

Weavers Way Holiday Hours Closed December 25 & January 1	
Tuesday, December 24	Tuesday, December 31
Chestnut Hill: 7 a.m. - 6 p.m. Mt Airy: 8 a.m. - 6 p.m.	Chestnut Hill: 7 a.m. - 7 p.m. Mt Airy: 8 a.m. - 7 p.m.
Chestnut Hill will be open until 9 p.m. on Wednesdays for Stag & Doe nights Dec. 4, 11 and 18.	



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Week**  
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# The Shuttle

December 2013 Vol. 41 No. 12

Community-Owned Food Markets Serving Northwest Philadelphia Since 1973

## Co-op Board Needs YOU

by David Woo, Weavers Way Board of Directors

WHAT DO TERM LIMITS HAVE TO DO with the governance of Weavers Way Co-op? It forces us to become better recruiters.

Some years ago, the Co-op Board decided to institute term limits for board directors. (Under the bylaws, directors may only serve two consecutive three-year terms.) Because of that, there have been elections with quite a few open seats and fewer candidates. So the board's Leadership Committee has worked to minimize the possibility that there will be more openings than candidates at possibility by coming up with all sort of initiatives to increase response to this call.

Since our bylaws also insist upon uncompensated directors, this isn't your ordinary community service with a non-profit 501(c)3 charity board. The Co-op board doesn't have to focus on raising money, but on guiding and overseeing a business enterprise owned by over 5,000 households. The board is beholden to our owners and community to provide and secure the resources necessary to keep Weavers Way a going concern.

Here is your chance to do your part and contribute your passion and intellect as a fiduciary — if you are able to secure enough votes from your fellow members!

Find out more by communicating directly with the Leadership Committee. We will be announcing orientation sessions for those who are interested.

Nominations will open in 2014 and elections will begin in April with announcement of results at our Spring General Membership Meeting in May.

David Woo chairs the Weavers Way Leadership Committee. Contact him at [woo3d@earthlink.net](mailto:woo3d@earthlink.net).



Rick Spalek photo

## You Butter Watch Out

Fresh-ground organic almond butter has come to the Bulk Department in Mt. Airy, and Bulk Manager Luis Cruz (above) says you should check it out. It's delicious on toast, in recipes and straight from a spoon, and cheaper per pound than the prepackaged kind.

## Shopping with Kids

by Claudia Apfelbaum, for the Shuttle

FOR KIDS, WEAVERS WAY IS AN EXCITING PLACE TO BE. IT IS FULL OF COLORFUL, fresh-looking, new and tasty things — many at eye level! There are so many things to look at and want. It's like a well-stocked playground or "please touch museum," full of things to handle, taste, talk about and potentially purchase.

The holiday season can increase the variety of things we all enjoy and want, and that may make shopping harder when we decide that we shouldn't get something we like. This experience of disappointment is

(Continued on Page 12)

## #GIVING TUESDAY

## Put Dec. 3 on Your Holiday Calendar

by Jill Fink, Weavers Way Community Programs Executive Director

BLACK FRIDAY IS MOST CERTAINLY A HOUSEHOLD name, and Cyber Monday has likely made it into the common lexicon as well. I hope that many of you are also familiar with "GivingTuesday," but if you aren't, allow me to introduce you to this campaign started in 2012 to create a national day of giving at the start of the holiday season.

Similar to Black Friday and Cyber Monday, GivingTuesday harnesses the momentum of the holiday season to encourage giving to non-profit organizations of all types and sizes in a concentrated effort on the Tuesday after Thanksgiving. Started by New York's 92nd Street Y and promoted by the United Nations Foundation, GivingTuesday has become a catalyst and incubator for philanthropic initiatives across the country.

In just its first year, there were more than 2,500 recognized GivingTuesday partners from all 50 states. The collective efforts of partners, donors and advocates helped fuel a marked increase in charitable giving on GivingTuesday. Blackbaud, a major online credit-card processor for nonprofits, processed more than \$10 million in online donations on Tuesday, Nov. 27, 2012 — a 53 percent increase when compared to the Tuesday after Thanksgiving the previous year. DonorPerfect counted a 46 percent increase in online donations and the average gift increased 25 percent. More than 50 million people worldwide spread the word about GivingTuesday, resulting in milestone trending on Twitter. Not too shabby!

(Continued on Page 4)

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# Editor's Note



by Mary Sweeten, Shuttle Editor

DEAR SANTA:

While I do fervently hope for an end to hunger, decent public schools and a reasonable Land Bank law for Philadelphia, for this, my first Shuttle Christmas column, I'm taking it easy on you.

- Could you remind all the good little working members that they can earn valuable Co-op hours for writing Shuttle articles? Especially those who can make the point or explain the Land Bank bill in about 500 words.
- Also, please remind them that they can earn hours by proofreading pages and shooting photos. As you know, Santa, I am an excellent copy editor, but one is never enough. And I am a wretched photographer.
- And if all Shuttle copy was in by the 10th of the month before publication, what a wonderful world that would be.

By the way, Santa, please don't put me in the naughty list, because I really do think it's important to be nice to ALL of our Shuttle advertisers, but, Laura Cohn, who has the seasonal "Bali to Bala" pop-up store in Chestnut Hill (see Page 6), totally got me with this:



So, yes, if someone sends me a photo of their spouse reading the Shuttle while engaging in whatever it is they're advertising, I just might run it. I can't help myself.

Santa, let me close with this traditional holiday wish: Patronize our advertisers! Tell them you saw it in the Shuttle! And to all a good night!

Your pal, Sweets  
msweeten@weaversway.coop

**The Shuttle is published by Weavers Way Co-op**  
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**For information, contact advertising@weaversway.coop, or call 215-843-2350, ext. 117**  
**Statement of Policy**  
 Articles are welcome and should be under 500 words. Articles may express only the views of the writers and not those of the Co-op or its board, unless identified as such. The Shuttle retains the right to edit or refuse any article. Please submit via email to editor@weaversway.coop and include contact information 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. Ad rates are available at our stores, online at www.weaversway.coop, or via e-mail at advertising@weaversway.coop. Ads must be submitted electronically, with payment. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.



The Shuttle is printed on 100% recycled paper.

# It's Official: Next Door is Open!



Photos by Larry Goldfarb, Rebecca Torpie and Dean Stefano Jr.

WW Marketing Director Rebecca Torpie (left) and Chestnut Hill WW Manager Dean Stefano (second from right) congratulate Next Door Manager Amira Shell (second from left) and staff Chris Mallam (top), Molly Weisberg (front) and Lauren Todd (right).

At right, Chris checks the front of the store while Dean lights the Grand Opening bathtub.



**N**EXT DOOR IS UP AND RUNNING! MANY THANKS TO OUR members and the Chestnut Hill community for supporting us during this expansion. Stop in to see what we have, or just say hi! Looking to make a gift basket? We can help! And Weavers Way Across the Way in Mt. Airy has even more unique goodies for stuffing stockings, from paper goods to Baggallini handbags.

— Rebecca Torpie, Weavers Way Marketing Director

## DIY holiday gift basket!



### Tips for creating a personalized gift basket

Weavers Way is a great source for local, unique and flavorful products that delight, inspire and nourish body and soul. Create a special holiday gift basket for friends, family or co-workers by choosing a selection of items they will enjoy.

#### Customization is key

The key to creating a thoughtful gift that will truly be appreciated is understanding your recipient. Is she the person you turn to for health and exercise tips? Does he always have the low-down on the latest food trends? Are they regulars at the farmers market and love local farm tours?

#### Make a list, check it twice

Once you've settled on a theme, brainstorm a list of complementary items, determine your budget and begin exploring the options at the Co-op.

#### Presenting your present

Baskets are nice, but a reusable lunchbox or tote bag, mason jars, metal, wooden or ceramic bowls, even backpacks or messenger bags are practical (and reusable!) options. Or wrap your items furoshiki-style, with a pretty scarf, table linens or a Weavers Way Co-op T-shirt.

#### Gift basket ideas

The Foodie	Chutney, chili or curry paste, spice blends, local honey, chocolate
The Party Host	Fine cheeses, spiced nuts, dates and figs, fine crackers
The Locavore	Seasonal fruits and vegetables, jams and preserves, honey, cheeses, breads
The Office Mate	Coffees and teas, cocoa, biscotti and cookies, fine chocolate
The Health Nut	Energy bars, protein shake mix, Emergen-C, seasonal fruit and vegetables
The College Student	Energy bars, trail mix, snacks, socks, Emergen-C and a Co-op gift card
The Zsa Zsa	Hair and skin care, essential oils, bath salts, aromatherapy candles



holidays start at Weavers Way



## What's in Store at Weavers Way

### New on the Shelves

## Take a Breath — It's Next Door

by Karen Plourde,  
Weavers Way Grocery Staff

WEAVERS WAY NEXT DOOR HAS to be one of the best-smelling stops along Germantown Avenue in Chestnut Hill. The scents — a combination of herbs, beeswax and bath soap — provide instant aromatherapy. Add restful music and an overall cheery atmosphere, and you'll feel good just for going in.

But if you want to go further and make a purchase, store manager Amira Shell has some suggestions. In addition to supplements, herbal remedies and beauty products, Next Door also carries **Marquet** fair trade shawls and scarves. The Binh Minh shawl is a 50/50 silk/cotton blend from Vietnam. The open weave scarves are hand-dyed and woven by the Ton Fai collective in northern Thailand.

In the soap department, there's an array of brands and scents, including several that are local. **Tandi's Naturals** uses tallow from Lancaster County in its products, which include two types of shampoo bars, three different hand and body bars and a salt-and-charcoal complexion soap. **Bliss & Featherbelle** bars hail from Baltimore and come in 12 varieties as well as unscented. They also offer three kinds of bath soaks. And there are 15 kinds of **C.O.P.A.** soaps (the letters stand for Coconut, Olive, Palm and Almond) from Fishtown in stock.

For holiday entertaining, Next Door carries soy and beeswax candles. Gift baskets will also be available.

### Elsewhere at the Co-op

**Mt. Airy Bulk:** What a time to introduce vanilla extract in bulk. **Singing Dog** organic vanilla is now available at a price that's about 30 cents cheaper than the bottled version. In the ever-expanding coffee section, look for **Backyard Beans** from Lansdale. These small-batch coffees come in 8-ounce bags. The beans are Fair Trade and organically sourced. And coming soon: bulk orange-blossom honey.

**Mt. Airy Pet:** Remember your favorite doggie friend(s) this season with rawhide chew braids and chips from **Cadet** and dental treats from **Whimzees/Paragon**. For kitty, look for Greenies treats, along with holiday-themed toys for cats and dogs. And to help weather winter walks, invest in **Paw Thaw Salt** and **Pawz Reusable Boots**.

**CH Grocery:** Seasonal goodies abound near the registers, including **John & Kira's** caramel & spice & chocolate pumpkins — crunchy, gooey and delicious. We also have **Mi-Del Candy Cane Cremes** sandwich cookies in regular and gluten-free. For those who want to celebrate without dairy, check out **Tazo** pumpkin and spice chai latte and **Rice Dream** rice nog.

Of course, you can find Organic Valley traditional egg nog, ready to be improved, in the dairy case. Raise a glass!

kplourde@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 for Your White Elephant, Yankee Swap, Dirty Santa or Machiavellian Christmas

Holiday gift exchanges don't have to be a chore. Cruise through the Weavers Way stores to find neat stuff in the nooks and crannies for all your goofy gift needs!

- 1. Valentina's Homebrewed Body Mists** — Old World recipes for spells and potions make delightful combinations of essential oils. Got a cosmic problem? Habit Breaker, Psychic Detox, True Love and Prosperity can help.
- 2. Emu Eggs** — Fry up a mega-omelet for the extended family with one mighty crack. Or pretend you're Daenerys Targaryen and carry these big green beauties around the neighborhood until they hatch. Available in ~~Vaes Dethrak~~ Mt. Airy only.
- 3. Licorice Sticks** — Gnaw naturally to break the gum-chewing or nail-biting habit. Good for smokers trying to quit, too. At 29 pennies, they make great stocking-stuffers. Just make sure Santa explains they're for the *nice* girls and boys.
- 4. Barkworthies Elk Antlers** — For the pooch who's bored to the bone. These naturally shed elk antlers contain essential nutrients, like zinc, calcium, manganese and iron. Splinter- and slime-free too. (And for you nudges concerned with feline fairness, how about Cosmic Catnip Catnip Bubbles to keep Kitty crazy?)
- 5. Weavers Way What's Your #? Mug** — Ho ho, that's hot! Santa will be grateful when you fill up this groovy orange mug with a toasty toddy to go with those cookies you made with ingredients from the Bulk Department. Cheers!

## This Apple Story Features a Cameo from Ben Wenk

by Stephanie Kane, Weavers Way  
Local Product Coordinator

I LOVE APPLE SEASON. I THINK IT HAS to do with how much I hated apples growing up. Supermarket apples in the '80s and '90s were pretty terrible. I never understood why people ate apples so frequently and all year long. Then, during my first apple season at Weavers Way four years ago, local apples took me by surprise. I couldn't believe the variety and how each had such a specific flavor and texture.

We do get many questions about how our apples are grown, and why they aren't grown organically.

Ben Wenk is the seventh generation of his family at Three Springs Fruit Farm in Wenksville, PA, near



BenWenk (left) visiting with Chestnut Hill produce buyer Mike Herbst

Gettysburg. Ben attended Penn State's Agroecology Program, giving him a formal education in growing tree fruit to go with a lifetime of learning. He takes great care when it comes to his trees, and is a great proponent of sustainable agriculture. I wondered what

it would take to make his operation Certified Organic.

Product loss is higher in organic production; it's a risk most farmers can't take lacking assurances that a higher price point would pay off.

The main spray used in organic growing is Surround kaolin clay. You can tell an organic tree-fruit farm by the gray-white clay coating the field. It works by disguising the trees from pests, as well as with the presence of irritating clay particles. It coats the apples, and farmers find it makes them difficult to market.

In Ben's case, he has also concluded that going organic would require him to spray more frequently, increas-

(Continued on Page 10)

## Core Values for Your Holiday Table

When you're looking for apples this holiday season, whether for pies, applesauce or a simple apple crisp, there are many that are great for baking. I think it's good to use more than one variety, at least one sweet and one tart. The flavors will marry as they cook, and lead to a more complex flavor.

For pies, you can select an apple that will hold its shape and

remain firm, or one that will cook down. If there is too high moisture and sugar content, the filling won't set and you'll have a crust full of juice. You'll need approximately 6 apples to fill a standard pie crust, making about 3 cups peeled and sliced.

I use any combination of apples for applesauce.

— Stephanie Kane

**Cortland** — A balance between sweet and tart, great for fresh eating when they first come in season, but they lose their crispness and become better for baking. They cook down especially well for sauce.

**Empire** — More sweet than tart. They soften well for sauce but still hold their shape for pies.

**Mutsu** — Sweet-tart and crisp, a juicy eating apple, Mutsu also hold their shape well for a fantastic pie.

**Cameo** — Known for having a traditional apple flavor, and should be used as the sweet one in your combo. They hold their shape well and produce just enough juice to make a good filling. **Recommended by Ben Wenk.**

**Granny Smith** — A classic choice for pie or apple crisp, that holds its shape while giving a nice tart flavor.

**Stayman** — Great for baking and making sauce. Good for an instance as an eating apple, but they lose their crispness.

# Weavers Way Community Programs

## #GIVINGTUESDAY

(Continued from Page 1)

Weavers Way Community Programs is getting in on the action this year as a registered GivingTuesday partner. On Tuesday, Dec. 3, anyone shopping at Weavers Way Co-op will be given the option to donate \$2 to Weavers Way Community Programs at the time of checkout.

Fear not — if you miss GivingTuesday or would like to make an additional gift, you can visit us online at [www.weaversway.coop/support](http://www.weaversway.coop/support) WWCP to make a year-end tax-deductible donation.

For me, this isn't just about \$2, or even \$200 (though that would be nice). It's about using our dollars to demonstrate that giving is important, and using our collective power to counter the consumerism and consumption of the holiday season.

If you find yourself shopping at the Co-op on Dec. 3, I hope you'll join me and millions of other Americans who will take part in this movement and make a contribution to support and strengthen your local community.

To read our appeal letter and learn more about how crucial your individual support is to Weavers Way Community Programs, visit [www.weaversway.coop/wwcp2013appeal](http://www.weaversway.coop/wwcp2013appeal).

[jill@weaversway.coop](mailto:jill@weaversway.coop)

## Think globally, give locally... to WWCP

by Mira Rabin, Board President,  
Weavers Way Community Programs

WHEN I WAS A CHILD, I WAS TOLD TO FINISH THE FOOD on my plate because children were starving in Africa. Even now, it sometimes feels easier to send charitable dollars overseas than to confront our intractable problems here at home. To see the extremes of economic well-being in north-west Philadelphia, you need look no further than across the street from our two stores. In Mt. Airy, Co-op shoppers can choose from a broad array of products grown with care for the grower, the consumer and the planet, usually paying a premium to do so. At Henry School, over 80 percent of the families receive some sort of public assistance. And the figure for families attending Jenks School in Chestnut Hill is similar. Poverty is right here, and with poverty comes little or no access to affordable fresh food.

Instead of being discouraged by this gross imbalance, you can support Weavers Way Community Programs, which has been working to improve food choices for low-income members of our community for the past six years. WWCP's farm education and school Marketplace programs have introduced thousands of children to the joys of growing, harvesting and eating fresh vegetables. At Hope Garden at Stenton Family Manor, children experiencing homelessness feel pride and ownership of the food they grow and eat. Our apprenticeship and service learning programs at Mort Brooks Memorial

Farm and at W.B. Saul High School are growing the next generation of farmers.

We are making a difference in the lives of many children, and playing a vital part in the varied initiatives moving Philadelphia toward lower obesity rates and better health. But we can do it only with your help. We have successfully demonstrated our effectiveness to several foundations over the years, and have received important funding from them, but such support is dwindling and unreliable in our present economic climate. We enjoy a strong collaborative relationship with Weavers Way, but we receive no financial support from the Co-op. The bottom line is that we must be sustained by individual donors — and who better to sustain us than Weavers Way members like you, whose values created WWCP in the first place?

So when you receive your annual appeal letter from WWCP, before you toss it on the pile of solicitations, remind yourself what is so powerful about the cooperative model — that by pooling our individual economic power, we can invest in ourselves and our community — and make the same choice with your charitable dollars. Think of it as a matching grant: give generously to WWCP, and see the impact of your dollars multiplied by the generosity of the Co-op community.

To make a contribution now, visit [www.weaversway.coop/supportWWCP](http://www.weaversway.coop/supportWWCP). To learn more about what we do, and how you can help, visit us online at [www.weaversway.coop/wwcp](http://www.weaversway.coop/wwcp) or email Executive Director Jill Fink at [jill@weaversway.coop](mailto:jill@weaversway.coop)



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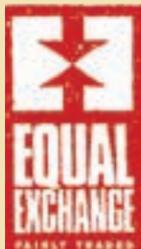
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December 4 - 31



# Weavers Way Community Programs

## We Couldn't Do It Without Our Partners

by Alison Hirsch, Program Coordinator, Weavers Way Community Programs

WEAVERS WAY COMMUNITY PROGRAMS IS fortunate to have many partners in the community who support our work and help us expand our reach. This month, we highlight two such partners — High Point Café and Ready, Willing & Able.

The High Point is a neighborhood spot we all know and love. Every week, High Point's head chef, Amy Kunkle, orders fresh herbs from WWCP's farms. She uses them to enhance her already delicious crepes and pastries.

The herbs — in addition to fruits, vegetables and flowers — are grown by W.B. Saul High School students and children visiting the Children's Garden at Awbury Arboretum. Children participating in the Garden Club at Stenton Family Manor — an emergency shelter in Mt. Airy — also contribute. The WWCP farm educators teach students about urban farming and promote the value of eating locally produced food and the importance of a healthy diet.

High Point Café displays a flyer listing which herbs from WWCP are used each week. Next time you are waiting in line for coffee, check it out. Planted, grown, picked and cooked with love . . . we guarantee they will



The guys from Ready, Willing & Able made short work of the "greenery" on the fence at Stenton Family Manor.



Larken Wright Kennedy photos

be fresh and scrumptious.

The second partnership is with Ready, Willing & Able, a work-training program for formerly homeless men and women. RWA transforms the lives of the people they work with through educational and vocational services.

You may have learned about Ready, Willing & Able the first time you noticed the "men in blue" cleaning along Kelly Drive. While they have regular cleaning responsibilities, they also believe in giving back through cleanup days. RWA trainees recently came out to Stenton Family Manor to clear the fences around the garden and in the greenhouse, which were both overgrown with vines and other weeds. Their hard work made a tremendous differ-

ence in these places.

"The general beautification of the property encourages kids to continue to be respectful of the space," said Stenton Farm Educator Shelley Hedlund. "It also improves the functionality of the garden, and therefore the ability for kids to interact with the garden effectively." Junior Farm Educator Larken Wright Kennedy was eager to add that RWA trainees were not only able to appreciate the garden through their work, but also by sampling what is grown there. Larken took RWA trainees into the garden, where they sampled kale, lettuce, hakurei turnips and carrots.

Partnerships may be free, but they are invaluable. Working together allows us to strengthen our mission, increase our impact and fortify our community.

If you'd like to partner with Weavers Way Community Programs, email me at [alison@weaversway.coop](mailto:alison@weaversway.coop).



**AWBURY ARBORETUM**

**HOLIDAY GREENS SALE & OPEN HOUSE**

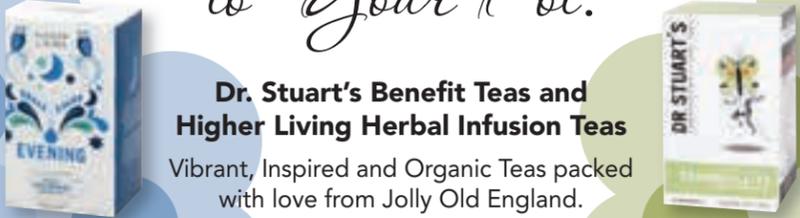
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General Manager's Corner

# Think of the Co-ops We Could Grow in Southeastern Pennsylvania

by Glenn Bergman,  
Weavers Way General Manager

LAST MONTH, I HAD THE OPPORTUNITY to sit inside the Brossman Center at the Lutheran Theological Seminary in Mt. Airy and miss an entire fall day as the leaves were at their peak color. Instead of experiencing fall, I opted to participate in a mid-Atlantic co-op development "café" sponsored by Cooperative Development Services.

The meeting was the first of many taking place throughout the country to bring together established co-ops, start-up co-ops and would-be co-ops to work on expanding the consumer co-op sector. The goals is to impact and improve communities and to engage more people in self-determination, caring for others, self-help, self-responsibility, democratic processes, working in a transparent process of honesty and openness.

It was very exciting to see 60 people together, strategizing on how to grow the co-op movement. We covered these topics, inspired by the goals of the Cooperative Decade kicked off with last year's U.N.-sponsored Year of the Co-op:

**Participation:** The growth in co-op membership has been dramatic. People want to participate in community and in helping to shape their community. Attending the meeting with us were co-ops from Swarthmore, Kensington, West

Philadelphia (Mariposa), South Philadelphia in the city; Collingswood, NJ, and Ambler in our suburbs; Bethlehem and State College (Friends and Farmers) elsewhere in Pennsylvania; Frederick, MD (Common Market); Ithaca (Greenstar) and Spring Valley (Hungry Hollow) in New York state. Ten years ago this type of meeting would not have happened. It is a big change.

We discussed how to get people in the community not only to join but to participate as owners. Our aim is collaboration of members and co-ops working together builds strength.

**Sustainability:** In-depth discussion focused on how co-ops build efficiency that is more balanced than just business sustainability and profitability. Building community and democracy leads to long-term business sustainability.

**Identity:** How do we preserve our co-op identity and principles as we grow? It is important that cooperative entities educate the community and their members in the seven principles of cooperatives so we stay true to the ideals of economic democracy.

**Legal frameworks:** Attention must be paid to maintaining a legal environment that will allow co-ops to grow and not be held back by legal barriers to community-owned businesses.

**Capital:** How do we increase capital

to allow the co-op sector to grow? Co-op models are not based on maximizing returns for equity investment.

Worldwide, co-ops employ over 100 million people and have revenues of more than \$2 trillion. Wow! I had no idea how big co-ops were worldwide. This includes consumer co-ops, buying co-ops, credit unions, agricultural co-ops, energy co-ops, housing co-ops and worker cooperatives.

After the meeting, I started thinking about how we might connect with a co-op in our different everyday activities:

You get up in the morning and make a cup of coffee or tea produced on a cooperative farm in Central America. The electric kettle is powered by electricity purchased through the Energy Co-op. The milk you pour on your cereal is from Organic Valley, a co-op owned by dairy farmers. You open the paper and read articles from the Associated Press, a cooperative news service owned by the papers.

It's time to drop the kids off at the cooperative nursery school, a few blocks from where you live in a cooperative apartment. The mortgage is through the Philadelphia Federal Credit Union. (All credit unions are cooperatives.)

On your way home, you stop at Mariposa or Weavers Way or Creekside to pick up your groceries. You buy chocolate produced by a co-op in Africa, spices from Frontier, a worker cooperative based in

Iowa, and olive oil produced and distributed by an agricultural cooperative.

At night, after the kids are asleep, you pour a glass of Banyuls late harvest red wine from the south of France. Yes, a winery cooperative owned by the growers.

You turn off the light and dream about Mondragon, Spain, where all the local businesses are run by a worker-owned community co-op. The workers own all the stores, factories, banks and other important retail and wholesale entities. Imagine if the stores in Mt. Airy were owned and run by the workers. Imagine a plant owned by the workers and the community to support local manufacturing jobs in Germantown. Imagine a cooperative farming group that owns land and supports beginning gardeners who also sell their produce.

One last thought: Imagine a hotel in northwest Philadelphia that is cooperatively owned by the community. Better yet, the Inquirer is sold to the Philadelphia Newspaper Cooperative, whose goal is to support local news reporting that is honest and not swayed by big money interests. What could be next: the Eagles, the Phillies, the Flyers, local TV . . . If the Green Bay Packers can be owned by the community, in the words of that grammatically challenged Phillies fan a few years ago — why can't us?

*gbergman@weaversway.coop*



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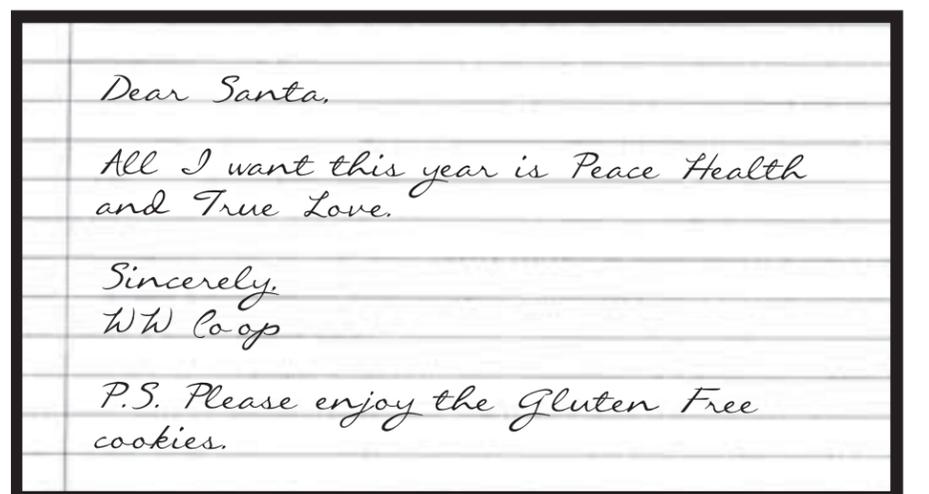
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## Board Corner

# Sharing a Vision for an Empowered Future

by Laura Morris Siena,  
Weavers Way Board of Directors

RECENTLY, SOME OF US ON THE Weavers Way Board participated in Cooperative Development Services' Cooperative Development Café at the Lutheran Theological Seminary in Mt. Airy.

The theme of the café was "Participation: Connecting Our Co-ops and Communities," one of the International Cooperative Alliance's key goals for this decade. (More on that below.)

Meeting folks from other co-ops has been for me the most fun of the meetings and conferences I have attended since I was elected to Weavers Way's Board. It was particularly inspiring to meet leaders from the nascent co-ops in our region — I was fortunate to connect with people from Kensington, South Philly and Collingswood, NJ. They are idealistic, to be sure — bright-eyed and bushy-tailed — but they pack serious organizational wallop along with their commitment to the co-op model. As a member of an "older kid on the block" co-op, it feels great to

“

**What's powerful is that 1 billion people are participating in an alternative economic model. . . .**

**If this alternative model could permeate even 10 percent or 20 percent more of the global economy, how would that change our world for the better?**

”

see the level of interest in the cooperative model in and around Philadelphia.

To me, though, it was the opportunity to look outside our region and even globally that provided the most reward. Early on, we heard on video from Dame Pauline Green, President of the International Cooperative Alliance. The ICA Global Conference and General Assembly took place in early November, at the same time we were meeting in Mt. Airy, bringing people from all over the globe to Cape Town, South Africa.

Dame Pauline described the ambitious goals of the Cooperative Decade that kicked off last year during the U.N. International Year of Cooperatives, and Glenn Bergman refers to them in his Shuttle column this month:

1. Elevate participation within membership and governance to a new level.
2. Position cooperatives as builders of sustainability.

3. Build the cooperative message and secure the cooperative identity.

4. Ensure supportive legal frameworks for cooperative growth.

5. Secure reliable cooperative capital while guaranteeing member control.

(There's plenty more information available online at [ica.coop](http://ica.coop).)

One statistic Dame Pauline mentioned was that there are 1 billion members of co-ops worldwide. That is a lot of people — one seventh of the world population! Most of those people are members of credit unions, mutual insurance companies or companies like REI, not food co-ops like Weavers Way. But that number provides context for a growing movement worldwide.

What's powerful is that each of those 1 billion people is participating in an alternative economic model to the one we take for granted, where ownership and profits accrue to the very few. If this al-

ternative model could permeate even 10 percent or 20 percent more of the global economy, how would that change our world for the better?

A down-to-earth illustration: Ruffin Slater, general manager of the Weaver Street Market based in Carrboro, NC, spoke (also on video) about trying to get their shoppers to stop using credit cards. Credit-card fees account for 20 percent of Weaver Street's non-operational costs — a 2 percent tax on each credit-card purchase. Those fees go to the credit-card companies, not to co-op members. What would co-ops do with that money if we had it in our budget instead of sending it to American Express or Visa? (You can bring some of that money home by shopping with gift cards, checks or cash.)

Most of our members and non-member shoppers don't think about these issues when they run into the store for a quart of milk. Why should they? But it's exciting to think about all of us educating ourselves on the broader cooperative movement, how it's growing worldwide and on some of the specific goals of the ICA's Cooperative Decade. And, as we do learn, remembering, "We own it!"

For me personally, I have felt powerless as the banks that almost ruined our economy have continued to flourish since the economic meltdown of 2007, taking government bailouts — that I helped pay for — and then reaping huge profits and rewarding their executives with giant bonuses. There is so little I can do to change that system. But one thing I can do is purchase that quart of milk at a co-op and encourage my neighbors to do the same.

*lsiena@comcast.net*



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Dear WW,

Consider it done.

Please thank Jonathan Leeds in the Membership Department for the work credit hours! Now I'm an official WW Working Member!

x,  
SC

P.S. The cookies were delicious! I shared them with Dasher (also on a restricted diet! Sooo hard during the holidays!!!!).

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MEMBER FDIC

# WW Members, EQAT Protest Mountaintop Removal

by Eileen Flanagan, for the Shuttle

**M**T. AIRY RESIDENT AND WEAVERS Way member Walter Hjelt Sullivan was among seven people arrested in Pittsburgh Oct. 21 in an action to “Tell the Truth” about PNC Bank’s investments in mountaintop removal coal mining.

“My goal was to speak truth in the bank lobby and to stand with and for my friends in Appalachia,” explained Sullivan, who spoke to a rapt audience about how mountaintop removal increases rates of cancer and birth defects in Appalachia. The action shut down the PNC branch at 600 Grant St. and included street speakers, singing and Quaker silent worship. When asked to “search their hearts,” the crowd of PNC employees, dozens of police and other onlookers fell into a silence that several participants described as deep and powerful.

After refusing to leave, the seven were arrested and then released the following morning. They were sentenced during their court visit a week later to time served. “There were also deep lessons learned from spending 22 hours being processed through the prison system,” Sullivan noted.



Chris Baker Evens photo

Police in Pittsburgh lead away Walter Hjelt Sullivan (front) and Michael Gagné.

Their civil disobedience was the finale of a wave of 16 actions orchestrated by Earth Quaker Action Team (EQAT, pronounced “equate”) on the final day of PowerShift, the national gathering of thousands of young climate activists, blocks from PNC’s corporate headquarters. Part of the goal was to organize the “Largest Bank Branch Action in History,” quite a feat for a group our size. But EQAT also wanted to model to young activists that protesting could be strategic while also coming from a spirit of love.

Founded by Philadelphia Quakers and rooted in Quaker principles, including a commitment to nonviolence and the belief that there is “that of God in every person,” EQAT is open to people of any background. In fact, the Oct. 21 day of action included students from a wide range of colleges, as well as allies from

Appalachia and from other environmental groups. In Philadelphia, a solidarity action was organized by students at Temple University and joined by two EQAT members in their 80s.

Being intergenerational was one of the things that made the group stand out at the youth-oriented PowerShift. The action planning, training and execution were carried out by mixed-age groups. Those arrested ranged from two Bryn Mawr students to 75-year-old Philadelphia George Lakey, who has been an activist since the Civil Rights movement.

For nearly four years, Earth Quaker Action Team has challenged PNC’s attempts to promote themselves as a green bank while being one of the largest financiers of mountaintop removal. In 2012, the group staged a 200-mile walk from Philadelphia to Pittsburgh (driving

over the mountainous region where there were no PNC branches or Quaker meetings) to raise awareness of the issue. In April 2013 the group forced PNC’s outgoing CEO to end the shareholders’ meeting early by holding their own alternative meeting, calling out the names of PNC board members while singing the old union song, “Which Side Are You On?”

One of the board members was Jane Pepper, former head of the Pennsylvania Horticultural Society and board member of Longwood Gardens. Earth Quaker Action Team has particularly challenged Pepper to use her green credentials and her role within the PNC board to speak up against mountaintop removal investments. This summer, EQAT members delivered this challenge to Pepper during a meeting of Longwood’s board, and British Quakers showed up at her hotel to make the same request on her visit to England to lead a garden tour.

All are welcome to EQAT’s general meeting, the first Tuesday of every month at Friends Center, 1 Cherry St Philadelphia. For more information, contact eqatteam@gmail.com.

*Weavers Way member Eileen Flanagan is on the board of EQAT and was part of the team that planned the day of action and trained participants.*

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# Faith-Based Development Corporation Fights Blight in Northwest

by Joseph Waldo, for the Shuttle.

FOR OVER 20 YEARS, A SMALL FAITH based non-profit in northwest Philadelphia has been building better neighborhoods in Germantown and Mt. Airy . . . one house at a time.

Drive down the 200 block of Weaver Street and you will see a formerly abandoned home now restored and housing a family. Turn on the 400 block of Sharpnack Street and there are new roofs on homes owned by widows and elderly couples — roof repairs too expensive for owners to afford themselves.

Look on Homer Street, Mt. Pleasant, Duval, Washington Lane — there are renovated houses and subsidized repairs courtesy of the little known but highly effective Urban Resources Development Corp.

URDC is not your typical non-profit housing organization. First, it is owned and operated by eight Germantown churches — First Presbyterian, First United Methodist (FUMCOG), Germantown Mennonite, Janes Memorial United Methodist, Mt. Zion Baptist, New Bethel

A.M.E., Providence Baptist and St. Vincent De Paul Roman Catholic.

Second, URDC takes no public money for its work. The mission of this 501(c)3 is to stabilize neighborhoods in northwest Philadelphia through two programs:

- Rehabilitation of abandoned homes
- Repair assistance to elderly or low-income homeowners.

Thanks to its church orientation, URDC has tremendous social capital that uniquely helps neighborhoods. For instance, URDC and FUMCOG recently sponsored the Marion Taylor Service Day to assist families with interior painting and repairs. Meanwhile, URDC's partnership with National Penn Bank provides a source of funding through low-interest, non-collateralized loans.

In its rehab program, URDC purchases abandoned homes, renovates them using their own contractors and sells them to low-income, first-time homeowners. Revenue from the sale allows URDC to purchase additional homes and continue its neighborhood stabilization

work. Since 1995, URDC has renovated more than 25 abandoned homes and recently completed projects on Homer and Ambrose streets.

URDC's second program provides financial assistance to low-income and elderly homeowners needing exterior home repairs. Houses in need of repair have just as much negative impact on a block as an abandoned house. Working in conjunction with National Penn Bank, the program offers low-interest loans for home repairs. URDC secures the loan for the homeowner, selects quality contractors, coordinates repairs and provides outright

grants for assistance. The program serves a critical community need: in just five years, it has helped over 150 owners, with more on URDC's waiting list.

This is what URDC is about; creating decent homes and neighborhoods that allow residents of Germantown and Mt. Airy to live with dignity and respect. Together we can truly make a difference . . . one house at a time.

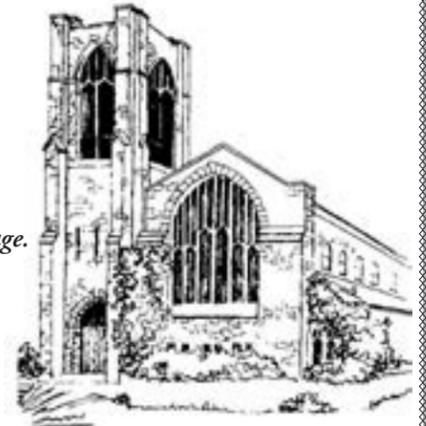
*Joseph Waldo is the president of the Urban Resources Development Corp. Visit their website at [www.urbanresources.org](http://www.urbanresources.org).*

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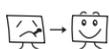
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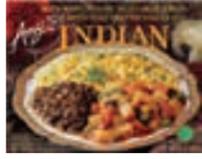
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## Apples

(Continued from Page 3)

ing his fuel usage. In his words, "Organic apples would mean more spraying, more spray material and more fossil fuel resources to raise our crop of fruit."

Weavers Way shoppers also want to know if the apples were sprayed recently. "The products we use for disease prevention are not sprayed within two to three weeks of harvest," Ben said. "Some organic sprays can be applied much closer and I've witnessed these sprays having an effect on the health of the crew picking the fruit."

When Three Springs recorded over 10 inches of rain this fall, apples harvested within a week of a rainstorm were fine, though varieties that weren't ready to be harvested for two to three weeks required an additional fungicide application.

While we don't want to dismiss organic apple production, it is too much in its infancy on the East Coast to really know how to make it most effective on a broad scale. Weavers Way has decided to go with orchards that we know and trust to use mindful growing practices, as they continue to learn more about organic methods so they may one day make the leap.

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# A Little Dab Will Do You Good

by Jill Karkosak, for the Shuttle

**B**IG HOLIDAY DINNERS WITH MY FAMILY aren't possible unless everyone lends a hand. With 20 mouths to feed that's some serious military-sized food. Early on, because ironing linens and dressing a turkey sounded way too complicated and oddly fashion oriented, I mastered the mashed potatoes. My siblings ask every year if I will share my secret. I don't dare.

When it's time, my mother, who passed on a love of all things rich and buttery, clears the kitchen and winks at me as I pull out my "secret" ingredients: three sticks of butter, a container of whole milk and a carton of heavy cream. Yep, those whipped tubers make an excellent high-fat, nutrient-rich side dish. But they're not for the "low-fat" faint of heart.

Having healthy fat in my diet wasn't always a conscious decision. Then a few years ago I began to read more and more about the benefits of fat. (Not hydrogenated fat, mind you!) Aside from food simply tasting better when it's cooked with butter or coconut oil, dipped in egg yolk or pecan-encrusted, fat plays an important role in getting nutrients absorbed into our bodies.

Fat slows down nutrient absorption, so helps sustain a satiated feeling, making us less likely to overindulge at the holiday table.

It also slows the absorption of sugar into the bloodstream, which helps keep everyone chill. That may work to break that other long-standing holiday tradition, the family fight. More fat all around!

We need healthy fats for our brains to function, to keep our joints fluid, and to act as a carrier for vitamins A, E, D, and K. Even more recently, healthy fat, especially coconut oil, has been shown to help combat Alzheimer's, thus helping us all hang on to our favorite holiday memories that much longer.

The holidays can put a lot on your plate, literally, so why add the guilt? Enjoy some butter or cream or extra-virgin-olive-oil-fried crickets and know that you are giving your body an essential part of nutrition.

*Weavers Way member Jill Karkosak is a freelance writer. Contact her at karkosak@gmail.com.*

## Mushroom and Goat Cheese Stuffed Chicken Breasts

- 4 boneless, skinless chicken breasts
- 1 pound wild mushrooms, stems removed, finely chopped
- 4 ounces soft goat cheese
- 3/4 cup dry white wine
- 2 shallots
- 2 tbs. fresh chopped thyme
- 1 cup all-purpose flour
- 2 eggs, beaten
- 2 cups Japanese bread crumbs
- Salt and pepper to taste

### For the sauce:

- 1/2 cup dry white wine
- 1 1/2 cup chicken stock
- 1 tbs. butter

Coat a large sauté pan with oil. Cook mushrooms and shallots until soft, 4-5 minutes. Salt and pepper mixture to taste. Add wine and reduce until almost dry. Remove from heat to cool.

Transfer mushroom mixture to a bowl. Add cheese and fresh thyme and mix until thoroughly blended. Put mixture in a piping bag and reserve.

Meanwhile, cut a slit into the fat side of each chicken breast to create a pocket. Pipe in mushroom mixture, taking care not to overstuff.

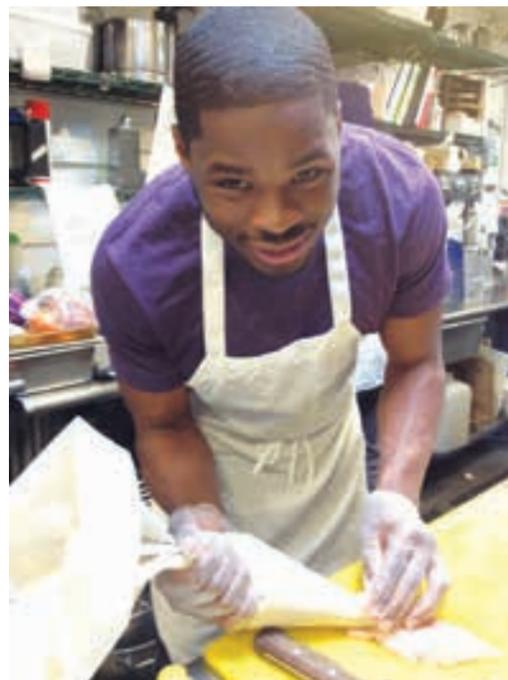
In three separate bowls, put flour, eggs and breadcrumbs. In that order, coat each stuffed chicken breast. Place breaded breasts on a sheet pan and refrigerate for an hour.

Put a sufficient amount of oil in a large skillet to pan-fry the chicken breasts. Heat oil and add chicken breasts, turning when each side is golden-brown, about 5 minutes. per side. Do not get oil too hot!

Remove breasts and place on a wire rack on a sheet pan. Place chicken in 300-degree oven for 15 minutes to finish.

While the chicken is in the oven, put butter, white wine and chicken stock to sauce pan. Reduce mixture by half.

Pour sauce over finished chicken and serve.



Bonnie Shuman photo

Walt Wilson piping mushroom and goat-cheese filling into chicken breasts; see recipe at left.

## Chef's Corner

# Prep School Standout

by Bonnie Shuman, Weavers Way Executive Chef

**I**N THE THREE-PLUS YEARS THAT WEAVERS WAY CHESTNUT HILL HAS been open, we've seen a lot of employees come and go in the kitchen. This is not uncommon. Kitchens have high turnover because the work is hard, most of the people are young, so they move around a lot, and once they see what it's really like to work in a kitchen with a high level of production, a lot of them run screaming in search of a new career path.

So I feel blessed that we have a few of our original opening crew still with us: Pat Piro, my assistant, whom I could not imagine doing this without; Valerie Jamison, one of the most talented chefs I've ever worked with; and Wes Gontarek, a hot-bar superhero.

While everyone who works in the deli/kitchen has been vital to our success, I am particularly impressed with with Walter Wilson. Walt started with us as a part-time dishwasher whose previous stint in the kitchen had been four years at Burger King. It became evident immediately that Walt had ambition and curiosity. While I would be making a soup or entree, Walt would come over and ask about the process. He kept saying, "Will you teach me how to cook?"

As time went on, we had an opening in the sandwich station. I asked Walt if he was interested in the position, and he said yes. I knew that he still had a way to go with his skills, but I felt confident that Walt could meet the demands of the position (a position that requires excellent knife skill, speed, and customer service). My instincts paid off, and soon Walt was slicing and dicing like a pro!

Fast forward a few months, and Walt is now one of our grab and go chefs in the kitchen. His knife skills are impeccable and his attention to detail is a hallmark of any great chef. While Walt has to a lot to learn still, he remains curious and driven to succeed. To honor his growth and commitment to excellence, I took him to Kitchen Kapers last week and bought him his own first fancy knife.

So, while Walt may not be among the old originals I mentioned above, I hope he will be part of our kitchen family for a long time to come. Walt, I love you like a son, wherever your ambitions take you!

bonnie@weaversway.coop

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<b>Coffee</b>		
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<b>Hot Cocoa</b>		
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\*Prices as of Dec. 2013. Prices subject to change, but we'll do our best to stick to them!



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## Shopping with Kids

(Continued from Page 1)

stronger for children, because they are more “in the moment” and really want the special things they see — even if they never dreamed of them a moment before.

So what can parents do to help their children have a good experience while shopping at the Co-op, or shopping in general?

Buying the things they want is not always an option, nor should it be, but acknowledging that our children have feelings and want things just like we do is a good starting point.

Knowing that our kids are interested in everything is important to recognize. They may, in fact, be more interest-

ed than we are in the produce, bulk items and gifts because they’re young and curious. And they don’t come to the Co-op with a list! They are not there to “shop for what we came for.”

So, when a child says she or he wants something, try responding with interest and kindness rather than negation.

Responding with interest might sound like this:

“Oh, I can see why you like this. It looks really cool. But even though you like it a lot, we can’t get it because . . .”

The child may express a lot of disappointment. A parent might reply with, “I hear that you are really disappointed. I am sorry that we cannot get it. It is *hard* not to get what you want.”

Responding with interest might also sound like this:

“I hear you really want X. You’ve been so wonderful and patient while I’ve been shopping; you deserve a little treat. Yes, let’s get this.”

Recognizing that children have wants is a big part of the equation. Responding with care and recognition of their wants makes a big difference. It says, “You are valuable. Your wants are important. You are important.” Acknowledging their wants is an acknowledgment of them and will make a difference to their sense of well-being.

Shopping with this in mind will make the experience easier and more joyful for everyone.

Weavers Way member *Claudia Apfelbaum* is a licensed clinical social worker with a specialty in marriage and family therapy. Contact her at [www.claudialistens.com](http://www.claudialistens.com).



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## Go! (Don't Wait For Your Birthday)

*We generate light at night in the city to offset our fear of each other, but lighting the night sky cuts off access to the universe.*

*And the territory we inhabit is a visual territory. There are certainly aural aspects to it, I'll grant that, but if you cut off access to the universe, you don't live in it. It's a psychological change to do that, to light the sky and cut off access to the stars.*

— Skyspace designer James Turrell

by Glenn Bergman,  
Weavers Way General Manager

ON SUNDAY, OCT. 20, I FOUND MYSELF running from a retreat for our nonprofit to the new Chestnut Hill meetinghouse to make sure I did not miss the opening experience of the new Skyspace designed by James Turrell. I was early for sunset.

I am from Queens. We did not learn to meditate as kids. It is not easy for me to sit still for 50 minutes. Just ask anyone I work with at the Co-op. They have tried homeopathic medicines, chants, shaking and incense. Nothing has worked, until now.

Let me stop and say I am not an architectural critic, nor am I qualified to speak to the overall significance of this structure to the world of art. I am just a guy who wants to open his mind to new experiences. Experiences that make me go, "Wow! This is cool!" The Skyspace experience at the Chestnut Hill Friends meetinghouse will make you do just that.

You need to do three things to really experience the Skyspace:

1. Get there in time to relax (10 minutes before it starts).
2. Bring a blanket to cover yourself in cool weather and a yoga mat or similar gym pad to lie on. A pillow would be good, too.
3. Relax for 50 minutes or so and just watch what happens.

That is all I am going to say. Words I had read before going did not come close to my experience. You have to go, you have to get yourself in the place and time and you have to experience what happens when light, sky and calmness come together in your mind. As Baba Ram Dass said, "Be here now."

During the 50 minutes or so we were watching the sunset on this Sunday afternoon, I was amazed at the pleasant thoughts I had, the excitement that comes from the play of colors, form and perceptions from our eyes and brain. I kept thinking about Turrell — how he had the vision to play, dream, and think about this for so many years and what he has created.

I went again on my birthday. I started the day watching the



Terry Foss photo



Andrea Nunez photo

Skyspace official opening (top); getting comfortable to experience the show (above).

dawn through the Skyspaces and thinking about my 62 years while experiencing in a meditative state the changes in light.

How lucky we are to have dreamers at the Chestnut Hill Meeting who could think outside the regular walls and build this place.

Weavers Way members, staff, and Board of Directors will have opportunities to experience this space, as we plan to use the meetinghouse for some of our gatherings and public events.

I look forward to hearing from others about your experiences with Skyspace. Enjoy!

[gbergman@weaversway.coop](mailto:gbergman@weaversway.coop)

## Skyspace Open to the Public

By Nikka Landau, for the Shuttle

MORE THAN A THOUSAND PHILADELPHIANS have experienced the city's first James Turrell Skyspace since it debuted in October in the new Chestnut Hill Friends Meeting. And this permanent art installation, consisting of a room with an aperture in the ceiling through



Terry Foss photo

Meetinghouse architect Jim Bradberry (left), Skyspace designer James Turrell

which the sky appears to change from one vivid color to the next, is expected to continue to draw visitors locally and from around the world.

Skyspace artist James Turrell designs the inside lighting to complement the natural light and to emphasize how we perceive light and space. The light changes with the seasons and time of day, most dramatically at dawn and dusk, rewarding repeat visitors with different experiences.

"Having a James Turrell in Philadelphia is truly amazing," said Gail Harranty, president of the Philadelphia Museum of Art and an advisor to the project, at the official Skyspace opening. "People go all over the world to see his work. . . . I think that it's already a landmark. It's showing off what's best in Philadelphia, weaving together gorgeous park settings, exquisite architecture and a welcoming place that is a contemplative place for all."

Skyspace is open for the remainder of 2013 — for sunrise on Tuesdays and Thursdays and sunset on Tuesdays and Sundays. Sunset openings begin at sunset and last for 50 minutes. Sunrise openings begin 50 minutes before sunrise. Visitors are encouraged to arrive 10-15 minutes early to settle in. Guests are welcome to bring yoga mats or cushions should they want to lie or sit on the floor. Warm clothing or blankets are encouraged.

Guests are asked to make reservations online so the meeting can be in touch about cancellations. Chestnut Hill Meeting is located at 20 E. Mermaid Lane. Info: [www.chestnuthillskyspace.org](http://www.chestnuthillskyspace.org).

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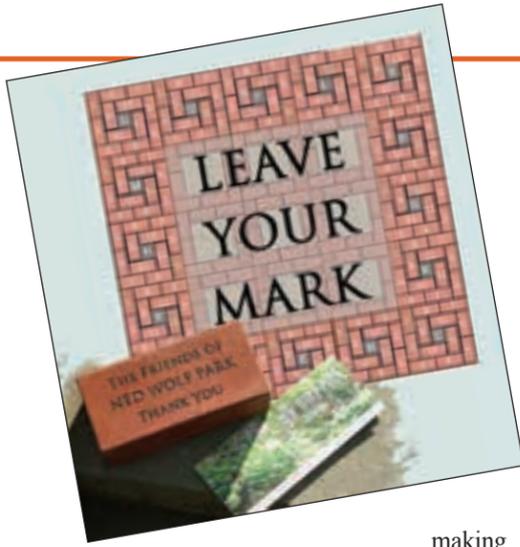
## Leave Your Mark in Mt. Airy

by Eric Sternfels, for the Shuttle

**T**HIS HOLIDAY SEASON, FORGO THE FASHION, and elect not the electronics. Instead, consider collaborating with your community and buy a brick! OK, I'll not litter another sentence with alliterative nonsense and explain:

The Friends of Ned Wolf Park, the band of intrepid volunteers that have stitched a vest pocket park onto the fabric of our Mt. Airy community, now ask for your help to make the park safer and more beautiful, and to expand its capacity to accommodate group activities. The Terrace Wall Project is under way to remove carcinogenic creosoted landscape ties and replace them with new materials that represent our remarkable neighborhood: brick, bluestone and Wissahickon schist. Now the Friends are offering a limited opportunity for you — neighbors who value Mt. Airy and Ned Wolf Park, the botanical oasis in our midst — to leave your mark with a custom engraved brick in the park's central paved terrace.

For a donation of \$100 or more, you can reserve one of 192 red-clay bricks to include your special inscription for generations to witness. Wouldn't you rather see the delight in your child's eyes upon finding her name inscribed in this special gathering place, instead of the glow of a new video game? Can you imagine the gratitude of your parents or friends when your gift helps fill their neighborhood with rewarding activities rather than filling their closet with something they don't need? That's why the Friends of Ned Wolf Park urge you to consider



making a donation that will be long remembered and well spent. Brochure/order forms describing the Terrace Wall Project are available in the park's information boxes or you can learn more and reserve a brick at the new website, [www.nedwolfpark.org](http://www.nedwolfpark.org).

Raising \$17K — to refresh Ned Wolf Park's central plaza and to build a stone seating wall to facilitate spontaneous gatherings and planned events — is a goal we will not reach overnight. But you can monitor the progress of the Terrace Wall Project in multiple ways. With each \$1,000 raised, the Money Vine (a/k/a *Fundbergia allota*), which grows on the Trellis-o-Meter mounted to Ned's Shed, will bear a new flower. Despite the winter temperatures, several flowers already indicate money in the bank. Also, as each group of twelve bricks is purchased, they will be engraved and installed in a square block so that your inscriptions will be on display immediately — weather and neighborhood generosity permitting. So, as the banner posted at the corner of McCallum and Ellet streets proclaims, "Support the park, Buy a Brick!" And if you have any questions, contact [mtairymark@yahoo.com](mailto:mtairymark@yahoo.com).

## FOW Gets \$440,000 Sustainable Trails Grant

**T**HE WILLIAM PENN FOUNDATION HAS AWARDED THE Friends of the Wissahickon a \$440,000 grant to support the Sustainable Trails Initiative and FOW's public engagement efforts. This grant will allow FOW to increase watershed protection through reduced stormwater runoff, volunteer maintenance activities and public engagement on watershed issues.

"We are very excited to once again partner with the William Penn Foundation," said FOW Executive Director Maura McCarthy. "This grant will help us to involve the community more deeply in our work as we care for the watershed and steward Wissahickon Valley Park."

The Sustainable Trails Initiative is a multi-year project to make the 50 miles of National Recreation Trails in the Wissahickon a physically and socially sustainable system that works for all park users. This project is being executed in partnership with Philadelphia Parks & Recreation.

Founded in 1945 by Otto and Phoebe Haas, the William Penn Foundation [www.williampennfoundation.org](http://www.williampennfoundation.org) has supported numerous FOW initiatives over the years. In 2002, a \$280,000 "Capacity Building" grant allowed FOW to hire full-time professional staff to work on fund-raising and major projects. FOW's 2005 Protect Our Watershed program, to proactively address stormwater runoff in the lower Wissahickon watershed and protect the area's significant remaining open space parcels of land, and FOW's new Crew Leader training program, have received William Penn support. In 2012, FOW launched a new website that was made possible with grants from the William Penn and the 25th Century Foundation.

The Friends of the Wissahickon, founded in 1924, is a non-profit organization dedicated to preserving the Wissahickon Valley. Weavers Way members can earn working-member credits by participating in FOW activities; contact [member@weaversway.org](mailto:member@weaversway.org) for info. For information about FOW, visit the website at [www.fow.org](http://www.fow.org).

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*The Passionate Gardener*

# Know Your Zone, but Don't Sweat It

by Ron Kushner, for the Shuttle

FOR MOST PLANTS, EVEN THOUGH drainage, soil composition and water are major factors, temperature is the most critical to survival. The U.S. Department of Agriculture's Hardiness Zone Map ([www.planthardiness.ars.usda.gov](http://www.planthardiness.ars.usda.gov)) provides a guide to gardeners and farmers throughout the United States.

This map shows minimum temperatures to expect within geographic zones. Plant hardiness can be expressed using these zones, indicating the plant's ability to survive your winter. There is a 10-degree Fahrenheit "spread" for each zone. In our Zone 7, for example, the spread is 0-10 degrees. Plants that can handle 0 F. are said to be "Hardy in Zone 7."

Gardeners should keep two things in mind about hardiness zones. First, the minimum is based on many monitoring thermometers throughout a region, indicating a minimum temperature at an instant, for any length of time.

For example, assume the low temperature from December through the end of January reached 10 degrees and remained there for some time. Then, one night in February, the temperature dropped for just a few minutes to 8 degrees. The new minimum would become 8 degrees.

So, as you can see, any zone's spread could be influenced by an unusual cold

snap that lasted very briefly. Note that our Zone 7 temperature spread bottoms out at zero even though the temperature has not hit 0 in the past eight years.

Therefore, use these zones as a guide but don't be afraid to experiment with plants listed out of our particular zone. In my garden, I have many Zone 8 plants that come back in the spring from under a thick winter mulch.

The other thing to consider is that "microclimates" occur in every zone, substantially altering the USDA zone category. If your garden is sheltered by structures or dense trees, is located at the bottom of a hill, receives plenty of reflected winter sun, among many factors, you may be gardening in a microclimate.

One simple way to monitor for a microclimate is to place a minimum/maximum thermometer in your garden to see if there is a higher or lower temperature range than your USDA zone, even somewhere else on your property.

So don't be afraid to try plants outside your zone!

### Next Year's Weeds

Weeds are definitely never going to be 100 percent prevented. However, there are many things that can be done to limit them and create a lower maintenance factor in any garden. Here are a few suggestions to think about over the winter and



Go to the USDA on the Web ([www.planthardiness.ars.usda.gov](http://www.planthardiness.ars.usda.gov)) to see Hardiness Zone maps for individual states as well as regions

perhaps implement next season:

1. Install raised beds wherever possible. Growing in raised beds allows for excellent weed control — they are simple to keep mulched, the soil doesn't get compacted (you never need to stand in a raised bed) and, since you don't have to till them, weed seeds are kept dormant. Weeds that do sprout are easily hand-removed.
2. Maintain at least 2 inches of organic mulch throughout all of your plantings. Shredded leaves, chopped-up hay and straw, salt hay and compost all work to keep weed seeds from sprouting.
3. If you don't have raised beds, establish paths in your garden for walking so areas to be planted are never walked on. Never till the planted area; just keep it covered with mulch, applied in layers throughout the season.
4. Use drip irrigation to put water at the

plant's root zone instead of all over the garden where crops are not grown and weeds tend to sprout.

5. Consider planting or encouraging a "living mulch" where possible, such as sweet alyssum (*Lobularia maritima*). It is a low-growing annual, helps to choke out weeds and is highly effective in attracting beneficial insects due to its fragrant flowers.

### A Personal Note

I would like to thank all of you readers and the staff of the Shuttle for your support throughout this past year. Yes, this is my one-year anniversary for "The Passionate Gardener." The year seemed to fly by.

I appreciate all of your comments and I look forward to many more seasons to come. Happy gardening!

Contact Ron Kushner at [ronkushner@comcast.net](mailto:ronkushner@comcast.net), or visit his website, [www.ronsorganicgarden.com](http://www.ronsorganicgarden.com)

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## And the Winners Were . . .

Here are the winners in the Harvest on Henry 2013 Pie-Baking Contest.

### FRUIT

**1st Place**  
**Georgia Kirkpatrick**  
(Blueberry-Cherry)

**Tied for 2nd Place**  
**Jen May**  
(Apple Pear Praline)

**Christine Bellizzi**  
(Apple-Peanut Butter with Oatmeal Crumble)

### OTHER

**1st Place**  
**Max Klink**  
(Chocolate Pecan)

**2nd Place**  
**Dolores Howlett**  
(Love Pie)

**Tied for 3rd Place**  
**Chelsea Kurtz**  
(Tomato Scallion Avocado Quiche)  
**Beth DeVaul**  
(I Love You Pie)

Prizes were gift cards to Goat Hollow (\$40), the Night Kitchen (\$50) and Whole Foods (\$50); a breakfast basket from Roller's Espresso; gift certificate for ice cream cake from Bredenbecks; and a basket with acupuncture/yoga sessions.

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Glenn Bergman  
Alex Dewis  
David Greene  
Ashley McFarland  
Scott Piengrossi

**Photographers:**  
Larry Goldfarb  
Peter Handler  
Gabrielle Mahler

**Musicians:**  
Art Miron  
Rick & Andrea  
Nothing Wrong  
Saint Mad

**Harvest on Henry Planning Committee:**  
Nina Berryman  
Nancy Dearden  
Jennifer Disque  
Jennifer Hall  
Liza Hawley  
Clare Hyre  
Georgia Kirkpatrick  
Tatiana Loya  
Tammy Meister  
Bernadette Norton  
Kate Pelusi  
Lory Piengrossi  
Kathleen Powell  
Joanna Sinclair  
Norman Weiss

**Saul Agricultural High School:**  
Jessica McAtamney and her classes  
Tammy Conaway, principal  
Scott Moser and the 4-H Club  
Guy Amoroso  
Jane Arbasak  
Lisa Blum  
Scott Blunk  
Tara Campbell  
Mary Creighton  
Jen Disque  
Gail Koskela  
Garth Schuler  
Greg Smith  
Val Simmens

**Weavers Way Staff:**  
Annette Aloe  
Bertina de Caumette  
Stephanie Kane  
Jean McKenzie  
Mary Sweeten  
Rebecca Torpie

**All the numerous volunteers who were a tremendous help in many ways!**

**And all the wonderful Saul students!**



Saul teacher Jen Disque points out her lucky Cow Plop square

## Farm Fest with Flair

by Nina Berryman, Weavers Way Farms Manager

THE THIRD ANNUAL HARVEST ON HENRY FESTIVAL WAS OUR best-attended festival and also our most successful fundraiser yet! The purpose of this festival is not only to raise money for the farm, but also to bring together the many communities who connect with Henry Got Crops. This farm is many different things to many different people. And while that can be challenging sometimes, it is also a real cause for celebration. And what a celebration Oct. 19 was! It was rewarding to see so many people enjoying the farm and all the activities that were provided on such a gorgeous fall day. We are still waiting on the official count, but we know we made around \$4,000 to support Weavers Way farms.

It wouldn't have been possible without the help of so many people. Thanks to the volunteer CSA shareholder planning committee for coordinating all the pieces. Weavers Way marketing department went above and beyond — the publicity went a long way to get the crowds there. The collaboration with Saul High School has been so key these three years. The students and teachers did an outstanding job preparing for the various activities, hauling supplies across Henry Avenue, sprucing up the grounds. It looked great, and of course the day-of brought more than 80 student volunteers helping with the children's activities, selling tickets and apples, face painting and every taking care

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of other details to ensure everything went smoothly.

The children's activities were hugely popular. Faces were painted and scarecrows created. Every pumpkin was purchased, decorated and taken home.

Seven bushels of apples disappeared by the bag. Apple-cider donuts, pretzels and popcorn were sold out. There were lines at the food trucks and the apple press churned out cider. It was nice to have vendors attend to offer some goodies for sale and information being distributed about community services.

As usual, the hayride and petting zoo were major highlights of the day, neither of which would have been possible without Saul students and the local 4-H chapter. The hay ride through the forest was a hit, with more than 300 riding into the depths of Fairmount Park, searching for the lost calf "Spot" — singing songs and throwing hay.



This year also saw the debut of the Cow Plop 50/50. "Matilda" did not let us down and did her business within about 5 minutes. The lucky winner was Saul teacher and CSA shareholder Jen Disque, and



Harvest on Henry photos by Larry Goldfarb, Ken Weiner and Glenn Bergman

the Saul School, who each received over \$500! Special thanks to Cow Plop judge teacher Greg Smith, who did a great job managing the day and serving as judge.

The pie judges tasted over 25 kinds of pie. We sold 25 pies and at least 175 slices.

My favorite moment of the day was looking at the crowd and seeing all the people and tents from a distance when I was on the hay ride. It was amazing to see so many

people of different races, culture and ages, all gathered on this little piece of land that I know so well.

A big thank you to all our sponsors. (Check out the list at left.) CSA shareholder Nancy Dearden coordinated the event and I cannot thank her enough. She is a wizard of organization and planning and began planning back in April!

*nberryman@weaversway.coop*

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## Jon McGoran Book Signing at Big Blue Marble

LOCAL AUTHOR JON MCGORAN WILL BE signing copies of his GMO thriller “Drift” at Big Blue Marble, Saturday, Dec. 14, from 2 to 4 p.m. McGoran, editor of the Shuttle for 20 years, is editor-in-chief at Grid magazine.

“Drift” came out in July and was well reviewed in Publishers Weekly, Booklist and Kirkus. Philadelphia Inquirer reviewer Bill Kent called it a “A blast . . . great fun to read.” The Providence Journal said it was, “Riveting and blisteringly original.” Civil Eats called it “Thrilling, chilling.”

Look for Jon’s followup to “Drift,” “Deadout,” which deals with GMOs and colony collapse disorder, in August 2014. Keep up with Jon at [www.jonmcgoran.com](http://www.jonmcgoran.com).



Nathea Lee photo

Jon’s next book is about beer. No really, it isn’t, this is him doing his MC duties at the Weavers Way 40th Birthday Bash.

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# Phila. U Students' Design Vision for Germantown

by Kim Douglas, for the Shuttle

PHILADELPHIA UNIVERSITY'S Landscape Architecture Program has a new client! We were recently asked to help the Germantown community develop a sustainable "vision" plan that would serve as a road map for future design strategies and development.

A design studio comprising 12 landscape architecture and 12 fifth-year architecture students will present their ideas to the Germantown community in a public forum Dec. 9.

As our mission is sustainable urban design through service-learning, this project is a perfect fit. Philadelphia University has one of the few landscape architecture programs in the country offering a curriculum with sustainability, collaboration and innovation as its core mission. Our program is committed to providing leadership in confronting ecological issues of the natural environment and cultural and social issues that affect urban neighborhoods, particularly those in need of revitalization.

But what really makes our Landscape Architecture Program unique is that for most design studio projects we partner with community groups,

schools, and/or governmental organizations to address "real" environmental and community issues. Students work with the community as the "client" as well as with a team of outside experts.

One of our core principles is collaboration. We see ourselves as facilitators of the design process, using our expertise to interpret the community's wants, needs and desires. To this end, we formed a core focus group that represented the many organizations, neighborhoods and local business owners of Germantown.

The focus group includes Friends of Vernon Park, Germantown Special Services District, Historic Germantown, GTown Restoration CDC, Germantown Artists Roundtable, Greater Germantown Business Association, Germantown United CDC, Germantown Community Connection, SoLo/Germantown Civic Association/Wayne Merchant Association, Enon Tabernacle Baptist Church, Germantown Clergy Initiative and West Central Germantown Neighbors. The City Planning Commission also participated.

Once the focus group was established, we developed a set of "Guiding Principles," giving the students

clear direction as to what the community wanted and needed. The students also researched history, cultural, social, economic and ecological conditions of the community.

Throughout the design phase, we have had numerous meetings with the focus group, hosted a community meeting to update the neighborhood at large on our research and undertaken numerous site visits.

This project illustrates the University's commitment to its neighbor, the Germantown community, to use its knowledge and expertise to help with the many issues of urban areas.

We are also providing our students with hands on learning for "real work" with real people, making a real impact.

We invite you to join us at the the Flying Horse Center, 5534-46 Pulaske Ave., at 6 p.m. Monday, Dec. 9 as we present our project. Drawings generated to date are already on display at the Flying Horse, and can also be viewed on our blog, wordpress.

[philau.edu/urbandesignstudio/tag/germantown-urban-design/](http://philau.edu/urbandesignstudio/tag/germantown-urban-design/)

For more information or to get involved, contact Kim Douglas at [Douglask@philau.edu](mailto:Douglask@philau.edu)



## Printmakers of the Baroque at La Salle Museum

"Printmakers of the Baroque: Explorations of Space and Light in 17th-Century Prints" runs Dec. 16 - Feb. 28 at the La Salle University Art Museum, in Olney Hall, 19th Street and Olney Avenue, on the La Salle campus. Selections from the museum's permanent collection include works by artists such as Rembrandt (pictured) who were known as painters, as well as dedicated printmakers. Besides demonstrating typical Baroque interest in space and light, the selected works also show 17th-century printmakers' concern for societal changes, with increased representations of beggars, soldiers, foreigners and others marginal to elite society. Admission is free. Hours are 10 a.m.- 4 p.m. Monday-Friday. Info: [www.lasalle.edu/museum](http://www.lasalle.edu/museum).

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# December

## CALENDAR OF EVENTS

- EVERY MONDAY** 7 - 9 p.m.  
**Weavers Way Chess Club**  
 Advance that pawn, double those rooks, but never expose your king! All levels, including good and bad bishops, welcome. 555 Carpenter Lane (adjacent to the Mt. Airy store). Info: [outreach@weaversway.coop](mailto:outreach@weaversway.coop)
- Tuesday, December 3** All Day  
**GivingTuesday/Two Dollar Tuesday**  
 Kick off the giving season at any Weavers Way locations while you shop. Donate \$2 at the register on GivingTuesday and help support Weavers Way Community Programs.
- Wednesday, December 4, 11 and 18**  
**Stag & Doe Nights on the Avenue**  
 Shops on Germantown Avenue in Chestnut Hill will be open late the first three Wednesdays in December. Stop by the Co-op for a hot beverage and some cool gift ideas. Weavers Way Chestnut Hill and Weavers Way Next Door will be open until 9 p.m.
- Tuesday, December 3** 6:30 p.m.  
**Weavers Way Monthly Board of Directors Meeting**  
 Venue change: The Common Room at Summit Church, Greene Street and Westview Avenue. RSVP to [outreach@weaversway.coop](mailto:outreach@weaversway.coop).
- Wednesday, December 4** 7:30 p.m.  
**Weavers Way Environment Committee Meeting**  
 Do your part to make Earth a cleaner, greener place. Join the committee in the Community Room, 555 Carpenter Lane, adjacent to the Mt. Airy store.
- Wednesday, December 11** 6:30 p.m.  
**Welcome Meeting for New Members**  
 Learn about the cooperative movement while you get to know fellow cooperators. You'll also earn two work credit hours for attending. At the new Chestnut Hill Friends meetinghouse, 20 E. Mermaid Lane. RSVP to [outreach@weaversway.coop](mailto:outreach@weaversway.coop).
- Thursday, December 12** 7-9 p.m.  
**Locavore Tasting Party & Panel Discussion:**  
 Co-sponsored by Weavers Way & The Schuylkill Center for Environmental Education. Participate in a vibrant talk about the luxury of eating local. Pennsylvania Galer Estate Wines & West Chester Cheese Cooperative will be sampling. Outdoors on the beautiful stepped terraces at SCEE, around a roaring fire. \$25/non-members, \$20/person for WW and/or SCEE members. Limited space, please pre-register by calling -215-482-7300 x110.

**Stag & Doe NIGHT**

**Weavers Way Holiday Hours**  
 Closed: December 25 & January 1

<b>Tuesday, Dec. 24</b>	<b>Tuesday, Dec. 31</b>
Chestnut Hill: 7 a.m. - 6 p.m.	Chestnut Hill: 7 a.m. - 7 p.m.
Mt Airy: 8 a.m. - 6 p.m.	Mt Airy: 8 a.m. - 7 p.m.

Chestnut Hill will be open until 9 p.m. on Wednesdays for Stag & Doe nights Dec. 4, 11 & 18.

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## Saint Mad Presents Holiday 'Companion'

SANTA HAS A MID-MILLENNIUM LIFE CRISIS AT MT. Airy's Allens Lane Art Center, as Saint Mad presents its radio-style variety show, "Mount Airy Home Companion: The Holiday Show" Dec. 14-15. As Santa wanders the neighborhood in search of his inner artiste, host Jim Harris and the Mt. Airy Players must find a last-minute sub to keep the children of the world happy. An eclectic mix-up of music and traditions brings the story to a truly Mount Airy conclusion.

Inspired by Garrison Keillor's Prairie Home Companion, the show is produced, written and directed by the Mount Airy musical group Saint Mad. The band (Harris, Martha Michael, Molly Mahoney, and Lynda Chen) – with the inimitable tapping talents of Audrey Bookspan and some friends in the pit, including Richard Redding on saxophone – offers humorous skits, parodies of Broadway hits and classic oldies, and original compositions in a light-hearted approach that's fun for all ages.

Singer/songwriter Jake Michael, who wrote the script with Harris and Martha Michael, will share songs with local connections. Clarinetist David Kutzik lends a klezmer flair to the holiday show.

The Mount Airy Players, featuring Andy Pettit, Elizabeth Caruso, Greg Williams and Robyn Miller, are up to their usual zany antics with parodies of WHY radio and skit comedy about the neighborhood, including a certain co-op.

Norman Weiss raves: "St. Mad and Weavers Way are mutual admirers of each other, St. Mad has played at



The Mt. Airy Players include (clockwise from top left) Greg Williams, Jake Michael, Robyn Miller, Andy Pettit

a number of Weavers Way events and even developed a song about our Weavers Way Philly Fresh Pickles! I had the pleasure of doing sound for St. Mad at this year's Harvest On Henry festival and near the end of one of their songs it dawned on me the harmonies and playing I was hearing were flat-out beautiful. I am now a fan. Plus Jim is almost as funny as me."

This is Saint Mad's second annual holiday show at Allens Lane Art Center. Showtimes are 7 p.m. Saturday, Dec. 14 and 4 p.m. Sunday, Dec. 15. Tickets are \$15 online (Eventbrite.com), or \$20 at the door. For more info, visit SaintMad.com or call 215-848-4225

## Pop-Up Theater & Dance

NICE AND FRESH WRAPS UP ITS MOUNT AIRY FALL performing arts series with some irreverent seasonal fare at Moving Arts of Mount Airy Dec. 6-7.

Since October, SmokeyScout Productions has transformed MOMA one weekend a month with "Pop Up Performance Series of New Theater and Dance Works." December's show features two dance works, including a post-modern take on the burlesque fad, and two plays, one about an insufferably religious sister-in-law, the other about American case officers watching Edward Snowden in the Moscow airport.



Annie Wilson and Jenna Horton

By showing theater and dance side-by-side, series curator and contributor (and Co-op member) Josh McIlvain aims to surprise audiences by re-imagining what can be performed in an intimate space, and to have audiences deeply absorbed in the experience — for only \$7 a ticket. (Art for the price of the sandwich!)

Co-op members can purchase special \$5 tickets (advance sales only) at fresh.brownpapertickets.com; enter the password COOP. Regular tickets are also available online and at the door. Note: Mature audiences only. Shows are 7 and 9 p.m. MOMA is at the corner of Greene Street and Carpenter Lane. For more info, visit smokeyscout.com.

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## Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

GREETINGS AND THANKS FOR WRITING. As usual, suggestions and responses may have been edited for brevity, clarity and/or comedy. In addition, no idea, concept, issue, remark, phrase, description of event, word or word string should be taken seriously. This also applies to the previous sentence.

Winter has arrived, which means it's time for root veggies. I like root veggies because sometimes I like to think about the symbolic value of food, the "you are what you eat" mode of thinking. Since roots provide stability, absorption of water and nutrients and caloric storage, I think of them as very nurturing. They also are typically cheap, and hard to mess up cooking-wise.

Conventional potatoes are on the "Dirty Dozen" list of produce that gets a lot of chemical treatment, so buy them organic or chemical-free. Sweet potatoes and onions are on the "Clean Fifteen." And remember, ginger and garlic are also



root vegetables; include them to spice things up.

So if your life lacks stability — like you wear different clothes every day, often leave your neighborhood, talk to different people — I suggest eating more root veggies. You'll be more "grounded" in no time.

If you are interested in product recalls, you can subscribe to recall alerts on the FDA website and get emailed when there are recalls. It's fascinating to see how many recalls there are, seems like one a day lately. Often, food recalls are

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due to presence of things like listeria, salmonella and e. coli; sometimes it's mistaken labeling; and then there are always fun things like metal pieces in Frosted Mini Wheats.

Some recalls seem like oil spills. They start out small and then just keep spreading. First it's reported that just one batch of one brand of something that was distributed in a limited region has a problem. Then it expands to other batches, then other brands, then other regions, and then it seems like every peanut or spinach product produced in the last six months is part of the recall. It's another glimpse into how our massive food system works, and in some cases, doesn't work. Las Vegas casinos now take bets on whether a given recall will spread or not, and gives odds on the degree of spread, which change hourly, so it can be an exciting and profitable way to spend a few hours.

#### suggestions and responses:

**s:** "Sunny Harvest produce is very good quality. I hope you / we continue to buy from them."

**r:** (Jean, MA) We think so, too! And I'll pass on your compliment to the co-op of Amish farmers who make up the Sunny

“

**Some recalls seem like oil spills. They start out small and then just keep spreading, until it seems like every peanut or spinach product produced in the last six months is part of the recall.**

Harvest group. Unfortunately, our last delivery of the season was Nov. 12.

**s:** "Please get a supply of Peccarino Peppato cheese (Italian goat with peppercorns)."

**r:** (Margie, MA) I ordered a wheel, look for it on the shelf soon!

**s:** "Can we list unit price for similar products in the same unit? For example, Earthbound Farm Organic Spinach is listed with price per pound, and Cascadian Farm Organic Spinach is listed with price per ounce. Why? The whole point of a unit price is so I don't have to do the math in my head, standing in front of the freezer cases."

**r:** (Virginia, IT) Thank you for your feedback; you have an excellent eye. Over the eons, humans have been known to create chaos by not having a universal way of doing things. (The English system of measurement used in the United States and women's clothing are excellent examples of this.) However, all is not lost — this very thing is on our project list, and something we intend to rectify after the new store and busy holiday season have wound down. In the meantime, we will try to be more conscientious and appreciate your patience!

**s:** "Cypress Grove Psycadilly Chevre."

**r:** (Margie, MA) I will check with our suppliers and try this cheese. I've never

had a cheese from Cypress Grove I didn't like! (Update: Having trouble finding it but will keep looking.)

**s:** "Can we have self-checkout lanes at WW? I think they are faster and I like not having to interact with another person when I shop."

**r:** (Norman) We could, but part of what a cooperative is about is cooperation, which is about common effort for mutual benefit, i.e., working together. "Working together" implies there is more than one person involved in the work, or at least one person and one other sentient life form. Self-checkout equipment is not a life form, therefore using one cannot be a common effort, and thus is a non-cooperative act with no place in the co-op universe. In fact, if you believe cooperation to be valuable, you should boycott self-checkout lanes everywhere, as they contribute to the lessening of the connection people feel in the world, and this lack of connection is what leads to things like drone strikes. So use and celebrate normal checkouts, connect with your cashier and help make the world a safer, more cooperative, quieter place. (Hate that drone buzz!)

*normanb@weaversway.coop*

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**Weavers Way Environment Committee**

# Do Your Reading and Don't Get Faked Out by Processed Foods

by Sandra Folzer, Weavers Way Environment Committee

ONCE UPON A TIME, ALL FOOD WAS real food. That was before there was a drive to have "fast food." It really began to take off after World War II, as the food industry looked for ways to entice busy women to buy their products. Today, nearly a quarter (23 percent) of our grocery dollars are spent on sweetened and processed "food," according to the Bureau of Labor Statistics.

Processed foods are not found in nature; they go through many phases in which chemical additives and artificial flavorings are added. The longer the list of ingredients on a package, the more the "food" is processed.

Why go to all that trouble to alter the food when we could just eat it straight? The simple answer is that there is not enough profit. If I'm eating a potato, I stop when I'm full. But processed food is a totally different animal. I may not be

hungry when I eat a potato chip, but once I start, I want to continue. That is exactly what the food industry wants. They fill their products with salt, sugar and fat so I crave their products.

Michael Moss describes the art of selling processed food in his book, "Salt, Sugar, Fat." Despite occasional efforts to address consumer health, profit always wins out in the corporate food world.

When food is processed, it loses nutrients, flavor and color, so these are added back with chemicals. Without extra sugar, salt, fat and additives, these products would be tasteless. Chemicals also are added to extend shelf life.

In the '60s, the federal government tried to regulate hundreds of additives and flavorings in use, but food industry pressure prevailed.

The Center for Science in the Public Interest has a chart listing the toxicity of 140 additives. For the full list, go to [www.cspinet.org/reports/chemcuisine.htm](http://www.cspinet.org/reports/chemcuisine.htm).

CSPI recommends avoiding at least the following:

- Sodium nitrate, a preservative that may form cancer-causing chemicals. It's found in hot dogs, ham, bacon and other processed meats, like cold cuts.
- Sugar substitutes like saccharin, aspartame and acesulfame-K, which have been linked to brain tumors in rats. Other animal studies show links to lymphomas, leukemia and breast cancer as well.
- Caffeine in coffee, tea, many soft drinks and energy drinks. It increases the chances of miscarriage and insomnia and affects calcium metabolism. In standard amounts, such as found in one or two cups of coffee, it is harmless, but in larger (16-ounce) cups, with 300 mg. of caffeine, or several cans of soda at 40 mg. each, it could contribute to osteoporosis.
- Olestra, a fat substitute found in Lay's Light Chips, Pringles and

other light chips. It is not absorbed and so may cause diarrhea, and destroys nutrients, including those that help prevent cancer.

- Food coloring, including Red 3 and Yellow 5, found in baked goods, energy drinks and other beverages, candy, pet food and gelatin desserts. Some cause allergic reactions and may be contaminated with cancer-causing substances.

One additive I was surprised to find on the CSPI "Avoid" list was ginkgo biloba, which many people take to enhance memory. According to CSPI, it does not improve memory, interferes with blood clotting and causes liver cancer in mice. Aloe vera was another item that surprised me. Used topically, it may help burns, but taken internally could cause cramps. And there is clear evidence that it causes intestinal cancer in rats.

What amazes me about these additives is that many are prohibited in other countries. A list of U.S. "foods" that

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## ECO TIP

from The Environment Committee

### White distilled vinegar: A great household cleanser

You may know that white distilled vinegar makes a wonderful household cleanser. It's effective for killing most mold, bacteria and germs; can be used for a variety of purposes; and is a great way to avoid using harsh chemicals. The fact that it makes a great window cleaner has been covered in a previous eco tip (combine roughly equal parts distilled vinegar and water in a spray bottle). Here are some others:

- Get rid of lime deposits in a tea kettle by putting in 1/2 cup white distilled vinegar, filling the kettle with water and letting it sit overnight. If more drastic action is needed, boil full-strength white distilled vinegar in the kettle for a few minutes.
- Remove stains from coffee mugs and teacups by scrubbing them gently with equal parts salt (or baking soda) and white distilled vinegar.
- Remove coffee or tea stains on stainless steel travel mugs by putting 2 teaspoons of baking soda and then ¼ cup of vinegar into the mug. The mixture will foam. Put on the lid and shake for a few seconds. Pour out the mixture, rinse and violá! It's as good as new!

For more tips on using white distilled vinegar, visit [www.vinegartips.com](http://www.vinegartips.com).

are banned in other countries appears in "Rich Food, Poor Food," by Mira and Jayson Calton. They include food coloring, olestra, BHA, BHT, rBGH and rBST. In some cases, our food industry actually produces other versions to sell overseas.

Most packaged food contains "natural flavors," an umbrella term that can include almost anything. From the Code of Federal Regulations, natural flavoring means "derived from a spice, fruit, . . . vegetable, . . . edible yeast, herb, bark, bud, root, leaf, meat, seafood, poultry, eggs, dairy . . ."

Companies often keep the identity of

flavorings a secret, so you may not know what weird ingredient you are ingesting. One common flavoring is castoreum, the fluid from the anal gland of beavers, which produces vanilla, strawberry and raspberry flavors. Shellac, secreted by bugs, is used to glaze donuts. Cystine, a dough conditioner, is derived from human hair and duck feathers.

Just when I think I can buy something, I see "natural flavoring" at the end of the list of ingredients, so I gently place the package back on the shelf.

[environment@weaversway.coop](mailto:environment@weaversway.coop)

## Ask the Vet

# Old Rolling Dog Likely to Live On

by Jennifer Muller, VMD,  
for the Shuttle

ONE OF MY FAVORITE EXPRESSIONS IN veterinary school was "Don't kill an old rolling dog." This edict was meant to warn veterinarians not to euthanize a dog who will get better in 72 hours.

The expression refers to a senior dog, 8 years or older, who is suddenly walking in circles, tilting its head, and whose eyes are darting from side to side. The dog may be vomiting, has no appetite and seems generally as though he has one paw in the grave.

"Don't kill an old rolling dog," I repeated to myself the first time I saw a dog with this condition, known as idiopathic vestibular syndrome. "In about 72 hours your dog will be better," I told my client, who looked at me in utter disbelief. Of course, I warned, it's possible this isn't idiopathic vestibular syndrome at all, that perhaps your dog has a brain tumor.

This cluster of symptoms — dizziness, vomiting, walking in circles, head tilt, side-to-side eye movement — is caused by abnormalities classified as either central or peripheral. "Central" refers to abnormalities in the brain. "Peripheral" refers to problems with the eighth cranial nerve, which controls balance. A misfiring of this nerve causes the dog to feel dizzy, much like a person with vertigo might feel. Because the eighth cranial nerve runs right

past the inner ear, a deep ear infection can also set it off. But often there is no known cause — thus the label "idiopathic." The idiopathic version resolves itself in a few days without any treatment.

One more test before sending the client and patient home: I flip the dog upside down onto his back. If it is a brain tumor and not idiopathic vestibular syndrome, the eyes will sometimes stop moving from side to side and instead move up and down (also known as vertical rather than horizontal nystagmus.) If this test yields no results, we wait and see.

So I sent the client home to wait it out. Either the dog will get better (idiopathic), or he won't (brain tumor). I'm not sure my client found the watch-and-wait approach reassuring. Nevertheless, aside from an expensive MRI, there isn't much else to do. If the dog had had an ear infection, I'd treat that. And I could give the dog some medicine to ease the dizzy feeling and control the vomiting.

Vestibular syndrome that has no known cause disappears as quickly and mysteriously as it arrives. Sometimes the dog is left with a head tilt for life, but no other harm. The dog lives on, and I am glad I knew not to kill an old rolling dog.

Jennifer Muller is a house-call veterinarian serving northwest Philadelphia. Contact her at [mullervmd@gmail.com](mailto:mullervmd@gmail.com) or 215-704-9009.

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# Get Co-op Work Hours That Work for You

by Jonathan Leeds, Weavers Way Membership Manager

WORKING MEMBERS PLAY A VITAL role at the Co-op. To see for yourself, all you have to do is visit one of our stores. On any given day, you'll find cooperators busily stocking shelves, unloading trucks, packing cookies, washing produce, slicing meat and cheese or helping out in prepared foods. And if you take a trip to one of the Weavers Way farms, you'll see members planting, weeding and readying orders for the CSA. By participating in such "mission-critical" activities, working members help the Co-op save money, provide staff with much-needed support and contribute to a sense of shared ownership.

But what if these kinds of jobs are not for you? Maybe you're unable to spend a lot of time on your feet or do heavy lifting. Maybe you aren't comfortable working in a busy retail setting. Or maybe you're just looking for a change of pace.

There are many other work options available to cooperators! For example, you can help out at one of our many off-site events, such as Chestnut Hill Fall for the Arts or the Wyck House Summer Festival. At such events, cooperators are



Packing goodie bags for the Mt. Airy store to hand out at Halloween was a perfect way for long-time Weavers Way members Burt and Louise Froom to do their Co-op hours.

needed for a variety of tasks — working a membership table, handing out flyers, setting up displays. In addition, working member-musicians often perform at Weavers Way events such as Petapalooza and Vegan Fest. Cooperators also provide valuable support for special in-store initiatives, such as holiday promotions. For example, this past Halloween, a few cooperators earned work credit bagging up wholesome goodies for trick-or-treaters. And don't forget, you can get hours for proofreading or writing for the Shuttle.

There are also many community-focused opportunities for earning work credit. Weavers Way has partnerships with a number of organizations, including Friends of the Wissahickon (join-

ing FOW volunteer work crews), Henry School (gardening) and the American Cancer Society (driving patients to chemotherapy appointments). Fulfilling your hours through this type of work enables you to help the greater community and is in line with the Co-op's mission.

You can also fulfill the work requirement by sharing a skill or talent with other Weavers Way members. Members have used the Community Room at 555 Carpenter Lane to offer workshops, classes and seminars in everything from art to dog training to personal counseling.

Contact the Membership Office at extension 119 for more info. We welcome your suggestions and ideas.

*jleeds@weaversway.coop*

## L.E.T.T.E.R.S

### Let's Bag Those Bags

TO THE EDITOR:

How is it, with all that we know as well-educated and privileged folk, that so many of us continue to use NEW plastic and paper bags? I attribute this to attachment to convenience, seemingly and sadly a very high value in our culture.

Are there programs in our schools that educate children about the negatives of using such bags, and about alternatives? Teachers who would welcome such a program in Northwest Philly? Other Co-op members and shoppers who would join in such an effort, as well as similar efforts at the Co-op?

I'd welcome a charge for such bags that provides motivation to change behavior. Charging 15 cents does not do it.

*Lynn Mather, Mt. Airy*

#### LETTERS POLICY

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

## Odes to Weavers Way, 40 Years Old Today \*

(\*more or less)

WEAVERS WAY'S 40TH ANNIVERSARY was an inspiration to us all. But for some of our members, it also summoned Calliope, the muse of poetry. Herewith, their verses:

#### Untitled

I have enjoyed 40 years of shopping at Weavers Way  
For Peace, Love, Veggies and vitamins.  
I thank you with glee  
That you have helped me live to be 83!  
I now bow down to you on my knee!

*June Krebs, Germantown*

#### A FEW GRAY HAIRS

Looking ahead there are  
Ages that bring fears  
Milestones to be averted  
They bring negative cheers

One such milestone  
Reaches this great divide  
When you're 40  
You've lost your stride

The magic potion of Youth  
Is quickly drying  
Your later years  
Don't appear satisfying

Lying not an option  
The calendar will stand fast  
But time's a-wasting  
And it won't last

Weavers Way faces  
This very situation  
Yet they see no problems  
It's all salutation

They possess the secret  
A STORE OF YOUTH  
Follow me, it's  
The absolute truth

They buy local, keep it fresh  
Keep it organic, rejuvenate  
Don't let ideas die on the vine  
That's their bottom line

40 does not  
Scare Weavers Way  
They look at it as  
The dawning of a new day

Meanwhile, there's been a Makeover  
In the Mt. Airy store  
Now it's all dolled up  
With a spiffy new floor

A bright and shiny Kingdom  
You're young once more  
Your age is inconsequential  
Inconsequential for sure

So shop, socialize, volunteer  
To your heart's content  
That's their purpose of being  
Very much organically sent

Partaking in Mt. Airy Village  
Its newest rendition  
Making final touchups  
To improve its condition

A small Kingdom it is  
A small Kingdom indeed  
Enjoyed by its loyal customers  
It's 100 percent guaranteed

So do come by  
HAPPY 40th BIRTHDAY WEAVERS WAY  
40 is the new 20  
No matter you have **A FEW GRAY HAIRS**

*B. Farber, Mt. Airy*

## A Big Cheese Is Back in the Mt. Airy Deli

by Jon Roesser, Weavers Way Human Resources Manager

WITH NEARLY 160 EMPLOYEES, the Co-op keeps me pretty busy. (I know, it's hard to believe our co-op employs so many people!) I've been particularly busy lately, so when Ryan Sabo, our Mt. Airy deli manager, informed us he was moving on, my groan could be heard as far as Fishtown. One more thing to do!

But sometimes things work out: A couple of days later I got a call from Margie Felton, our former deli manager.

If you've shopped in the Mt. Airy store for more than a couple of years,

you probably already know Margie. After more than 10 years at Weavers Way, she left employment with us in 2010. But we stayed close and she remained an active member and frequent shopper.

Our phone call led to a meeting, which led to another meeting, and now Margie's our Mt. Airy deli manager again!

We're thrilled to have her back. The deli is strategically placed to be the focal point of the Mt. Airy store, a gathering place for tasting the newest cheese from Chester County or maybe some artisan oddity from further afield. (Confit of Violet Flowers, anyone?)

With Margie, we have a true culi-

nary professional at the helm, and our deli team is stronger than ever. Jay Shihadeh — and her extensive culinary experience and cheese knowledge — recently moved down from our Chestnut Hill store. Ted O'Meara joined us earlier this year after a career managing restaurants in the Pacific Northwest. Former deli manager (and new mom!) Jeanyne Hicks is lending her periodic support. And any regular Mt. Airy shopper knows Stephen Liu, now with more than 10 years behind the counter.

So along with the great service you're used to, look for plenty of new and exciting things coming out of the Mt. Airy deli in the coming months.



And if you haven't already done so, be sure to give Margie a big welcome back when you see her — or email her at [margie@weaversway.coop](mailto:margie@weaversway.coop).

*hr@weaversway.coop*

**Staff Celebrity Spotlight: Lara Cantu-Hertzler**

# Artist Can Do the Heavy Lifting

by Susan Holck, for the Shuttle

**L**ARA CANTU-HERTZLER FELL IN love with color at an early age. She remembers being fascinated by the color wheel in preschool.

“I am intrigued by the way light influences color, the feelings that color evokes, and the impact of different color relationships,” she says.

Her paintings feature architecture, people and an unconventional way of looking at space. “I find that incorporating views of the same building or space from different angles gives a sense of movement, of depth beyond the two-dimensional surface, almost making the buildings come alive,” she explains.

Lara’s oil of the Weavers Way Mt. Airy storefront, commissioned in 2011, hung until recently at Weavers Way Chestnut Hill. It’s now displayed in Mt. Airy — look for it near the Greene Street side door.

Lara has worked for 2 1/2 years in the grocery department at Weavers Way Chestnut Hill, where she enjoys the ex-

ercise she gets loading and unloading stock. “It means I’m really strong and I like that,” she says. She also appreciates working in an environment where there are other creative people and finds her Weavers Way colleagues to be one of the biggest pluses to working there. “We can hang out together and have a social life outside of work, and also be there for each other when we’re work-

ing,” she says. The values of the Co-op are important to her, too. “I like it that it’s not only about making a profit.”

Lara graduated from the High School for Creative and Performing Arts and the Pennsylvania Academy of the Fine Arts. She’s won numerous awards for her painting. In October, she won Best Oil Painting and Best in Show at the Chestnut Hill Fall for the Arts Festival. During November, her work was exhibited at the High Point Café on Carpenter Lane, across the street from the Mt. Airy store. Her current show at the Rosenfeld Gallery, 113 Arch St., runs until the end of the year.



Susan Holck photo

Lara in front of the High Point, where she had a show last month; two of her North Philadelphia subjects (above right) and her Weavers Way Mt. Airy painting (inset)

Lara is fascinated by urban decay and architecture, especially in North Philadelphia. “Old architecture is too often totally forgotten; you don’t know how much longer a particular building will be there. You see its mortality as it decays, which at the same time gives it more of a sense of life. By painting these buildings, I hope to capture a sense of their essence.” She finds inspiration for her art all around her. Just taking a walk reveals to her how light affects color and mood, which she attempts to capture in her paintings. For

example, she says, “Red doesn’t always feel angry, but it doesn’t usually make you feel calm. It has a certain excitement to it.”

“The best thing about being an artist is that it is a life-long pursuit, and you never know what’s around the next corner. That’s exciting!”

Lara’s artwork can be viewed on her website, [www.laracantuh.com](http://www.laracantuh.com). And you can find her in the grocery aisles at the Chestnut Hill store!

[sholck@gmail.com](mailto:sholck@gmail.com)

## What’s What & Who’s Who at Weavers Way

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### Chestnut Hill

8424 Germantown Ave, 215-866-9150  
Monday-Saturday 7 a.m.-8 p.m., Sunday 9-8

### Mt. Airy

559 Carpenter Lane, 215-843-2350  
Monday-Sunday 8 a.m.-8 p.m.

### Across the Way

610 Carpenter Lane, 215-843-2350 ext 276  
Monday-Sunday 8 a.m.-8 p.m.

### Next Door

8426 Germantown Ave., 215-866-9150 ext 220  
Monday-Sunday 9 a.m.-8 p.m.

[www.weaversway.coop](http://www.weaversway.coop)  
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Follow us!   

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### Advertise in the Shuttle

[advertising@weaversway.coop](mailto:advertising@weaversway.coop)

### Weavers Way Welcome Meetings

We wholeheartedly encourage new members to attend one orientation meeting. Learn all about our cooperative 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 & Get Two Hours Work Credit!

Meetings are held at 7 p.m. Wednesday in Mt. Airy (555 Carpenter Lane, next to the store) or Chestnut Hill (locations TBA) and include a store tour. RSVP to: [outreach@weaversway.coop](mailto:outreach@weaversway.coop) or 215-843-2350 ext. 118.

**NEXT WEAVERS WAY WELCOME MEETINGS**  
**December 11 (CH)      January 14 (MA)**  
**February 12 (CH)      March 12 (MA)**  
*Current members who help host also get work credit.*

## MEAT

<b>Bottom Round Roast</b> (reg. \$6.99 lb)	\$5.99 lb
<b>Rump Roast</b> (reg. \$6.99 lb)	\$5.99 lb
<b>Bone-in Rib Roast</b>	\$13.99 lb
<b>Beef Stew</b> (reg. \$6.29 lb)	\$5.99 lb
<b>Ground Beef 85/15</b> (reg. \$6.34 lb)	\$4.99 lb
<b>Filet Roast</b> (reg. \$21.99 lb)	\$19.99 lb

## POULTRY

<b>Bell &amp; Evans Cornish Hens</b> 24 oz each	
<b>Naturally Raised Whole Turkey</b> Order online	
<b>Koch Bone-in or Boneless Turkey Breast</b>	
<b>D'Artagnan</b>	
<b>Capons</b> 9-11 lbs	\$7.55 lb
<b>Pheasants</b> 2.5-3 lbs	\$11.69 lb
<b>Rohan Duck</b>	\$4.99 lb
<b>Goose</b> 8-10 lbs	\$12.15 lb
<b>Duck Breasts</b>	\$14.15 lb

## SEAFOOD

<b>Live Maine Lobsters</b> 1 1/4 lb lobsters for steaming or broiling. Preorder only.	\$10.99 lb
<b>Frozen Canadian Lobster Tails</b> 5 - 6 oz tails. Excellent firm meat.	\$4.50 ea
<b>Mexican Shrimp</b> Large wild shrimp from a co-op of shrimp boats that operate out of Mazatlan, in the state of Sinaloa. Premium quality and free of additives! <i>Jumbo and medium sizes available.</i>	\$15.49 lb
<b>Scotland Organic Farm-Raised Salmon</b>	\$13.79 lb
<b>Fresh Large Domestic Crabmeat</b>	\$25.49 lb
<i>Mussels, oysters in the shell or jar, crabmeat or any filet, steak or whole fish can be pre-ordered.</i>	

## HOLIDAY HAM

All Natural Spiral Cut



## Party Platters (available in Mt. Airy & Chestnut Hill)

Antipasto \* Classic Shrimp Cocktail \* Deli Meat and Cheese \* Ducktrap Nova \* Smoked Fish  
Fresh Mozzarella & Tomato \* Fruit & Cheese \* Grilled Vegetables  
Mediterranean Feast \* Dolmas & Hummus \* Veggies & Dip

To place an order, please call the meat department:

**Chestnut Hill 215-866-9150**

**Mt. Airy 215-843-2350**

# catering menu available exclusively at Weavers Way Chestnut Hill

## Cold Hors d'Oeuvres

### MINIMUM ORDER OF 15 EACH

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

## Hot Hors d'Oeuvres

### MINIMUM ORDER OF 15 EACH

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

**Let the Co-op make your holiday parties easy, elegant and delicious.**

## Entrees

### MINIMUM ORDER OF 15 EACH

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

\*1/2 pan feeds 12-15 people

## Accompaniments

### MINIMUM ORDER 3 LBS

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

## Ordering Information

We prefer to have one week's notice for all orders but will accommodate last-minute orders whenever possible. Two days' notice is required for cancellations or change of order.

Please call **WEAVERS WAY CHESTNUT HILL** at **215-866-9150 ext. 209**

and speak to an associate in the prepared foods department, or e-mail inquiries to

[catering@weaversway.coop](mailto:catering@weaversway.coop)

Please contact us by phone if you do not hear from us within 24 hours. We are happy to customize your order if you do not see something on our menu that suits you.