

The Shuttle

April 1, 2014

Community-Owned Food Markets Taking Over the World

Shell Game Ends as City Chickens Cross Road to Respectability

PHILADELPHIA – Homeowners will soon be collecting a windfall of eggs as a result of legislation passed unanimously by City Council.

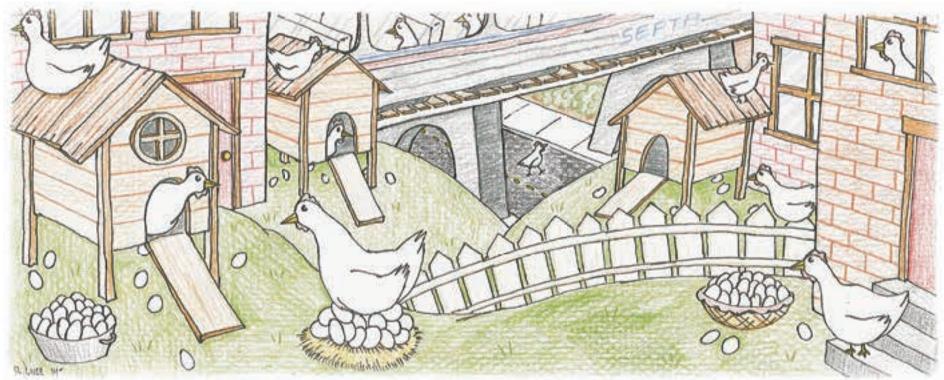
"A chicken in every back yard – or two or five or a dozen, as far as I'm concerned," said Mayor Nutter as he signed the "Give Peeps a Chance" law. "Of course, we're not getting any at our house. Olivia is at college and Lisa and I aren't getting up before breakfast to let them out." Spokesman Mark McDonald confirmed that the mayor's Overbrook neighbors had offered to share eggs with Philadelphia's first family.

Chicken opponents clucked their disapproval. "Every day can't be Easter, you know," warned one Northeast Philadelphia state rep. "Put all those eggs in one basket and see how well that works out for you."

Meanwhile, rooster proponents vowed to keep up the pressure in favor of the noisy feathered fellows, who continued to be poultry non gratis under the city code. "Unlike the mayor, we like to get up at dawn, and we want all our neighbors to know about it.

"Single-sex coops, this is hen chauvinism, pure and simple," said (Continued on Page 2) INSIDE: Weavers Way Pet Store Manager Anton Goldschneider Expresses Relief.

"Living in the safe house, always looking over my shoulder — all that chicken feed, it was really taking a toll on my personal life."



Riley Luce illustration

Dealer in Big Plastic-Bag Scheme Hid in Plain Sight

T. AIRY — Breaking down the door of a nondescript West Mt. Airy twin, police exposed a cache of plastic bags that filled the entire basement. The owner of the home, identified as eco-crime novelist Jon McGoran, was arrested on charges of selling the illegal "T-shirt" bags in a black market involving shady bag suppliers from all over the Northwest and eastern Montgomery County.

"You'll see. People NEED those bags," said McGoran.

"Have a nice day," he added as he was led away.

Neighbors expressed bewilderment. "When he was at the Co-op, he always had a canvas tote with him," said "Claudia," who did not want to give her last name.

Many of the bags were inscribed "CVS," leading authorities to speculate they were originally for medicinal purposes.

(Continued on Page 2)

Soda Tax Forces Changes in North Texas

PLANO, TX — CITING THE EFFECTS OF STIFF SOFT-DRINK taxes enacted across the nation, Dr Pepper/Seven Up announced today that it would shift its focus to spring water, seltzer and herbal digestifs.

The company said it would continue to bottle the essence of its flagship elixir, an authentic blend of 23 flavors, as an aperitif. "You know, like they drink in Italy. We're ready to

dominate the bitters segment like nobody else," declared CEO "Dr" Larry Young. "Watch out, Coca-Cola. There's still nothing like a Pepper."

Observers outside the Dallas metro area were baffled at the prospect of downing Dr Pepper as a before-dinner drink. "I guess without the corn syrup it does taste a little like Campari," said

(Continued on Page 2)



HARRISBURG — Expressing dismay that no one had mentioned a problem, Gov. Tom Corbett signed an executive order banning natural gas fracking in Pennsylvania. He also ordered drilling companies to turn over their cash to the School District of Philadelphia.

"Fracking pollutes water? Sand trucks destroy road infrastructure? Drillers won't say what's in the fracking fluid? Why was I not informed?" demanded Corbett.

(Continued on Page 2)



Weavers Way Fires Up Production Kitchen

GERMANTOWN — IN A GALA RIBBON-CUTting ceremony, Weavers Way took the wraps off its new 15,000-square-foot prepared-foods and cooperative incubator kitchen.

The state-of-the-art facility, which also houses a cooperative day-care center and adjacent production garden, and has the plumbing for a future brewery, was made possible by sales generated when Pennsylvania legalized gay marriage. The Co-op immediately received 4,000 catering orders, and the steady growth in sales of prepared foods persuaded Weavers Way CFO Michael McGeary to shut up when Executive Chef Bonnie Shuman increased her staff to 40.

"Putting this in Germantown is totally the right thing to do," said Weavers Way General Manager Glenn Bergman. "Plus, catering is like printing money — uh, for the cooperative movement, I mean."

(Continued on Page 2)

CHVNGE SEKNICE KEÓNESLED mmm:megnelsmgd:cood

Weavers Way Cooperative Association 559 Carpenter Lane, Philadelphia, PA 19119

A Chicken in Every Back Yard — No Fooling

by Glenn Bergman, Weavers Way General Manager

EAVERS WAY EGG SALES ARE DOWN 50 percent as a result of the new law allowing backyard chickens in Philadelphia. We're told that fully two-thirds of the Weavers Way membership have acquired chickens. On the other hand, Anton says chicken feed sales are up 580 percent — so it's all good!

If only.

April Fool! But I am serious about this: If I were ever to run for office in Philadelphia, you can be sure I would have as one of my campaign lines, "Residents of Philadelphia should have the right to have a chicken (or two or three) in every back yard!"

It makes perfect sense to those of us who see the access to food as an issue in Philadelphia.

In 2004, the city enacted a bill sponsored by Northeast Philadelphia Councilman Brian O'Neill that amended the city code to ban farm animals unless you are a nonprofit, an educational institution, a zoo or a shelter, or have 3 acres of land. The code references chickens, ducks, turkeys, goats, sheep, pigs and cows. Horses and donkeys have their own law. They're allowed.

Meanwhile, almost all the other largest cities in the United States allow chickens to be raised in residential areas.

(Houston is the other bad egg.) In some cities you have to register your flock; in others, there are henhouse setback regulations. All of this makes perfect sense to me and hundreds of others who are joining the Philadelphia Backyard Chickens group. (Check them out on Facebook.)

At Weavers Way, what started out a few years ago as pre-orders in the Pet Store is now a \$2,500-a-month category, and I don't believe that's just from Wyck and Grumblethorpe. I've heard the rumors — Co-op members are harboring chickens in their back yards. I personally know of a landlord who owns a 10-unit apartment building with a small coop (not a co-op) that was recently built by one of the tenants. The landlord paid for the coop and the initial setup. When you go to this apartment building, there is very little sign of the chickens — they don't smell and they aren't noisy — other than the half-dozen fresh eggs in the hallway for the tenants to use.

Now let's do a little imagining. What would it be like for young and old, with small yards, keeping two or three chickens that eat bugs and food scraps and provide a protein-rich egg or two every day? It is one way of fighting the factory farm eggs that arrive in Philadelphia in the hundreds of thousands every day. It is a way for children and adults to take on pets that actually do good things for the environment and for our food supply.

Imagine a city with a majority of the

residents eating "farm-fresh" eggs. The local food movement is demanding this.

What has to happen is for City Council to replace the law with proper guidelines that would allow chickens to be kept in residential areas. This is not hard. It is not complicated. Many other cities have done it.

Yes, there might be public-health issues. There is no reason these concerns could not be addressed in laws that require clean, quiet (sorry, rooster fans) and well-cared-for animals.

There is a responsibility for raising chickens that cannot be neglected, just as there is for raising a dog, cat or human. Just because there is dog-fighting does not mean that dogs should be outlawed. Just because some dogs and cats are raised in poor conditions again does not mean that all dogs and cats should be banned. At times, owners are not caring or humane, but that should not make it totally illegal for the rest of us.

Making backyard chickens legal would be a healthy move for Philadelphians, especially those living at or near the poverty level.

I ask that you email your City Council representatives and ask them to change the current law. Weavers Way also has its own Chicken Committee, and I urge you to join up and help us lobby to change the law. For more information, see Anton in the Pet Store.

gbergman@weaversway.coop

Editor's Note



by Mary Sweeten, Shuttle Editor

In Case You haven't figured it out, this month's front page is an example of that hoary amateur publishing practice known as the April Fools issue.

In case you also haven't noticed, all the Page 1 stories feature developments most of us at Weavers Way fervently wish would come to pass. No, not Jon McGoran in handcuffs — I'm talking about banning of plastic bags, legalizing gay marriage in Pennsylvania, a shiny new production kitchen for Bonnie, some common sense about natural-gas fracking, funding for public schools. And allowing backyard chickens in Philadelphia.

New Yorkers, Angelenos, Clevelanders — they're welcome to keep hens. In Philadelphia, you can have a horse on a half acre. (I picture the house where I grew up in Lansdale. A horse? The neighbors would be screaming.) But not a couple of chickens. April Fool! Or not.

OK, fun's fun. The real meat-and-soybeans of this issue starts on the opposite page, with news about the spring General Membership Meeting and the Weavers Way Board elections. Ten people are running for four spots; their statements are on Pages 14-15. You can vote online (log in at members.weaversway.coop) or by using the paper ballot on Page 13 starting on April 1. It's your Co-op. Don't fool around.

msweeten@weaversway.coop



Saturday, April 26 Noon to 4 p.m. **Weavers Way Co-op**

Carpenter & Greene



- Live Music
- Animal-Friendly
- **Marketplace** ■ Vegan Grill
 - More on Page 26.



The Shuttle

April 2014 Vol. 42 No. 4

Community-Owned Food Markets Open to Everyone

What's It Worth To You? Survey Responses, Pt. 2

by Rebecca Torpie, **Weavers Way Marketing Director**

You'll recall last month I told you that according to the data in the 2013 Customer Survey, you think Weavers Way is rocking in all sorts of areas — from great product offerings to the lovely store ambience to our large selection of local products! You also said you were satisfied with our prices: 79 percent of you said the Co-op is meeting your needs "very well or well" with regard to prices. (In 2011, only 48 percent of you felt this way.)

But wait, hold the phone. Hundreds of you also took the time to comment, in your own words, on the survey's openended questions:

- During the past six months, where have you spent most of your grocery dollars? (157 responses)
- Which of the following best describes your relationship with Weavers Way? (Comment further) (57 responses)
- When you shop at Weavers Way, how often do you get there by... (Comment further) (33 responses)

And then the dreaded . . .

• What else do you want to say about Weavers Way? (697 responses)

More than a few of us read every one of your comments. Here's the long and short of what you wrote.

"Prices are too high, I can't do all of my shopping at the Co-op (anymore)."

The majority of you who expressed that sentiment in one form or another also self-reported being retired, on a fixed income or underemployed. Many, many of you described yourself as longtime (10 years or more) Weavers Way members.

INSIDE

(Continued on Page 23)

Co-op Specials 6 Weavers Way Community Programs . . . 10-11 The Return of NWPhilly Freecycle. 17 The Passionate Gardener 19 Weavers Way April Calendar 20 Suggestions 20 Passover Haroset Can Be a Trip 24

Candidate's Statements. . . . 14-15

SPRING GMM AND BOARD ELECTIONS



Andrea Nuñez photo

Plan to take in a Skyspace experience following the General Membership Meeting

A Starry Night and the Future of Weavers Way

by Margaret Lenzi, President, **Weavers Way Board of Directors**

TENERAL MEMBERSHIP MEETINGS ARE Itimes to review where we are and where we are going. Well, this year, the sky is the limit — literally, not just figuratively. The new Chestnut Hill Friends Meetinghouse will be the location of Weavers Way's 2014 Spring General Membership Meeting on Sunday, May 18. From 6 to 8 p.m., there will be some eating and schmoozing, voting, and reports. Then, after the meeting, you are invited to stay and participate in the Skyspace sunset experience, when we can lie back and

look into the starry night and Weavers Way's future. Intrigued? Read on and see how it all fits together.

Start off the evening with an Eat and Greet from 6 to 6:45. All are invited to partake of the wonderful prepared foods from Weavers Way that are the talk of the town.

Members who haven't already done so will have a last chance to vote for four new Board directors. You can vote on site, either electronically or by filling out a paper ballot, until 6:30 p.m. The results will be announced at the end of the meeting.

(Continued on Page 13)

Questions for Board Prospects From Someone Who's Been There

By Nathea Lee, Member, **Weavers Way Board of Directors**

THREE YEARS AGO, I TOSSED MY HAT INTO the ring and nominated myself for the Weavers Way Board of Directors. I didn't really know anyone at the Co-op or think I had much chance of getting elected. And, truth be told, I didn't know what I was getting myself into: I was stunned to find that monthly meetings would easily run 3 to 3½ hours, monthly Board packets were 40-50 pages long and that in addition to reviewing the very detailed monthly reports on how the stores were faring, the Board painstakingly goes over the eight very detailed annual "Executive Limitation" reports that management submits. Welcome to the world of Policy Governance Weaver's Way-style.

Fast forward to right now, and another election cycle is in full swing. Take a look at Pages 14-15 and meet the folks who have stepped up to say they want to represent you. Do you have a good sense of why they are running or whether or not they would make

(Continued on Page 13)

CANDIDA

Join us at Earth Bread + Brewery, 7136 Germantown Ave. Monday, April 7, 6:30-8:30 p.m.

Them!

And meet the 2014 candidates for Weavers Way Board of Directors. There will be snacks! (The Board Candidates' Meet-n-Greet is brought to you by the Weavers Way Leadership Committee.)

For more information, contact David Woo: woo3d@earthlink.net.

Reaping Efficiency with a New One-Farm Approach

by Nina Berryman, Weavers Way Farms Manager

HAVE HALF A MIND TO SIMPLY FILL THIS PAGE WITH THE WORD "EF-FICIENCY" over and over and over again. Because that's what this article is really about. Efficiency is what I eat, breathe and sleep. From which path I choose to walk down at the farm, to how often the tractor is moved between farm sites, to juggling deliveries with meetings — every step I take and every decision I make is critically examined through the lens of efficiency. This is the world every farmer lives in. And this year, in 2014, we at Weavers Way Farms are ramping up a major initiative to improve our efficiency!

Ever since the farm department became a multi-site opera-

tion, the two farm sites have been managed relatively independently by the respective farm managers. We have shared equipment and taken advantage of bulk ordering, but on-the-ground operations have had distinct production plans and distribution outlets. Previously, the primary outlets for the food grown at the farm at Saul High School were the Henry Got Crops CSA and the Saul farmstand. The primary outlets for the food grown at the farm at Awbury Arboretum were the Headhouse Farmers Market downtown and the Weavers Way stores.

The new idea for 2014 is to restructure the farms so othey are operated more "as one," with a combined production plan and aggregated distribution outlets. For example, instead of each

(Continued on Page 12)

What's in Store at Weavers Way

Easy Checkout with EasyPay

by Susan Beetle, **Weavers Way Finance Manager**

N RECENT YEARS, MANY MEMBERS HAVE asked whether they could set up a prepaid account against which to charge their Weavers Way purchases, as an alternative to carrying cash, checks or a credit card when they shop.

Now there's good news: After a recent upgrade to our Point of Sale system, such an account is now available. Since March 1, members have been able to open EasyPay accounts for their households by making a payment at the cash register to establish a credit balance in the account.

That credit balance can then be used to pay for household purchases until it is depleted. Essentially, EasyPay acts like a gift card, without the card. And unlike a gift card, the account can be replenished and redeemed over and over again as needed.

The system allows members to both spend and replenish their accounts as part of the same register transaction. But there is no cash-back option — you cannot spend down the account by more than the amount of the items being purchased in order to receive the difference in cash.

The credit balance remaining in a member's EasyPay account is printed on the receipt for every EasyPay transaction.

The cautionary news is that shoppers must present their member card or show a photo ID that matches the name of a household member in order to make a purchase through EasyPay. These are the same requirements we have for members paying by check, and are in place to protect members' EasyPay account balances.

EasyPay accounts are only for active Weavers Way members — those whose

NEW Member Benefit!

EasyPay **Credit Accounts**

Fly through checkout and help the Co-op save on credit and debit transaction fees!

An EasyPay Account is a prepaid account credit. It acts like a gift card — but there's no card, and you can add money to your account over and over again. The balance is attached to your member account. You can load your account and check out your items at the same time! Just show a picture ID or your membership card at the register. It's that easy!



Questions? Contact Finance Manager Susan Beetle at sbeetle@weaversway.coop

I was sooo excited to put my first hundred (cash!) in my house account today. And it was so easy, literally 30 seconds right at the register.

— Actual unsolicited quote from member Sarah Gabriel



equity investments are up to date. Members who have gone inactive while still having a credit balance in their EasyPay account will be able to redeem their EasyPay dollars but not replenish the account until their active membership status is restored. Any member who has opened an EasyPay account can request a check from the Finance Department to close it.

Members and non-members alike can still purchase traditional gift cards.

Just ask at the register.

The bad news is . . . well, there really isn't any. If you need additional or replacement member cards, contact Membership Coordinator Jonathan Leeds at member@ weaversway.coop or 215-843-2350 ext. 119. For more information about EasyPay, contact me at sbeetle@weaversway.coop or 215-843-2350 ext. 110.

sbeetle@weaversway.coop

New on the Shelves

Vive la Difference! —Except When I Want It HERE

by Karen Plourde, **Chestnut Hill Grocery Staff**

SHOPPERS WANT WHAT THEY WANT, AND they want it to be where they are. So when they come into one Weavers Way location and don't find what they saw at the other store, they can get frustrated.

There are a number of reasons why the selections differ. According to Kathryn Worley, assistant grocery manager in Mt. Airy, the stores start out with the same base of products, but then veer off, in part because they have different buyers.

"The main differences, I think, are caused by store size — Chestnut Hill can carry a larger selection simply because of space — and different markets," Kathryn said. "We do meet occasionally with the buyers from Chestnut Hill, and sometimes bring in a product that we discover there or that Riley recommends." (Riley Luce is the grocery manager at Chestnut Hill.)

Still, some of the latest offerings in grocery can be found in both stores, including Boulder Canyon Cut kettle chips in two varieties, and Take Me Bake Me pizzas, a local creation new to the Co-op. Mt. Airy has added Immaculate Baking refrigerated biscuits and pie crust, two brands of organic jasmine tea from Choice and Equal Exchange, and Zsa's Black Magic ice cream. By the by, Zsa's latest entry, Toasted Almonds with **Cherry**, is available in both stores and is insanely amazing. (Thanks to CH staffer Kyra Woodson for use of that term.)

But just to keep things interesting, only Mt. Airy carries Gold Mine kelp noodles, made from sea veggies and flying off the shelves, according to Kathryn. And Chestnut Hill is your stop if you enjoy Dream Blends drinks in two flavors.

Elsewhere at the Co-op

Next Door: Fans of **Dr. Bronner's**, take note: The 32-ounce liquids are on sale April 2-15. The Soap for All Purposes is available in eight scents, from Hemp Peppermint to Hemp Tea Tree. April 16-29 is your time to stock up on Manitoba Har**vest** hemp protein powder in four varieties.

Mt. Airy Bulk: Thanks to the folks at Tierra Farms, manager Luis Cruz now has tamari mixed nuts in the bins. He's also brought in **Mira's** homemade raw granola out of Bryn Athyn. Mira's touts their granolas as made from five or fewer raw and organic ingredients. Flavors include cacao hemp, double nut and mango coconut. You can also find them in Chestnut Hill.

Deli: For a twist on your usual protein/ energy bar, consider Chapul bug protein bars, now featured at both stores. Chapul bars are made of dates, cocoa, and oh, yeah, cricket flour. The company, out of Salt Lake City, is on a mission to make eating insects more palatable to the American consumer. They come in three flavors, with a bit of extra crunch. Several of us have tried them — watch the video on the website! — and we're all still here.

kplourde@weaversway.coop



to Bring to Your Poker Night

What better way to celebrate Tax Day than to join your buds for a few hands of Texas Hold 'Em — and maybe bring along that nice couple you met last night who thought Atlantic City was a Disney resort.

- Primal Strips Luck Be a Cow. Meatless vegan jerky made with soy to give you that protein punch during what is sure to be a long night. (But you better know when to fold 'em.) Teriyaki, Mesquite Lime and Thai Peanut flavors.
- Pick Up Drops Be ready to hit the jackpot. These tangerine-flavored homeopathic lozenges will take your stress levels down when your chips are down – just for the moment.
- Pop'd Kerns Not a full pop, not just a kernel, this is the Goldilocks of corn snacks. So unique, it serves as a good distraction when you call the clock. Gluten-free and non-GMO to boot.
- China Cola Keeping up that poker face requires concentration. Chug this delightfully fizzy concoction fortified with Chinese herbs to stay balanced, focused and flush. Szechwan peony root, cassia bark, cardamom, licorice and orange peel will do the trick.
- **Garden of Eatin' Chia Seed Corn Tortilla Chips** House rules dictate that a good chip is aces. These ultra-crunchy, meant-for-munching chips are studded with "super seeds," are non-GMO and made with organic corn.



What's in Store at Weavers Way



When It Comes to Our Eggs, We Know Where They've Been

by Stephanie Kane, **Weavers Way Local Buyer**

EAVERS WAY CARRIES EGGS FROM farms with a variety of chickencare practices, including free-range, certified organic and pastured. Here is some information to help you understand the differences.

Humane Certified is an independent certifier that focuses on animal welfare and health. Their standards require that hens have 1-1.5 square feet of space per hen indoors, depending on the design of the henhouse. Some houses have raised platforms for roosting, and this lowers the square footage required per bird.

Eggs labeled Free Range Humane **Certified** (like those from **Nature's Yolk**), must have 2 square feet per bird of outdoor space, with exits on three sides of the henhouse to allow the maximum number of birds out at a time. Humane Certified does not allow cages or crates, and animals must be free to do what comes naturally — for example, chickens should be able to flap their wings and take dust baths.

We get free-range eggs from Nature's Yoke, which contracts from a group of small farms, averaging 800-1,000 birds per farm. Each farm is independently Humane Certified, purchases local feed and sources GMO-free as much possible.

Across all product lines, certified **organic** means essentially the same thing - any inputs (fertilizer, feed) must also be certified organic, and animals must be free of antibiotics and hormones. GMO ingredients are prohibited. Organic egg producers in the United States do not always provide meaningful outdoor access to their laying hens; most industrial-scale organic egg producers attach small wooden or concrete porches to their henhouses, which passes as outdoor access, but the amount, duration and quality of outdoor access is undefined.

Organic Valley goes above most organic suppliers and requires its farmers to have 1.75 square feet per bird indoors and 5 square feet per bird outdoors. Organic Valley egg farmers have implemented a set of Animal Care Guidelines that address humane animal-treatment practices on their farms, and are audited regularly by Organic Valley staff. These organic layers are fed soy, and for those concerned about allergens, according to the American Egg Board the allergens are not transferred into the egg. You should always consult your doctor, of course.

We recently added Alderfer's Organic Eggs, based in Lancaster, as a local option for certified organic eggs.

There is no certification for pastured eggs, so this is one of those cases where knowing the farmer is essential. The eggs we get from Swiss Villa are from pastured and grass-fed hens, as well as being GMO and soy-free. They do not allow debeaking, and they have a set of written standards for the farmers they work with, which are very close to those of Humane Certified, if not above them in many ways. Swiss Villa requires a minimum of 3 acres of pasture per 1,000 hens or 100 square feet per bird for outdoors, and 2 feet per bird indoors at night. No antibiotics, animal by-products in feed or synthetic hormones are allowed, and synthetic fertilizers may not be used in pasture areas.

Pastured eggs have been shown to have higher levels of nutrients such as O\ omega-3s, vitamins D, A, and E and beta carotene; the hens naturally supplement theit diets with bugs, earthworms and

Hoover Farms is our other supplier of pastured eggs — their beautiful multicolored eggs come from Araucana hens. They are 80 percent veggie-fed (corn, wheat, soy and minerals) in addition to oyster shells to supplement their outdoor

The Co-op does not sell eggs that are self-reported to be free-range or cage-free without verification. While the USDA has defined "free-range" for some poultry products, there are no free-range standards in egg production. Free-range hens are typically uncaged inside barns and have some degree of outdoor access. There also are no restrictions regarding what the birds can be fed, and beak cutting and forced molting through starvation are technically permitted.

Cage-free hens have many of the same issues regarding lack of regulation and no third-party auditing. They are kept uncaged inside barns, but they generally do not have access to the outdoors. They can engage in many of their natural behaviors, such as walking, nesting and spreading their wings, but they do not benefit from grazing or taking in sunlight.

skane@weaversway.coop

HERE'S WHAT GOES INTO THOSE EGGS

| Classification | Farm | What It Means | What Makes Them Special |
|--|---|---|--|
| Humane Certified | Nature's Yoke (Westfield) Lancaster County www. naturesyoke. com | No cages, crates or tie stalls. Ample space, shelter and gentle handling to limit stress. Ample fresh water and healthy diet of quality feed. No hormones. Antibiotics only in emergencies. | Sources from small farmers in their area. Producers purchase local feed; as much GMO-free as possible. |
| Pastured, grass fed, GMO-free, soy-free | Swiss Villa, Lancaster County | No debeaking. Minimum of 3 acres of pasture per 1,000 hens, and 2 square feet per bird indoors at night. No animal by-products or synthetic hormones, no synthetic fertilizers in pasture areas. Antibiotics only in emergencies. | Sources from small farms and works with them to maintain highest standards; many are Humane Certified but there are no formal standards for pastured eggs. |
| Pastured | Hoover (Cold Run Farms) Uniontown, near Harrisburg | 80% veggie-fed (corn, wheat, soy, minerals) Oyster shells, Penn Field grinds. No hormones. Antibiotics only in emergencies. | Working to grow their own GMO-free feed. |
| Certified Organic | Alderfer's Lancaster County Organic Valley Regional | Organic feed — no animal by-products, and GMOs are prohibited. Antibiotics only in emergencies. | |





April Member Specials

Valid from April 2 - 29

ember savings, visit



INES ROSALES Tortas assort. var. 6.34 oz \$3.69 REG \$4.75



LIGHTLIFE Smart Vegan Bacon Strips 5 oz \$3.39 REG \$3.89



NATURE'S GATE Herbal Moisturizing Lotion 18 oz \$6.99 REG \$7.79



IYOTI OG GF Beans assort. var. 10 oz \$1.39 REG \$1.99



STONYFIELD FARM Organic Smoothie assort. var. 10 oz \$1.69 REG \$1.95



HISTORICAL REMEDY Stress Mints 30 ct \$4.99 REG \$5.65



Guayusa Tea assort. var. 16 ct \$3.99 REG \$5.35



TANDOOR CHEF Kofta Curry 10 oz \$2.69 REG \$3.59



RAINBOW LIGHT Organic Women's Multivitamin 120 ct \$21.99 REG \$25.35

SALON90 at Nicholas & David



Your Hair



215.242.2888 • WWW.SALON90.NET 90 BETHLEHEM PIKE, CHESTNUT HILL • ADJACENT TO THE R7 TRAIN WED, FRI & SAT 9-5 • TUES-THURS 9-8 **EASY PARKING • TUSCAN INSPIRED INTERIOR**

Janet Ames, REALTOR® janetamesrealestate@gmail.com

Cell 610.308.0802 Main Office 610.520.0400

Good news for Buyers and Sellers in 2014



Inventory remains low, prices have recovered and are rising, and mortgage rates remain low.



If you are planning a move in 2014 it isn't too early to begin planning.

Call me so I can put my expertise and experience to work for you.



610 Old Lancaster Road, Bryn Mawr, PA 19010 each office independently owned and operated

For more information on the home buying or selling process, visit www.realtorjanetames.com or call 610-308-0802 for a free consultation





Gift Certificates Available



Contact Lenses and Glasses

7125 Germantown Ave. 215-248-6070

A Name to Remember—Service Not to Forget

Over 1,000 houses sold



INGRID BROWN, GRI, Senior Real Estate Specialist Associate Broker since 1975 14 W. Evergreen Avenue, Philadelphia, PA 19118-3315 215 248 6520 direct · 215 353 3917 cell 215 247 3750 office Ingrid.Brown@foxroach.com

A member of the Yunchice system of BHH Affiliates, U.C.

Dental Arts of Chestnut Hill, LLC

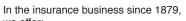
8625 Germantown Ave. Philadelphia, PA 19118

Tel. 215-242-6630 Fax 215-242-6633

Axel Ramke, D.M.D., D.D.S., Ph.D. General Dentistry

www.DentalArtsofChestnutHill.com

Bankers Life and Casualty Company For the life your retirement

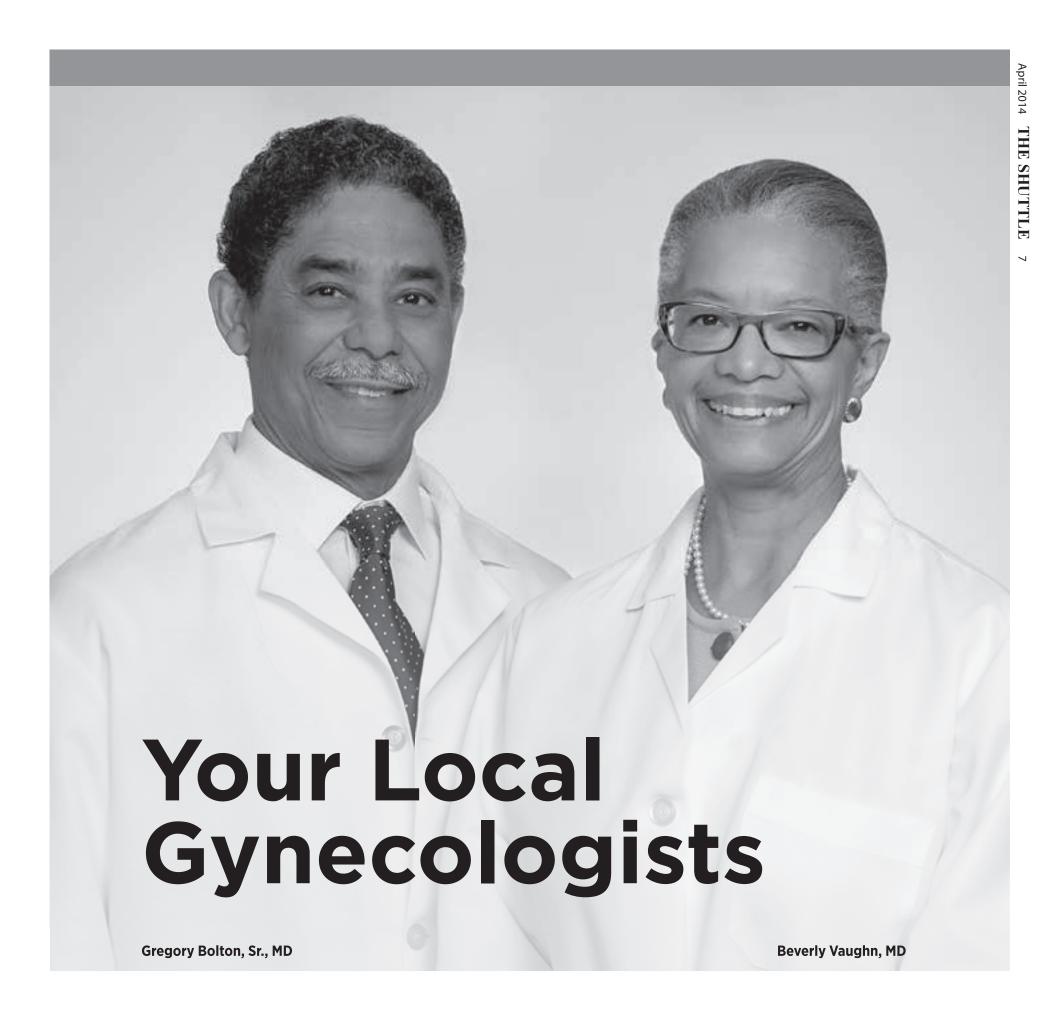


- we offer: • Drug Discount Cards
- · Medicare Supplement Insurance
- · Long-Term Care Insurance
- Annuities · Life Insurance



(267) 438-1147 or (610) 337-9810 x 322 3331 Street Road, Bensalem, PA 19020

Medicare Supplement Plans are underwritten by Colonial Penn Life Insurance Company, an affiliate of Bankers Life and Casualty Company. Colonial Penn Life Insurance Company, Bankers Life and Casualty Company and their licensed agents are not affiliated with or sponsored by the US Government or the Federal Medicare Program.



When you need the care of a gynecologist—whether for menstrual pain, menopausal symptoms, bladder issues, or birth control—we're here and ready to help.

We offer same- and next-day appointments and extended office hours, with local offices in Lafayette Hill, Wynnewood and Center City.

To schedule an appointment or learn more: VISIT mainlinehealth.org/gyn

CALL 610.896.4380

Main Line Health is a regional health system consisting of over 2,000 board-certified physicians, 4 hospitals, and a wide network of patient care locations. Dr. Bolton and Dr. Vaughn are on staff at Lankenau Medical Center.



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 email 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.

Free Library Targets Lovett for 21st Century Makeover

by Penelope Myers, for the Shuttle

Last YEAR, THE FREE LIBRARY OF PHILAdelphia announced its "21st Century Libraries Initiative," intended to modernize and renovate its branches and make them more relevant for the 21st century. Lovett Memorial Library, a cultural gem of the West Mt. Airy neighborhood, was selected as one of the four participants because of its strong civic involvement, heavy use and impressive circulation figures. The other three libraries are Tacony, Logan and Lillian Marrero (6th and Lehigh).

The Free Library is not funding this initiative itself but looking for private funding, starting with an exploratory grant from the William Penn Foundation.

The project is attempting to address the issue facing all libraries, both public and academic, on how to balance the need for libraries to meet the technological needs of its community while still providing access to its physical collections. Despite many doomsday predictions of the end of print in 10 years, the It's one of four libraries chosen for the '21st Century Libraries Initiative.' View the proposal in the lobby.

continuing heavy circulation of printed books has not supported that prognostication. Many patrons want both printed books and access to ebooks and audiobooks, myself included. I love being able to download audiobooks onto my iPod to listen to at the gym or while driving, but overall I read far more printed books.

On Feb. 22, senior administrators and the designer of the renovated space addressed a crowded meeting at Lovett. The proposed floor plan was shown, and it is now posted on the front door. The most significant changes proposed are the extension of the first floor out into the green space to the right of the building, and moving the children's depart-

ment down to the first floor. The second floor would become the technology area, with a new staff position to help patrons. There would also be a space called "Maker's Space" that would accommodate all types of creative activities. A new elevator would make the building ADA-compliant.

There was a lively discussion on the future of the physical collection and adequate space for children and their activities. Free Library management again stressed that this project is wholly dependent on private funding.

So while the administrators ponder Lovett's future, it's nice to be reminded of all the resources we have at our fingertips right now, thanks to the hard work and dedication of Lovett's staff, primarily Lynn Ruthrauff, its branch manager (and guardian angel), and Teresa Glover, the children's librarian.

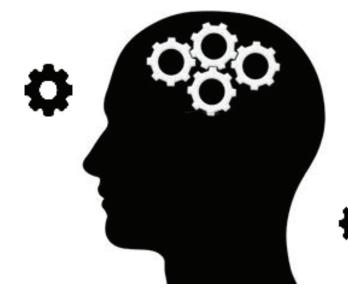
Besides its impressive collection of books, DVDs and CDs, the library also offers help for small businesses and space for tutoring services, sponsors film se-

As seen on CBS Evening News and in The Inquirer



Train your brain. Change your life.

Quietmind uses scientifically-proven, non-drug alternatives to increase well-being and enhance work, school, athletic, and creative performance.



CHILDREN, ADULTS, SENIORS

Psychotherapy, Neurofeedback, Research

Offices in Center City, Plymouth Meeting, Bala Cynwyd 610-940-0488 www.quietmindfdn.org

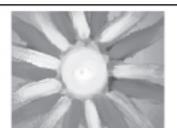
"it takes courage to grow up and turn out to be who you really are." Coop Member Discount 215-843-8258 www.mollykellogg.com



Molly Kellogg, RD, LCSW Psychotherapist and Nutritionist



100 East Sedgwick St. 135 South 19th Street Mt. Airy Center City



Mt. Airy Psychotherapy & Wellness

BRINGING HOLISTIC HEALTH TO THE NORTHWEST COMMUNITY

Psychotherapy
Genie Ravital, LCSW
Lauren Kahn, LSW, LMFT
Lenore Jefford, LPC
Eda Kauffman, LSW
Althea Stinson, MSW
Nathalie Vallieres Hand, LPC
Linda Hawkins, PhD, LPC

Homeopathy Ameet Ravital, PhD, DiHom

Massage & Yoga Lisa Kaye, LMT

Acupuncture Anna Beale, LAc

7127 Germantown Ave • Philadelphia, PA 19119

215-242-5004

www.Mt Airy Psychotherapy.org

Mellow Massage Therapy Center 3502 Scotts Lane Bldg 17 | 1721A | Box A10 Philadelphia, PA 19129

w. www.mellowmassage.come. info@mellowmassage.comp. 215-843-2234

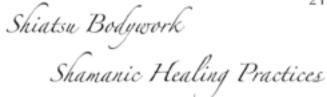
Ask about our discounted monthly massage membership program!



10% off any service - new clients only
(Use Code: ww14)

for health, balance, manifestation

LEO MCELROY 215-843-9718



Cresheim Healing Arts 138-A West Gorgas Lane

www.ShiatsuLight.com

Don't miss out on breaking news! Sign Up Online at WWW.WEAVERSWAY.COOP





ries and participates in the Free Library's LEAP after-school program for children.

Lynn spends much time helping jobseekers with their resumes and online job applications on the public computers. She also constantly juggles staffing - she needs four librarians to be able to open, and Lovett has just resumed Saturday hours —

as well as managing the physical plant and supervising a circulation desk that handled thousands of new-patron registrations and over 130,000 circulations last year. Plus, she's the reference librarian.

"Ms. Teresa" is the other Lovett treasure, who has run the children's department upstairs for more than 12 years. She has a preschool Story Time Tuesdays at 10:15 a.m. as well as a summer reading program. And if you like to knit, her Lovett knitters' group meets at 3 p.m. every Thursday.

And, of course, there is the Friends of Lovett Library. David T. Moore is the president of this wonderful volunteer organization. He will be spearheading Lovett's first floor would be expanded under the proposal.

community meetings to discuss the 21st Century Initiative. David also is excited about the return of Saturday openings, since this means the Friends will be able to resume their ever-popular book sales. If you'd like to join the Lovett Friends and volunteer at Lovett, visit the Friends website (www.friendsofLovett.org), contact David at davidtmoore@mail.com or pick up a membership form at the Lovett circulation desk.

And finally I'd like to encourage all of you to use the Free Library's catalog, www.freelibrary.org, and its hold/pickup service. You can place a hold on any circulating book and you receive an email when it's available. They also send you an email three days before your book is due, so no more overdue book fines!

Lovett is at the corner of Germantown Avenue and Sedgwick Street. Hours are 1-9 p.m. Monday and Wednesday and 10 a.m.-5 p.m. Tuesday, Thursday, Friday and Saturday. Phone: 215-685-2095.

Contact Weavers Way member Penelope Myers at sandterns@gmail.com.





Whole person oriented Solutions Focused / Skills-based counseling Working collaboratively with you to identify and resolve presenting problems:

- Substance Abuse and Addictive Behavior
- Dual Diagnosis
- Depression and Anxiety
- Emotional Distress Impulse Control
- Food and Weight
- Occupational and Workplace Problems
- Relational Difficulties
- Life Transitions
- Stress and Burnout

Call us today 610.692.4995

paula@myintegratedtx.com 8612 Germantown Avenue, Philadelphia, PA 19118 Alternative Healthcare for Women



Holistic Gynecology Natural Menopause Counseling Fertility/Pregnancy Consultations



Therapeutic Touch Tibetan Bowls Shamanic Drums and Journeying

Iris S. Wolfson, CNM, CRNP 133 W. Phil-Ellena Street Philadelphia, PA 19119 (215) 842-1657 iriswolfson.com

Advertise in the Shuttle

advertising@weaversway.coop

A FRESH BREEZE IN YOUR LIFE Therapy for Individuals, Couples and Groups



Trauma, Anxiety, Divorce Recovery, Adult Children of Alcoholics/Addicts LGBTQ Positive and EMDR

Sylvia G. Brown, MSS, LCSW, PhD, JD

Chestnut Hill and Center City

By Appointment 484.574.6819 Sliding Scale

You can feel better about your life!

- Is depression taking over your day?
- Does anxiety get in your way?
- Would you like to feel happier and less self-critical?

Call or email Claudia today.



215-317-8855 * claudialistens@gmail.com * www.ClaudiaListens.com Claudia Apfelbaum, LCSW, Psychotherapist

Up-to-the-minute Co-op news... like us on Facebook.





you can too! Valley Green Bank is awesome! It is a wonderful experience working with a bank that works hard for us while giving back to the community.

VALLEY GREEN BANK TAKES THE CAKE!

LAURA BELMONTE AND CLAUDIA STEMLER BRUNETTES BOOKSHOP BAKERY AT THE MARKET AT THE FAREWAY VALLEY GREEN BANK CUSTOMER SINCE 2013

VALLEY 🌌 GREEN 27 BANK 11

You count with us.

www.valleygreenbank.comMt Airy* | 215.242.3550 Chestnut Hill* | 215.242.1550 South Philadelphia | 215.462.2265 Radnor | 610.995.2265

Center City | 215.569.2265 *Hours: Weekdays 8 to 6 and Saturday 9 to 1 FDIC

Are You Living La Vida LOCAL?

Weavers Way and the Schuylkill Center host an al fresco evening Thursday, May 8, featuring great local food and engaging conversation. A panel of food writers, growers and activists will explore the nuances of local food and what it means to create a place-based food culture. In the Pavilion at SCEE, 8480 Hagy's Mill Road. \$10 SCEE & Weavers Way members; \$15 non-members.

To register, call 215-482-7300, ext. 110.

Weavers Way Community Programs

Farm Visits Are Educational and Fun!

by Alison Hirsch, Operations **Director, Weavers Way Community Programs**

TAVE YOU EVER WONDERED WHY BEES Llive in a hive, or why it's important to compost? Perhaps your first- grade class has never seen different kinds of seeds, or planted anything in a garden? Maybe your third-graders have yet to pick a vegetable and then eat it at the very spot where it was grown!

With the return of spring, Weavers Way Community Programs will once again begin hosting urban farm tours and programs for students of all ages. We offer a variety of hands-on lessons and learning experiences that will excite the young farming enthusiast, as well as tempt the most discriminating to try something new!

As parents and teachers, we are always striving for ways to give our children real-world experiences that will resonate with them. You can tell a child that eating carrots is good for him/her, but it can often be just another lecture from a grown-up. Showing a child where and how a carrot grows, letting him/her pick the carrot — and eat it, of course — is a



different lesson altogether. It transforms the lesson into an experience, one a child is not likely to forget.

While children are participating in experiential learning at our farms, they are also having FUN! They are running around, playing in the dirt, check-

ing out the bugs and expending energy. We all know that when kids get outside, it changes their focus and energy when they return to the classroom. Our tours are informative, but they can also provide a vivisit to the farm at Saul last year.

Middle-schoolers learn to make newspaper pots during a 2013

tal active element for a teacher trying to provide a holistic education.

In addition to the essential experience of picking and eating veggies on a farm, WWCP's urban farm tours include optional lessons on topics such as "Farm to Plate" and "Explore a Food Forest." Tours like these explore the process of urban farming, and show that even in a big city, food can be harvested and be on your plate the same day!

All of WWCP's urban farm tours can be tailored to fit your needs. Learn about the cycles of seeds and the six plant parts. Or get inspired by the beauty of our berries, and then participate in "Art on the Farm." We are also happy to work with teachers on creating an experience that complements what you are teaching students in school. Studying bugs? The kids can learn about integrated pest management. Whatever your fancy, we will work with you to make it happen. We look forward to introducing your growing minds to our growing gardens!

To set up a short informational session about our programs, contact me at alison@weaversway.coop, or visit our website to learn more about our programs and register for a farm tour: www.weavers way.coop/pages/farm-education-lessons.

alison@weaversway.coop





TELLING THE STORY OF PHILADELPHIA'S ART AND ARTISTS



JESSIE DREW-BEAR STORIES AND DREAMS

ON VIEW IN APRIL



CLASSES & WORKSHOPS ALL LEVELS | MAY & JUNE

ART UNCORKED

a casual art experience with friends & wine

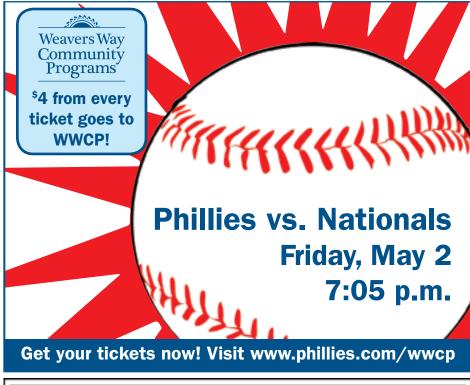
STUDIO CLASSES

for beginners through experienced artists

WORKSHOPS

for more intensive work on specialized technique

9201 Germantown Ave., Phila. • 215-247-0476 woodmereartmuseum.org







Weavers Way Community Programs

Wondering What To Do with Your Tax Refund? Spring for Art!

by Jill Fink, Executive Director, **Weavers Way Community Programs**

YOU (THAT'S RIGHT, YOU) ARE CORdially invited to Weavers Way Community Programs' inaugural Spring for

Featuring selected works by artist Robert Blunk, Spring for Art takes place Friday, April 18, from 6 to 9 p.m., and Saturday, April 19, from 3 to 6 p.m.

You'll have an opportunity to meet the artist, who will be visiting from his home in Denver.

Blunk was born in 1923 in Salyards, Kansas. After serving in the Pacific with the Marine Corps in World War II, he returned home and attended the Kansas City Institute of the Arts on the GI Bill, where he earned a Bachelor of Fine Arts in 1950. He later earned a Masters of Fine Arts (sculpture) at Pittsburg State University in Pittsburg, Kansas, and worked toward his doctorate at the University of New Mexico in Albuquerque. For more than 40 years, Blunk had a notable teaching career combined with creating public sculptures, designs and installations.

To celebrate his 90th birthday, this prolific artist and sculptor has donated an original gouache "Stonington Elements II" (pictured) to be auctioned by WWCP.

Says local art dealer and WWCP



Friday, April 18, 6-9 p.m. Saturday, April 19, 3-6 p.m.

To RSVP or place bids please visit www.weaversway.coop/SpringforArt



selected works by Robert Blunk

Board member Jeffrey Fuller: "For more than 60 years, Robert Blunk has created innovative art with a singularity of vision. From his earliest Modernist works of the 1940s to his whimsical images of today, Blunk continues to make great art. I look forward to his exhibition that will support Weavers Way Community Programs."

Blunk has said he admires the works of artists ranging from Alexander Calder to David Smith and George Nakashima (our local pride). His own work is reminiscent of that of Marsden Hartley, another of the artists he admires.

"Stonington Elements II" is valued at \$1,200; the opening bid is \$1,000. Bidders need not be present. Prints of "Stonington Elements II" will also be sold for \$150.

In addition to the gouache, a portfolio of eight prints — in a limited edition of 24 — are available for \$400 each. (Twenty five percent of proceeds from each portfolio purchased benefit WWCP.)

The portfolio, "Stops Along the Way: Excerpts from His Visual Journals 1948-2013," can be viewed at sites.google. com/site/robertblunkstopsalongtheway/.

For more information on Robert Blunk and his work, contact curator Stephanie Jackson Dillon at stephaniejdillon@ gmail.com.

For event location, to bid or to RSVP, visit www.weaversway.coop/ SpringForArt or email WWCPevents@ weaversway.coop.

All proceeds benefit the nonprofit Weavers Way Community Programs.

jill@weaversway.coop



Farms

(Continued from Page 3)

farm growing carrots and tomatoes, one farm will grow all the carrots and the other will grow all the tomatoes. Then we'll drive the carrots and the tomatoes to the same farm, weigh and wash them, and some will go to the CSA, some will go to Headhouse and some will go to the stores.

This idea is not entirely new. When we first started the second Weavers Way farm, we kicked around the idea of having one large team that would work one farm one day, and then the other farm the next day. We threw that idea out pretty quickly, knowing that each farm would need attention every day. Since then, we've considered other ideas, such as simply operating one big CSA that grows on two sites. When an outside farmer consultant visited the farms last October. he recommended we make this move to a "one farm" organization. Hearing it from an outsider, with a strong background in business and farming, reinforced our thinking that this was the right idea.

Rethinking the crop plan, however, also meant rethinking our labor structure. We've had a farm department head who



supervised the whole farm staff but managed only one of the farms; we've had a different department head that supervised the whole farm staff, but managed the OTHER farm; we've had co-management of one farm and even co-department-heads. Now it's time for yet another version! In 2014 we will have one farm manager — me — who will oversee the big picture for the operation of the

two farms, redesigned to function as one unit. Then, each farm will have its own field manager who will ensure that day-to-day tasks are completed. In addition, we will have one harvester who will help out on a parttime basis on busy days. We will also have a record-keeper responsible for tracking critical information about crop plans, harvests and labor hours so we know at the end of the season whether

this new plan was actually more efficient!

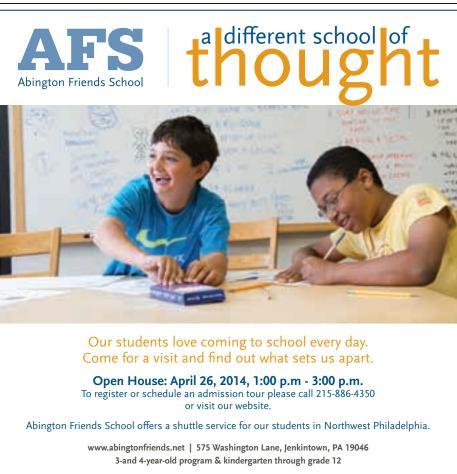
I am eager to introduce you to the stellar team that will be working closely together in the upcoming season. Stay tuned for next month's farm article for bios of the new crew.

You may notice that there is no longer a position for a farm apprentice. (There will however still be a farm education apprentice program, offered through WWCP.) We are putting the apprenticeship on hold while we develop a more skilled, and better compensated, farm team. We hope to reintroduce the apprenticeship program down the road, once we have a solid business model firmly in place.

We will, however, still have ample opportunities for people who are interested in learning about farming to participate in the farms. Please don't hesitate to email me if you would like to learn more about volunteering or being a working CSA shareholder. You can also continue to do your Co-op hours at the farms, another valuable role to play in our farming system.

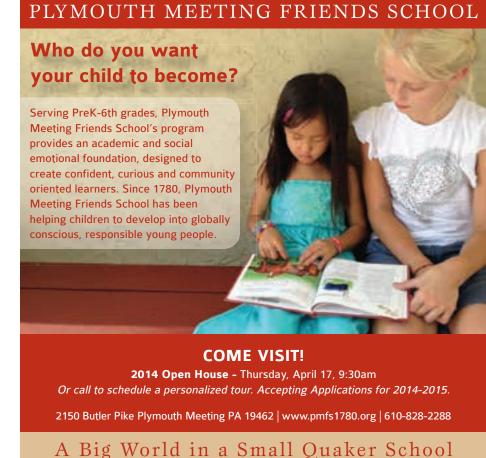
Wish us luck and keep your eyes open for more farm produce coming into the stores as the weather warms!

nberryman@weaversway.coop

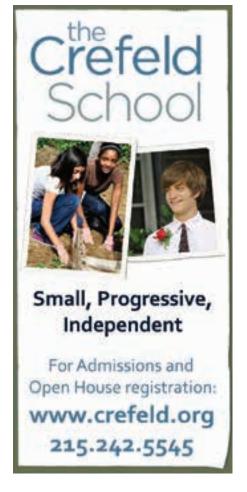




31 West Coulter Street, Philadelphia, PA 19144 215-951-2345 • www.germantownfriends.org







General Membership Meeting

(Continued from Page 3)

Weavers Way is on the move, and you can find out all the latest during the business part of the meeting from 6:45 to 7:30 p.m. It's been an exciting year as we celebrated our 40th anniversary and opened Next Door, our new health and wellness store in Chestnut Hill. We are surpassing all sales projections as we increasingly support local vendors and products. Weavers Way's new Strategic Plan came out last year and we are moving forward on plans for expansion and growth — maybe a kitchen for the Mt Airy store, and a third store is on the horizon. More information needs to be gathered but we want to let you know where we are heading.

Cake and conversation will wrap up the General Membership Meeting with a short talk on the Chestnut Hill Meetinghouse and Skyspace.

So what's all this talk about a Skyspace? "Skyspace, Greet the Light" is a permanent art installation created by renowned light artist James Turrell. But it is not like viewing a sculpture or a painting. Folks lie on the floor or sit and look up to gaze into a large opening in the ceiling of the main meeting room through which light and space interact dynamically to create an intensely personal experience.

"The Skyspace at the Chestnut Hill Meetinghouse is pure magic," said Weavers Way member Sue Wasserkrug. "It's a truly awe-inspiring way to experience the



sky, the space, the light.

"I've always been a fan of James Turrell's work — I like to say he's an artist whose medium is light, but that doesn't quite conjure the profundity of his work. I couldn't be happier, for myself and for my fellow Philadelphians, to have this gem in our community." (To learn more, visit www.chestnuthillskyspace.org.)

And now you will have a chance to experience this gem yourself — but you must reserve a spot, because space is limited in the meetinghouse. So send an email, with your name, member number, and how many places you are reserving, to: boardadmin@weaversway.coop.

The Skyspace sunset program lasts 50 minutes and starts promptly at sunset on May 18, that's 8:12 p.m. You are encouraged to bring a yoga mat and pillow/ head rest to be comfortable for this silent program.

We hope to see you there as we come together to celebrate our past and gaze into the future!

mlenzi@comcast.net

Candidates

(Continued from Page 3)

good Board members? Want to know more? In addition to the questions that are at the heart of the nomination process, here are five additional things you might ask to help you find out how effectively they might represent you on the Board:

- 1. How comfortable are you with process and deliberation? One aspect of Policy Governance that some Board members have difficulty wrapping their minds around is that there is a bright line between governance and operations. The Board doesn't run the Co-op — management does. The Board makes policy and ensures that management stays on track ... and it does that in a very, very deliberative way.
- **2.** Where do you think the Co-op should be headed? Expansion is in the air — the Board is talking about expansion, management is talking about expansion, coop consultants are talking about expan-

sion. As a member-owner, what does expansion mean to you and how do you get to weigh in?

- **3.** How important is diversity to you? It's no secret that Weaver's Way's top management is pretty homogenous. Nonetheless, one of the Co-op's Ends (values) is: "Weavers Way will have a welcoming culture that values diversity . . . in all that we do." What are your thoughts about how welcoming the Co-op is?
- **4.** How will you elicit members' perspectives? The Board represents member-owners, but we don't always hear from members or take steps to find out what they think we should be doing. Does that matter?
- 5. How much time do you have to devote to Board participation? One thing that has changed since I joined the Board three years ago is that meetings are usually no more than 2 hours long. But Board members are expected to learn the co-op business, attend an annual industry conference and be active on committees. Be sure your favorite candidates understand that those 50-page Board packets are only the beginning!

By and large, the folks who run for the Board have a deep commitment to Weavers Way and to cooperative principles. Take advantage of opportunities to get to know the current slate of candidates, talk to them and give them the chance to earn your vote. Help ensure the continued growth and success of our Co-op. You can check out the Weavers Way website to learn more about our Ends, Executive Limitations and Policy Governance.

nlee@nleephotobravura.com









2014 ELECTION FOR WEAVERS WAY CO-OP

OF DIRECTOR CANDIDATES

Each candidate was asked to respond to these questions:

- 1. Why are cooperatives important to you and Weavers Way in particular?
- 2. How will your experience, skills, or unique perspectives strengthen the Weavers Way Board?
- 3. What do you perceive to be the long-and short-term challenges facing Weavers Way and how will you address them?
- **4.** What volunteer experiences have you had with other cooperatives or organizations?
- 5. Is there any other personal information you would like to share, e.g. family, hobbies, work experience, special talents?

Elizabeth Johnston



- **1.** Cooperatives are important to me because they focus on community and consumers as individuals. Weavers Way offers people a chance to get to know where their food is coming from and how much hard work, care and passion goes into delivering it to them.
- 2. I am currently working toward a master's degree in Nonprofit Management. I am a great example of someone who went from knowing nothing about co-ops, farming and eating healthy to someone who can now hold a conversation about lentils, quinoa, bok choy and kohlrabi. I spent the last season volunteering for the CSA part of Weavers Way and learned a great deal about how much work goes into the food we eat.
- **3.** Challenges that Weavers Way may face are competitors in the area, with the popularity of responsible eating, and recruiting new members. Creative welcoming advertising that will speak to the younger generation regarding getting involved with the Co-op.
- 4. In addition to Weavers Way, I also volunteer with other agencies, including the SPCA and United Way. I am a mentor for Esperanza High School students. I am also a "pal" for International Temple Students, where I enjoy the experience of introducing studyabroad students to Philadelphia.
- **5.** I earned the rank of black belt in Tae Kwon Do and competed at national tournaments. I also work in the social work field, so I see how poverty can effect eating habits, and I have a strong desire to help educate people in this area.

Emmalee MacDonald



- 1. I believe that people coming together to fill a shared need within the community is very powerful. In particular, having access to locally and responsibly produced products is important to me.
- 2. I am a certified public accountant and my husband is a chef. I believe this allows me to bring a unique point of view. I understand the financial aspects of businesses, which I believe will help me to contribute to the commercial aspects of the Board role. Additionally, I have developed an appreciation for environmentally friendly, locally produced and sustainable products, which has been broadened by my husband's love for using local, fresh ingredients in his cooking.
- 3. I believe that one of the challenges facing the Co-op is the emergence of more stores which provide products similar to those of Weavers Way. In order to address this challenge, I would encourage that we continuously promote ways in which the Co-op can differentiate itself from the larger chain stores.
- 4. I was an active member of New York Cares, which provided a variety of volunteer opportunities, including assisting children with math, participating in Earth Day events and helping to beautify the city's parks. Now that I've moved back to the Philadelphia area, I'm looking for ways to get more involved in the community.
- 5. My husband and I recently moved back to Philadelphia, specifically Germantown, after living in New York for four years. In my spare time, you'll often find me hunting at flea markets and yard sales for vintage goods.

Joshua Bloom (incumbent)



- 1. I value Weavers Way as a business that directly serves its member-owners, who are also its customers. I value its history of evolving to meet members' changing needs.
- 2. In my work life, I help communities revitalize historic downtowns (primarily outside Pennsylvania). I'm a strong believer in community entrepreneurship (cooperatives, community-owned stock corporations, community investment funds and the like). My perspective tends to be "market-based," meaning I like to think pragmatically and strategically about how Weavers Way serves its member (and non-member) shoppers.
- 3. Despite Weavers Way's special position as a cooperative, I see it competing in the broader grocery sector and having to confront and respond to external changes. The grocery business has seen systemic shifts nationally — and locally, as new competitors enter the marketplace. Weavers Way is at an important crossroads, particularly regarding future expansion. How Weavers Way responds will be critical to its sustainability.
- **4.** I joined the Weavers Way Board a year ago (filling out the term of a Board member who had resigned) and it has been my primary volunteer activity this year. I also volunteer with my Town Watch program in Mt. Airy.
- **5.** By profession, I'm an economic development consultant with historic preservation sensibilities; by avocation, I'm an amateur carpenter. I think good community work requires both a sense of purpose and a sense of humor. I try to bring both to Weavers Way.

Jessica Justh



- **1.** Cooperatives are indispensable to a sustainable society. Immersion in the Co-op forges strong relationships, neighborhood development and financial independence, resulting in an economically viable community.
- **2.** I believe my greatest asset would be the ability to see and understand food politics and PR-related issues from many different angles.
- **3.** A short-term issue would be ensuring the continued growth of new member signups. The Co-op's messaging needs to make a connection with the community so that when, for example, they need Earthbound Organic Spring Mix, they're heading to Weaver's Way, not the Pathmark. Membership can increase by utilizing low-cost communication channels that engage the community and communicate its mission and benefits. As people turn to local and organic food as a form of health care, it's inevitable that the number of health-food stores will increase. However, with a background in competitive intelligence, brand awareness and marketing, I'm well-schooled in the strategies needed to overcome the upswing in competition.
- **4.** I have worked on a biodynamic farm in Pipersville, became a certified yoga instructor at Dhyana Yoga and managed the Milk House Farm Market. I coordinated all food logistics and cooked for a local nonprofit, The Homegrown Institute's inaugural event.
- **5.** I live in Chestnut Hill with my husband and beagle-mix rescue. In my free time, I love to do yoga, garden, cook (especially with what I grow in my garden) and forage for wild edibles.

Lisa Hogan (incumbent)



- 1. I have been a proud Weavers Way member/ owner for 36 years. The cooperative is a successful and competitive business model that promotes the local community, healthy environment and social responsibility. Weavers Way outreach supports 50-plus local organizations and has partnered with 40-plus nonprofits. We do it well!
- **2.** I am serving a one-year term on the Weavers Way Board. I attended Co-op Leadership Training in Buffalo, all Board meetings and the annual Board retreat. As it takes months to learn how the Board functions, I would like to serve three more years with this jump start.
- **3.** Our four stores are full to the brim and very successful. To grow further, we need to expand. Growth fits with our Ends, our 5 Year Strategic Plan, our staff's goals and the International Cooperative Principles. I support customer service, our staff, keeping our two farms, local reinvestment, continuing our active work with startup co-ops and expansion to another store.
- **4.** During my first year on the Weavers Way Board, I attended all Board meetings, wrote for Shuttle and served on four committees: Member Engagement, 40th Anniversary Planning (created Time Capsule for 80th), Retreat Planning and General Manager Performance Review.
- 5. I live in Chestnut Hill, raised a family here and am retired. I travel extensively and visit food markets around the world. I love to cook and know that sharing food and drink provides a perfect opportunity to foster communication and healthy relationships.

2014 OFFICIAL BALLOT



Election for Weavers Way Co-op Board of Directors

Voting ends Sunday, May 18, 2014, at 6:30 p.m. at the General Membership Meeting Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane, Philadelphia, PA

To vote online: Please see the instructions on our website, www.weaversway.coop, and follow the directions on your election reminder email. Note that the order of the candidates in the online ballot will be randomized when you open the ballot.

To vote by mail: Official ballots will be accepted by mail if received by May 18, 2014, at the Leadership Committee mailbox. Mail to: Leadership Committee, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia, PA 19119.

To vote in stores: Place official ballots in the ballot box at the Mt. Airy store, 559 Carpenter Lane, or the Chestnut Hill store, 8424 Germantown Ave., by 3 p.m. May 18, 2014.

To vote at the General Membership Meeting: Place official ballots in the box provided at the meeting or input your vote at the laptop voting station no later than 6:30 p.m. May 18, 2014.

Please note: Only one vote per member household.

Once a vote has been cast, it cannot be changed. The four candidates with the most votes each will be declared elected to fill Board Director vacancies.

| | FOR NO MORE THAN FO | | | • |
|------------------------------------|---------------------------|---------------------|---------------|--|
| Elizabeth Johnston | Jessica Justh | | Ron Lane | ☐ Nathea Lee (incumbent) |
| Emmalee MacDonald | Linda Shein (incumbe | nt) | Larry Daniels | <u> </u> |
| Joshua Bloom (incumbent | i) 🔲 Lisa Hogan (incumben | ıt) 🛄 | Howard Spodek | |
| for your vote to be counted. One v | | irst vote registere | | ot. The information below is mandatory te that counts. Any paper ballots received |
| Date M | ember# | Name | | |

AT-LARGE DIRECTOR

Linda Shein (incumbent)



- 1. I appreciate that Weavers Way fosters a strong sense of community, promotes environmental stewardship and supports local businesses. I believe in supporting a sustainable local economy, and Weavers Way provides a cherished venue for local and organic food while Weavers Way's farms guarantee members access to this. In the GMOfoods era, it's crucial to take control of what we eat and know where it comes from. I enjoy meeting like-minded members, and value our progressive community and commitment to a people/planet/ profit triple bottom line.
- 2. I started a retail business and opened 39 stores, enabling me to serve Weavers Way with an understanding of the business. Listening to customers helped me serve them successfully; as a current Board member, I seek members' input to best represent you. I attend natural products conventions and understand the business. As managing director of the University of Pennsylvania's Retail Industry Center, I advise alumni and students on retail best practices, and counsel startups.
- **3.** In the long run, to survive competition we must increase loyal membership while offering outstanding product/service at fair prices. We should articulate Weavers Way's core values at every customer touch point. In the short run, fine-tuning organizational infrastructure to support staff is paramount, as is engaging members and our
- 4. Elected to Weavers Way Board in 2011. Active in non-GMO food movement — attended California non-GMO ballot kickoff. Soup kitchen volunteer.
- **5.** Favorite adventure: Backpacking in Thailand with my husband — survived a monsoon in a hill tribe's hut. Two wonderful children, Lifelong passion for natural products and All Things Green.

Ron Lane



- 1. Cooperatives represent the most evolved system of human economic relationships that is sustainable, equitable, and adaptable at any scale. Where else do you have the benefits of sharing fairly, yet retaining individual freedom, of working together on a team, yet retaining ownership? It's the sweet spot between the extremes of communist dictatorship and global corporate concentration of capital. We need cooperatives, NOW, to help save us from some of our economic and environmental excesses.
- 2. Independent bilingual reading, listening, writing, researching, editing, proposing, and suggesting could broaden and strengthen the Board.
- **3.** The short-term challenge is to grow more and different kinds of cooperatives and maintain a cooperative network that would provide members and cooperatives with alternatives to the standard corporate offerings. The long-term challenge is to use new systems to assure decentralized, local self-reliance in food production, water purification, energy production and distribution, and robust communication networks to withstand severe changes that appear likely. How? The short answer is "WE," as in WEAVERS WAY.
- 4. Grinnell College: emergency hot line & taxi co-op; Peace Corps Chile: peasant food and pea-producing cooperative; Little Rock: baby-sitting/childcare cooperative, dinner co-op, assisted visiting Central
- American rural electrification co-op with English, translations, paperwork, helped form student/ worker coalition against KKK recruiting at public university; Penn M.S. Appropriate Technology/ International Development: co-ops emphasized, wrote proposals, hands-on summers in Mexico, China; Weavers Way working membership, associate member Philadelphia Area Cooperative Alliance. member Energy Co-op, member Freedom Credit Union since Educational Credit Union.
- **5.** Our cat craves Anton-ordered Weruba, unavailable at Whole Foods, Petsmart, Petco

Larry Daniels



- 1. Weavers Way Co-op has played a pivotal role helping to bring communities together in Northwest Philadelphia. There has been a rise in co-op store openings locally and around the country. Weavers Way has led the way. Not only do they foster a partnering and communal spirit, but it spotlights healthy foods, good nutrition and a safe, clean environment. I support all of these outcomes.
- **2.** I offer 20 years of financial-services experience. I hold an MBA from Marquette University. As a member of the local business community representing Edward Jones here in Mt. Airy, I work with local community groups such as Mt. Airy USA and East Mt. Airy Neighbors. Being Afro American, I offer a unique diverse perspective.
- **3.** Short-term, Weavers Way needs to stay true to its mission of serving the community with highquality products at competitive prices. Long-term, Weavers Way needs to consider expansion into new neighborhoods to offset new competitors with its footprint. The community of Germantown would be a natural candidate for expansion.
- 4. In the late '80s, while working with Ford, I partnered with the city of Milwaukee and created the "Road Rally for the MAAC Fund." This community endeavor raised thousands of dollars for childhood cancer. In 2004, I created the Bucks County Jazz Festival and was a board member of the Doylestown Business Association. I currently serve on the deacon board at Sharon Baptist Church.
- **5.** I worked for Quaker Oats U.S. Grocery Division for two years. I understand the grocery business.

Howard Spodek



- 1. I would love to serve again on the Board. Weavers Way is one of the most important institutions in Mt. Airy and in my life. I am almost a founding member — my Co-op number is 55 — having ioined almost immediately on coming to Philade phia in 1971. I took my weekly turn driving to the Food Distribution Center to bring food to Mt. Airy for our members. Then my involvement in teaching and researching at Temple, and raising children, took up my energies. Of course, I always continued as a working member, usually serving my hours in the Mt. Airy store, sometimes on the Henry Got Crops farm.
- 2. Now, four decades later, I want to contribute what I can once again to a co-op which is so much larger, with so many more exciting activities in the neighborhood, in ecological, educational, and nutritional initiatives.
- **3.** As the Co-op participates in the international year of the co-op, I may have something extra to contribute. I travel often to India for research in urban affairs and I am closely in touch with one of the largest cooperatives of working women there, the Self Employed Women's Association -- SEWA. Occasionally I have brought a few items, usually fabrics, for sale at Weavers Way.
- **4.** If elected to the Board, I propose to establish the connection between Weavers Way and SEWA on a firmer foundation, primarily for the sense of international solidarity, but also, in small measure, as an economic benefit to both.

Nathea Lee (incumbent)



- **1.** Cooperatives give everyday people the chance to contribute directly to the vitality of their community and the viability of local farmers and other vendors who care as much about the environment and their workers as they do about the bottom line. Weavers Way is important to me because it is a model of ethical, cooperative economics where member-owners participate democratically in the success of the business. It means a lot to me that Weavers Way is a successful, human-centered retail operation that is also a community hub.
- **2.** My skills in strategic thinking, communications and governance have helped strengthen the Board's operations. During my three-year tenure, including one year as vice president, I have served on various committees and brought clarity, efficiency, a willingness to work hard and a wry sense of humor. I also founded the Food Justice Committee to address hunger, access and related issues.
- **3.** Responsible growth and cultural diversity are two challenges we face. To address them, I will continue to learn the business and work with fellow Board members to provide wise council to our management. And, I will be a visible presence at events, and engage management and members to develop ways to be more inclusive.
- **4.** My volunteer experiences include four years at the Pacifica Radio affiliate in Washington, DC; providing photography services to two nonprofit organizations; and serving on arts industry-related committees and Boards.
- 5. Having adult children is a blast! My kids are super-supportive and loving, and it's lovely to see them as parents.

Time4Time Fair Focus: Job-Hunting

TIME4TIME COMMUNITY LACTURE local timebank where members share skills using time as an alternative currency, is co-sponsoring two Bring and FixTM Fairs in spring and fall 2014 that will be open to everyone.

Time4Time's spring event, the "Job Hunting Skills Fair," takes place Saturday, May 3, 1:30-5:00 p.m., at the Center on the Hill, 8855 Germantown Ave. This fair concentrates on helping people with their job-hunting skills, including resume review, interviewing, networking, career/life coaching, dressing for the job and learning how to get the most out of LinkedIn.

with participants one-to-one. You don't have to be a T4T member or human resources specialist. Think of it this way: If you have helped someone who lives in your neighborhood by reviewing their resume, set up a LinkedIn account for them, or provided advice on how to manage a job interview, then you are the perfect volunteer candidate for this fair - and we want you! It would mean 3.5 hours of your time helping someone else. It'll be great fun and worthwhile!

To volunteer, contact Betsy Wallace at Time4TimeXchange@gmail.com.

Our goal is to have the entire fair

ple who come for help know that their community supports them.

Bring and FixTM, created by Philippe Granger (Rushey Green Timebank, London, UK), promotes community-building skill-sharing among neighbors. Community members who have expertise in a certain area volunteer as "fix-

ers" who help people with the problems that they bring to the fair.

Fairs can focus on different types of problems that need fixing, ranging from health and wellness to computers to re-

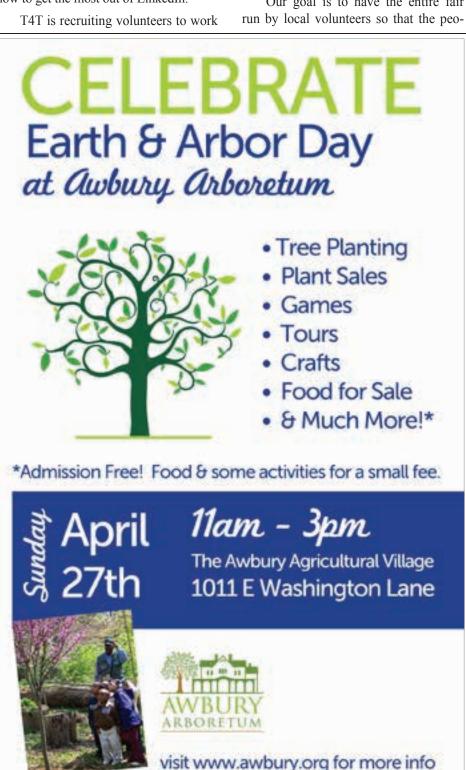


es, lamps, toys, bikes, lawn mowers, etc.). Bring and FixTM is an intergenerational experience where individuals of all ages help each other solve all kinds of problems. These fairs are very successful in Great Britain, Europe and the United States.

The fall Bring and Fix fair, scheduled for Saturday

Sept. 20, will feature repairs of all sorts. We'll be looking for volunteer "fixers" for that fair as well! Stay tuned!

> To learn more about timebanking and about Time4Time, visit











a \$25 professional-service credit. Share the Care!

ECO TIP

from the Weavers Way environmental Committee

If you've ever wondered how or where to recycle things like old toothbrushes and empty toothpaste tubes and floss containers, wonder no more! Our very own Weavers Way Next Door, the wellness and beauty store in Chestnut Hill, collects and sends these items to TerraCycle. TerraCycle, located in Trenton, NJ, repurposes them into innovative products. By dropping these materials off, you not only keep them from entering the waste stream, you help earn points to support Weavers Way **Community Programs!**

Welcome to the Old-New NWPhilly Freecycle

by Betsy Teutsch, for the Shuttle

TUTTING RIGHT TO THE CHASE: IF YOU want to continue as one of the 5,000 members of our NWPhilly Freecycle Yahoo Group, you will need to rejoin our new site, hosted by FreeCycle.org.

It's a simple procedure. Just go to:

groups.freecycle.org/group/ Philadelphia _Northwest/posts/all

and sign up. If the link is too daunting, type "Northwest Philly" in the general search box at Freecycle.org and our group will appear.

The interface is better designed than the Yahoo version and features easy-tounderstand instructions. It's now possible to remove a post once the item has been taken and to screen for "Offers" and "Wanted," additional benefits. We are very grateful to Freecycle.org, now with more than 5,000 groups worldwide, for taking the lead in this process.

Freecycle is a star in the social-media-powered "Sharing Economy."

A recent report, "Sharing Is the New Buying," surveys the massive impact of

income-generating sites facilitating the sharing of used goods and services. Examples like Ebay, Airbnb, car-sharing, and Kiva are included, along with dozens of others that have popped up in the last few years. Freecycle — a way of life for many — is strangely absent. It is not a business model. It is organized, free-flowing generosity. With no money changing hands, our NWPhilly group alone, in its 10 years, facilitated an astonishing 61,000 posts. Not every post results in goods moving from household to household, but envision how many free goods have moved around, some multiple times.

Here is the back story of our migration to the new site. NWPhillyFreecycle was launched by a little group, Mt Airy Greening Network, neighbors greening our homes and community. Meenal Raval and I have moderated the group since its 2004 creation. Susan Gobreski came on board when she moved to East Mt. Airy, and more recently we have benefited from Hideko Secrest and Adam Eyring's conscientious oversight.

We were ignoring the emails from Freecycle.org. Our group was working

really well — and if something works, vou don't mess with it! That held true until last month. The Yahoo interface changed, resulting in a chaotic and ugly website that didn't work for us anymore.

A quick search turned up a Big Surprise: Since we had never responded to the emails with instructions for moving our group to the main Freecycle site. Freecycle's leadership had presumed (fairly!) that our group had died and they had industriously set up a new group with the same name. There are actually more than 2,000 people in that NWPhilly-Freecycle group, posting away, an alternative universe we had no idea existed. (Moral: Don't ignore your emails.)

After connecting with very understanding and cooperative Freecycle volunteers, we are becoming a part of the official group. In time, will close down the present Yahoo site. We'll continue as moderators. All we need is you, loyal NWPhillyFreecyclers.

Betsy Teutsch is nearly half done with her book, "100 Under \$100: the Women's Global Toolkit." For info, visit www.womensglobaltoolkit.com.



WJ Southarд • Cozy Pure Royal-Peдic • Shepherд's Dream

1075 Main Street, Hellertown, PA 18055 Showroom Equidistant from Philadelphia & New York City www.theorganicmattressstore.com







802.453.2592 • www.cgcvt.org



Lutheran Seminary - Brossman Center 7301 Germantown Avenue

TASTE AND VOTE FOR THE BEST CHILI IN THE REGION and sample great beer from THE YARDS **FUN FOR THE WHOLE FAMILY!**

THE MAGIC OF ED SCHMITT • CARD READINGS • LOOM BAND BRACELET MAKING **FACE PAINTING & MORE!**

ALL-YOU-CAN-EAT CHILI \$10 Kids Under 5 are Free

Buy advance tickets at <u>www.chestnuthillrotary.org</u> ALL PROCEEDS ARE USED TO FUND CHESTNUT HILL ROTARY'S COMMUNITY & INTERNATIONAL PROJECTS





Ages 8 - 12 \$220 / Week 8:30am - 3:30pm Camperships available *

Camp Katniss 2-Week Session June 16th - June 27th



Learn to survive in the wilderness like your favorite character from the Hunger Games. Archery, foraging, fire-starting, shelter-building, and

Take Flight! Week of August 18th

Looking for a day camp at Awbury for 5 - 8 Year Olds? Check out "The Magical World of Woodland Fa ies" with Indigo Nature Arts. The week of August 11th. visit www. indigonaturearts. com.

Awbury is home to many species of birds, dragonflies, and butterflies. After observing and learning about these natural-born fliers, campers will explore the world of flight through building and using kites, catapults, the world's best paper planes, whirligigs, and other winged things!

Magic & Myth in the Enchanted Forest Week of August 25th

Campers will engage in theatrical cooperative roleplaying to create characters (mythical creatures and woodland warriors) to rescue the heir of the throne and save the heart of the enchanted forest!

For more information, or to register, visit www.awbury.org, call us at 215-849-2855 ext. 21, or email programs@awbury.org. *for children residing in zip codes 19138 & 19144 & eligible for free & reduced lunch



Penn State Extension at Your Service

Master Gardeners Are Ready to Answer the Call

by Anna Herman, for the Shuttle

PRING IS HERE, WHICH MEANS THE GARDENERS AMONGST US are as busy as the bees. We are starting and nurturing seeds and seedlings. Adding organic matter such as compost and chopped leaves to our garden beds. People who planned ahead are even eating lettuce and kale from the garden. Those of you interested in joining in the fun might consider attending one of the many garden learning opportunities that abound around our city, or volunteering at a school or community-garden program.

In my capacity as the coordinator of the Penn State Extension Master Gardener program, I am privy to the myriad projects and programs that this dedicated community of gardeners offers. In my capacity as a Weaver's Way Co-op member and Shuttle writer, I am eager to share some of these opportunities with you.

Master Gardeners are volunteers trained by the Penn State Cooperative Extension. Once they complete their training, Master Gardeners help the Extension serve the home-gardening public by answering questions, speaking to groups, working with 4H horticultural projects,

participating in civic beautification, maintaining demonstration gardens and teaching plant sciences and horticulture. Master Gardeners are willing and able to educate individuals and groups in gardening topics such as plant selection, composting, soil improvement, pest control, vegetable and flower gardening, pruning and more.

The Master Gardeners' edible demonstration garden, butterfly garden and new Food Forest Orchard are open every day and always worth visiting when you are near the Horticulture Center, off Belmont Avenue in West Fairmount Park.

This spring, the Master Gardeners will participate in numerous community events and celebrations, setting up our "Ask a Master Gardener" table with its free publications, staffed by garden educators.

Our largest public outreach will be the Master Gardeners Plant Sale, which is turning into a full scale "Garden Day" at the Horticulture Center, Sunday, May 4 from 11 a.m. to 2 p.m.

This event will be a one-stop shop for plants, information, hands-on learning and demonstrations of gardening excellence. Stop by to purchase your annuals, perennials, edibles and herbs. Watch a tomato-grafting demonstration, jump into a "bring your container" gardening workshop, take a self-guided tour of the Butterfly Garden or help plant the second stage of the Food Forest, grown in partnership with the Philadelphia Orchard Project.

Dozens of Penn State Extension Master Gardeners will be on hand to answer your garden questions and help you select the best plants for your site or your dream garden. Our Penn State Extension 4H team will help with activities and programming for kids of all ages.

Organic Mechanics, the potting soil company, has been a generous supporter of our program, and has supplied many a bag of potting mix to get the seeds we are selling started. One of the Organic Mechanics owners will be on hand to share knowledge and resources with the general public. All proceeds from the plant sale will be plowed back into our programming and volunteer work.

The Master Gardener HortLine is also up and running, with volunteers to answer your gardening and horticulture questions. To contact the Philadelphia HortLine, email PhiladelphiaExt@psu.edu with "Hortline" in the subject line. Please give your question, with a name and contact phone number. Include a photo if you wish. Or call 215-471-2200 ext. 116.

If you need garden help, now you know how to get it! aeh22@psu.edu



Celebrating our 15th Anniversary of Inspiring Landscape Solutions in Support of Awbury Arboretum

For over 15 years, Awbury Arboretum Landscapes has provided arborist and landscape design, installation and maintenance services to the 55 acre arboretum and to many other Philadelphia institutions and residences. Utilizing us for landscape services helps to support the arboretum, which is free and open to the public 365 days a year.

Now is the perfect time to call us for:

- Spring Cleanup -
- Garden Design & Installation -
 - Tree Work -
 - Landscape Materials -



Call us today for a free site visit, consultation and estimate.

Chris Carrington, Director, Awbury Arboretum Landscapes 215-849-2855 x 17 • ccarrington@awburylandscapes.com www.awburylandscapes.com

We've gone GREEN... Now using environmentally-friendly Waterborne paint! MACLENS

Collision Repair Professionals Since 1945 Family Owned & Operated

20 W. Allens Lane Philadelphia, PA 19119

Tel (215) 247-3906 Fax (215) 247-9506

Siller the Tiller Garden creation services

- Rototilling and bed farming
- Consultation and advice
- Farm education with kids

#: 267-319-2733 Web: Yosoybean.com



John Sutton Masonry

License #39705

- Concrete Sidewalks
- Basement Walls
- Brick and Stone Repointed & Repaired
- Stucco
- Flagstone

Contact John for a free estimate: masonrytradesman@gmail.com

215.510.6724

Hansell Contractors, Inc.

Builders - Historical Restoration - Fine Carpentry Energy Conservation - Architectural Design Services HansellContractors.com

Office: **267-508-0050**

Fax: **267-508-0052**

Lic. # PA022176

EPA Lead Certified





Fly through checkout and help the Co-op save on credit and debit transaction fees!

To sign up ask at the register.



Brian Ames Certified Arborist **CUSTOM PRUNING**

DESIGN & INSTALLATION ORGANIC & NON-CHEMICAL SOLUTIONS GARDEN STRUCTURES

215-681-2436 www.wissatree.com

The Passionate Gardener

Need More Plants? Propagate!

by Ron Kushner, for the Shuttle

PLANTING SEEDS IS ONLY ONE OF THE WAYS to increase the number of plants in your garden. Plants can also be mutiplied by taking cuttings, dividing and layering.

Seeding: Once viable seed is sown, as long as moisture, temperature, air, time and soil are in the proper relationship, seedlings will emerge.

If you sow in containers, as opposed to planting directly in the garden, it is especially important to insure that seeds and seedlings are kept evenly moist. You should also allow for good air circulation.

When seedlings have developed two or three true leaves, transplant them into 4-inch pots. Fertilize as you would if the seedlings were in the ground — normally twice a week with fish fertilizer. Once the roots fill the 4-inch container, the seedling is ready to be planted in the garden.

Taking cuttings: Unfortunately, some seeds will not germinate readily, or if they do emerge, will not resemble the parent plant. If you want to ensure an exact duplicate, taking a cutting is one way to "clone" the parent plant. Much can be said about cuttings — types of cuttings, how much of the stem to include, the efficacy of rooting hormones, timing, watering, etc. Basically, a cutting is a piece of a stem, stuck into a growing medium and kept moist (not soggy) until new leaves pop out.

It is important to keep the stem cutting "right side up," that is, the bottom end stays down and goes into the medium to root. If you put the original top end into the soil, it will never root.

Dividing mature plants: Division is another excellent way to create additional plants. Not only does dividing mature plants create identical "offspring," it is a sure bet your plants will need dividing at some point even if you don't want more of them. Division will keep rampant growth in check; it will cut down on the size of the foliage, making for a healthier plant with more blooms; and it will cut down on pest problems. Basically, it will make the plant happier and much better looking.

Division is a simple concept. Dig all around the plant and gradually work it out of the ground with as many roots intact as possible. Clean off the root ball and cut off the youngest, outside parts of the clump and replant them.

Treat each division as if you were



putting in a new plant — add compost to the soil, have a nice hole prepared ahead of time and water the "new" plant well.

Plants root in many different ways and some are easier to divide than others. Once you dig up your plant and inspect the roots, division is a cinch. Some root systems will readily show new plants coming from "runners" (like strawberries) or "offsets" (baby plants) that can be severed and replanted. Some will contain "eyes" that will become buds to form the next new stems and growth (like potatoes). These eyes can be cut off with some roots attached and will re-grow into new plants.

There are lots of theories on when to divide — during what season, before or after flowering, early or late in the day and other considerations. I believe it doesn't matter as long as the divisions are re-planted and cared for as you would any newly acquired plant. Immediately after blooming would usually be the best time, if possible, so as not to disrupt a flowerDividing mature plants, like this hosta, is good for them, too.

ing season.

Layering: Some plants are difficult to divide because of their really thick mass of roots. Also difficult are plants with a small, woody "crown," the spot where the roots join the stems. In this case, layering may be a better choice to propagate new offspring. Many plants will layer themselves automatically as this is the way they spread in nature.

Layering is simply allowing a stem to bend downward to the point where a portion of it is buried in the soil. New roots will form at the buried spot, and you can cut off the "new" plant and move it. (Phlox subulata, or moss phlox, is an example of a plant that is easy to layer.) When burying the stem, place it in a small hole a few inches wide and not too deep. Place a bent, u-shaped wire over the stem ("landscape pins" are sold for this purpose) or even put a rock on top to hold it steady in the soil as it grows the new roots. Keep an eye on the watering, as the roots will establish themselves faster during a really dry period. Once stems and flowers develop from the new offspring, it can be dug up and severed from the original stem.

ronkushner@comcast.net



ARBOR DAY SALE

Friday, April 25th -Sunday, April 27th 20% Off

Trees

Mulch & Topsoil Delivery Visit our website for new lower rates.

PrimexGardenCenter.com



WEAVER'S WAY Members

Receive 5% Off Everyday Must present card. Some exclusions.

Design, Installation & Management for Over 20 Years

Terraces, Walls, Walks, Water Gardens Garden and Lawn Maintenance

David Brothers Landscape Services & Native Plant Nursery

Bean and Whitehall Roads, Worcester, PA 215-247-2992 davidbrothers.com 610-584-1550



Grant Fox Contracting

Custom Renovations • Fine Cabinetry Old House Renovations and Repairs Kitchens • Baths • Additions Over 25 Years of Experience Co-op Member

Grant@GrantFox.biz

215-771-2713

River Rock Masonry

- Brick and Stone Pointing
- Color Matching and Texturing
- Crack and Structural Repair
- Concrete, Flagstone, and Pavers
- Patios, Pavements, and Steps
- Garden Hardscape, Retaining Walls
- Brick, Block, and Stone Construction Free Estimates, Fully Insured

215-260-9730

www.riverrockmasonry.com



484-557-7651

bids@chesvigelectric.com www.ChelsvigElectric.com

APRIL

CALENDAR OF EVENTS

ALL MONTH LONG:

LOCAL MONDAYS, 4-7 p.m., both stores. Meet the vendor and have a taste! CHESS CLUB, 7 p.m. every Monday, 555 Carpenter Lane. All are wecome! MEMBERSHIP OFFICE AT CHESTNUT HILL, 9 a.m.-5 p.m. every Friday.

Monthly Board of Directors Meeting Get on board! This month's meeting is at the Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane. RSVP: boardadmin@weaversway.coop.

Wednesday, April 2

Environment Committee Meeting

Celebrate Mother Earth by attending this longstanding green-friendly Weavers Way committee. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store).

Saturday, April 5

Philly Cleanup Day at Henry School

Volunteers needed; Weavers Way members get work credit! Greene Street and Carpenter Lane in Mt. Airy. Info: outreach@weaversway.coop.

Rotary Club Chili Cookoff Come hungry and try some of Northwest Philly's finest chilis! Weavers Way will be representing with some fine vegetarian fare! All you can eat, \$10. Brossman Center, 7301 Germantown Ave. Tickets and info: www.chestnuthillrotary.org.

Monday, April 7

Board Candidate Meet & Greet

Exercise your Co-op ownership by coming out to meet the candidates for the Weavers Way Board. You ARE going to vote, right? It's YOUR Co-op! Earth Bread & Brewery, 7136 Germantown Ave. Email David Woo for more info: woo3d@earthlink.net.

Wednesday April 9

Health & Wellness Committee Meeting Join this highly diverse group of health practitioners and gurus of good-living to brainstorm about bettering your body. Community Room, 555 Carpenter Lane.

Wednesday, April 9

Philadelphia University Sustainability Forum

Enjoy a lively discussion about sustainable food systems, composting and community gardens featuring Weavers Way Compost Tsar Scott Blunk, Morgan Berman of Milkcrate and Janell Smith of Fair Food/White Dog Café. Info: www.facebook.com/pages/SOSA/262769247091798

Thursday, April 10

Noon-3 p.m.

Philadelphia University Sustainability Forum Exhibition

Lots of interesting sustainable stuff to do, see and taste: Tie-dye station, FAME Thrift Shop, organic smoothies, cupcakes, yoga/Zumba, a cooking show, composting station and the Weavers Way Farmers Market. At the Kanbar Performance Space and Patio.

Saturday, April 12

Doans Miss This Back Pain Workshop

Learn about Alexander Technique from Joseph Arnold, a professional violinist and certified Alexander Technique teacher who overcame chronic back pain. RSVP: outreach@weaversway.coop. Community Room, 555 Carpenter Lane.

Saturday, April 12

Stroehman's Walk+Run Against Hunger

Weavers Way's Food Justice Committee is taking part in this 5K on MLK Drive, a fund-raiser for more than 100 food pantries, soup kitchens and hunger-relief agencies in Southeastern Pennsylvania and South Jersey. The event starts and ends at the Philadelphia Museum of Art. Donate at secure.hungercoalition.org/page/outreach/view/walk2014_share/WWFJ.

Sunday, April 13

Philly Farm Fest Fair Food and the Pennsylvania Association for Sustainable Agriculture welcome more then 120 vendors to the Convention Center for the third annual celebration of local deliciousness./ Weavers Way Farms and other area co-ops will have a booth, so stop by and sample some Philly

Fresh Pickles! Info: phillyfarmfest.org. Monday, April 14

Red Cross Blood Drive

Take 30 minutes to save a life: Donate at the Red Cross bloodmobiles parked outside the Mt. Airy and Chestnut Hill stores. For an appointment, call or email Jon Roesser at 215-843-2350 x132 / hr@weaversway.coop.

Wednesday, April 16

Temple University Fair Foods Fair Featuring local sustainable restaurants, food trucks, urban farms and food coops in the Philadelphia

7 p.m.
Welcome Meeting/Orientation for New Members

area. Weavers Way will be on hand to provide info regarding Weavers Way's business model and local food sourcing. Venture onto Main Campus to Alter 133 — UG Commons ("The Egg").

Meet new members and learn about YOUR co-op and all it has to offer. Chestnut Hill Friends

Meetinghouse, 20 E. Mermaid Lane. RSVP: outreach@weaversway.coop

Friday, April 18 Saturday, April 19 6-9 p.m. 3-6 p.m.

Weavers Way Community Programs Spring for Art

Support our nonprofit by purchasing art by renowned artist Robert Blunk. Bidding for an original gouache, "Stonington Elements II," starts at \$1,000, and prints and portfolios will be available as well starting at \$150. To bid, visit www.weaversway.coop/SpringforArt or contact Alison at 215-843-8289 for more info.

Tuesday, April 22

Celebrate Earth at Earth!

Meet us upstairs at Earth, Bread & Brewery for Happy Hour with reps from Weavers Way Farms, Community Programs, Food Justice Committee, New Economy Project and Environment Committee, plus Mariposa Co-op and Slow Food Philadelphia. Then stay around for a 7 p.m. screening of "Growing Cities," a film about urban farming in America. EB&B is at 7136 Germantown Ave. in Mt. Airy.

Eating with Body in Mind Kitchen Workshop No. 4: VIBRANT VEGANISM Let's get this vegan party started! Presented by April Pedrick with the support of the Weavers Way Education and Food Justice committees. In the kitchen of the Chestnut Hill Friends Meetinghouse, 20 East Mermaid Lane. RSVP: outreach@weaversway.coop

Saturday, April 26 Vegan Fest in Mt. Airy

Meat Freedom! Check out our Animal Friendly Marketplace featuring Darkwood Soaps, Roadside Linens, O-Wool, Food Justice Committee Food Collection, The Juice Room, belly dancing, live music and Weavers Way All Vegan Grill! Cookbook author Deborah Nelson will be signing her book, "The Unhurried Vegetarian." Meet our celebrity guest speaker V for Veg blogger and columnist Vance Lehmkuhl. Greene Street and Carpenter Lane.

For more info or to RSVP for any of these events, email outreach@weaversway.coop or call 215-843-2350 ext 118.

Suggestions

by Norman Weiss, Weavers Way **Purchaing Manager**

REETINGS AND THANKS FOR WRITING. AS Jusual, 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.

Since I am very opinionated about food, and since Passover is in April, I thought this would be a good time to express my opinions on crackers.

Weavers Way stocks about 100 products in the cracker category. Here is some industry lingo about crackers: "The U.S. market for crackers exceeded \$7 billion in 2013, and growth drivers in the category are fundamentally the same as those sparking growth in the markets for healthful-ingredient snacks and salty snacks." (Note the word "category," a super-important word in the retail food biz because it relates to "category management," which is basically a strategy of deciding what to stock and how to display it to maximize income — and ignore effects on health. More on this in a future article.).

I have an approach to crackers that would be considered by many retail food



professionals to be a "category killer," but since I don't care about that, I'm sharing my approach. Two characteristics I like about crackers: They are crispy and they are fairly nonperishable, which means they require little energy to store and last a long time. Two things I don't like about crackers: They are frequently over-packaged and, in my opinion, they are over-priced. Usually they are in the \$4-\$6 range for 4to 6-ounce package, making them about \$16 a pound — as much as a fancy cheese, or more than Fair Trade organic nuts or even a decent bottle of vodka. Kosher for Passover matzo is even more expensive, but of course. part of that is attributable to kosher supervision and certification.

When I eat bread, I usually opt for whole grain (with the recent exception of the Philly Bread focaccia, which is too

Avenue Art & Framing

Your neighborhood shop for quality custom framing



Open Tuesday through Friday 10 to 5:30 and Saturday from 10 to 4.

> 6837 Germantown Ave. Philadelphia, PA, 19119 215.848.4420

www. AppleRoofingCo.com



Please contact us for your **Free** Roof Inspection

215-843-1970 AppleRoofing@verizon.net

Prompt, Reliable, Quality Work Complete Roofing Services Residential & Commercial

Proudly serving Chestnut Hill, Mt. Airy, Germantown, and surrounding areas for over 25 years

COMPLETE MASONRY SERVICE

Flagstone, Brick & Stone Pointing *JAMES G. CARDAMONE*

- Concrete Work
- Basement Wall Plastering & Waterproofing
- Chimney Repairs
- Walkways & Patios Glass Block Windows
- Retaining Walls • Ceramic Tile

www.jgcardamonemasonry.com Over 25 Years Experience • Clean Work Area • Fully Insured & Free Estimates

GLENSIDE

PA# 060401 All Calls Returned

215-887-<u>9</u>32<u>3</u>

good to resist, and at least the white flour is locally milled with no additives). Here is a not very quick but still pretty easy way to make cheap, whole-grain crackers: Start with bread you like, sliced or slice it yourself, then just leave it out, uncovered, for a couple days. It will dry out and become crispy and just like a cracker. As long as you don't put in in a closed container, it will last for months with no ill effects, so it is suitable for long journeys when you don't have access to ready sources of food — for example, a long camping trip in the desert after fleeing an oppressive life in Egypt.

Speaking of history and deserts, I recently read about the Dust Bowl of the 1930s, and it struck me as an example of unsustainable agriculture which everyone was clueless about until it was too late. One thing sustainable agriculture attempts to provide for is care of the soil, which turns out can be pretty wind-erodible if it gets too dry and is not anchored by root systems provided by vegetation. Part of what is interesting about the Dust Bowl is how government first unknowingly helped cause the conditions with things like the Homestead Act, encouraging people to settle in the Great Plains and cultivate the land there. Unfortunately, that involved deep plowing, which disrupted the vegetation that was providing the anchoring root systems and holding moisture that kept the soil in place. When drought arrived, the strong winds



Let's just hope that with unsustainable technologies, we're not stirring up a Dust Bowl-ish nightmare that will be even more difficult to fix.



created the dust storms that were so devastating. Then, our government (under FDR) realized the problem that this created (500,000 people left homeless, not to mention all the other damage) and tried to repair and prevent the problem from happening again by enacting the Soil Conservation Act of 1935, whose purpose included "improvements and preservation of national soil resources" and to diminish exploitation of soil.

There are a number of interesting things about this scenario - man over nature followed by nature over man, government causing an environmental problem, then helping fix it, government looking out for people who need help, etc.

It seems to me there are parallels today; we still haven't learned that parts of nature are limited and exploitation beyond a certain point can result in catastrophe. Let's just hope that with unsustainable technologies like GMOs and factory farming we're not stirring up a Dust Bowlish nightmare of even larger and more horrible consequences that again our government helped cause but will be even more difficult for our government, or anyone, to fix.

Live and learn, or maybe not. I'll survive though, thanks to my large cache of crackers.

suggestions and responses:

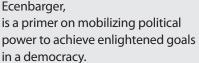
- **s:** "Please fill some yeast bags with more yeast. You are making me waste 2 or 3 bags of yeast every time I buy it."
- r: (Heather MA) I will make sure we have a variety of sizes when packing yeast.
- s: "Do you know of any vendors who carry jars of tomatoes? There is one vendor currently at Weavers Way, but they are very diluted and watery. Just wondering if San Marzano or Muir Glen carries their tomatoes in a jar? Concern is chemical leaching, not necessarily only BPA. Thank you!"
- r: (Heather MA) I just found that Jo-(Continued on Next Page)

Book Fest Series Features Evans

The Chestnut Hill Book Festival and Speaker Series invites you to meet PA State Rep. Dwight Evans at 7

p.m April 10 at the Chestnut Hill Hotel, 8300 Germantown

Evans' memoir, "Making Things Matter: My Life as a Policy Entrepreneur," co-authored with William Ecenbarger,



The Oak Lane Democrat, longtime member of the state House of Representatives and deep-rooted Philadelphian will entertain with the intricacies (and highjinks) of Pennsylvania politics, answer questions and sign his book. For more info, visit www. chestnuthillbookfestival.com or call 215-247-6696.

BASEMENT PLUS CO.

...Plus We Waterproof

- ☐ Get your basement dry and odor-free
- ☐ Repair old crumbling walls
- ☐ Sump pumps & French
- ☐ New windows, doors, locks and steps
- ☐ Clean, paint & seal pipes and flooring
- ☐ Eliminate molds and mildews



As Seen

on

DIY TV

...Plus We Renovate

- ☐ Redesign your basement
- ☐ Drywall, drop ceilings, closets
- Pergo flooring, carpeting, ceramic tile
- New bathroom, shower, toilet & sink in one week
- ☐ We handle all plumbing & electrical in basement

CONSTRUCTION C

A Complete Restoration Company FREE ESTIMATES · FULLY INSURED PA license# PA018646

Visit us on our website: www.MacintoshConstruction.com

- Kitchens
- Bathrooms
- Windows
- Doors
- Porches
- Additions
- Decks

Show This Ad and SAVE \$100

www.basementplus.com 215.233.4598

Insured & Licensed

Free Estimates

Advertise in the Shuttle An ad this size only costs Contact advertising@weaversway.coop





215-843-2090



Caleb L. Schodt, General Contractor

- Kitchen & bath
- Additions & decks
- Doors & insulation Windows & skylights
- Moulding, trim work built-ins & closets
- Plaster, spackling, drywall & painting

- Ceramic tile & natural stone setting
- Porches/cornice/eaves
- Mansard/Tutor/soffits re-built & preserved
- All masonry work
- Finished basements
- Architectural & structural engineering services
- Building & Zoning permits/violations

Suggestions

(Continued from Page 21)

vial brand has diced, crushed and whole peeled tomatoes in an 18-oz. glass jar. I will bring them in this week. They are 100 percent organic! (Norman) Apparently, glass is the best choice, I've read there is concern that even as some manufacturers have stopped using BPA in can linings, it's not clear that what they've substituted is a significant improvement.

- s: "Please make unit-price labeling consistent for each product. I really don't care if it's ounce or pound, but it should be the same for all jam, peanut butter, etc. This has been requested before and it's distressing that it is still sporadically applied. Thanks."
- r: (Virginia in IT) We are currently in the process of redesigning our shelf tags, which will include an update of all our items to have consistent unit-price information for each product category. Be on the lookout for new tags with this change in the coming months. (Norman) While our lack of consistency in this area is confusing and cause for a needed and overdue correction, I suggest not letting it become

"distressing," as there are far more serious problems in life, like crackers at \$16 a pound (\$1/oz.). If you can't help stressing over this, we stock homeopathic remedies that you might find helpful.

- **s:** "Please bring back the old Monterey Jack. Something happened to it in the last month or
- so, but what? New recipe? New supplier? The old style was delicious. The new batch seems sour and not at all salted . . . more like Swiss. Thanks!"
- r: (Margie MA) I'm sorry, I'm not sure what changed. I'm using the same supplier, same brand and label. Maybe it was an off batch. Stop by the deli to taste the current batch. If it's OK, we'll give you a replacement.
- s: "Install a red light or Next Shopper sign around the corner from the registers, where people wait in line in Mt. Airy, so people can hear / tell that a cashier is available. (Hard to hear under current yelled system.) Thx."
- **r:** (Rick MA) We are looking into some



kind of system to help shoppers in line.

- s: "Volta soap is marvelous! I tried the milk and cocoa for the first time, and I'm probably addicted now. It smells delightful. It is luscious on the skin. Decadent. Marvelous."
- r: (Martha MA) Thank you for your apprecia-

tive words. Lisa Volta is a fantastic soapmaker. Volta soaps are made in Philadelphia with all natural ingredients, which are disclosed on the package. They're stocked in both Mt. Airy and Chestnut Hill. (Norman) Usually addiction is not an issue with soap, so we don't have soap-addiction counseling, but I think under Obamacare you can't be denied treatment, so look for the link on the Obamacare website for soap addiction.

- s: "Why no Roling's regular-size plain challah? There has been only large plain or regular size wheat or raisin for the past few weeks. Thanks!"
- r: (Molly MA) They just sold out faster so I will change the ratio of large and small loaves.

- s: "Sweet Note gluten-free bagels (see Inquirer review about three weeks back). Supposed to be delish! Local."
- **r:** (Norman) We have them in both stores, in the freezer because of perishability. I recommend thawing before eating, unless you have false teeth, in which case eating frozen is good exercise.
- s: "Organic Valley whipped butter isn't whipped. There's no air whipped into it. It's harder to spread even than regular butter. Tough cows or something. Doesn't taste like anything special. I'm wishing you'd pull it for a real whipped butter, because my memory is bad and I'm going to keep buying it, forgetting that it's not really whipped. Grumbling every morning."
- r: Organic Valley claims that they start with their regular organic butter, and "whip" it with filtered air, which the goal of making it easier to spread. "Whip" is one of those words that are subjective one person's "whip" might be another person's "vigorous stir." Since you seem to be unable to remember, I suggest you learn how to whip butter yourself. Register for one of our butter whipping workshops, where a trained instructor teaches cruelty-free whipping techniques.

normanb@weaversway.coop

Big Blue Marble Bookstore

New and enrolling now! Story Corners Camp at the Big Blue Marble Bookstore!

Writer-in-residence Cordelia Jensen's camp for 8-12 year-olds will include creative writing instruction, games, and exercises, author guest speakers, a bookstore scavenger hunt, and all aspects of producing the new kids' literary journal Mt. Airy Musers, where the campers will publish their original work! June 23-27, 9:30am-2:30pm. \$200 if enrolled before 4/15. \$225 after 4/15.

To enroll, contact Cordelia directly at cordeliaj@gmail.com, (717) 580-9356

HOURS Mon 11:00 am - 6:00 pm Tues - Wed 10:00 am - 6:00 pm Thur - Fri 10:00 am - 7:00 pm 10:00 am - 6:00 pm Sat - Sun

Voted Best Kids' Bookstore in Philly 2007 by Philadelphia Magazine!

551 Carpenter Lane 215-844-1870 info@bigbluemarblebooks.com

www.bigbluemarblebooks.com

Register NOW!

Now in our 34th Year! Classical, Jazz & Pop

~All Ages & Levels

Private Lessons (start anytime!)

- + Piano & Drum Classes for Children (age 4 7)
- + Ensembles & Bands for Teens & Adults

piano keyboard voice guitar violin trumpet flute bass french horn viola clarinet drums cello trombone saxophone recorder

Weaver's Way Members: 25% off first 4 lessons or term of classes (for new students)

8509 Germantown Ave.

(above Ch. Hill Cheese Shop!)



Richard Rudin

215.848.8353

47 Maplewood Mall

in Germantown



Our Mother of Consolation Parish School

Pre-Kindergarten through Eighth Grade

Catholic Values and Academic Excellence Since 1862



Call to RSVP for an upcoming Observation Morning 10 AM Fri Apr 11

17 East Chestnut Avenue, Philadelphia, PA 19118 215-247-1060 • school.omcparish.com



Academics Arts Athletics



It's rare to find a school that cultivates intellectual, artistic and athletic depth

equally well. The combination of vigorous academics, arts and athletics, plus the decision-making values of a Quaker education, create an experience uniquely Penn Charter.

215.844.3460 x 103 www.penncharter.com **Open House**

Tues., April 29 at 8:30 a.m.



A Friends School for Girls & Boys, Pre-K to Grade 12

Survey

(Continued from Page 3)

Another theme that came up around the price issue was that some of you feel that the Co-op is "turning fancy" and that we should be spending money on reducing prices rather than on community-oriented warm and fuzzies, like the farms and community partners and outreach, or on specialty grocery, like local or organic products. Some lamented how Weavers Way is no longer the buying club that Jules Timerman started and is now only accessible to, and desired by, the "limo liberals and caviar gauche."

I'm not going to say that's a wrong assessment. The Co-op has changed. We have been focusing on local products, and supporting community organizations. And yes, we can't compete on price against the big guys. We just don't have the buying power that they do. And if we dropped prices, we might not be able to cover the costs like health insurance for our employees, or support efforts to bring food justice to Philadephia.

Those are things you told us, in other parts of the survey, that are important to

At the Co-op, 17 cents of every dollar goes toward mission-oriented operations. Traditional food stores don't have expenses like farms or a membership department.

you as Co-op members.

You wrote lots of good stuff too. You love local, high-quality food. You love Next Door and the bulk section at Mt. Airy. You love the "Co-op vibe." And you understand why we're priced where we are. You do as much shopping as you can afford at the Co-op, and you're OK with that.

Testimonial: I buy paper towels at Target. I can't afford to do all of my grocery shopping at the Co-op (or at Whole Foods, for that matter). But I can't find all the products that reflect my personal commitment to buying locally, organic and the like at Target or the Giant, so I can't do all of my shopping at those places either. Spending so much time running about to grocery shop is one of those first world problems I feel a little uncomfortable complaining about!

One hard fact of the grocery industry is that the standard profit is around 2 cents on the dollar. That's very "thin," as they say, especially when you compare it to industries like non-food retail (4 cents), energy services (12 cents) or pharmaceuticals (19.5 cents!). We're really not in this to get rich, folks.

Toss in a catastrophe or two — a daylong power outage, a spike in insurance expenses, and the cushion gets even thinner.

At the Co-op, 17 cents of every dollar goes toward sustaining mission-oriented operations. Traditional food markets don't have expenses like farms or a membership department. They aren't committed to a living wage and health insurance for all their workers. Put this into the context of that 2-cent profit margin, and you can see that the Co-op is actually doing an exceptional job of making the money work.

But please don't think that Weavers Way administration isn't mindful of pricing issues and your concerns that we might be ranging too far afield. We are always looking for creative ways to tackle high costs. (Glenn makes sure of that.) Good prices are a high priority for us, but so is staying true to Weavers Way's principles (embodied in the Ends, which you can review on the website, www.weaversway.coop).

We want you to know we hear you and we are doing our best to make Co-op shopping as accessible as we can.

We truly appreciate your loyalty and your contributions over the years. And we hope you'll continue along for the ride as we move forward into an even stronger, more open and beneficent Co-op that serves the greatest good.

You can take a look at the survey results for yourself in the online Member Center (member.weaversway.coop). Feel free to stop by and we can rustle up a paper version for you to review.

By the way, you thought the parking situation is 16 percent better now than in 2011. Please email me if you can explain that one.

rtorpie@weaversway.coop



The 13th Annual LUNAFest, national film festival that supports films by, for and about women, comes to our area. Join us for this exciting event to view nine selected films that will compel discussion, make you laugh, tug at your heart strings and motivate you to make a difference in the community. Incredibly diverse in style and content, LUNAFest is united by a common thread of exceptional storytelling – by for and about women.

100% of the proceeds from this event benefit the Breast Cancer Fund, a national nonprofit, and Laurel House, a comprehensive domestic violence agency serving individuals, families and communities throughout Montgomery County.

Sponsored by:

Chestnut Hill Hospital's Women's Center, Ambler Theater and Luna, the whole nutrition bar for woman Ambler, 19002

Cost: \$25

Registration required. Seating limited.

(All proceeds benefit Laurel House and the Breast Cancer Fund)

Register for tickets online,

www.renewtheaters.org/blog/ films/lunafest/

Call **215.248.6107** with questions.





Computer Service and Repair

Call Ed "The Tech Guy"

FOR ALL WINDOWS **PC COMPUTER SERVICES** IN-HOME OR REMOTE ASSISTANCE

LOW RATES

cell 719-964-9538 www.edttg.com



CHESTNUT HILL Computer Spa

We Pamper Your PC or Mac!

215-939-2534

COMPLETE COMPUTER SERVICES AND TRAINING

Remote Service Available 215-939-2534 CHComputerSpa@gmail.com



To sign up ask at the register.

Set Your Seder Table to Travel This Passover

by Ronit Treatman, for the Shuttle

THE PASSOVER SEDER IS RULED BY CER-**L** emony and tradition. Jews around the world say the same blessings, but geography shapes the ritual foods that are served. One of the best mediums exploring this diversity of flavors is haroset. Haroset is mixture of fruit and nuts that represents the mortar used by the Israelites while they were slaves in Egypt.

The origin of the word haroset is the Hebrew cheres, which means "clay." This Passover, play with your clay and liven up your celebration by serving haroset from various Jewish communities!

Egyptian Haroset

According to Claudia Roden, haroset should be the color of the silt of the Nile River. This is what the Israelite slaves used for mortar in the story of Exodus. A paste of dates and raisins creates this color.



recipe is adapted from "The Book of Jewish Food" by Claudia Roden.

- 1 cup dates
- 1 cup raisins
- ½ cup sweet red wine
- ½ cup walnuts, chopped

Pit and chop up the dates. Place dates, raisins, and red wine in a pan. Cook on low heat until the fruit is very soft. Pour the fruit paste into a bowl. Sprinkle the chopped walnuts on top.

Ashkenazic Haroset

Derived from Eastern European Jewry, this version is what's most commonly found on North American tables. According to Rabbi Gil Marks, it was inspired by a passage in the Song of Songs, which described the ancient Israelite women giving birth in apple orchards in order to hide their baby sons from Pharaoh.

This recipe is adapted from Marks' "The Encyclopedia of Jewish Food."

- 3 cups chopped apples
- 1 cup almonds or walnuts, chopped
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 2 tablespoons raw honey
- ½ cup sweet red wine

Mix all the ingredients into a paste.



Dukeh: Yemenite Haroset

You may bring an exotic taste of the East to your Seder table with Yemenite haroset. In ancient times, Yemen was part of the empire of Sheba. It controlled the spice trade with India. This is reflected in the numerous spices called for in the recipe, which is adapted from my grandmother's neighbor, Aaron.

- 1 cup dates
- 1 cup raisins
- ½ cup dry figs
- ½ cup toasted sesame seeds
- 1 cup fresh pomegranate seeds
- ½ cup almonds
- ½ cup walnuts
- 4 teaspoons black pepper
- 4 teaspoons ground cumin
- 2 teaspoons ground cinnamon
- 2 teaspoons ground ginger
- 1/8 teaspoon ground cardamom

Process all the ingredients in a food processor. To serve, add a few drops of wine, grape juice, or vinegar to each serving.

New American Haroset

Passover has inspired the creativity of foodies in the United States. It is possible to serve a haroset that is modern, fresh and different. This is adapted from "Jewish Cooking in America" by Joan Nathan

- 2 cups chopped tart apples (such as Granny Smith)
- ½ cup chopped mango
- ½ cup chopped, toasted pecans
- ½ teaspoon ground cinnamon
- ½ lemon
- 1 tablespoon raw honey
- 1 tablespoon sweet red wine

Squeeze the lemon over the chopped apples. Place all the ingredients in a food processor and pulse together until they form a paste.



Ronit Treatman is the food editor of The Philadelphia Jewish Voice (blog.pjvoice.com). She is the creator of www.handsonjewishholidays.com, a celebration of Jewish traditions, and of Ronit's Artisanal Foods TM. Contact her at ronit.treatman18@gmail.com.



** Baking all-natural * treats with extraordinary ingredients and a dash of **
** whimsy for 30 years. **

> Mon-Fri 7am-7pm, Sat 8am-6pm, Sun 8am-4pm 7725 Germantown Ave ★ 215.248.9235 ¥ NightKitchenBakery.com



Organics Sorghums Gluten-Frees

Sodas Organics Ginger Beers



Cases - Kegs - Ice - Snacks - Cigars - PA Lottery - Open 7 Days - Free Parking - We Deliver 7401 Germantown Ave, Phila, PA 19119, 215.242.3110, www.mybrewersoutlet.com

Up-to-the-minute Co-op news... follow us on Twitter.



Chefs Corner

With New Ovens, We're the Toast Of the Roasts

by Bonnie Shuman, **Weavers Way Executive Chef**

s I wrote before, we have fabulous new ov-Aens! I knew it would take us a while to learn how to work all the bells and whistles, but now that we've had them a few months, we're getting there.

One of the features is an overnight setting. This means basically that whatever you put in at night comes out perfectly cooked in the morning, held at a safe temperature. So we've started roasting our own turkey and roast beef!

This is something I've wanted to do since we opened the Chestnut Hill store, but there was no way with our previous ovens. We are using premium Black Angus top round and Koch's turkey breast, and we brine the meat for at least 24 hours.

The results have been amazing! The meat is moist and tender and the flavor surpasses anything we sell as far as deli lunch meat. Even in taste tests with Koch's own roasted turkey, which we still carry, what we make in-house wins hands down. So please come and try this!

Hopefully by the time you are reading this, we will have worked out some of the glitches, which have mostly involved the vendor sending us the wrong product. The other issue is keeping up with demand. On the Sunday before the last snowstorm, we sold four whole turkey breasts in one day!

I intend to start using both the turkey and roast beef on our sandwiches. (I'd love to make all our own deli meat, but we would need our own offsite kitchen to keep up with that!)

On to the deli in Chestnut Hill. We've started to produce



Peter Handler photo

Top Chefs

Weavers Way's Daniel Salva (front) and Andrew Gerulsky were the victors in the Iron Chef-style cook-off featured at the "Taste of Mishkan" 25th anniversary gala and auction in February. Each chef team was given the same ingredients and asked to prepare their best dish in 20 minutes. Kudos to Weavers Way and their great chefs!

> our own gravlax. Gravlax should not be confused with lox, or smoked salmon — gravlax is made by encrusting raw salmon with a cure of salt and sugar, plus fresh herbs. We also add lots of lemon zest and a little smoked salt, which adds just the smallest smoky nuance. We wrap the fish and press it down with weights for two days, then remove the cure and hand-slice. The result is wonderfully flavored!

> We've also had a few glitches with this, mostly, again, keeping up with demand, but also, when brining or curing, you have to find your rhythm. Forgot to brine? No turkey for two days! Same with the salmon.

> So, as I said, we hope to work the kinks out by the time you read this. 'Cause what could be better than house-made gravlax on blini with a lovely glass of Champagne for Sunday brunch?

> > bonnie@weaversway.coop

April Cheeses Spring from Chester County

by Margie Felton, Weavers Way Mt. Airy Deli Manager

S OUR WORLD FINALLY WARMS UP, WE THINK Aabout long sunny days, daffodils and tulips pushing up through the ground and goats, sheep and cows grazing in green pastures. In Chester County, just a short drive outside the city, this is what you can still find. Holding strong against strip malls and housing developments, the members of the Chester County Cheese Artisans are farming their land, producing milk and crafting it into wonderful artisan cheeses. Many of these lovely handcrafted cheeses are available at Weavers Way we would like you to know more about the farms, farmers, animals and artists that produce what you eat.

Conebella Farm, Elverson: Five generations of the Gable family have farmed 198 acres and are currently raising 120 Ayrshire dairy cows. Ayrshire milk is known for having a balance of fat and protein that is perfect for making cheese. At Weavers Way ,we sell Conebella cheese spreads as well as horseradish cheddar.

Doe Run Farm, Coatesville: A more recent project, this owner of this farm hired cheesemaker Kristian Holbrook, creator of Hummingbird, among other varieties. Hummingbird is a unique Robiola-style cheese made with cow's and sheep's milk. We have it available currently in Chestnut Hill and hopefully soon in Mt. Airy. The farm raises 16 cows, 30 sheep and 19 goats.

Shellbark Hollow Farm, West Chester: Pete Demchur and his sister Donna Levitsky operate this family farm and cheesemaking business. They raise Nubian goats and Pete is known as the first goat-cheese maker in the area. Chestnut Hill currently carries Sharp I and Sharp II, with Mt. Airy soon to follow.

Birchrun Hills Farm, Chester Springs: Sue Miller's beautiful handcrafted raw-milk cheeses were my first tastes of Chester County cheeses and my first try at helping to make cheese myself. Sue invited me to see her cheesemaking barn and aging cave and allowed me to help stir the milk and mold the wheels. She also participated in a Weavers Way local beer-and-cheese tasting at the farm. Both Weavers Way stores carry Birchrun Blue, Equinox and Fat Cat.

Yellow Springs Farm, Chester Springs: Al and Catherine Renzi raise Nubian dairy goats on their 8-acre farm. They are pastured and also eat local hay and grains. The Renzis create handmade fresh and aged goat cheeses, yogurt and caramel sauce. Many of their cheeses contain farm-grown herbs, nuts and honey. They also have a cheese CSA. (Info: www.yellowspringsfarm.com.) This month, Weavers Way has Yellow Springs Farm cheeses on sale for \$1.50 off per pound.

margie@weaversway.coop

Dinner and a Movie

'Gravity' Pulls Us to Cedar Point Bar and Kitchen

by Margie Felton and Joanna Poses

Searching, Searching, Searching . . . Searching for a place to land . . . in space . . . for brunch . . .with limited time to eat (Margie has to go to work) and limited time to find refuge (Sandra Bullock's oxygen is running out).

We start our search in Joanna's neighborhood and after a fast cold walk discover our destination is not yet open. We rush to the car and head to Fishtown. We circle around and around the oneway streets, address and GPS in hand, but cannot find the place. The clock is ticking . . . finally we see Cedar Point Bar and Kitchen and park the car.

In "Gravity," Sandra Bullock wanders from spacecraft to spacecraft trying to find a safe haven and a way back to Earth. She starts her adventure with George Clooney but loses him early on and must continue alone. Fortunately, Margie and Joanna have each other throughout our entire journey.

We have our doubts as we head toward the door and see a sandwich board featuring gluten-free and vegan specials, but are relieved to also find bacon, ham and sausage. Classic country is playing, and John Wayne swaggers across the television. It's 10 a.m. and the bartender greets us drinking a can of beer! We are seated and apparently the bartender doesn't like to drink alone because we're given the beer list along with the eclectic brunch menu — good beer selection with 15 taps and gluten-free pale ale.

But we opt for the caffeine fix. Brunch begins with an order of chicken wings served with apricot horseradish sauce and fried Brussels sprouts. (Maybe beer would have been a better match.) The wings and sauce are both great on their own but don't really complement each other. The Brussels sprouts are amazing. Next we devour a plate of homemade waffles topped with crisp and juicy fried chicken and tangy BBQ syrup For our last dish we choose something vegetarian: Vegan chili smothered with cheddar cheese, sour cream and fried eggs with a side of blueberry cornbread. The music has changed to the Cure and John Wayne has left the screen.

"Gravity" is not our usual kind of movie, but we enjoyed the fast pace and suspense. This was also Margie's very first 3D movie, and luckily she saved the glasses because they come in handy after an eye exam when she forgets her sunglasses. Sandra Bullock has her own sun issues as she burns through the atmosphere on her way back to Earth.

Cedar Point Bar and Kitchen 2370 E Norris St. 215-423-5400 cedarpointbarandkitchen.com

"Gravity" won seven 2014 Academy Awards, including best director. It's available on video.

Chef and Weavers Way staffer Margie Felton is reviving her "Dinner and a Movie" column. Contact her at margie@weaversway.coop.





Chester County Cheese Artisans

Conebella Farm - Elverson Doe Run Farm - Coatesville Shellbark Hollow Farm - West Chester Birchrun Hills Farm - Chester Springs Yellow Springs Farm - Chester Springs

Yellow Springs is on sale at \$1.50 off per pound.



Earth April, Earth April

You are cordially invited to celebrate the third Rock from the Sun with us the week of April 22-26.

- Join us on **Earth Day** Tuesday, April 22 for Happy Hour from 5 to 7 p.m. on the second floor at Earth Bread + Brewery, 7136 Germantown Ave. in Mt. Airy. Mix and mingle with other folks who care about food, from farm to fork. Stay for a screening of "Growing Cities," a film about urban farming in America, starting at 7 p.m. We can't think of a better place to celebrate our planet!
- The party continues Saturday, April 26, from noon to 4 p.m. at Carpenter Lane and Greene Street with VEGANFEST 2014. Established and novice vegans, curious omnivores and adventurous flexitarians from all over the city are welcome. We are organizing a colorful outdoor sidewalk marketplace featuring the Weavers Way All Vegan Grill, vegan product sampling and demos, local crafters and artisans, live music and belly dancing and a very special guest — Philadelphia's Celebrity Vegan Vance Lehmkuhl, that funny, talented and super-smart guy behind the philly.com blog "V for Veg"!
- We are also very pleased to introduce our good friends from The Humane League at VEGANFEST. Representatives from this important mission-driven organization will be on hand, taking their stand on building a humane and sustainable world for animals, and people too! Weavers Way will be raffling a wonderful gift basket of vegan and whole foods. One hundred percent of the proceeds will go to benefit The Humane League!

To go vegan is to make a statement. It's a diet that accommodates not only those seeking optimal health, but also demonstrates a hefty social conscience. Vegans, by restricting their food consumption to vegetables, fruits, nuts, seeds, grains and legumes, say NO to mainstream industrial food production and its often wasteful, toxic trails. They can legitimately lay claim to a position of full responsibility for the social, ethical and environmental consequences of their choices.

So check out VEGANFEST — you might get inspired!







American **Red Cross** Blood Mobiles will be parked outside both Weavers Way stores.

weavers

Weavers Way members to receive a special "Thank You" goodie bag for donating.

Mt. Airv **Food Market** 559 Carpenter Lane **Chestnut Hill Food Market** 8424 Germantown Ave. Appointments are highly recommended.

You can make an appointment by contacting Jon Roesser, blood drive coordinator, at hr@weaversway.coop or 215-843-2350, ext. 132.



\$25

(\$30 at the door)

Visit gardens in Mt. Airy, Germantown, and East Falls.

Sponsored by: Chestnut Hill Hospital, The Secret Garden, Valley Green Bank, and Chestnut Hill Cat Clinic.



Saturday, May 31



Mt. Airy Learning Tree 6601 Greene Street 215-843-6333 • mtairylearningtree.org

Not only can Candice Green run a cash

register, she can service military vehicles and is

nearly rated to

drive an Army

Humvee on the highway.

Celebrity Staff Spotlight: Candice Green

Learning the Drill for a Future of Success

by Karen Plourde, Weavers Way **Chestnut Hill Grocery Staff**

IFE IS RUNNING FULL TILT FOR CANDICE ✓Green these days. The part-time cashier at Weavers Way Chestnut Hill is up at 4 a.m. three days a week to do Army ROTC at Penn State Abington, and spends one weekend a month doing drill for the officer-training program. She's taking a full load of classes at Penn State toward her bachelors' degree in corporate communications. And she's preparing for an internship with a nonprofit in the area.

"I don't plan on doing this forever," she said. "I'm only doing this now so I can actually have more time later."

Candice, 24, grew up in Mt. Airy and Cheltenham. She discovered Weavers Way in 2011 while wandering past the Co-op's now-closed location in West Oak Lane.

"I started eating differently - vegetarian, organic — just trying to eat really, really healthy," she said. "I stopped in and I was like, 'Oh, the place is great.' So I wanted to work there . . . Glenn [Bergman] was there, and he's like, 'Oh yeah, pull her application,' and I went to a meeting with (HR director) Jon Roesser

and they hired me."

A graduate of Little Flower High School in Hunting Park, Candice decided to go for the Army ROTC program at Penn State "just to help me get on my feet a little bit more." She's learned to do preventative maintenance checks and service on military vehicles and is getting licensed to drive Army Humvees on the highway.

"I gained a lot of skill sets that'll be useful outside," she said of her ROTC experience. "I think it made me a little bit more on edge, though . . . more rigid. That's something I kind of don't like."

Candice plans to stay in the Army Reserve after she graduates as a second lieutenant in December 2015 and get a civilian job. "I want to work really hard because I want to make a decent amount of money, because I want to give back," she said. "I want to be able to go on mission trips, like help those that are less fortunate."

The second of four sisters, she's an active member of Greater Philadelphia Church of Christ and a gifted vocalist. She's been singing in choral groups and in plays since age 6, and started a talent showcase at PSU Abington called "Open Mike." Her favorite performers



include Nina Simone, Michael Jackson and Beyonce.

"Maybe one day, who knows? I'm debating like, whether I should own a small little business where I sing at a certain price," she said. ". . . I'm thinking about doing that, but I want to wait until I graduate, because I don't want to put too much on my plate."

Candice, whose favorite Weavers

Way product is dark chocolate almonds, likes many aspects of working at the Coop. "I like the people, like the staff . . . I really like the shoppers," she said. "The food, that you know where your products come from. I like how they emphasize sustainability.

"I think Weavers Way is a great place to work, actually."

kplourde@weaversway.coop

What's What & Who's Who at Weavers Way

The Shuttle

Editor

Mary Sweeten, 215-843-2350 ext 135 editor@weaversway.coop

Art Director

Annette Aloe, 215-843-2350 ext 130 annette@weaversway.coop

Advertising Billing

Virginia Herbaugh, 215-843-2350 ext 117 advertising@weaversway.coop

Proofreaders for this issue: Kaela Farber,

Contributors for this issue: Susan Beetle, Glenn Bergman, Nina Berryman, Alison Hirsch, Bettina de Caumette, Margie Felton, Jill Fink, Anna Herman, Stephanie Kane, Ron Kushner, Nathea Lee, Margaret Lenzi, Marsha Low, Penelope Myers, Karen Plourde, Bonnie Shuman, Betsy Teutsch, Rebecca Torpie, Ronit Treatman Norman Wais

Mt. Airy

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

Chestnut Hill

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

Across the Way

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

Next Door

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

> www.weaversway.coop contact@weaversway.coop

Follow us!







Weavers Way Community Programs

Executive Director Jill Fink

215-843-2350, ext 319 jill@weaversway.coop

Director of Operations

Alison Hirsch 215-843-2350, ext 312 alison@weaversway.coop

Farm Education Coordinator Shelley Hedlund

215-843-2350, ext 312 educator@weaversway.coop

www.weaversway.coop/wwcp



General Manager Glenn Bergman, ext 131 215-913-9437 (cell)

Purchasing Manager

Norman Weiss, ext 133 normanb@weaversway.coop

Chief Financial Officer

Michael McGeary, ext 116 mmcgeary@weaversway.coop

Human Resources Manager Jon Roesser, ext 132

hr@weaversway.coop Membership Manager

Jonathan Leeds, ext 119

Outreach Coordinator Bettina de Caumette, ext 118 outreach@weaversway.coop

Marketing Director

Rebecca Torpie, ext 121 rtorpie@weaversway.coop

Managers/Department Heads

Mt. Airy main number: 215-843-2350 **Chestnut Hill main number: 215-866-9150**

Executive Chef Bonnie Shuman, ext 218

bonnie@weaversway.coop gbergman@weaversway.coop Mt. Airy Store Manager

Rick Spalek, ext 101 rick@weaversway.coop

Chestnut Hill Store Manager Dean Stefano, ext 212 dstefano@weaversway.coop

Next Door Manager Amira Shell, ext 220

ashell@weaversway.coop

Across the Way Wellness Manager Martha Fuller, ext 114 martha@weaversway.coop

Pet Products Manager Anton Goldschneider, ext 276 petstore@weaversway.coop

Farm Manager

Nina Berryman, ext 325 henrygotcrops@weaversway.coop

Floral Buyer Ginger Arthur, ext 317

Department Managers

Grocery

(MA) Heather Carb, ext 113 hcarb@weaversway.coop

(CH) Riley Luce, ext 217 rluce@weaversway.coop

Deli

(MA) Margie Felton, ext 109 margie@weaversway.coop

(CH) Shawn O'Connell, ext 209 soconnell@weaversway.coop

Meat, Poultry & Seafood (MA) Dale Kinley, ext 104 dale@weaversway.coop

(CH) Ron Moore, ext 205 moore@weaversway.coop

Produce

(MA) Jean MacKenzie, ext 107 mackenzie@weaversway.coop

(CH) Mike Herbst, ext 211 mherbst@weaversway.coop

Advertise in the Shuttle 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 2 Hours Work Credit!

Meetings are held at 6:30 p.m. Wednesday in Mt. Airy (555 Carpenter Lane, next to the store) or Chestnut Hill (locations TBA) and include a store tour. (Current members who help host also get work credit.) RSVP to:

outreach@weaversway.coop or 215-843-2350 ext. 118.

NEXT MEETINGS

April 16 (CH) May 14 (MA) June 11 (CH)





Pre-Order Your Prepared Foods Holiday Favorites

Passover

Passover is sundown April 14 through sundown April 22. **Matzo Balls** \$1.00 ea Matzo Ball Soup (Veg. or Chicken Stock) - Qt. size only \$9.50 qt \$9.50 lb **Passover Haroset** Winter Borscht - Qt. size only \$9.50 qt **Assorted Sweet and Savory Kugel** \$9.50 lb **Potato Latkes** \$9.95 lb **Walnut Lentil Paté** \$7.50 lb \$10.99 lb **Chicken Liver Paté** Freshly Pureed Horseradish with Beets \$9.95 lb **Whole Roasted Chicken** \$11.99 lb Whole Side Braised Salmon with Cucumber Sauce \$75.00 Whole Braised Brisket with Baby Onions \$19.99 lb **Boneless Seasoned Rolled Leg of Lamb** \$21.99 lb **Dried Fruit and Nut Platter (12" platter)** \$36.99 ea **Sweet Potato Tzimmes** \$8.99 lb \$12.99 lb **Citrus-Roasted Asparagus** \$7.99 lb **Glazed Carrots with Apples** \$10.99 lb **Green Beans with Toasted Almonds** \$10.99 lb **Roasted Brussels Sprouts**

Easter

Easter is April 20.

| Wellshire Spiral Ham 7 lb | \$55.00 ea |
|--|------------|
| Whole Side Braised Salmon with Cucumber Dill Sauce | \$19.99 lb |
| Whole Boneless Herb Roasted Turkey Breast | \$14.99 lb |
| Mashed Sweet Potatoes | \$5.99 lb |
| Mashed Potatoes | \$5.99 lb |
| Roasted Brussels Sprouts | \$10.99 lb |
| Green Beans with Toasted Almonds | \$12.99 lb |
| Glazed Carrots with Apples | \$7.99 lb |
| Citrus-Roasted Asparagus | \$12.99 lb |
| | |

Check our catering menu for party platters or pre-order any of your favorite prepared foods not seen on this menu by calling 215-866-9150 ext 209.

We are happy to accommodate special requests with advance notice. We would prefer one week's notice on holiday pre-orders, but will fill last-minute orders whenever possible.

www.weaversway.coop

Meat & Seafood Department Specials

Shank bones free with purchase from the Meat Department! Koch Whole Turkeys 14-16 lbs. \$2.99 lb (farm-raised, no antibiotics) \$4.75 lb **Empire Whole Kosher Chicken** \$4.75 lb **Empire Cut-Up Kosher Chicken** \$7.19 lb **Troutman Beef Brisket Esposito Beef Brisket** \$7.49 lb **Esposito Bone-in Leg of Lamb** \$7.99 lb \$11.45 lb **Esposito Boneless Leg of Lamb**

| \$13.89 lb |
|------------|
| |
| \$12.65 lb |
| \$5.65 lb |
| MP |
| |

Don't forget house-cut roasts — talk to our butchers!

Chestnut Hill

8424 Germantown Ave. **215-866-9150 ext 209**

Mt. Airy 559 Carpenter Lane **215-843-2350 ext 104**