

r: (Heather MA) This item is stocked Across the Way in our Wellness store.

s: “Edensoy Extra brick packs please.”

r: (Heather MA) I have tried to order this from our distributor, but they have discontinued it.

s: “Are you able to order pie crusts that are not whole wheat (i.e. regular)?”



r: (Heather MA) We were out for a while but they are back, in freezer. (Norman) “Regular” is interesting way to describe a non-whole-food product like white flour.

s: “With the Eden lawsuit in the news, I started thinking about reproductive rights.

When it comes to reproduction, I personally prefer spontaneous cloning as the best means, it’s much less messy than traditional methods. Plus it’s emotion-free. I’m thinking with new 3-D printers being developed, this method will be with us soon. I do have one concern though. Based on past history, I suspect the 3-D printers will be cheap to buy but the ink will be costly except for cheaper, off-brands that won’t always work and will result in defective people, of which we already have too many. By planning for this now, can we assure ourselves we have a consistent supply of cloning ink at a reasonable price? I want to clone myself about 17 times so I always have enough people to field two baseball teams that will be evenly matched.”

r: (Norman) Great minds think alike. We’ve already considered this and we’re already designing a bulk bin for 3-D ink, which will be from a Fair Trade, organic, small and local producer, of course.

s: “Would like to request Keepsake ap-

ples for next winter if available from grower — we missed them this year!”

r: (Jean MA) Solebury Orchard, where we get our Keepsakes, did not have enough for wholesaling to us last season. We get them when they’re available — and we encourage WW shoppers to visit Solebury (near New Hope) to buy them direct from the orchard.

s: “We used to carry Annie’s Honey Mustard Lite salad dressing, but don’t anymore. It’s such a good, lite dressing! We miss it! Thx!”

r: (Heather MA) I will look into bringing this back. We do have the space on shelf.

s: “Please see if the people who deliver Arnold bread can bring their Whole Grain White. They used to bring it now it’s hard to find anywhere but it was a great compromise for those of us whose kids really don’t like straight whole wheat. Thanks.”

r: (Molly MA) I will ask him to bring more.

s: “Must we buy apples that are made shiny with chemicals?”

r: (Jean MA) This time of year those are the commodity apples that are available. I know what you mean though — they have that waxy, chemical glow,

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Attend a Weavers Way Welcome Potluck and Get Two Hours

Work Credit! Picnics are held monthly in the summer in the Back Yard at Weavers Way Chestnut Hill. We’ll supply the hard cider, lemonade and an informative presentation.

Welcome Meetings are a great way to find out more about what Weavers Way is all about, and what membership offers. And you get two hours work credit just for attending! (Limit two hours per household.) Current members welcome, and you’ll get two hours’ work credit for hosting!

Weavers Way Co-op Welcome Meetings



We encourage all new or prospective members to attend an orientation meeting, where you can learn all about our co-operative, our stores and our Working Member 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.

Orientation dates are listed below and are also posted on our website at www.weaversway.coop. Please complete the form and return it to any of our stores so we will know which meeting you will attend. Meetings include a store tour.

We look forward to seeing you there!

The Back Yard, Weavers Way Chestnut Hill

8224 Germantown Avenue

6-9 p.m. every Third Thursday

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You can also call 215-843-2350, ext. 118 or e-mail outreach@weaversway.coop.

The Home Grown Institute

Taking Stock of the Homestead

**by Sarah Gabriel, Managing Director,
The Home Grown Institute**

IT'S BEEN a year since I began turning my home into a homestead, and I thought it would be useful to summarize and reflect.

The first livestock — beyond myself and my son — to join the homestead were the red wriggler worms. Last winter, before ordering 50 pounds of worms to give away at The Home Grown Institute, I had started a small bin. I now have three 5-gallon bins going strong. I harvest a couple bags of worm castings nearly every two months.

Time and Resources: Every few days I bury a handful of well chopped kitchen scraps in each bin. Every couple months I spend an hour+ harvesting the castings, and restocking new shredded bedding for the worms. I keep the bins in the laundry room.

Best thing about having worms: The castings are “black gold”... the best fertilizer you’ll ever find.

The next to join the party were the chickens. I spent the summer visiting other people's chicken-coop setups for inspiration and then designed and built a three-part space for the chickens. In August, I got three 3-month old chickens from Laurie at Shady Apple Goats in Flourtown. The gals (no roosters) started laying between December and February and now I get about three eggs a day.

Time and Resources: Someone told me having chickens is like having fish...It takes about two minutes in the morning, two minutes in the evening, 10 minutes every couple of weeks, and a couple of hours twice a year. I



The author and her kombucha mother (right); the relaxing chickens.

Sarah Gabriel photos



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spend \$37 every six weeks on organic (non-GMO) pellets that I buy at Weavers Way.

Best thing about having chickens: It relaxes me to watch them. They eat my kitchen scraps (and scraps from the neighbors, too) and I have plenty of fresh eggs to share.

I have to confess that my greatest reluctance has been the growing of veggies. I am not sure if it is because of the years it takes until you feel beyond beginner, or the fact that the plants don't make any noise (that I can hear!). Nonetheless, I am committed to the practice and I kinda begrudgingly have set up two raised beds and six Earth Boxes (sub-irrigated systems), and erected a hoop house where I will, I guess, extend the season.

Time and Resources: This year I got free leaf compost from the township and spent a little on vermiculite and seeds. I also splurged on the Earth Boxes. If you add up all the time, starting from seeding until the final harvest, it is a lot — gather, prep, plant, water, water, water, weed, water, weed, harvest. Pennsylvania Horticultural Society is a great resource.

Best thing about growing vegetables: Knowing I am learning that I can.

Moving into the kitchen, I've got relationships going with SCOBYs — symbiotic colonies of bacteria and yeast, both for kombucha and dairy kefir. The SCOBYs live on sugars — the dairy SCOBY eats the lactose in milk and the kombucha mother SCOBY consumes sweet black tea — and convert the liquids into a healthful fermented beverage.

Time and Resources: I've gotten into a routine with both beverages and time is minimal... A few minutes to gather stuff on the counter, hours (dairy kefir) or days (kombucha) of waiting, and then bottling into the fridge. Cost of milk, tea and sugar.

Best thing about SCOBYs: Putting friendly bacteria into my gut.

In the last Up Close & Personal workshop, we got the mushrooms going — a 3-by-5-foot area of wood chips layered with *Stropharia* (wine cap) spawn outside in dappled sunlight, four oak logs inoculated with shiitake plugs and, bags of pasteurized straw as substrate to grow oyster mushrooms.

Time and Resources: Supplies are local from chickenmushrooms.com — just a few dollars for each each project. Wood chips were nearly free from the Philadelphia recycling center off Ford Road in West Fairmount Park. Once the substrates are inoculated, there isn't much to do but monitor moisture a bit and wait — from weeks to months to years, depending on the specific mushroom.

Best thing about growing mushrooms: It motivated me to learn about mycelia and that has transformed my life.

The newest addition to the homestead is the bees. Along with hundreds of other people, I had ordered a “package” from Jim Bobb near Lansdale, who drives down to Georgia and brings back a truckload of bees every April.

Time and Resources: Of all the things going on at the homestead, bees need the most knowledge and also the most gear. I took a 10-hour beekeeping intro class when I lived in Colorado and I have been refreshing my knowledge with lots of reading. I don't have a full bee suit, but I do have a pith helmet with a veil, a hive tool, bee brush, smoker and of course, a hive. I'm using a top-bar style hive that was made last year at The Home Grown Institute. New hives can start at a couple hundred dollars; the bees (with queen) set me back \$94. The Philadelphia Beekeepers Guild (www.phillybeekeepers.org) is a great connection.

Best thing about beekeeping: The bees are the ones that really bring it all together. They fly around, move pollen and help the plants grow, transport it home to feed their young and turn it into wax and honey, which we can use as art, craft, medicine and food.

So, what's left? I am looking forward to later this month, when I get delivery of a small countertop aquaponics system. I'm planning to run my own little science project: side-by-side aquaponics and mini Earth Box — both growing the kitchen herbs to assess the difference in growth rates and nutrient densities.

And then there is that big cultural challenge coming up: the next Up Close & Personal workshop June 30 featuring Edible Bugs — I Dare You! ... where we will snack on cricket fritters prepared by Weavers Way's own Glenn Bergman. Do you dare? See thegrowinstitute.org for more information.

A Stitch in Timebanking

Weavers Way and Time4Time member Mark Klempner (see below) shows off the result of his time-bank exchange: A new “anti-smash” sleeve for his side-view mirror.



TIME4TIME He had the idea and fellow Timebanker Terri Greenberg had the sewing machine!

Time4Time is an all-inclusive circle of people who share in giving and receiving services in exchange for time credits instead of money. Interested in learning more? Come to a workshop sponsored by Time4Time Community Exchange at the Center on the Hill Sunday, June 9, 2 to 3:30 p.m. The Center is in the Presbyterian Church of Chestnut Hill, 8855 Germantown Ave., next to Chestnut Hill Hospital's new ER entrance. RSVP: Time4TimeXchange@gmail.com.



Photo credit Ellie Seif

Awbury's Cope Mansion provided a splendid backdrop for Maypole dancing, too

Dining for Women

A Tea-totally Pleasant Day to Celebrate Mothers

by Margaret Guthrie, Weavers Way Dining for Women

THE HUFFINGTON Post had this to say in a post earlier this year about Dining for Women:

“Dining for Women now has 8,000 members in more than 38 states meeting monthly to raise money for a different grassroots nonprofit. And as its membership grows, so does its impact: So far the national network has donated \$1.5 million to charities — about \$20,000 to \$40,000 each month.

“Organizations in Sudan, Rwanda, Vietnam and Haiti are just a few of the many that have benefited from these women dining in each month, but mem-

bers might say the empowerment is two-sided.”

We do say the empowerment is two-sided. Most of us would agree that we get far more out of Dining for Women than the little bit each of us contributes. (And note: It's now up to \$50,000 + a month!)

First, there is the immense satisfaction of knowing that your contribution is going directly to the women and children who need it and the benefits will start immediately. Second, there is what we learn each month about another part of the world and the struggles that women and children are going through to survive. Of-

ten what is needed for them to thrive is not all that much, at least not by our standards, so the money we send gets to work right away and lives improve.

Dining for Women provides that empowerment through education, micro-loans, improvements in basic infrastructure like potable water and sanitary waste disposal and basic agricultural supplies which enables them to feed themselves and their families.

But the Weavers Way Dining for Women chapters don't stop there. For the last two years we have put on a Mothers' Day Tea benefiting both Dining for Women and Weavers Way Community Programs. We are as concerned for the health and well-being of our near neighbors here in Northwest Philadelphia as for those in Uganda, Nepal and Haiti.

We could not have requested better weather this year. Sunday, May 5, was a beautiful spring day and Awbury Arboretum looked lovely. The Cope Mansion downstairs rooms have been lovingly restored, providing the perfect backdrop. Morris dancers played and danced and sang throughout the entire event; we cannot thank them enough for providing such world-class entertainment. We also owe a debt to our parent organization, Weavers Way Co-op, which supplied the tea and many of the ingredients for the tea sandwiches. In addition, Café Mills provided us with chairs, enabling our guests to sit on the wide porch, enjoying their tea and watching the dancers on the lawn. Most of all, we could not have put on the tea without the womanpower of our members. Many baked and made sandwiches and brewed tea, many came early and stayed late to ensure the tea was successful and that the Cope Mansion was left in good order.

Several of our guests expressed the hope that we would do it again next year, surely the sign of a successful event.

For info about Dining for Women:
Betsy@betsyteutsch.com
www.wwdfwthursday.wordpress.com.

Moonlight Movies Return to Lovett

FOR THE third year, the popular free summer movie screenings at Lovett Library Park will return this summer. Moonlight Movies in Mt. Airy, a joint partnership of Mt. Airy USA, Trolley Car Diner and the Lovett Branch of the Philadelphia Free Library, begins on Friday, June 21, and runs through Friday, Aug. 16, at the park adjacent to Lovett, 6945 Germantown Ave.

Last summer, hundreds of moviegoers brought their lawn chairs, blankets, picnics and friends to the family-friendly film screenings. This year, to avoid cancellations due to rain, the Mt. Airy Presbyterian Church has agreed to host the films in their sanctuary (13 E. Mt. Pleasant Ave.) in case the heavens open.

In addition to nine movie screenings, this year Mt. Airy USA will pilot a special simulcast of a Phillies' game vs. the St. Louis Cardinals on Wednesday, July 24.

Dining Under the Stars, which Mt. Airy USA introduced last year, also continues. From 6:30 to 8:30 p.m. each Friday, pop-up food vendors will visit the site and serve folks who want to come



Summer movies at Lovett Park: Don't forget your chair!

early and grab a bite. It's the perfect summer dinner and a movie date!

Movies roll at 8:30 p.m. The following films — selected by public vote — will be screened:

- June 21: “Life of Pi”
- June 28: “Field of Dreams”
- July 5: “Akeelah and the Bee”
- July 12: “Grease”
- July 19: “Brave”
- July 26: “Casablanca”
- August 2: “Mary Poppins”
- August 9: “Hugo”
- August 16: “The NeverEnding Story”

The special Wednesday, July 24 Phillies-vs.-Cardinals event starts at 8:15 p.m.

With nine films, a Phillies game, a rain location reserved and different food offerings every week, Moonlight Movies In Mt. Airy promises to provide a summer of fun for everyone.

For more information, contact Mt. Airy USA at 215-844-6021 x224 or visit gomtairy.com/events.

The nonprofit Mt. Airy USA aims to preserve, empower, and advance a vibrant and diverse community by stimulating development responsive to Mt. Airy. For more info, call 215-844-6021 or visit www.mtairyusa.org.

If you can't grow it in your own backyard, get it from ours!

Look for fresh produce from the Weavers Way Farms at our stores.
You can't get much more local than that.



Henry Got Crops Farm
Mort Brooks Farm at Arboretum



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5% off
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Let us handle the pomp and circumstance at your graduation party.

Our kitchen can assist with any degree of catering help you need—from a smart selection of sandwiches to a magna cum laude meal. Study our catering menu and give us a call.

Cold Hors D'oeuvres

MINIMUM ORDER: \$15 EACH

- Asparagus wrapped in smoked salmon with creamy dill dip \$2.50 ea
- Smoked salmon crostini with red onions, capers and chive cream \$2.50 ea
- Belgian endive stuffed with triple cream/bleu cheese, dried cherry and toasted almonds \$2.00 ea
- Crostini topped with filet mignon, pickled onion and horseradish cream \$3.50 ea
- Curried chicken salad in puff pastry cups \$2.50 ea

Hot Hors D'oeuvres

MINIMUM ORDER: \$15 EACH

- Chicken satay with peanut dipping sauce \$2.00 ea
- Parmesan-panko chicken tenders \$2.00 ea
- Mini crab cakes with Sriracha aioli \$4.00 ea
- Moroccan spiced lamb lollipops with tahini garlic dipping sauce \$3.50 ea
- Coconut shrimp with sweet chili dipping sauce \$2.00 ea
- Mini potato pancakes with sour cream and chives \$2.00 ea
- Grilled polenta squares with marinara and fresh mozzarella \$3.00 ea

Entrees

MINIMUM ORDER: \$15 EACH

- Whole roasted filet mignon M/P
- Whole poached salmon with cucumber dill sauce \$19.99
- Tandoori chicken breast with cucumber raita \$7.50 ea
- Chicken picatta \$7.50 ea
- Chicken kabobs with spicy yogurt sauce \$7.50 ea
- Tilapia stuffed with spinach and fontina cheese \$16.99 lb
- Tilapia à la meunière \$16.99 lb
- Hoisin roasted salmon \$19.99 lb
- Lemon oregano chicken \$6.50 ea
- Chicken parmesan \$11.99 lb
- Eggplant parmesan \$8.99 lb
- Cheese lasagna \$50.00 1/2 pan*
- Turkey or beef lasagna \$60.00 1/2 pan*
- Vegan "sausage" lasagna \$60.00 1/2 pan*
- Vegan black bean farro burger \$5.50 ea
- Mushroom risotto cakes \$5.00 ea
- Grilled polenta topped with wild mushrooms and gorgonzola \$7.50 ea

*1/2 pan feeds 12-15 people

Accompaniments

MINIMUM ORDER: \$15 EACH

- Scalloped potatoes \$7.99 lb
- Wild rice with butternut squash and pecans \$10.99 lb
- Mashed potatoes/sweet mashed potatoes \$5.99 lb
- Roasted cauliflower with olives and walnuts \$12.99 lb
- Green beans almondine \$10.99 lb
- Sesame carrots and green beans \$8.99 lb
- Asparagus and green bean verde \$12.99 lb
- Roasted butternut squash with cranberries and pecans \$8.99 lb
- Caramelized butternut squash with walnut sage pesto \$10.99 lb
- Grilled vegetables \$9.99 lb
- Braised Brussels sprouts with shiitake mushrooms, leeks and tarragon \$10.99 lb



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Ordering Information

Please call WEAVERS WAY CHESTNUT HILL at 215-456-9150 ext. 204 and speak to an associate in the prepared foods dept. or email inquiries to info@weaverswaycoop.org. Please contact us by phone if you do not hear from us within 24 hours.

We prefer to have one week's notice for all orders but will accommodate last-minute orders whenever possible. Two days' notice is required for cancellations or change of order. We are happy to customize your order if you do not see something on our menu that suits you.