



Sunday, October 13 • Noon to 6 p.m.

Join us at Cliveden, site of the Battle of Germantown, for our 40th Birthday Bash and Fall General Membership Meeting!
Not to mention food, fun and music!

GMM Agenda: President's Remarks | Spring Minutes Review
General Manager's Report | Financial Report | Member Award Ceremony

Name That 40th Anniversary Brew!



See Page 26.



The Shuttle

September 2013 Vol. 41 No. 9

Community-Owned Food Markets Serving Northwest Philadelphia Since 1973

Consider the Hissing Cockroach

Eating bugs not on your to-do list? Shawn tried it so you can read all about it.

by Shawn O'Connell, Weavers Way Chestnut Hill Deli Manager

Cook, 40 hrs. per week, must understand insects. Is this a job posting we might see from Weavers Way Kitchens? Well, likely not this year. But . . .

Weavers Way Executive Chef Bonnie Shuman inspired me in her Shuttle column last month with quotes from M.F.K. Fisher, a writer who used food to talk about human “stuff” and adventure. I needed to look to someone like her to figure out how to get a handle on my writing again . . . and how to talk about eating bugs. So I took inspiration in naming this article from Fisher’s book “Consider the Oyster.”

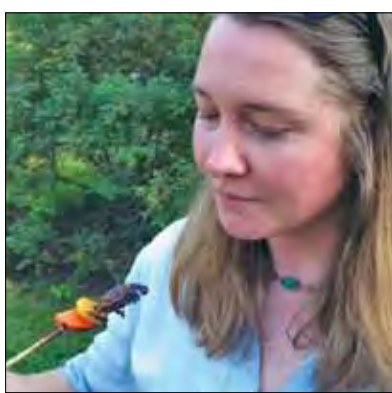


Kebobs on the grill at Morris Arboretum’s “Bug Crawl”; below, Shawn faces her roach. *Glenn Bergman photos*

“He was a bold man that first ate an oyster,” noted Jonathan Swift. To some people, eating oysters has a gross-out factor, which many, many more people have at the thought of eating insects. If you overthink, neither one is entirely pleasant. I guess. I’m not one of those people.

When Glenn Bergman sent out an

(Continued on Page 18)



New WW Committee Takes on Food Justice

by Kevin McCarthy, Weavers Way Food Justice Committee

UNLESS YOU are immersed in the topic or have already read “Food Justice” by Robert Gottlieb and Anupama Joshi, you may be as unsure as I was about what the term really means. Such was the case when I walked into the Co-op meeting room for the initial meeting of the Weavers Way Food Justice Committee.

As it turned out, my own uncertainty was echoed as the dozen attendees voiced their views on food justice and how the concept applies to Weavers Way.

Committee Coordinator Nathea Lee introduced herself and fellow organizer Bettina de Caumette, Weavers Way Outreach Coordi-

(Continued on Page 2)



by Rebecca Torpie, Weavers Way Marketing Director

We’ve been getting great feedback about Next Door, the wellness and beauty store we’re opening at 8426 Germantown Ave. (next door to Weavers Way Chestnut Hill — get it?), and our team has been working hard making your wishes and dreams come true.

A big thank-you to all who participated in the Wellness Store survey. Per your suggestions, we will be offering several new lines that aren’t currently at Across

Update: Weavers Way Next Door

the Way in Mt. Airy, including New Chapter supplements and Piggy Paints, a line of nontoxic, eco-friendly nail polish for kids. We’re looking for a natural cosmetics line, and your ideas are welcome.

We’re also excited to be bringing in products that you probably haven’t seen in the area before. Next Door will carry skin care from suki, an environmentally conscious company dedicated to Fair Trade, organic and “clean” ingredients. Demeter Fragrances from New York has a fresh and fun line of fragrances — from Tomato to Cherry Blossom to Gin & Tonic. As you may imagine, we had a ton of fun working our way through the samples!

New and expanded sections will include Men’s, with skincare and shaving products, and Local, featuring some of the wonderful health and beauty creations coming from our own back yard.

In preparation for opening, we’ve updated the look of Weavers Way-brand vitamins and supplements, but even more exciting, we’ll be offering a 5 percent member discount on them.

There’s still so much to do before October, but we’re taking our vitamins to stay strong and healthy during this undertaking. If you have any suggestions or comments about the new Weavers Way Next Door, contact me at rtorpie@weaversway.coop or 215-843-2350 ext. 121. I’d love to hear from you!

WEAVERS WAY COOPERATIVE ASSOCIATION
559 Carpenter Lane, Philadelphia, PA 19119
WWW.WEAVERSWAY.COOP
CHANGE SERVICE REQUESTED

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Editor's Note

by Mary Sweeten, Shuttle Editor

MUSING in this space last month about how much I like Weavers Way Farms, I made a somewhat specious playful connection between the farms and going to Florida for Phillies spring training. Now it turns out there actually is some interesting GMO-related Florida orange juice journalism going on, but I'll get back to that in October, which is the Non-GMO Project's Non-GMO Month. (Anything for a news angle.)

Here at the Co-op, we take the genetic modification of food very seriously, but October is not Weavers Way Non-GMO Month. No, it is Weavers Way 40th Anniversary Celebration Month!

There will be some fun stuff in the Shuttle and on the Weavers Way website (www.weaversway.coop), but really, I think the most fun you can have in October will be to go to the 40th Birthday Bash on Sunday the 13th at Cliveden — yes, that Cliveden, with the historic house (you can go inside!) and the great grounds (site of the Battle of Germantown!).

There will be food, vendors, info tables, music, probably dancing, certainly cake — the whole deal. There will also be a break for the obligatory Weavers Way Fall General Membership Meeting, so consider yourselves notified.

Not to mention the tapping of the Weavers Way beer keg. Wait, the Co-op is selling beer? Hah. When sustainably raised pigs fly. No, what is actually happening is that Tom Baker, who puts the Brew in Mt. Airy's Earth Bread + Brewery, is making — tah dah — a Weavers Way 40th anniversary beer! See Page 26 for more on that.

It's only September, so there's still plenty of time to help make this the best 40th birthday the Co-op has ever had. Outreach Coordinator Bettina de Caumette (outreach@weaversway.coop, 215-843-2350, ext. 118) is the go-to person to contribute ideas, suggestions, muscle or just your 2 cents.

msweeten@weaversway.coop



The Co-op fruit bins benefit from intensive orchard monitoring that allows IPM fruit growers to apply pesticides sparingly

'Integrated Pest Management': Not Dirty Words

by Stephanie Kane, Weavers Way Local Produce Buyer

AT WEAVERS Way, we get a lot of questions about how our peaches and apples are grown. So here's some information on Integrated Pest Management (IPM) and the local orchards that supply our tree fruit.

IPM refers to a growing system based on the life cycles of pests and an understanding of the ecosystem of the farm or orchard.

It begins by monitoring the number and type of pests to determine when to start using different biological pest controls. This allows farmers to control those insects specifically, at optimal times. IPM also takes into account all the beneficial insects like ladybugs that can help control harmful bugs.

In addition, IPM farms and orchards



USDA photo

use crop rotation and resistant varieties to help prevent disease and further reduce pesticide use.

Finally, the least harmful pesticides are chosen first. This includes using pesticides that target only the bug causing the problem, rather than going with a type that will kill anything in its path.

One of the main types of IPM control is the use of pheromones to disrupt insect mating. Flags dispense artificial pheromones that replicate female insects' hormones. When the males enter the area, they are so overwhelmed and confused that they are unable to find a female to

mate with.

For pheromone disruption to work, farmers and orchardists have to understand pest life cycles and plan ahead for the best time to control them, rather than waiting until there is a problem.

But aren't peaches and apples on the top of the "Dirty Dozen" (a list of produce most heavily sprayed with pesticides)? And shouldn't we only purchase them if they're Certified Organic?

We choose to buy from these IPM farms for a number of reasons. We research them extensively to make sure they are growing to our standards, with or without an organic certification.

In the case of tree fruit, growing organically is incredibly difficult, especially in our region. You'll see a lot of certified organic produce coming from California, where the arid climate works in favor of growing organically — their irrigation systems water only the roots. In the Northeast, regular rain means irrigation isn't necessary, but wet leaves and fruit harbor diseases and insects.

Our main sources of local tree fruit grown with IPM methods are Beechwood Orchards and Three Springs Fruit Farm, both located in Adams County. They are both family run, and have each been in operation for over 100 years. Adams County is known for its orchards (20,000 acres in tree fruit production) and we've chosen these farms for their ability to provide us with high quality fruit, including peaches, nectarines, plums, apples and pears.

Here's a fall fruit tip: Pear trees tend to be biennial. We wondered why we didn't receive many pears last year, and found out from the orchardist that it means this is going to be a great pear season!

skane@weaversway.coop

Food Justice Committee

(Continued from Page 1)

nator, began the discussion with the definition from Gottlieb and Joshi's book:

Food justice seeks to ensure that the benefits and risks of where, what and how food is grown, produced, transported, distributed, accessed and eaten are shared fairly. Food justice represents a transformation of the current food system, including but not limited to eliminating disparities and inequities.

From that starting point we each reflected in turn on food justice and what a committee could and should accomplish at Weavers Way. The round robin showed that one thing we all seemed to agree on was that the Co-op addresses food justice almost by virtue of its existence, but that we could do more.

Glenn Bergman, Weavers Way's general manager, then made a presentation about the Co-op's current direction, highlighting Weavers Way Community Programs, the farms, Fair Trade and Equal Exchange. From our involvement with these programs and our Mission Statement, it is clear that we regularly address food justice within our procedures.

But the effort could be more collaborative and focused, Bergman said, cit-



BLOOD DRIVE

Friday, September 6 • 11:30 a.m.-5:30 p.m.

Bloodmobiles will be parked outside both Weavers Way stores.

Partner: Miller-Keystone Blood Center
(Miller Keystone supplies Chestnut Hill Hospital.)

Walk-ins welcome, appointments preferred.
Email or call Jon Roesser at
hr@weaversway.coop / 215-843-2350 ext. 132.



The Co-op took part in Wyck's "Homegrown: Food Arts, Culture & Community" event.

Story and pictures, Page 28.

ing local organizations such as the Pennsylvania Horticultural Society and City Harvest, which have programs to address hunger and food inequities, and services like How Good, which uses searchable product codes that could be configured to match Weavers Way product philosophy to generate ratings for producers.

As the discussion proceeded, some opined that food justice was about advocacy and outreach, while others promoted "getting our own house in order," such as addressing the environmental impact of where our produce comes from (local vs. strawberries in January), what we choose to stock (genetically modified vs. non-

GMO) and seeking suppliers as committed as we are to food justice.

Suggested next steps included self-education, connecting with food justice activists at other co-ops, sponsoring panel discussions and getting articles in the Shuttle and other outlets to advocate for justice in the food chain.

The committee agreed to quarterly meetings to:


- Solidify the food justice goals of Weavers Way.
- Put them into play.
- Assure that Weavers Way keeps working toward those goals.

The next meeting of the Food Justice Committee is at 6 p.m. Friday, Sept. 27, at 555 Carpenter Lane (next door to Weavers Way Mt. Airy). Bring yourself, your issues and your friends and help us move toward food justice for all.

foodjusticecomm@weaversway.coop

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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, with payment. Products or services advertised in this paper may not in any way be construed as endorsed by Weavers Way Co-op.



The Shuttle is printed on 100% recycled paper.



What's in Store at Weavers Way

Fall for Local Pasta & Smoothies

by Karen Plourde, Weavers Way Staffer

GOODBYE, SUMMER, welcome back, routine. While many of you have been squeezing out the last drops of vacation, products continue to come in at Weavers Way. We sort through, add some, drop others, keep what shoppers like and what we have room for. Most of the grocery items featured this month can be found in both stores, so stop by anytime and check them out.

For an easy dinner solution, head to the freezer case for Talluto's, a maker of frozen pastas and sauces from the Italian Market (and Folcroft, Delaware County). Both stores are carrying lobster ravioli, grilled vegetable ravioli and basil pesto agnolotti. The Chestnut Hill store also features cheese ravioli and crepe manicotti, along with rose, tomato and alfredo sauces.

You can also find Spectrum spray oils in four varieties: coconut, canola, olive oil and baking spray with flour.

A ready-made smoothie is a convenient choice for breakfast or lunch, and we now have a local selection thanks to the folks at Flint Hill Farms (Coopersburg, Lehigh County). Flavors include Blazin' Blueberry, Rockin' Raspberry, Merry Mango and Perfect Peach.

In the Mt. Airy store, there are two new flavors of Synergy kombucha: raspberry chia and green chia. And in Chestnut Hill, check out Yellow Springs Farm (Chester Springs, Chester County) goat milk caramel sauces in two flavors: vanilla and chocolate swirl. You can find the sauces on top of the deli case.

New and Noteworthy

Across the Way Wellness: We're featuring Alaffia skin, hair, and face care products. Alaffia is a West African cooperative that uses as the basis of its products unrefined shea butter produced by traditional means. The cooperative employs local women and works to alleviate poverty. Our store carries Everyday Shea shampoo and conditioner and African Black Soap, as well as handcrafted shea butter and coconut butter. Look for an Alaffia event at Across the Way at the end of October.

Mt. Airy Pet: We now carry K9 Advantix II for dogs and Advantage II for cats. Both flea and tick treatments offer four months of protection for about the same price of a three-month supply of Frontline. In addition, veterinarians have begun recommending Advantix over Frontline because fleas and ticks may be developing resistance to Frontline. Advantix II takes care of fleas, ticks, and biting insects, while Advantage II just handles fleas.

In the dog treat department, we've started carrying Doggie Goodies made by the Center for Creative Works in Wynnewood. The center offers job training and day services for folks with developmental/ intellectual disabilities.

Lastly, for ridding your chicken coop or your home of insect pests safely, try St. Gabriel Organics Diatomaceous Earth Insect Dust. The food-grade dust comes in a 4.4 lb. bag. DE works by scratching insects' exoskeletons and drying them out. Sprinkle some in problem areas of your home, vacuum a short time later, and say goodbye to your bug problems.

kplourde@weaversway.coop



Ginger Arthur photo

Co-op's Cut Flowers Come from Far, and Quite Near

by Ginger Arthur, Weavers Way Floral Buyer, and Jennie Love, Love 'n Fresh Flowers

IN THE Gospel of Matthew, we are asked to consider the lilies of the field. "They neither toil nor spin, yet even Solomon in all his glory was not arrayed like one of these." In short, if you're hosting an event, don't worry about what to wear, but for goodness sake get those flowers on the table!

Luckily, Weavers Way offers a beautiful, reasonably priced, year-round selection of cut flowers. In general, flowers are delivered to Mt. Airy early Monday, Wednesday and Friday, with a portion then taken to Chestnut Hill by late morning or early afternoon.

Our New Jersey-based distributor imports from Holland, Ireland, California and, seasonally, local farms, but the largest quantity comes from South America. The good news is more and more of this plant material is certified by Floreverde Sustainable Flowers or the Rainforest Alliance, which are similar to Fair Trade in other industries in that they are following best practices to protect workers and the environment, promote bio-



Jennie Love grows flowers against the backdrop of the Roxborough antenna farm (left); in season, bouquets come from both Love 'n Fresh and our distributor in New Jersey

diversity and sustainable agricultural practices and improve livelihoods

During our local growing season, bracketed by spring's last frost in April and the first real cold snap in October, we get the best of the best — splendid organically grown flowers from our favorite grower, Love 'n Fresh Flowers. Owner Jennie Love grows hundreds of varieties on just over two acres in Roxborough. Love 'n Fresh is the only urban farm in Philadelphia dedicated entirely to growing flowers and foliage for bouquets. The bouquets from this unique farm have been known to actually solicit applause from shoppers when they arrive at the Chestnut Hill store.

Says Jennie: "There is something intrinsically more beautiful about our flowers that connects with customers. It may be because the flowers are so very fresh — literally just picked, instead of being shipped over 2,500 miles from South America like the flowers from the big distributors. It may be because these flowers are 'of the place,' Philly-born and -raised, so they really feel natural."

At Weavers Way, shoppers can distinguish Love 'n Fresh bouquets from the imported flowers by their hand-stamped, recycled brown-paper wrap.

While the farm is not open to the public, Love 'n Fresh does offer regular floral design workshops for anyone interested in strolling the flower rows, picking an armful of flowers and learning how to arrange them. For information, visit www.lovenfreshflowers.com. Co-op members get a 5 percent discount; enter the code WWLOVE when registering online.

Love 'n Fresh Flowers also offers remarkable floral arrangements for weddings and other special events, exclusively using locally and organically grown flowers.

Weavers Way floral buyer Ginger Arthur welcomes feedback, inquiries and orders at floral@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!

Five Things to Keep You Too Cool for School!

The start of the school year. Even though you want to be part of the pack, you need to stand out. This class of smart, handy items, all available at Weavers Way Across the Way, will maintain your status as the Cool Cat on Campus. (Now get cracking on that homework!)

- To-Go Wear Bamboo Utensil Set** — Bamboo is hardworking and super-sustainable, just like you during that all-nighter for that paper on "The Great Gatsby." Skip the plastic in the cafeteria line and BYO fork instead.
- PackIT Shop Cooler** — Holds your Courage Burger and WW kale salad cold for up to 10 hours. These ingenious freezable lunch totes are PVC-free, BPA-free, lead-free, non-toxic, earth-safe and reusable. Can you get a whole lot cooler than that?
- Vapur The Anti-Bottle** — Your insatiable thirst for physics cannot compete with literal thirst. Collapse, fold, refill and reuse this ultra-compact, super-light canteen to keep focused and hydrated while you absorb the matter/antimatter principle.
- Badger Cocoa Butter Lip Balm** — Dry, chapped autumn lips are a thing of the past when you slather on this luscious balm made with organic Fair Trade cocoa butter. Seven flavors, including Poetic Pomegranate and Mocha Cocoa, make time under the bleachers extra fun!
- Weavers Way Gear** — Wear your Co-op proud, with quite a few fashion-forward options, from WW softball shirts (same as the staff team wears!) to tees with the old-school rope logo from before you were born. (Man, the Co-op's old.)



Weavers Way Community Programs

Farewell to Our Interns, Maddie, Maya and Sara

by Shelley Hedlund, Farm Education Coordinator and Larken Wright Kennedy, Farm Education Apprentice

IN OUR program we attempt to strike a balance between agricultural work and education, sometimes trying to do both at once with youth who visit us at the Children’s Garden at Mort Brooks Memorial Farm and who attend our weekly sessions at Stenton Family Manor. Our program runs on a mix of long-term interns and volunteers along with our seasonal and permanent staff. As we say thank you and good-bye to our amazing summer crew, we realize how important it is to have so many extra hands to ensure our success.

This summer we had the pleasure of hosting three interns whose dedication and enthusiasm made them invaluable:

- **Maya Nojehjowicz and Sara Jaramillo** joined us from Haverford College’s Center for Peace and Global Citizenship. Interns from CPGC have worked with us for several summers, and they have been intrinsic to our program because they invest in the growth of the individual students as well as the host organization. Sara and Maya

signed up for 10 weeks but they loved working with us so much that they both stayed longer!

- **Maddie Johnson** joined us as a Summer of Service intern from Bryn Mawr College, braving two early morning regional rail trains each way just to get to Awbury! She heard about our program through last summer’s intern.

Maya, Sara and Maddie were the vitality of this summer. They accomplished every task with enthusiasm, positivity and creativity, be it weeding the beets or leading games with kids at Stenton Family Manor. In the beginning we assigned each of them a system: weed management, pest management and irrigation. By mid-summer each had fully taken on their role, simply reporting to us what they thought needed to happen or just going and doing it themselves. It was wonderful to see their capabilities grow, and by the end of their stay we were a well-oiled machine!

The departure of our lovely interns opens up cooperator shifts for Weavers Way working members. If you’d like to get involved, look for shifts at the Children’s Garden at Mort Brooks Memo-



Shelley Hedlund photo

Maddie Johnson and Maya Nojehjowicz (from left above) preside at the WWCP farmstand earlier this summer; Sara Jaramillo (in hat in photo at right) picks flowers with teen intern Tiffany Winston.



Larken Wright Kennedy photo




rial Farm or at Stenton Family Manor that will be posted throughout the fall. You can also email WWCPvolunteers@weaversway.coop for info or to volunteer.

Come be part of changing our food system!

educator@weaversway.coop

September 19: 5pm-10:30pm

STREET FARE

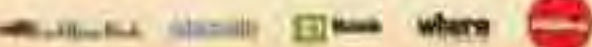
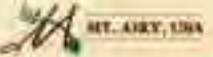
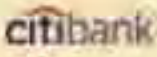


SIP, SAVOR, STROLL

Get ready to recover street cats from the city's lostiest trucks and restaurants, sip craft-made drinks and stroll along historic Germantown Avenue.



7000 7200 GERMANTOWN AVE. MT. AIRY
for more info visit GOMTAIRY.COM





FARMSTAND



VSP (Very Special Produce)

The Weavers Way Community Programs farmstand out in front of Weavers Way Chestnut Hill features vegetables, fruits and plants cultivated by the kids at our Children's Garden at the Mort Brooks Memorial Farm and the families of Hope Garden at Stenton Family Manor in Mt. Airy.

Pick some up 3-6 pm. Tuesday.

Here's what we have in September:

• Heirloom Tomatoes (4 varieties)	• Basil	• Collards
• Cherry Tomatoes (3 varieties)	• Eggplant	• Leeks
• Summer Squash	• Ground Cherries	• Tomatillos
• Okra	• Beans (3 varieties)	• Flowers
	• Chard	• Mustard Greens
	• Kale	• Garlic
	• Potatoes	• Carrots



EQUAL EXCHANGE FAIR TRADE

September Coffee of the Month



Bulk Beans
All Coffee except Decaf
Sale \$8.99/lb.
September 4 - October 1





Weavers Way Community Programs

He Learned His Stuff, Now He's Doing It

by Jill Fink, Executive Director,
Weavers Way Community Programs

THE FARM Journal magazine editorialized way back in 1893: “That bright boy, as full of questions and ideas as he is of mischief, has in him the material for making a stirring, successful farmer. Answer his questions patiently, interest him in the farm work and business by taking him into your confidence and giving him something to do and to think about. As to the dull boy... he can be a lawyer and a politician.”

I came across this quote a few weeks ago. It made me smile as I called to mind some of my more mischievous farmer friends, but it also spoke volumes as I reflected on the young people WWCP works with every day who will be our future farmers. During the same period of time, Nathan Newman, a recent graduate of Saul High School, sent the letter below to WWCP Farm Educator, Clare Hyre, thanking her for encouraging him to apply for the apprenticeship program at Walnut Hill Community Farm.*

Allison Blansfield, Farm Manager at Walnut Hill, says bringing Nate on board



Allison Blansfield photo

made perfect sense: “Having apprenticed on the Henry Got Crops CSA farm, Nate brings a wealth of knowledge and expertise on agriculture operations. We are looking forward to seeing him grow into another great leader on the farm and in the Walnut Hill community.”

While it's something we hope for, it's not every day that we're told we've made a difference in someone's life. With Nathan's letter, I realize that not only has WWCP—specifically Clare (and Nina)—made a difference in his life, but the work he's doing at Walnut Hill is transforming the lives of families in West Philly. He is the future, the promise of urban ag, that we

hope to inspire in young people. There are barriers to be sure, access to land, access to capital, but as far as interest, that's one barrier we've put behind us.

Here's an excerpt of Nathan's letter, reprinted with his permission:

Dear Ms. Clare,

I want to thank you for your invite to apply for the West Philly Foods Apprenticeship Program. I did apply for the apprenticeship program and was accepted!

I now follow in the footsteps of other Saul students and am working with former Saul student Eric Daniels who is guiding me and preparing me for his job, which

Nathan on the job as an apprentice at Walnut Hill Community Farm

is managing the daily farm tasks at the Walnut Hill Community Farm. Here we harvest, plant and sell organic produce, as well as interact with community residents and educate them on the benefits of healthy eating. The produce we grow here is very similar to what we have grown at Saul's CSA: tomatoes, carrots, peppers, zucchini, cucumbers, eggplants, garlic, and we purchase produce from other community farms to sell through our CSA and weekly community farm stand. . . . So far it has been a joy working here, with nice staff members who really enjoy their work. It is always good to get out here and to know what you are doing and how things go. It is one thing when you have to learn the work (which takes a little longer) and it is another thing when you can just dive into work that is well known to you. Thank you Ms. Clare and Ms. Nina as well and the rest of Saul's CSA members that have helped me to move farther along the path of AG Science.

Sincerely, Nathan Newman

* The Walnut Hill Community Farm took root in the spring of 2010 and is a project of The Enterprise Center CDC. Located at 46th and Market Street, you'll have a chance to visit the farm when you join us on Sept. 7 for Weavers Way's 8th Annual Urban Farm Bike Ride. Register at www.weaversway.coop/bikeride.

jill@weaversway.coop



Farm to table dinners don't get any closer to the farm than this! Join us at Weavers Way Farm at Awbury Arboretum for a meal prepared for you by the Co-op's General Manager, Chef Glenn Bergman, featuring items harvested from our own fields.

Break bread with people who value the local food movement as much as you. In the process, you'll be supporting WWCP's education programs and helping us to cultivate a passion for healthy, sustainably grown food in our community's youth.

For more information:
www.weaversway.coop/farmtotable



WoodmereArtMuseum

TELLING THE STORY OF PHILADELPHIA'S ART AND ARTISTS



DISCOVER MORE OF WOODMERE THIS FALL

From Wild Flowers to Poker, Nat King Cole to Mozart, Books of spells, pumpkin painting, watercolor and clay.



EXHIBITIONS

FRIDAY NIGHT JAZZ
CLASSIC SUNDAYS
STRAW MAZE
FAMILY HAPPENINGS
CLASSES & MORE

9201 Germantown Avenue, Philadelphia | 215-247-0476
woodmereartmuseum.org

General Manager's Corner

Weavers Way: A Financial Update

by Glenn Bergman, Weavers Way General Manager

I AM pleased to report to you that Weavers Way will report a profit for FY 2013, ending June 30, 2013. Sales were \$17.2 million, with a profit of about \$70,000. I say about, because the auditors and our Finance Committee have not yet finished their work. The audit was conducted the second week of August, and I expect an excellent final report.

Producing a profit in fiscal 2013 was not easy. Remember, we closed the Mt. Airy store for almost three months as we improved the facilities both in structure and appearance. We expanded Across the Way and improved 610 Carpenter Lane. We had expected this would produce a loss of just over \$100,000.

It was in the fourth quarter that we saw a big increase in sales and gross margin. (We will report more details in the October Shuttle once the Finance Com-

mittee has completed its review.)

I want to thank all of you who supported the Co-op during the renovation and then after. I also must thank all of the staff for their hard work and dedication to keeping all of this going day in and day out.

If you are a Weavers Way owner, you know that we run two small farms (together, they are the largest commercial urban agriculture program in Philadelphia). We've been farming at the Mort Brooks Memorial Farm at Awbury Arboretum in Germantown for seven years and at the Henry Got Crops Farm at W.B. Saul High School in Roxborough for about five years. When we set up these farms, the purpose was to have

them run as a commercial food-producing operation that broke even (not counting administrative overhead — my time, the Finance Department's time, HR and so on). The education programs that take place on our farms are run through Weavers Way Community Programs, our non-profit, which has its own board, staff and executive director.

In fiscal 2013, Weavers Way production farms ended up more than \$40,000 in the red — the second year in a row that the farms have lost this level of money. We have a plan to bring that down to about \$23,000 a year, mostly driven by increased sales to Weavers Way stores from Awbury and increased compost sales from Saul in a project run by Weav-

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ers Way member Scott Blunk. Scott has been a big supporter of the farm and has taught us how to become better at what we do every day.

The two farmers, Nina Berryman at Saul and Rick Rigutto at Awbury, are outstanding, but our labor costs are higher than most farms would have to pay. We also recently purchased a tractor.

We are planning to conduct a business review of the farms between now and the beginning of 2014 to determine what we need to do to trim the losses or change the way we farm. Nutrition and urban farming education have always been Weavers Way priorities, but we cannot continue this level of loss as we hope to pay down debt, expand and improve

our selling price points.

You'll hear more about these efforts soon, but I wanted you to know and to be aware of the work we are doing to maintain our farms as living entities in the City of Philadelphia.

The good that these farms do is huge, and hard to measure. I ask you to go out, spend a few hours volunteering at each farm, look around and watch all the people — young children, students, adults — who are involved. This is a tremendously successful program. It is just not breaking even right now, but we believe there is more to what we do than money.

gbergman@weaversway.coop

You've heard all about it, now read it for yourself



The Weavers Way Co-op Five Year Strategic Plan 2013-2018 is now available on the Weavers Way website. Members can log in and find it in the Members Center under Key Co-op Documents. If you're not a member, or would like to peruse a printed version, hard copies are available for review in the stores and the Resource Center at 555 Carpenter.

Ten months in the making, the strategic plan provides a blueprint for Co-op management for the next five years, addressing growth, operations, community and the farms.



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Stagecrafters Opens Season with ‘Superior Donuts’

THE STAGECRAFTERS Theater in Chestnut Hill opens its 2013-2014 season Friday, Sept. 13, with Tracy Letts’ comedy-drama “Superior Donuts.”

Arthur Przybyszewski is an aging hippie running a down-at-the-heels donut shop in Chicago’s Uptown section, disconnected from his family and barely making ends meet, struggling just to show up every morning to make the coffee and donuts. But his life changes big-time when Franco Wicks, a young, energetic would-be writer, shows up for work, itching to show Arthur a thing or two about fixing his business. Letts deftly weaves a story of human hopes, failures and triumphs.

Playwright Letts (b. 1965), who received the 2008 Pulitzer Prize for his seminal “August: Osage County,” has for many years been a prime mover of Chicago’s Steppenwolf Theatre Company. “Superior Donuts” premiered there in 2008, then opened for a Broadway run in September 2009.

Performance dates are Sept. 13, 14, 19, 20, 21, 26, 27, 28 at 8 p.m., Sept. 15, 22, 29 at 2 p.m. A “Meet the Cast and Director” Q&A, featuring director Jane Toczek, will follow the Friday, Sept. 20, performance.

Tickets are \$17 online, \$20 at the door. Discounts and 2013-14 season subscriptions are available. Visit www.thestagecrafters.org for more info or to buy tickets online, or call 215-247-8881; for reservations-direct, call 215-247-9913. The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave.



First-Timer Sold on Time Exchange

by Bruce Murray, Time4Time
Community Exchange

I WAS skeptical of the idea of the exchange of services based on hours instead of money when I went to the April kickoff party for the Time4Time Community Exchange. But I thought the idea was worth exploring, especially on a Sunday afternoon with snacks and music.

Since a vegetable garden was my greatest want, I decided to make it my first-time banking “request.” As a resident of a well-shaded part of West Mt. Airy, I have had to admit to myself that growing food on my property was never going to be possible. At Time4Time, I was directed to one of the time bank’s founders, Meenal Raval, who accepted my offer to plant a vegetable garden in her sunny front yard one street away from me. What really surprised me, though, was that Meenal had put in a request for exactly what we agreed to well before I approached her with my idea!

Someone said that the idea of sharing skills in exchange for time credits was radical because, in a time bank, all work is equal. I’m doing something I want to do — have a vegetable garden — and I get time credits for the hours I spend weeding and harvesting, PLUS the pleasure of sharing fresh garden vegetables and fruits! This feels pretty radical to me.

I hope that, as Time4Time grows,



my pleasant and positive experience spreads. Time banking can help neighbors obtain assistance and make connections, as well as giving them the opportunity to contribute, and maybe even make it easier to age in place.

I’m convinced that Time4Time Community Exchange can do more in terms of building a community than just getting help with our chores. So I encourage you to become a Time4Time member.

Monthly orientation meetings are every third Thursday, 6:30-8:30 p.m., at the Center on the Hill, 8855 Germantown Ave. The next one is Sept. 19. Visit the “How To Join” page at www.time4timexchange.org, print out and complete the application and bring it with you. Questions? Email time4timexchange@gmail.com.

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DePaul School Pioneers ‘Blended Learning Network’

by Delia Spellman, Enrollment and Marketing Director, DePaul Catholic School

DePAUL CATHOLIC School, Germantown’s surviving — and thriving — Catholic school, has been selected to implement Phaedrus, a “Blended Learning Network” that combines traditional classroom education with computer-based resources.

Seton Education Partners, the non-profit education consultancy that developed Phaedrus, selected DePaul for its strong leadership and commitment to educating traditionally underserved students. It is the first school on the East Coast to join Seton’s nationally recognized network.

Seton’s mission is to use technology to make Catholic schools more financially viable. Phaedrus combines computer-based instruction with traditional classroom learning, with students rotating between personalized instruction on computers and small-group instruction with the teacher. (For more information on the program, visit Seton Education Partners at www.setonpartners.org.)

Teachers use data obtained through

students’ computer work to identify areas of need and target instruction to individual student needs. Phaedrus schools have high expectations for all students, regardless of background, and provide them with enrichment programs, a longer school day, and a longer school year.

Phaedrus was launched in 2011 at San Francisco’s Mission Dolores Academy and expanded to Seattle’s St. Therese Catholic Academy in 2012. In 2012-2013, according to Seton, Phaedrus Network scholars outperformed the national average of students.

Seton will implement Phaedrus for K-2 students at DePaul this year and extend schoolwide over three years.

DePaul, housed in the old St. Francis of Assisi school at 44 W. Logan St., is among 14 former Catholic parish schools in low-income neighborhoods designated “mission schools” and run by the non-profit Independence Mission Schools.

Enrollment is rapidly filling but spots and scholarships are still available. Contact Delia Spellman at 215-842-1266 or dspellman@thedepaulcatholicschool.org for information.



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Chestnut Hill Book Festival Returns

THE CHESTNUT Hill Book Festival and Speaker Series returns for the fifth time on Sunday, Sept. 22, and brings with it a rich mix of speakers and events. Designed and executed by a small committee of volunteers, the annual Book Festival is a celebration of written expression featuring readings, presentations, book signings, musical productions and workshops, all by Philadelphia-area writers and performers.

"We want to expose authors to audiences and audiences to authors, but the Festival has an additional purpose," says committee member and former chairperson Greg Welsh of Chestnut Hill Grill. "We also want to pro-

mote our neighborhood and its businesses."

This year's Festival features Beth Kephart, author of "Handling the Truth: On the Writing of Memoir"; Lori Harps, author of "Substitute Me"; novella author Daniel Torday; and Joseph Minardi, talking about his book "Historic Architecture in Northwest Philadelphia: 1690-1930s."

Book authors are not the only presenters at this popular event. Michael Klein, food columnist for philly.com, will lead a panel discussion, "Tales from Restaurant Kitchens."

Returning to the festival this year are Philadelphia Stories writers' workshops and Chestnut Hill Improv.



As is always the case with successful Chestnut Hill events, the shops and restaurants provide a beautiful frame for the festival, and Musehouse, Chestnut 7, the Chestnut Hill Hotel and Christ Ascension Lutheran Church have generously donated meeting space.

For more information, visit www.facebook.com/ch-bookfest or www.chestnuthillbookfestival.com.

Prospects Looking Up for S. Phila. High Greening and Roof Farm

by Lauren Mandel, for the Shuttle

WHERE DOES Philadelphia's beleaguered public school system fit into the green scene? South Philadelphia High School hopes to lead the pack in campus sustainability and healthy eating.

Last spring Southern and the Lower Moyamensing Civic Association launched an online campaign to pay for a "Greening Master Plan" and a full-time garden educator for the school's 5.5-acre campus at Broad Street and Snyder Av-

enue. Contributions surpassed the campaign's goal by reaching \$27,350!

The vision is to promote outdoor education, healthy eating and storm-water management through rooftop and ground-level improvements, including a rooftop farm, solar arrays, green roofs and rain gardens in an urban setting.

The project is the brainchild of Southern Principal Otis Hackney, a Germantown High School graduate. Helping inspire him was the school's part-time garden educator, Molly Devinney,

a former Weavers Way farm intern whose position is funded by LoMo.

Devinney recalls Hackney pointing to the roof and asking, "Do you think we can grow food up there?" Hackney shared his idea with LoMo president Kim Massare, who reached out to Roofmeadow, the Mt. Airy-based green roof design company, for assistance.

LoMo has sponsored several community meetings, with more being planned, Devinney said. "From the get-go it became clear that the functional-

ity of the spaces is important: they want something that they, their kids, their parents and dogs can use, not just look at."

For more information, visit the project's crowd-funding site, projexity.com/projects/view/South-Philly-High-Schools-Greening-Plan/3 or Lower Moyamensing Civic Association's website, www.lomophilly.com.

Lauren Mandel is a project manager at Roofmeadow. She blogs about rooftop agriculture at eatupag.com.

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The Passionate Gardener

Compost Chez-Vous: It’s Easier Than You Think

by Ron Kushner, for the Shuttle

IF EVERY organic gardener worldwide has one thing in common, it is compost. It could be said that the addition of compost to any garden soil is the essence of the organic garden. All garden soils benefit from the addition of compost whenever it is available. Compost helps aerate the soil, providing home to millions of living organisms that assist in a plant’s ability to take up required nutrients. In that sense, it acts as a fertilizer. It can be used as mulch, spread on top of the existing soil as often as possible and certainly mixed with the existing soil when installing new plants.

Compost is simply the end result of organic matter decomposing into a rich, chocolate-brown material that looks good, smells good and feels good to touch. Making it at home can be as easy as tossing your organic matter on the ground and letting it sit — a compost pile or “heap” can be created anywhere a three- or four-foot-square section of earth is available. It can be located in the shade, in the sun, in a dry area, a damp area, virtually anywhere. Build up a pile to 4 feet high, using weeds, leaves, kitchen vegetable scraps, coffee grounds, overripe

fruit, tea bags, nutshells, seaweed, pine needles, sawdust, human or animal hair clippings — the list goes on and on.

Technically, any combination of once-living material, animal or vegetable, can be composted, but it is inadvisable to use animal material in your backyard compost pile. Fats are more likely to attract scavengers, and meat and dairy may contain traces of the antibiotics and other medications given to most livestock.

Should a neater look be desired, an actual bin can be constructed, preferably two or three adjacent to one another. Any material that would keep your organic “litter” contained will work — a wire cage, scrap lumber, cinderblocks, old wooden pallets. Premade bins can also be purchased in many designs and configurations.

- Some tips on composting:
- Chop or shred your debris as small as possible. The smaller the particles, the faster the decomposition.
 - Layer the material. Cover kitchen scraps with a layer of shredded leaves, for example. Even a bit of soil works as a layer.



Mary Sweeten photo
Buy a ready-made compost bin, build one out of found materials, or do a combination of both.

- Keep the pile damp, not soggy. The dampness of a wrung-out sponge is about right.
 - Aerate the pile from time to time. Turning it over with a pitchfork or shovel will work and moving it all into another adjacent space is even better. This is the reason for having two or three bins side by side.
- Anything not fully decomposed and still recognizable should simply be tossed back onto the pile. Given enough time, it will all turn to compost!

September reminders

Any plants desired for installation this fall should be either acquired now from local nurseries or ordered through catalogs or online. Early fall is the perfect time to plant. The days are still warm, the nights are cool without frost and general-

ly there is some rainfall; all excellent conditions for good root growth prior to winter dormancy.

Labor Day is the best time for fall fertilizer (no additional fertilizer is needed until Thanksgiving). Sow grass seed, pick raspberries and strawberries, continue to harvest veggies, sow cover crops, sow seeds for fall greens, apply corn gluten meal for organic lawn treatment if you are not planting grass seed, bring houseplants back indoors, do not fertilize or do any pruning at this time, deadhead roses, annuals and perennials for potential new blooms, keep winter squash on vines until skin is hard (resists pressure from your thumbnail) and start planting spring bulbs.

Contact Ron Kushner at ronkushner@comcast.net or check out his website, www.ronsorganicgarden.com.

Many thanks to our composting partners in the North West!

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Go Ahead, Ask Them Anything

by Anna Herman, for the Shuttle

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Answers can be found with your local Penn State Extension.

Penn State Extension is an educational network that gives people in Pennsylvania's 67 counties access to the Penn State University's resources and expertise. With a goal to improve the health, well-being and security of youth, families and communities; conserve and enhance natural resources; and strengthen agriculture and food systems across the Commonwealth and beyond, extension resources are useful and available to all of us.

Many of you know me as a cook, gardener and food writer. In April, I also started working part-time as the coordinator of the Penn State Extension's Master Gardener program. Since then, I've come to learn about many programs and projects of the Philadelphia extension office that deserve to be more widely known.

Master Gardeners. Penn State Extension Master Gardeners are people with a

demonstrated interest in volunteering in the community and a willingness to educate audiences about horticultural and environmental stewardship practices. Master Gardeners are involved in programs in adult and childhood education, in directly educating and advising the public about horticultural topics and problems, organizing and maintaining demonstration gardens and communicating research-based horticultural information through a variety of media and with multiple project partners. For more information about the Philadelphia Master Gardener Program (which is currently recruiting new members) contact me at aeh22@psu.edu.

4-H. If you've been to the Mt. Airy Village Fair and met the sheep, goats and calves, you've had some experience with Penn State Extension 4-H. 4-H offers students in dozens of schools and camps a chance to learn about embryology, animal husbandry, archery and more. For more info, contact Jackie Simon, jas59@psu.edu.

Nutrition. Penn State Extension Nutrition Links offers parents and caretakers of school-age children free nutrition classes. This program's core lessons focus on achieving the maximum nutrition on a limited budget. Participants learn to read and understand nutritional labels and how to prepare fresh produce in easy-to-replicate recipes. A core of dedicated staff help families in every neighborhood

with hands-on healthy meal strategies. For more info, contact Suzanne Weltman sxw53@psu.edu.

Horticulture. Penn State Extension Horticulture works with after-school, special-interest or summer-camp programs on a variety of topics, including soil health, seed germination, plant biology, plant propagation, transplanting seedlings and garden design. The program is also the home of the Penn State Extension High Tunnel Alliance, whose member organizations count 15 Penn State sponsored high tunnels — the greenhouse-like structures that extend the growing season for community groups and urban farms. Penn State works closely with Weavers Way Farms.

Healthy Homes. Penn State Integrated Pest Management's Healthy Homes program highlights the connection between health and housing, and how to take a holistic approach to identifying and resolving pest problems. Through their work with day-care centers and schools, the IPM team helps keep many Philadelphia children safe from both pests and pesticides.

Penn State Extension is funded by the U.S. Department of Agriculture as well as state and county governments. Over the last decade, budgets have been reduced and research and outreach curtailed. But despite our small staff, the Philadelphia team is eager to be a useful resource and welcomes feedback, ideas and advice. Visit us on the Web at psu.edu/philadelphia.

Contact Anna Herman at aeh22@psu.edu or annasedibleadventures.com

West Laurel Hill Now an Accredited Arboretum

West Laurel Hill Cemetery in Bala Cynwyd has received its arboretum accreditation through the Arbnet Arboretum Accreditation Program and the Morton Arboretum. "West Laurel Hill has indeed been an arboretum through its 144 years since founder John Jay Smith set forth to create a garden cemetery," said West Laurel Hill President and CEO, Pete Hoskins. "The Morton accreditation is an honor and a call to continue the professional commitment to education and care of one of the region's finest tree collections." With over 187 acres of rolling hills, West Laurel Hill, at 225 Belmont Ave., has retained nearly all of its original landscape design and tree collection.

The accreditation process included documenting and mapping the 2,500 trees (120 species) throughout the cemetery and creating a digital inventory with photos, location, species names, size, condition and recommended actions for each specimen.

Tours of the collection are conducted by West Laurel Hill arborist Brian Terraciano. The fall tour is scheduled for Sept. 28. Info: 610-664-1591 or events@forever-care.com.



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Mishkan Appoints New Lead Rabbi

by Sharon Rhode, for the Shuttle

ONCE AND future Weaver’s Way member Shawn Zevit has returned to Philadelphia to serve as Lead Rabbi of Mishkan Shalom, the Reconstructionist synagogue in Roxborough. Zevit will co-lead High Holy Day services with longtime Mishkan Rabbi Yael Levy.

Mishkan President David Piver welcomed Zevit, saying, “The coming year will be a year of renewal, celebration and deep gratitude as we welcome Rabbi Zevit into our community.”

A widely known liturgist, singer, author, teacher and consultant, Zevit said, “I am honored to join Mishkan’s sacred community.”



Shawn Zevit

Co-chaired by Margaret Lenzi and Steve Jones, Mishkan’s Rabbinic Search Committee sought a rabbi with the ability to serve as a community builder and to lead inspiring services to a community of varying practices. Jones explains: “The community was particularly focused on finding someone who has shown the ability to lead 21st-century Jews in a dynamic spiritual practice.” Lenzi added, “In keeping with its identity, the congregation was also looking for a leader who could help members connect Jewish values to social activism.”

Mishkan Shalom welcomes all who wish to be with us throughout the High Holiday season. No tickets or reservations are needed. Visit www.mishkan.org, or call 215-508-0226 for more information.

Trio Galilei Leads 9/11 Observance at St. Paul’s

Trio Galilei, award-winning musicians who have played years for wounded soldiers and their families at Walter Reed Hospital, will lead 10:30 a.m. worship on Sunday, Sept. 8 — the Sunday nearest 9/11 — at Saint Paul’s Church, 22 E. Chestnut Hill Ave.

The Epistle for the day will be a letter from Walter Reed Hospital from the book “between war and here” by Trio viola da gamb player Carolyn Surrick. For more information call Saint Paul’s at 215-242-2055 or visit www.stpaulschestnuthill.org.

Labyrinth, Adult Education, Monks of the Church School, Saint Paul's Choir School

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Noon-5 p.m.

Summit Presbyterian Church

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Fair Hill Joins Historic Germantown

by Jean Warrington, for the Shuttle

THE NEWEST member of the Historic Germantown consortium is a short ride down Germantown Avenue on the 23 bus — Historic Fair Hill, the resting place of Quaker reformer Lucretia Mott and abolitionist Robert Purvis.

The Quaker cemetery's links to Germantown made it a natural for HG, "the nation's longest National Historic District."

"All the connections that exist — strong family history, strong abolitionist connections — we think it's a great match," said Historic Germantown Executive Director Barbara Hogue.

As organizations, Historic Germantown and Historic Fair Hill fuse fascinating heritages that span 330 years.

The site, at 2900 Germantown Ave., also provides a stopping point geographically between the Independence Historic District and central Germantown — along the same route traveled by early settlers and our nation's founders.

Donations from friends and lots of hard work rescued the historic cemetery from desolation to its state of peace-



Not just a historic Quaker cemetery, Fair Hill also engages the community with projects like the farm stand, open every Saturday, noon to 2 p.m.

ful beauty today. Murals on surrounding buildings tell the stories of Philadelphia's Underground Railroad in the 1840s-1860s and the Fairhill neighborhood's fight against decay and drug dealers in the 1990s.

Historic Fair Hill is also now an environmental center bringing in local schools for lessons and gardening. Weaver's Way farmers helped plan the first community garden, and now Historic Fair Hill youth work in four gardens and sell the produce in a farm stand on Germantown Avenue

on Saturdays from noon to 2 p.m.

Fair Hill is on the National Register of Historic Places. The 4.5-acre green space, between Indiana Avenue and Cambria Street in North Philadelphia's Fairhill neighborhood, is open Monday, Tuesday, Wednesday and Saturday. See www.historicfairhill.org for specific hours and more info. It is also included in Historic Germantown's Second Saturday programming tours. See www.freedomsbackyard.com for details.

Speaker Series at CH Pres

FOR YEARS, the second Thursday afternoon of each month has filled the fellowship hall at the Presbyterian Church of Chestnut Hill with Hillers interested in hearing a local expert share insight on the way the world works. This long-time tradition, once known as the Men's Luncheon, now the Speaker Series on the Hill, continues this fall.

Sept. 12: Architect Mary Werner DeNadai will narrate a pictorial tour of Ernest Hemingway's home in Havana, Cuba. Mary has made a dozen trips to Cuba to participate in the restoration of Finca Vigia, Hemingway's home from 1938 until his death in 1961.

Oct. 10: Former Pennsylvania governor Dick Thornburgh will talk about the role of faith in public life.

Nov. 14: Phillies broadcaster Chris Wheeler will offer his take on the baseball season. Wheeler, who can paint word pictures like few broadcasters in any sport, has been a mainstay of the speaker series for several years.

Doors open at noon, and the presentation begins at 12:30 p.m. Bring lunch and a friend; cookies and coffee are provided and a \$5 donation is requested. The Presbyterian Church of Chestnut Hill is at 8855 Germantown Ave. For more information, call 215-247-8855 or visit chestnuthillpres.org.

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For a full schedule visit www.revolutionarygermantown.org






Board Corner

New WW Board Members Attend Training, Have a Good Time in the Process

by Lisa Hogan, Weavers Way Board

NEWLY ELECTED Weavers Way Board members are asked to participate in training on co-op principles and values, so in July, Laura Morris Siena, Josh Bloom and I headed north — to Buffalo, NY — for a full day of Cooperative Board Leadership 101.

Weavers Way is a member of the Cooperative Development Services Consulting Co-op. Within CDS is a program called Cooperative Board Leadership Development (CBLD or “C-build”) whose consultants did the training, which is free to member organizations.

The Lexington Cooperative Market hosted our Saturday training day with breakfast, lunch and snacks. We had a chance to walk to their Saturday Farmers’ Market and also to see their store in a lovely section of Buffalo.

In addition to representing nine existing and developing food co-ops, our



Lisa Hogan, Josh Bloom and Laura Morris Siena (top photo, from left) participate in a CBLD exercise, using Lego blocks to recreate a Weavers Way financial statement.

Since they were in the neighborhood, Lisa, Josh and Laura took a side trip to Niagara Falls, enjoying dinner, fireworks and the traditional drenching ride on the fabled Maid of the Mist (below). Says Lisa, “Weavers Way got us to Buffalo, we paid for the honeymoon!”

24-trainee group included three people from a housing co-op and a leader from a refugee sewing cooperative. The CBLD team used numerous interactive methods to teach the session. Trainees were assigned to small groups and given situations to explore and resolve.

Cooperative Board Leadership 101 began with history. The Rochdale Pioneers founded the co-op movement in England in 1844. The equity investment of the 28 founding members, all weavers, was 10 weeks’ wages. Our name, Weavers Way, came from this group. We learned that women were not allowed to own property then so were ineligible to be member-owners.



Other topics covered in CBL 101 were the Seven Cooperative Principles, and Board Roles and Responsibilities. Board members are obliged to work for the benefit of the cooperative and its owners.

The major focus of the day was our

operating system, called Policy Governance. The Board is to have written expectations, assign authority and check to see that expectations are met. The Board does not direct operations. That is the job of the General Manager. The Board speaks with one voice, to govern, not to run the stores. As our trainer put it, “We have big brains and big mouths but no hands.”

The co-op movement has a message as simple as “make people’s lives better” and as complex as “we can change the world!” The three of us thank our community of members for sending us to this valuable and inspiring class.

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Crucifers and Disease Prevention, or You Better Eat Your Brussels Sprouts!

by Sarah Bunch, Weavers Way Produce Staff

FOOD HAS long been used to treat illness and heal the body. Hippocrates, the ancient Greek physician, said: “Let food be thy medicine and let medicine be thy food.” The impact of diet is observable on all levels — from the personal to the global, there are countless correlations between diet and well-being.

A plant-heavy diet provides the body with soluble vitamins and minerals that increase concentration and energy and reduce inflammation — the root cause of hundreds of illnesses. Research suggests that the vegetables we put on our plates may even turn genes on and off — in fact, the gene most closely tied to heart disease is modifiable by a diet rich in raw fruits and vegetables.

But not all veggies are created equal.

Cruciferous vegetables, also known as brassicas or cole crops, are twice as potent as other unrefined plant foods in terms of disease prevention. Vegetables in this family, which includes cabbage, radishes and bok choy, are high in vitamins A, C and E, and contain substantial calcium, iron and protein. Crucifers also carry sul-



When it comes to healthy eating, you can't start too early

fur compounds that prevent cancer-causing compounds from binding to or damaging DNA. Regular consumption of cruciferous veggies has been linked in numerous studies to lower incidences of breast, colorectal, lung and prostate cancers, and also is correlated with reduced rates of cardiovascular disease.

The most powerful crucifers are broccoli, cabbage

and Brussels sprouts. The family, which is named for its cross-shaped (from science Latin “cruciferae”) flowers, also includes cauliflower, kale, kohlrabi, turnips, radishes, arugula, collards, mustard, canola and bok choy. “Brassica” is the genus name for cabbage and many of these commonly consumed crucifers.

There are many Weavers Way Farm-grown crucifers in the produce bins now!

And while it's ideal to know the farmer and be mindful of the agricultural and social practices you're “voting” with your purchases, even when this information is not available, choosing plant over animal foods has significant potential as a change agent in terms of climate change and pollution abatement, food access and security, water conservation, social justice and, of course, animal welfare, biodiversity and ecosystem resilience.

So whether you call them crucifers, brassicas or coles, having these vegetables in your diet can be integral not only to your own health, but also that of the planet and the many interdependent life forms inhabiting it — including your friends, family and neighbors.

Eating Bugs

(Continued from Page 1)

email to staff offering a ticket to “The Bug Crawl — Food and Drink Pairings for the 21st Century” at Morris Arboretum, naturally I replied that I was interested. I wasn't sure what to expect. I had never eaten a bug on purpose in my life. All I knew was that I was going to a bug dinner.

July 17 was the hottest night of the summer, I think. I walked up to a group of foodies, bloggers, journalists, chefs and other brave explorers. A kindred spirit greeted me, saying, “You look like an adventurer.”

I said, “Yes, I am. Thank you.”

Morris Arboretum has had a Big Bug sculpture exhibit on all summer and so the idea was, we would follow a map to each food station located near the giant insects. The various bug dishes were paired with different wines and beers. The event was catered by Josh Hunter from Company's Coming Catering.

Cricket Fritters

with coconut curry dipping sauce and crudite with chutney yogurt dip

They went easy on us at first with the cricket fritters. They were tasty but I wanted to taste the bugs, and they were too well hidden, I thought.

Silkworm Pupae Summer Rolls

on cucumber crescents with ginger tamari glaze and vegetable pot stickers with ponzu

Next we tried the Vietnamese Summer rolls with silkworms inside. The rice-paper wrap complemented or maybe mimicked the texture of the worm. Flavor-wise, it was good. I think that was due to the fresh herbs, Thai basil and mint and ginger tamari sauce. Not sure I could re-

WATCH THE VIDEO

Shawn makes like Anthony Bourdain on Weavers Way TV:

www.weaversway.coop/A-Bold-Woman

ally taste the main ingredient. (I ate leftovers of this one for lunch the next day because we brought samples back for the kitchen staff. Next-day silkworms have a sawdust texture when you chew them. Not my favorite. Pat Piro, our kitchen manager, offered to buy me a sandwich.)

Meal Worm Fries

with smoked sea salt and spicy ketchup and corn fritters

These were delicious with smoked sea salt and spicy ketchup. Use of bug again was subtle in this dish, sprinkled on top, a dusting. Really, just super good fries and a nice microbrew beer to accompany. I still wanted to taste a bug!

Teriyaki Glazed Hissing Cockroach & Vegetable Brochettes

Grill your own

Well, at the Grill Your Own Hissing Cockroach Kebob Station, I found what I'd been looking for. I was going to do what I came here to do, which was eat a big scary bug! I grilled my hissing cockroach to perfection because I checked with the ladies in charge to make sure I didn't over- or undercook. There was some pineapple and bell pepper on there as well. I liked it! I'm telling you that I enjoyed eating a 2½-inch-long grilled hissing cockroach. Here's a quote from myself on the video circulating at the Co-

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op of me downing the thing: “Umm. Hee hee hee. It tastes kind of like a pumpkin seed or a sunflower seed ... the texture is like soft-shell crab. Ha ha ha.”

I asked for a third and Glenn said I was being greedy, but I had another one anyway. I let everyone else have a try first, though.

There are some very good reasons to consider adding insects to our diet. They're a great source of protein and amino acids and a sustainable, environmentally responsible food. The United Nations has suggested this year that we begin to utilize this resource by farming bugs for human consumption. The idea isn't entirely new. Many of us have probably caught Andrew Zimmern or Anthony Bourdain on TV eat-


ing worms in their travels. We know that in places like Southeast Asia and Mexico it is quite common to eat insects. In Oaxaca, Mexico, far from the ocean, they find it disgusting to eat shrimp, but have no problems with bugs.

It is a taboo that is gaining popularity. There are several food blogs devoted to the subject. Could it be a trend? Would you consider buying a snack of spiced crickets at Weavers Way? Because Glenn is ready, believe me.

Bug Committee anyone? It's cool. At meetings we won't read aloud from “Metamorphosis” or “Naked Lunch.” Will we?

soconnell@weaversway.coop

CELEBRATING




CHEESE OF THE MONTH

SEPTEMBER

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Lobster Rolls

- 1 1/2 lbs. lobster meat
(We sell claw meat at WW Chestnut Hill, or cook your own.)
- 1/2 cup mayonnaise
- 2 stalks celery, finely diced
- 3 tbsl. fresh lemon juice, plus zest of one lemon
- Fresh chives to taste
- Salt and pepper
- Brioche rolls from Baker Street, sides trimmed flat
- Butter

Remove meat from lobster if using your own. If using lobster from the Co-op, be sure to strain out any excess liquid as this product was previously frozen and may be a bit wet. Combine all ingredients except butter and roll in a bowl. Add salt and pepper to taste. Let lobster salad rest in fridge for a few hours to absorb flavors. Melt butter in a pan and grill cut sides of rolls. Stuff each roll with salad, have a few drinks and celebrate friendship.

Chef's Corner

When It Comes to Food, Yes, We Can All Get Along

by Bonnie Shuman, Weavers Way Executive Chef

FIRST, I would like to thank all of you for your kind remarks on the article I wrote last month about my dear friend Claude. This month, I would like to continue on the same thread about food, love and community.

I think many people view competition in business as a threat. While it's true that any smart business recognizes that new, similar businesses opening up in a small community may pose a problem, I will also posit that competition is a good thing. It is what makes a place like Chestnut Hill a "destination."

I also love the concept that competing businesses can have a symbiotic relationship.

To highlight this point, I would like to share with you the long and rich history I've had with my good friend Joan Gigliotti. Joanie is the chef extraordinaire at Cake, the bakery and restaurant just up the street from Weavers Way Chestnut Hill. Joanie and I met in the early 1990s when she was a chef and I was a waitress at the venerable, and much missed, Judy's Cafe, at 3rd and Bainbridge streets.

It seems we have run in parallel circles ever since. During most of this time we have remained close friends and I love that since we now work around the corner from each other, I see Joanie in the store all the time. We often excitedly discuss what we are making on any given day, and strangely, we are on the same wavelength. (I secretly believe we are twins separated at birth.)

A few weeks ago, I was commiserating with Joanie because I was running a lobster roll special and I just couldn't find a good bun to pair with our wonderful lobster salad. Joanie looked at me in surprise, as she was running a shrimp-salad roll special at Cake!



Bonnie (left) and Joanie, friends and business rivals.

She then went on to tell me that she had found beautiful brioche buns at Baker Street Bread. I knew I couldn't get the rolls until the following day, but before I knew it, Joanie had returned with six Baker Street rolls! I love that we are able to help each other out in this way. If Joanie runs out of, say, tuna, I will often give her a can, which she replaces when she gets her tuna in.

But our friendship reaches beyond the professional circuit. We often go over to Joanie and Nettie's for Sunday sauce and meatballs, or whatever Joanie might be concocting that day (it's almost always sauce on Sundays).

"He who receives his friends and gives no personal attention to the meal which is being prepared for them, is not worthy of having friends."
— Jean-Anthelme Brillat-Savarin
"The Physiology of Taste"

bonnie@weaversway.coop

Try Henry Got Crops Food Swap

by Georgia Kirkpatrick, for the Shuttle

BEEN to a food swap yet?

The idea is simple — attend an event and bring something homemade, home-grown or home foraged and use it as edible currency. Think preserved fruits and veggies, pickles, jams, jellies, salsas, vinegars, cheeses, breads, cookies, cakes, honey, granola, homegrown herbs and vegetables, backyard eggs, soups, soaps, (yes, soap!), spreads . . . basically anything you can imagine.

Food swaps are tons of fun. Sample delicious food, chat with like-minded swappers, and bring home things that you could only dream about eating (Chocolate Nutella Cupcakes anyone?).

I've been lucky enough to be one of the co-organizers for the Philly Food Swappers, Philadelphia's local food swapping community, since we started in 2011. One of the most common things that I hear is "I'd be too intimidated." While we certainly see some knockout items, if you have just one thing you are proud to share, you should attend.

The best part is what you get to bring back home. At the last swap I brought 12 jars of strawberry-basil vinaigrette and a few bunches of kale from my garden.



Bring your specialty, take home a bonanza.

I came home with vegan spicy mustard, pickled eggs, bourbon sweet tea syrup, coconut macaroons, whoopie pies, homemade dog treats, kimchi and much more.

Henry Got Crops CSA Food Swap is Tuesday, Sept. 10, at 7:30 p.m. Suggested donation is \$10. For details and to register: hgcfoodswap.eventbrite.com.

In other HGC events, canning expert, author and blogger Marisa McClellan returns Wednesday, Sept. 18, for a workshop on preserving tomatoes. Learn the basics of canning whole peeled tomatoes, the proper way to pack jars and how to ensure safe acidification. It starts at 6:30 p.m.; admission is \$10. For info and to RSVP, email henrygotcrops@weaversway.coop.

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Comp Shop Snapshot

Here's a comparison price check between Weavers Way and the big guy. Some of our best-selling products are listed here. So shop at the Co-op and Save!

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Delice de Bourgogne	\$19.99	\$17.59
Sartori Bellavitano Balsamic	\$16.99	\$13.49
Cotswold	\$14.99	\$13.65
El Trigal One Year Manchego	\$19.99	\$15.85
Canade Cabra	\$17.99	\$13.99
Dalmatia Fig Spreads	\$5.99	\$4.99
Roth Kase Buttermilk Blue Cheese	\$12.99	\$12.55
Shaved Shredded Parmesean	\$12.99	\$8.50

*Prices as of August 2013. Prices subject to change, but we'll do our best to make it stick to them!

Check this out!

Suggestions

GREETINGS AND thanks for writing. As usual, suggestions and responses may have been edited for brevity, clarity and/or comedy.

Last month, Weavers Way member Diane Pieri wrote a letter about the Co-op’s high prices. Glenn answered with some reasons our prices are higher than other places. One of those places is Trader Joe’s.

One thing I’ve observed about Trader Joe’s is that, unlike many food retailers, Trader Joe’s pays its staff relatively well — a real living wage, e.g., a full-timer with a few years of service earns more than \$30k and receives decent benefits.

Writing as a casual observer with some knowledge of the natural-foods industry, it seems to me that Trader Joe’s has figured out a few basic things that allow them to keep prices low while making money for corporate (and foreign) ownership and still paying a living wage to full-time staff. You might notice these things about Trader Joe’s — they are usu-



ally not on high-rent, main drags. Their buildings are mostly functional boxes, without a lot of design elements that add to the cost of construction and maintenance. Their product selection is limited, which allows them to focus and tailor their systems to those products. They can also move larger quantities of individual items, which gives them the volume to purchase direct from producers. Purchasing direct, unlike most other grocers who depend on distributors, eliminates the distributor’s markup, allowing a lower

retail price. Trader Joe’s also does not run promotions or sales. If there is an “end cap,” it’s usually a pile of an item with a creative sign to call attention to it, but the price is the regular price. There are no coupons, no loyalty cards, no weekly sale flyers or similar promotional discounts. This is because all of these things add costs that then have to be recovered through higher pricing somewhere else along the line.

So why couldn’t Weavers Way, or co-ops in general, run this way? It would be difficult for a single store — buying single-store quantities is generally not enough to make direct purchasing worthwhile. But if co-ops banded together, there would likely be enough volume to be more like a Trader Joe’s. Co-ops did band together about 10 years ago, 134 of them, in an organization we belong to called the National Cooperative Grocers Association. NCGA seems to have gone the route of encouraging co-ops to look like small-format Whole Foods rather than focusing on direct buying. Whether this was best way to go is a question I’m not sure was ever asked.

There is one co-op that has Trader

Joe’s-style prices, Park Slope in Brooklyn. However, in exchange for those low prices, there is a work requirement of about 35 hours a year per person. It is this labor savings, plus a fairly efficient operation, that lets Park Slope offer low prices. (Interestingly, Park Slope is not a member of NCGA, partly due to disagreement over the value of being members-only with a mandatory work requirement.)

Despite there being things I like about the Trader Joe’s model, there are a few major things that separate Weavers Way from the likes of Trader Joe’s. The primary thing is ownership. Trader Joe’s is owned by a German company, the same company that operates Aldi’s. These owners do not appear to be “mission-driven,” i.e., they don’t discuss being committed to sustainably grown food or to their customers’ and community’s overall health.

From what I’ve seen, their commitment to things like non-GMO foods, the Immokalee Tomato Workers fight for fair pay, sourcing sustainable seafood, etc., is more of a marketing response to custom-

(Continued on Page 22)

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L•E•T•T•E•R•S

Co-op Prices

TO THE Editor:

GLENN'S RESPONSE to Diane Pieri's letter in the August Shuttle was a very informative explanation for higher Co-op prices — good employee wages and benefits, fair trade, buying local, supporting small businesses, etc. All important issues that I support. Who wouldn't?

I was nonetheless very moved by Diane's letter. She reflects what I have been hearing increasingly from Co-op members, especially those who have been with the Co-op since its early days — essentially, the Co-op has become too pricey.

These higher prices result in some members now buying only selectively,

and others, like Diane, not buying at all. Certainly a huge departure from the original vision of Weaver's Way.

Sometimes price differences can be very dramatic. For example, the Co-op sells flowers for \$4.25, while Produce Junction (Glenside) has them for \$1.88. The Co-op has ONE pint of conventional blueberries for \$2.99; Produce Junction sells TWO pints for \$3.

Understandably, the Co-op cannot compete with Produce Junction, and shoppers now go to the Co-op for great food, not great deals (like the old days). But does the difference have to be so great? Are there suppliers of conventional, non-"Dirty Dozen," produce that might not meet the Co-op ideal but might be "good enough" if the price is better?

Perhaps a produce "bargain bin" at Mt. Airy with produce overstocks that the buyers run into would be worth exploring.

I would like to add to the ongoing discussion of this issue by making these specific suggestions for bringing costs down and making Co-op prices more inclusive:

1. Require cash (like the old days) for membership discount purchases, saving the Co-op credit card transaction fees. Produce Junction is cash only.
2. Bulk up the discounts for Co-op members who purchase with cash: For working members, increase the work requirement and increase the discount to 10 percent; for non-working members, set the discount at 5 percent.
3. Let's think about eliminating period-

ic member specials, customer appreciation days and the annual member dividend (to the extent we legally can do so). Although these small savings are popular, they are not a substitute for lower prices every day.

4. For the long term, increase the membership discount even more and add a second tier "heavy work" requirement in exchange for a larger member discount.

Hopefully, increasing members' discounts would increase Co-op sales.

I realize that my suggestions may not be enough to make up for increased membership discounts, but perhaps further discussion will generate additional ideas to make an increase in membership discounts possible.

Verley Platt, Mt. Airy

Eating Seasonally

TO THE Editor:

I WAS shocked to see the fruit arriving at the Co-op from enormous distances at a time when local fruit is coming in from New Jersey and Pennsylvania. The following are some of the distant fruit:

Honeydew melon from Guatemala — 3,100 miles.
Kiwi from Italy — 4226 miles.
Navel oranges from South Africa — 7833 miles.
Apples from New Zealand — 9,000 miles.
Pears from Argentina — 6,000 miles.

Meanwhile, I bought organic peaches and blueberries from New Jersey. There were also local blackberries and raspberries.

I like apples and buy a lot of them when local apples are arriving in August. I even buy a lot of apples in October and make applesauce to freeze. I still have one more jar of frozen applesauce. I would never buy apples this time of year that have traveled 9,000 miles.

I think it would be worthwhile for the Co-op to have workshops on eating seasonally so we can stay true to our motto "Buy Fresh, Buy Local."

Vivian Schatz, Mt. Airy

Snowden

TO THE Editor:

EDWARD SNOWDEN'S disclosures about the United States' spying programs "have undermined United States relations with other countries," says Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff, "affecting the importance of trust."

Well, I guess so. It's like when NYC police detective Frank Serpico revealed what his less-than-noble colleagues were up to, thereby affecting their sense of trust with him.

And now up step Bolivia, Nicaragua and Venezuela offering Mr. Snowden political asylum. How dare they! "We won't put up with this

kind of behavior," added the distraught Gen. Dempsey. And this from Sen. Robert Menendez (D-NJ): "They like sticking it to the United States. I will make sure that there is no chance for renewal of the Andean Trade Promotion and Drug Eradication Act."

Sticking it to the United States! Whoa, that's a switch, when it's usually the United States sticking it to Latin America. Sounds like the general is longing for the good old days when Venezuela, Nicaragua and Bolivia were run by dictators or politicians representing the elite of those nations while doing the bidding of the United States.

Ah, yes, those were the days, my friends.

Lawrence Geller, Roxborough

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.

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September

CALENDAR of EVENTS

ALL MONTH LONG

Every Monday, 7-9 p.m.

Weavers Way Chess Club
All are welcome, whether you're a "rook"-ie or a Kasparov. Bring your moves every Monday. 555 Carpenter Lane, next to the Mt. Airy store.

Sunday, Sept. 1

11 a.m.-5 p.m.

Henry Got Crops CSA Volunteer Day
Lend a hand down on the Farm! Bring lunch, water and sun protection, earn Co-op or CSA hours to boot! Henry Got Crops, W.B. Saul High School, 7100 Henry Ave.

Wednesday, Sept. 4

7:30-9 p.m.

Weavers Way Environment Committee Meeting
Work with like-minded folks to make the Earth an eco-happier place. First Wednesdays at 555 Carpenter, next to the Mt. Airy store. New tree-huggers always welcome!

Friday, Sept. 6

11:30 a.m.-5:30 p.m.

Blood Drive
Miller-Keystone's blood trucks will be outside the Weavers Way Mt. Airy and Chestnut Hill. Your blood will go to Chestnut Hill Hospital. Keepin' it local! Email hr@weaversway.coop to schedule an appointment.

Saturday, Sept. 7

8 a.m.-4 p.m.

Weavers Way's 8th Annual Urban Farm Bike Ride
Two routes to choose from, 11 farms, grand finale pizza party at Philadelphia Brewing. Benefits Weavers Way Community Programs. Get tickets cheaper online, or buy them the day of the race. For info or to register: www.weaversway.coop/bikeride

Saturday, Sept. 7

11 a.m.-4 p.m.

4th Annual Philadelphia Honey Festival
Home-brew mead competition and mead tastings (adults only, of course), honey talks, open hives and great bee-themed children's activities. (Do you know the Waggle Dance?) Weavers Way will be buzzing around with a mini-market and lots of info! Wyck House, Germantown Avenue and Walnut Lane .

Sunday, Sept. 8

11 a.m.-4 p.m.

Mt. Airy Village Fair
The annual neighborhood bust-out hosted by all the businesses around Carpenter Lane and Greene street. Lots of interactive exhibits, live music, performance, food, pet parade, lots to do for kids — all kinds of folksy fun!

Tuesday, Sept. 10

7-9 p.m.

Weavers Way Board of Directors Meeting
Board curious? Get to know your board and how it works. Maybe you'll be on the board someday?! 555 Carpenter Lane, next to the Mt. Airy store.

Tuesday, Sept. 10

7:30-9 p.m.

Henry Got Crops Food Swap
It's a trade-o-rama of deliciousness — prepared by you and your neighbors and friends you haven't made yet. Bring your famous oregano vinegar, go home with someone else's famous muffins. Suggested donation \$10. Henry Got Crops Farm, W.B. Saul High School, 7100 Henry Ave. Info: henrygotcrops@weaversway.coop.

Wednesday, Sept. 11

7 p.m.

Weavers Way Welcome Meeting
Learn about Weavers Way and the power of Co-op-eration! Bring your curiosity and let us explain all that membership has to offer. Earn two hours working member credit. Meeting location TBA based on weather; RSVP to outreach@weaversway.coop.

Wednesday, Sept. 18

6:30-8 p.m.

Henry Got Crops Tomato Canning Workshop
'Tis the season for tomatoes! Join "Food in Jars" blogger Marisa McClellan at Henry Got Crops Farm, W.B. Saul High School, 7100 Henry Ave. Suggested donation \$10. RSVP to henrygotcrops@weaversway.coop.

Saturday, Sept. 21

9:30 a.m.-2 p.m.

Tools for Empowerment
Join this gathering of community-focused organizations, including Weavers Way, on behalf of the Center for the Empowerment of Women, an advocacy organization in Roxborough, to help provide empowering service and educational resources to women in need. It's at the Salvation Army Community Center, 6730 Ridge Ave.

Tuesday, Sept. 24

5:30 p.m.

Temple Students Explore Urban Farms and Community Gardens
Weavers Way General Manager Glenn Bergman moderates a disussion of how we can create a more sustainable city with healthy food options for all our citizens. This Temple University Libraries program is open to the public. Paley Library, 1210 Polett Walk. Info: library.temple.edu/about/highlights/join-us-fall-2013-public.

Tuesday, Sept. 24

6:30-8 p.m.

Weavers Way Membership Committee Meeting
The Membership Committee is looking for new members! If you feel strongly about the value of co-op membership and would like to earn work credits by getting creative with like-minded co-operators, join us! Look for the agenda on our bulletin boards, and/or contact outreach@weaversway.coop for more information. 555 Carpenter Lane, next to the Mt. Airy store.

Friday, Sept. 27

6-8 p.m.

Weavers Way Food Justice Committee Meeting
Meet up with fellow co-operators concerned about fair food systems. Look for an agenda on our bulletin boards, and/or contact outreach@weaversway.coop for more information. 555 Carpenter Lane, net to the Mt. Airy store.

Suggestions


(Continued from Page 20)

er requests and community demands than a corporate value. Trader Joe's has been a target of a few demonstrations regarding these issues; that's what it took to make them realize they needed to address them.

Not that Weavers Way has a perfect record in some of these same areas — we also stock many products made with GMOs, CAFO meat, etc. But at Weavers Way, members can vote to draft values and enforce them. It's a cumbersome process, as in most democracies, and it doesn't get used a lot, but there is a method for members to control the Co-op, via voting for board members who reflect their values and through direct action by having issues put on the agenda of a membership meeting for a vote. This is just one example of how a co-op is different from a non-co-op.

Diane's letter got me thinking about the old days at Weavers Way. Here are a few other things that have changed at the Co-op that likely have affected pricing:

- There were many more member-workers when we had a mandatory work requirement. Markups were lower.
- For decades, we operated with almost no debt. That hasn't been the case in recent years, especially since we opened the Chestnut Hill store.
- There was less labor involved in getting products to the shelf. A box of romaine would come in and we would set it in the cooler, cut the box's flaps off and that was the display. There was no labor devoted to prep. This meant shoppers occasionally would come across a yucky head and have to toss it out. That was part of the Co-op shopping experience. If you wanted everything prepped, the Co-op was not for you. Today, produce might get washed, trimmed, sorted, stickered, bagged, bunched or otherwise have labor added to it before it goes on display.
- There was less overhead in general. Due to the complexity of running modern-day grocery stores with thousands of items in multiple departments, a staff of 140, being compliant with government regulations and auditor recommendations, implementing Ends policies, etc., you incur administrative overhead. Twelve years ago, our administrative staff was probably a tenth of what it is today.
- Products were less sustainable, and we knew less about how they were produced. Competition for commodity food in the Philadelphia area was strong, which tended to keep wholesale prices down. There weren't as many "value-added" products in the marketplace. People still cooked their meals (especially



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Weavers Way members), so they bought more ingredient-type food (at lower cost) than ready-to-eat items. Fair Trade and organic products were just starting to resonate with some consumers who believed that the added cost was worth it.

This is not to say one era was “better” than another, rather it’s meant as a partial glimpse into some of the elements that drive pricing at Weavers Way and at other grocery stores.

Suggestions and responses:

- s:** “Looking for Ines Roseles Tortas (from Spain). Comes in Sweet Olive Oil flavor & Rosemary & Thyme & my fave Sea Salt. You always have it! I’m disappointed to miss. Thanks.”
- r:** (Heather MA) We have Sesame & Sea Salt and Sweet Olive Oil flavors. Check bottom shelf of cracker section.
- s:** “Unsweetened coconut milk/blend. We currently stock only sweetened Dream Coconut/Almond/Chia blend.”
- r:** (Heather MA) We carry both sweet & unsweetened in the Dream blends.
- s:** “Please stock jars of Rapunzel Hazelnut/Chocolate spread (organic). Kids like it better than Justin’s. Weavers Way used to be the only place I could find it.”
- r:** (Heather MA) Both Rapunzel Hazelnut Spread and Rapunzel Cocoa Powder have been out of stock for the past six weeks. I will have it when I can get it from our supplier. I do agree it’s better than the Justin’s.
- s:** “I like that staffers wear name tags,

“
A box of romaine would come in and we would set it in the cooler, cut the box’s flaps off and that was the display. There was no labor devoted to prep. This meant shoppers occasionally would come across a yucky head of lettuce and toss it, but that was part of the Co-op shopping experience. If you wanted everything prepped, the Co-op was not for you.
”

it’s good to have an identity in life, but as an owner of Weavers Way, I would like input into our staffers’ names. For example, I like the name Molly, but we only have one staffer named Molly at each store, and I would prefer to have a Molly in each department, so that no matter what I’m buying, I deal with a staffer named Molly. I think this would provide a degree of customer service unmatched by any other business.”

r: (Norman) Since one of our goals is excellent customer service we are formulating a plan to accommodate your request. Our Research and Development department is working on name tags that sense your name preference (by detecting patterns in your brain waves using the alpha-beta part of the brain-wave spectrum) and the name tags will then display that name all during your interaction with

that staffer. Unfortunately, since providing this service incurs a cost (and we are beginning to get the sense that prices are already high enough), we’re passing that cost on to the users of this service. We don’t have a price yet, but it will appear on your receipt as “nom de guerre” (French for “pacify nut-job”).

s: “Chocolate Julie’s Ice Cream, can we get it?”

r: (Heather MA) After many requests we will be carrying Julie’s Chocolate and Vanilla pints.

s: “Why doesn’t Mt. Airy stock 2% Merrymeade milk in half gallons? CH does. Thanks.”

r: (Heather MA) We carry the skim, 2%, and whole milk from Merrymeade in the half-gallon size. Second shelf from bottom, 2% is yellow cap. Skim is green cap,

whole milk is red cap.

s: “Can you please stock whole grain white bread, either Arnold or Pepperidge Farm. If you are carrying it, you are always out.”

r: (Molly) I will ask these vendors to bring more of this kind, thanks. (Norman) “White” whole wheat is made from a kind of albino wheat, as opposed to more typical red wheat. White wheat is still a whole grain if not processed intensely, which, unfortunately, is what happens with many commercial brands of white whole wheat. The white wheat is pulverized into tiny, uniform pieces so it resembles white flour in terms of texture, while allowing the bakeries to still claim they are producing a whole grain product. Whether this processing destroys as much of the nutrients as milling traditional wheat into white flour is still under investigation.

The FDA recommends getting at least three to five servings per day of whole grains for a myriad of benefits. Unfortunately, about 40 percent of Americans eat no whole grains at all. Whole-grain bread is one way to get whole grains. Another way is simply to buy them in bulk and cook yourself. One of my favorite things to say when people say eating sustainably grown whole foods is expensive is to point out that most organic grains are under \$3 a pound, many are under \$2 a pound. Plus the dry weight usually doubles when cooked, so cut these prices in half, then consider a pound is about three-four servings, and you can see the cost per serving is in the 40- to 80-cent range, an amount most people can afford.

normanb@weaversway.coop

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Approved for publication at Chestnut Hill Health and Wellness Center, Medical Center

Environment Committee

Leave No Tree Behind

by Sandra Folzer, Weavers Way Environment Committee

CORPORATIONS DICTATE many aspects of our lives, yet they remain invisible. We work assiduously to “save” the environment by stopping pollution, cleaning our water, growing organic; but there is a giant right behind us who can easily erase any progress. And corporations have the resources to lull us into a comfort zone where we believe everything will be OK, that these corporations with the pretty landscapes and smiling faces really do have our best interests at heart.

Currently, I am frightened of the potential privatization of Philadelphia Gas Works and the building of a liquefied natural gas facility in Philadelphia. Corporations including JP Morgan, who helped bring us the mortgage crisis, are among the players. It would be an enormous mistake for many reasons.

- Remember the energy crisis in California after the El Paso Corp. artificially created a gas

shortage, causing prices to rise astronomically? (El Paso was fined \$1.7 billion but felt no remorse for their “creative” finances.)

- A LNG facility in the city would be very dangerous, as liquefied natural gas must be kept under great pressure to remain in a liquid state. If mixed with warmer air, it can catch fire. In 2003, a LNG explosion in China killed 234, injured 500 and routed 40,000 from their homes.
- LNG plants are typically built with the expectation of exporting gas. Making export markets more accessible encourages fracking. In Pennsylvania we already have almost 7,000 fracked gas wells. Besides using 4 million gallons of fresh water, each well necessitates clearing five acres of trees. Meanwhile, fracking releases methane, which traps 72 percent more heat than carbon dioxide!

We will have to fight hard to save our state from profit-seeking corpora-

ECO TIP

from The Environment Committee

Ever wish you could find one source for reusable products? Check out the website www.reuseit.com. Reuseit.com aims to help people reduce, reuse and save by eliminating “use-and-toss” items. You’ll find lunch bags and boxes, water bottles, gift wrap and gift bags, products for the kitchen and so on. The website states it has helped customers eliminate well over a billion such items!

tions. Governor Corbett received over \$1 million from the gas industry and other politicians have received hefty sums. We cannot trust that our state government has our health and welfare in mind. We have to find creative ways to make changes.

We might learn from the Sisters of St. Francis in Philadelphia. As part of the Interfaith Center on Corporate Responsibility, www.iccr.org, the sisters were instrumental in pressuring Hershey to offer a fair-trade chocolate product, Bliss.

A friend just told me about “B corporations,” which are certified in the same way food is certified organic. B corps are vetted to meet rigorous standards of social and environmental performance, accountability, and transparency. Well known B

corps include Patagonia and King Arthur Flour. (For more information on B corps, visit www.bcorporation.net.)

There is a movement now sponsored by 350.org to get large institutions, like universities, to divest from fossil fuels. Years ago, divestment from investments in South Africa had a major influence on unraveling apartheid. As alumni, we should contact our alma maters to tell them to divest in fossil fuels.

One day when my granddaughters ask me what I did to protect the environment, I want to tell them how I tried, even if I just saved a tree. I hate to think of their suffering the effects of my generation’s selfishness.

environment@weaversway.coop

(Weavers Way staffer Don McGuire wrote in the June Shuttle about trying Bti granules and “dunks” to fight mosquitoes naturally in his Northwest Philadelphia neighborhood. Bti is a natural substance produced by soil bacteria that is deadly to insect larvae, but not to fish, birds, adult insects or mammals.)

by Don McGuire

THIS WOULD seem to be the perfect sort of summer for a massive outbreak of the annoying little biters: lots of rain and plenty

Pelham vs. Mosquitoes: The Neighborhood Is Winning!

of hot weather. The state of Pennsylvania says the mosquito season lasts until October, so it’s not over yet. But as of the end of July, the Pelham neighborhood continues its battle with the mosquitoes, and most of the reports I get are positive.

Personally, I can report that both my wife and I have been able to enjoy quality time in the hammock. In June, a four-hour stint on the front porch brought only a single mosquito sighting; in late July, I

spent a long afternoon trimming hedges without encountering a single one.

My back yard is more of a problem, and I have deployed more buckets of Bti-treated water there. It’s too early to note an improvement.

My neighbors report positive results, but I may be in a close to ideal situation, as I have been able to talk many of my closest neighbors into getting in

on the Bti scheme.

Is the Bti really making a difference? One neighbor told me that she forgot to renew the dunkers at the beginning of July. Until then, they had enjoyed a mosquito-free summer, but by July 10, the mosquitoes had driven them indoors.

I feel the effort has been a success. Whatever Bti I have left over in October I will store in a cool dry place, and I’ll be prepared next April.

dmcguire@weaversway.coop

ELECTRONICS RECYCLING

Saturday, September 28
10 a.m. to 2 p.m.
(Rain or Shine)

Valley Green Bank in Chestnut Hill
in the parking lot at 23 W. Highland Ave.
(behind the bank)

You may recycle anything that has a plug.

Required Charge \$20*

for TVs and Monitors (CRTs)

Suggested Donations for Other Items:

\$1 small items
(cell phones, keyboards)

\$5 medium items
(laptops, fax machines)

Weavers Way Community Programs

Donations received will benefit **WEAVERS WAY ENVIRONMENT COMMITTEE** for their Grants Program.

Go to www.weaversway.coop for a list of programs that have benefited from past donations.

*The manufacturer program in PA is broken and the cost to recyclers has skyrocketed. DONATIONS in other amounts for other items is suggested, not required.

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Want to Evict Raccoons? Quit Making Them So Darn Comfy

by Brenda Malinics, for the Shuttle

RACCOONS GET a lot of bad press in Philadelphia.

Two years ago, City Council member Darrell Clarke declared war on them, getting Bill 110565 passed to deal with the raccoons he said were “overrunning the city.”

The law is impractical and impossible to enforce. It gives residents the right to trap raccoons, and mandates that the meager staff of the city’s Animal Care and Control Team, who should be dealing with domestic animals, retrieve trapped raccoons and have them killed. Nursing females are taken from their babies, who are left to starve, and many raccoons die when they are left in traps for days waiting for pickup. Helping injured domestic animals, which is the mission of ACCT, has been slowed because the ACCT staff is fighting a losing battle with the city’s raccoons.

So why does Philadelphia have so many raccoons? Because there are so many abandoned houses where they can live and so much garbage for them to live on. Trapping and removal simply opens up space for another raccoon to move in. When food and shelter is eliminated, raccoons move on.

Raccoons are found throughout North and Central America. They range from 28 to 38 inches long, including a 10-inch tail, and weigh 10 to 30 pounds. They eat meat and berries and often dunk their food in water before eating. (No one is certain why they do this.) They have excellent senses of hearing, sight and smell, and are strong swimmers. They also possess an acute sense of touch in their forefeet. I have watched raccoons pick locks.

Raccoons are adept climbers, and being nocturnal, they spend most of the day sleeping in trees or other dark and quiet places — ideally a hollow in a tree trunk or limb, but also old burrows, caves, crevices, buildings and fireplaces. They are not true hibernators — they sleep when temperatures fall below 25 degrees but emerge during warm spells.

Breeding takes place in January or February, with litters of three to five born in March and April. By the time cubs are three or four months old, they are large and independent enough to be on their own. However, many mother-and-offspring groups will stay together through the young raccoons’ first



With vacant houses and garbage galore in Philadelphia, no wonder raccoons are ready to move right in.

winter. They live about 10 years in the wild.

If a raccoon takes up residence in your home, try using a loud radio or bright lights for several days to encourage it to move out. Do not use scent irritants, which can harm young raccoons’ eyes and lungs. By law, a nuisance raccoon in Pennsylvania must be killed. It cannot be relocated, even by a licensed critter-control company.

Raccoons feasted on the fish in my backyard pond before I installed a secure net over the top. They figured out how to open my birdseed cans, so I put bricks on top of them. If raccoons are eating the food you put out for outdoor cats, change the time you put out the food, and take it away at dusk. Raccoons are creatures of habit and they take the same foraging routes at night, usually around the same time.

Raccoons will enter homes through pet doors. Unlike opossums, which are docile unless cornered, raccoons can injure both adult cats and kittens. (If you want to keep your cat safe, keep it indoors. Birds will thank you, too.) Make sure that there are no torn screens or entry points. Secure trash and remove food sources.

Like any mammal, raccoons can carry rabies and should never be approached. A healthy raccoon will avoid humans; however, if you see a raccoon during the day, it does not automatically mean it has rabies. It might have been chased from its den by kids, dogs, tree specialists or contractors, or it could be a female foraging for her young.

Do not attempt to trap and relocate raccoons yourself. Use deterrents to encourage it to go away, locate the point of entry and correct the problem. If you find an injured raccoon, call the Schuylkill Center’s Wildlife Rehab Center (215-482-8217) or Diamond Rock Rehabilitation Clinic in Malvern (610-240-0883).

Brenda Malinics is a wildlife rehab sub-permittee at the Schuylkill Wildlife Rehab Clinic and Diamond Rock Rehab Clinic and is a Pa.-licensed Nuisance Wildlife Specialist. Contact her at brendascatresearch@gmail.com.

Low-Hanging Tech

Spending the Simplicity Dividend

by Betsy Teutsch, for the Shuttle

WHEN I began writing my Shuttle column The Simplicity Dividend a decade ago, I chronicled my journey to a greener, simplified life. It was great fun writing about emerging trends that are now part of everyday life like car sharing, RecycleBank, AirBnB and NWPhillyFreecycle.

Over these years I have become passionate about both eco-friendly tech and global women’s empowerment. That solar panel on my house? Nice, yes, but essentially a green accessory. For a woman in the developing world, though, that panel might provide a toehold on the ladder to economic security by powering LED lights, charging a cellphone, running a radio. Add an inexpensive high-efficiency wood burning stove, and girls and women are not spending all day collecting kindling. Fewer trees are chopped for fuel — more carbon sink, less soil erosion. Lowered outlay for fuel means money is available to invest elsewhere. The kids can attend school and do their schoolwork at night under the LED lights. Plus: No one is inhaling smoke from kerosene lamps.

Eco-smart development: a win-win.

Through my involvement with Weavers Way Dining for Women, I have learned much more about women in the developing world. While it is vital to focus on education, legal status and health, I kept thinking that women can’t possibly be empowered if they literally have no power — no electricity, no reusable batteries, no modern fuel. Integrating these sectors became a goal of mine as I explored Pinterest, and started pinning innovative, ingenious designs that improve women’s lives. (You can see them at www.pinterest.com/betsyteutsch.)

I fell in love with the exploding field of Humanitarian Tech: designers working with local end-users to co-create “Design for Extreme Affordability” (the name of a wildly successful course at Stanford). Looking at these hope-filled, inspiring, problem-solvers all up on my computer monitor — so many ways to help women improve their lives — I suddenly envisioned a terrific book, a way to share these stories more widely. Hence, my project, “100 Under \$100: The Women’s Global Toolkit.” Many of these innovations are so effective and inexpensive that they are being exported to the industrialized world, a surprising reverse commute from the way we think about helping the world’s poor. I will share examples in future columns.

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NAME THAT BREW!

HOW DO YOU MAKE A 40TH BIRTHDAY PARTY EXTRA SPECIAL?
BY BREWING A SPECIAL BEER FOR IT, OF COURSE.

Thanks to **Earth Bread + Brewery** malt master Tom Baker, we'll be tapping of a keg of . . . well, there's the problem. This beer-a-borning has no name. So we're throwing it to the membership to come up with the perfect label for a brew that honors 40 years of community and food.

(Beer-geek spoiler alert: It's a biere de garde. Tom's going for 7.2 percent ABV, with lager yeast and ale temperatures and herbs and greens from Weavers Way Farms to achieve the slightly peppery flavor typical of this malt-forward French strong-ale style.)

Literary, historical, topical, animal, vegetable or mineral allusions welcome; humor requested; cleverness required. Already in the hat: "Weavers WAle," "Next Shopper" and "Timerman." You get the drift.

So hop to it. Send your suggestion to:
NameThatBeer@weaversway.coop

Or drop it in the box at the cash register. Our expert panel will select the five best, then we'll put it to a vote!

CARBON DIOXIDE WEAVERS WAY MEMBERS CAN GET BEHIND.

Those Unforgettable '64 Phils

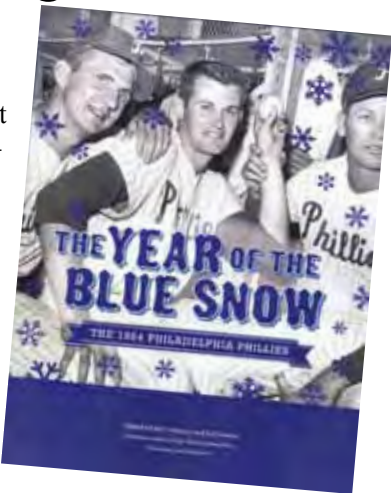
IT'S BEEN a sore subject for almost 50 years — the '64 Phillies, the ones who blew a 6 1/2-game lead in September and sat out the World Series. Now you can read all about it. Too soon? Get over it.

Weavers Way staffer Mel Marmer, a member of the estimable Society for American Baseball Research, gathered a few dozen of his fellow SABRites to contribute chapters on the players and playas — including junior broadcaster Richie Ashburn and catcher Gus Triandos, whose assessment of the 1964 season provides the book's title: "The Year of the Blue Snow" (SABR Digital Library, Volume 12, 356 pages, available in paperback and on Kindle).

While the Phils' 10-game swoon in September will always be the headline for Phillies fans, 1964 was also the year Dick (then Richie) Allen was NL Rookie of the Year, Jim Bunning pitched the first perfect game in modern National League history and Johnny Callison won the All-Star Game with a walk-off home run.

Marmer, an Oxford Circle native who co-edited the book and contributed some of the articles, was there, of course. "The whole year was so topsy-turvy," he said. "We were used to the Phillies being in last place, and here they were winning." So in a way, it was just a crashing return to normal when, on Sept. 21, Chico Ruiz stole home and the Reds beat the Phillies 1-0. "I was 15 years old. We were hanging out at a burger joint," Marmer recalled. "When they lost that first game, we knew. We just knew."

editor@weaversway.coop



Scenes from Weavers Way in 1978, five years after the co-op was established. (courtesy of Weavers Way Co-op)



WEAVERS WAY CO-OP LOOKS BACK AT 40 YEARS IN MT. AIRY

BY LANE BLACKMER

It all began with Jules Timerman, a Carpenter Lane resident who thought he could save some cash by going in on bulk, local groceries with his neighbors.

Soon enough, the buying club gained interest from more neighbors and began distributing out of Summit Church. "It was simply about cooperating to beat the prices at the supermarkets and getting food on their tables without starting a farm," said Bettina de Caumette, outreach director at Weavers Way.

Within a year, the group decided to buy a building, 555 Carpenter Lane, for \$6,000 and put in a small store...

For the full story, visit NewsWorks.org/weaversway40



"It looked like they were a bunch of grown kids playing store."

NORMAN WEISS,
WEAVERS WAY
PURCHASING MANAGER

WHYY  

newsworks.org

Staff Celebrity Spotlight: Liz Price

A Dash of History,
A Sprinkling of Folklore

by Karen Plourde, Weavers Way Staff

WE ALL have a story, and the need to share our story with others. Liz Price, who works in the kitchen at Weavers Way Chestnut Hill, fills that need in her other job — doing research and conducting interviews, all in the name of history.

When she’s not heading up the grab ‘n’ go section, Price, 24, is working with the Museum of the Shenandoah Valley in Winchester, Va., creating decent materials for an exhibit on country music icon Patsy Cline. Prior to that, she had a research contract with Temple, where she graduated with a bachelor’s degree in history, creating an archive on those who were involved in radical leftist Jewish politics from the 1940s through the 1960s.

“I’m really, really busy most of the time,” she said while on break in Chestnut Hill one afternoon. “Everyone’s like, ‘You look so intense,’ and it’s like, ‘No, I’m just tired.’”

Price hails from Randolph, Vt., a village of about 4,500 located in the central part of the state. Her parents grew up in Philadelphia and the family has a history here dating back to its founding. By the time she was ready to start at Temple, she felt she knew the city from previous visits.

After graduating in 2011, Price needed something in addition to her research work to round out her schedule. She walked into a cafe in Rittenhouse



Mary Sweeten photo

Prepared foods staffer Liz Price wields a chef’s knife in the kitchen at Weavers Way Chestnut Hill.

Square intending to apply for a job as a barista, but they told her they really needed a baker. She ended up getting hired as a gluten-free/health-gear-ed baker, and later went on to work the ovens at Urban Outfitters’ Navy Yard headquarters.

When her research contract ended last fall, Price started looking for another job. She grew up with co-ops in Vermont, and the idea of working for one appealed to her.

“I guess it was a sense of community and awareness that the shoppers who tend to be co-op shoppers has always drawn me to them, and they’re always like a centerpiece of the town,” she said. “Small towns, there’s always a co-op, always a co-op, no matter how tiny the town is.”

Price, who is also learning grant writing through

the Pennsylvania Genealogical Society, is aiming to get her PhD in folklore somewhere down the line. She’s interested in programs at the University of Oregon and in Newfoundland.

At Weavers Way, she works with two other kitchen staffers, organizing tasks and making up production sheets to keep the grab ‘n’ go shelves filled with foodie favorites like Ballpark Potato Salad and sesame peanut noodles. Her personal favorite Co-op product is Cava harissa.

“I love the people that I work with,” she said. “I think the rest of the people who work in the Co-op, some of them are afraid to come into the kitchen, but I love all the people that I’ve met. They definitely make coming to work worthwhile.”

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Weavers Way Welcome Meetings

We wholeheartedly encourage new members to attend one orientation meeting. Learn all about our co-operative market, the benefits of buying in, the resources that become available to you and how co-ops contribute to local communities around the world. Meet staff and other member-owners and share in some refreshments and conversation. Bring your questions, your curiosity or your experience with other co-ops. Working members will receive two hours credit for attending. We look forward to meeting you!

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

Meetings are held at Weavers Way Mt. Airy or Weavers Way Chestnut Hill and include a store tour. RSVP to outreach@weaversway.coop or call 215-843-2350 ext. 118.

WEAVERS WAY WELCOME MEETINGS
September 11 • October 16 • November 13
7 p.m.
Current members who help host also get work credit.

Caring About Food and Community at Wyck

by Bettina de Caumette, Weavers Way Outreach Coordinator

There is something serene about the historic Germantown house, garden and “Home Farm” known as Wyck. No matter the number of people there on any given day, it is a deliciously peaceful experience. The graceful house with its flat facade wrapped in roses is reminiscent of southern France. Its rustic outbuildings invite visitors to imagine a bustling but far more rural neighborhood, of a distant era devoid of engines and pavement, when the sight of sheep herded down Germantown Avenue was not uncommon.

In fact, on a recent August day, as our crew set up a sprawling mini-Weavers Way outstation, a pair of full-bellied goats from Shady Apple roamed the property, bleating laments and trimming the foliage.

We had come as sponsors of Wyck’s annual “Behind the Fence” festival, four events spread out over four months, each with a different theme, bringing together local residents, artists, activists, merchants and artisans to share cultural assets, resources, knowledge and traditions.

On Saturday, Aug. 10, the theme was “Homegrown: Food Arts, Culture & Community.” With a focus like that, how could Weavers Way not join in?

Our local products coordinator,



Stephanie Kane, put out an array of Weavers Way products for sale to benefit the Henry Got Crops CSA farm, and talked fair trade practices over a heap of bananas from Equal Exchange. We handed out Apples, Bananas and Carrots to children who joined our “ABC” program, while Weavers Way board member and Food Justice Committee founder Nathea Lee answered questions about how fair food systems affect the health of our communities.

We made friends with talented photographer Teishka Smith, who, in partnership with La Salle University, is embarking on an ambitious project to document the faces of chronic hunger in present-day Germantown — important work we’ll follow closely over the coming months.

As the day progressed, three new members joined Weavers Way Co-op, each of whom we were happy to send off with a jar of our famous Weavers Way pickles! And in the midst of the steady flow of visitors and the mingling of exhibitors, we were reminded of how much the Co-op is characterized by people who share a deep sense of social responsibility, who care where food comes from, how it is produced and distributed and what we really want our marketplace to provide.

outreach@weaversway.coop



2013 Mt Airy

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