fresh&local fair

Weavers Way Chestnut Hill • Noon-4 p.m. • Saturday, June 21 Food Sampling • Live Music • Meet Our Farmers





The Shuttle

June 2014 Vol. 42 No. 6

Community-Owned Food Markets Open to Everyone

We're Working Hard to Make Membership A Little Easier

by Rebecca Torpie, Weavers Way Marketing Director

RECENTLY, AN AD HOC COMMITTEE of Weavers Way staff assessed some of the significant membership issues we've encountered in our encounters with you. We evaluated Co-op membership from lots of angles, such as the reasons why members leave and why they don't want to be working members, as well as thinking about how to resolve member issues more effectively. Taking a hard look at how these processes work and finding ways of improving them are among the big tasks we gave ourselves in the current Weavers Way Strategic Plan. And now, with expansion planning starting to come to the fore, we think it's a perfect time to figure out what being a Weavers Way member will mean in the future.

This is all very high altitude right now, but we did boil it down to four goals we want to achieve over the next couple of years to enhance the member experience.

Goal 1: Streamline the joining process both internally and externally.

We want people to be able to join electronically at the cash registers, which will make membership immediate and eliminate much of the paperwork that comes with traditional at-the-register signup.

Streamlining the renewal process is also a top priority; members should have the option of paperless equity billing. (You can barely see Membership Coordinator Jonathan Leeds behind the mounds (Continued on Page 26)



Ted Barbato photo

GM Glenn Bergman presents to the membership in the Chestnut Hill Friends Meeting Social Room.

Spring Meeting Reports Focus on CFO Resignation, Co-op Expansion

by Ted Barbato, for the Shuttle

DID NOT EXPECT TO HAVE TO EVER DEAL with this." With those difficult words, Weavers Way General Manager Glenn Bergman addressed the Spring General Membership Meeting May 18 with details on the resignation of chief financial officer Michael McGeary amid findings of credit-card fraud.

"Our CFO had been using the corporate Weavers Way credit card for . . . not business purposes," he told the crowd at the Chestnut Hill Friends Meetinghouse.

Bergman explained that the matter had been discovered during a review of a credit-card statement, and that the amount taken was thought at first to have been about \$2,000. "And then after having the auditors in, and taking a full review of our statements going back two-and a half years, it came out to about \$25,000 to \$30,000." That disclosure prompt-

ed gasps from some at the meeting.

(Further details on the matter are spelled out in Glenn's column on Page 7.)

Bergman, who was hired at Weavers Way following the financial crisis of 2002-2003, was clearly shaken by the development. "The money's one part. The loss of trust and whatever fell apart during our review of things: the auditors are taking a look at that, our Finance Committee is taking a look at that. But you can bet that we will be a little tighter in that department."

The thefts escalated over time, according to Bergman. "In the beginning it was very light. Hard to detect. A turkey here, a turkey there. But after the audit on July 1st [2013], it got a little heavier."

This prompted member Lawrence Geller to ask Bergman about the ability of the Coop, going forward, to detect small but repeated thefts: "What's going to be different in the fu(Continued on Page 20)

Election Results

Voting ended for the 2014
Weavers Way Board of
Directors election precisely
at 6:30 p.m. on May 18,
and by 7:45, Leadership
Commitee Chairman David
Woo announced the results:
Four incumbents, Linda
Shein, Nathea Lee, Joshua
Bloom and Lisa Hogan
were re-elected for the four
open spots.

Turnout was 945 (17.3%) of 5,464 eligible voters (less than last year, the first time electronic balloting was available); 182 people voted by paper ballot. Thanks to Sue and Don Zipin, Laura Siena, Sylvia Gentry and Weavers Way IT Manager David Chaplin-Lobell for helping with the compilation.

Here are the results.
(Complete details, including write-in names, are available in the Weavers Way online Member Center; log in and select "See Election Results.")

Linda Shein (I) 527 (16.1%)
Nathea Lee (I) 520 (15.9%)
Joshua Bloom (I) 464
(14.2%)

Lisa Hogan (I) 404 (12.4%) **Howard Spodek** 286 (8.7%)

Larry Daniels 284 (8.7%) Elizabeth Johnston 278 (8.5%)

Emmalee MacDonald 250 (7.6%)

Ron Lane 133 (4.1%) Jessica Justh 107 (3.3%)

Write-in 16 (0.5%)

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

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Editor's Note

by Mary Sweeten, Editor **Weavers Way Shuttle**

THOUGHT IT WOULD BE A GOOD IDEA to write my June column about travel, which is my favorite thing to do in the world (other fthan eating), and local, which is one of the things we're featuring in this issue.

Local is big this month because the Fresh & Local tasting fair is coming up June 21, but it's always a big deal at the Co-op, because we really rock when it comes to offering locally produced items, comestibles to cosmetics to compost.

Anyway, travel and food are pretty closely intertwined in my world. Once, on a trip to North Carolina, we ate pulled pork at 11 places in three days. Jane and Michael Stern are gods to us.

In this I'm hardly alone at Weavers Way, as you can see in the Shuttle. Last month we had a report from the Gellers, members who traveled to Cuba, visited farmers markets and learned how the Cuban government is encouraging vegetable production. This month, Board member Lisa Hogan writes about how she visited Amsterdam and enjoyed dinner at the home of someone she had never met before. (So can you: See Page 26.)

Meanwhile, former Board member Sue Wasserkrug reports on a cookbook about indigenous foods, aptly titled "Original Local." (See Page 24.) Which is tricky, if you think about it: wild rice, that delicious North American native crop, is only local if you live about a thousand miles from here.

The subject of travel can be a little fraught — two words: "fossil fuels." When I drive to Lancaster County to buy asparagus and sticky buns, I'm really out for a ride, not shopping local. (Sometimes I even think defining "local" as a 150-mile radius, as we do for what we sell at the Co-op, is a bit generous.) Which brings me to my summer travel season slogan:

My Vacation Is Their Local.

When my family is out supporting the greenhouse effect — burning gasoline or jet fuel, whatever — at least we also support local farmers, merchants, restaurateurs and yes, even fire companies. This works for me. Because how can you not stop at a firehouse chicken barbecue?

msweeten@weaversway.coop

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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@weaverswav.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.



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What's in Store at Weavers Way

New on the Shelves

Thirsty? We Like Cold Beverages, **Uh-Huh**

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

S SOON AS THE WEATHER WARMS Aup, beverages start to fly out of the Weavers Way cold-drink cases. A grocery or floor person will stock the water, kombucha, teas, et cetera, et cetera, in neat rows, and within an hour, there will be more holes than the Eagles defense. Makes us wish for vending machines sometimes.

Just as there seems to be no slaking shoppers' thirst, there's no end to the parade of new drinks to try. In that vein, our grocery managers continue to add new options as space permits. For instance, both stores now carry Tazo bottled iced teas in flavors ranging from Cucumber White to Baked Cinnamon Apple to Brambleberry. Mt. Airy has added four new flavors of GT's kombucha, along with Harvest Bay coconut waters and Evamore alkaline water.

In Chestnut Hill, you can now find Sencha Shot, a deeply brewed cold tea imported from Japan that boasts a high level of natural catechin tea oxidants and is GMO-free.

If you're looking for a snack to go along with your beverage, check out Joe Bars. They're organic, raw, vegan and gluten-free. Chestnut Hill has them in five varieties.

Meanwhile, word says there's a

weavers



Frankie Plourde photos

Next Door is featuring Bolga baskets from Africa (above) and Blue Planet bamboo sunglasses.



movement afoot (a webbed one, at that) in favor of duck eggs. Chestnut Hill had them briefly, but they disappeared after selling out. Nevertheless, representatives from both grocery departments assure me they're working on adding them soon. In fact, by the time this is in print, you may have already bought your half dozen.

Elsewhere at the Co-op

CH Deli: Psst! Your cheese is feeling naked. Dress it up with a new seasonal spread from Tait's of Centre Hall, near State College. Their offerings for spring and summer include strawberry rhubarb conserves, raspberry chipotle mustard and tomato bruschetta. For something more exotic, check out Harvest Song walnut or tea-rose-petal preserves from Armenia, or Valley Produce Company fruit pastes for brie, blue and cheddar from Australia.

MA Pet: Look for two new canned cat foods. Almo Nature foods are all-natural and cruelty-free; Weruva Truluxe, available in four flavors, is free of grains and carageenan. For doggie playtime, pick up a Chomper chewie, fetch or treat toy. They're brightly colored, sturdy things that even my pit mix would find challenging.

Next Door continues to branch out from health and wellness items. You can now find greeting cards from local vendor Judith Levy, with more selections on the way. Bolga fair-trade African baskets are ideal for gifts or to accent your own space. Blue Planet reading glasses and sunglasses are made from bamboo and come in an assortment of styles.

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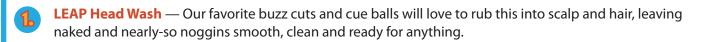


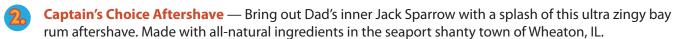
FIVE THINGS IS A SERVICE OF WEAVERS WAY.

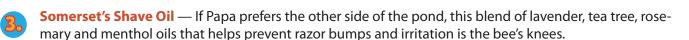
Because there's no event that can't be improved by bringing something you bought at the Co-op!

To Help You Man Up for Father's Day

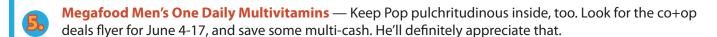
You've already done the nine iron, the Greek tie, the tote for the remote. This June 15, surprise the father figure in your life with a little something from the Co-op (Not that he needs any help in the awesomeness department.)











fresh & local

Being Local Is Good, Good for You, And Good for the Community, Too

by Stephanie Kane, Weavers Way **Local Purchasing Coordinator**

EACH YEAR WE SPONSOR THE FRESH and Local Fair to celebrate our amazing local vendors. I've always thought of this event as a birthday party for the Chestnut Hill store, which opened in 2010.

This year's fair, held as usual in and around the Chestnut Hill store, is on Saturday, June 21, from noon to 4 p.m. It's the biggest yet, and we're particularly excited to celebrate the highest local sales ever at the Co-op.

Buying local is one of our primary missions. The first of the Ends that guide Weavers Way states: "There will be a thriving and sustainable local economy providing meaningful jobs, goods and services to our members and the community."

To see how we were meeting this goal, we took the time to look closely at the relationship of our local products sourced within 150 miles of Northwest Philadelphia — to the rest of our product line. Since July 2013, the start of the current fiscal year, we've sold \$4,413,884 in local products — and this is not even a full year's worth of sales. Local product sales will only increase as the summer produce bounty comes in.

Tracking these sales is important for a number of reasons. It allows us to show you, our owners, that we are working to meet our Ends. It also shows the greater Philadelphia community why cooperatives are so important — a dollar spent locally circulates in the local economy three times more than if that dollar went to an out-of-town corporation. Local businesses are paying employees who patronize local businesses, from banks to coffee shops and pharmacies. Wal-Mart is also paying local employees, but a chunk of what you spend there goes to headquarters in Arkansas, rather to a business owner nearby.

Here are the local food businesses you can check out at the Fresh and Local Fair on June 21:

Awesome Foods — Bridgeport, PA Calkins Creamery — Honesdale, PA **Common Market** — Philadelphia

Donna & Company Chocolates — Cranford, NJ

Ironstone Creamery — Boyertown, PA **Jyoti Indian Foods** — Sharon Hill, PA My House Cookies — Philadelphia, PA Philly Bread — Philadelphia, PA

Philly Fresh Pickles — New Holland,

Sweetnote Bagels — Philadelphia, PA Swiss Villa — Wrightsville, PA

Wakim's Hummus — Bristol, PA

Weavers Way Farm — Philadelphia, PA

Yellow Springs Farm Goat Cheese —

Chester Springs, PA

Zsa's Ice Cream — Philadelphia, PA

skane@weaversway.coop

fresh&loca

Weavers Way Chestnut Hill Noon-4 p.m., Saturday, June 21

CELEBRATE LOCAL

All Summer Long

Weavers Way Community Programs Farmstand 3-6 p.m. Tuesdays at Weavers Way Chestnut Hill

Farm to City Farmer's Market

3-7 p.m. Thursdays at Weavers Way Mt. Airy (starting June 26)

Weavers Way Farms at Headhouse Farmers' Market 2nd and Lombard streets, 10 a.m.-2 p.m. Sundays

Weavers Way Farmstand at Saul

Across from Saul High School, 7100 Henry Ave., 2-7 p.m. Tuesdays and 2-6 p.m. Fridays

Weavers Way Farms Produce

Delivered to Mt. Airy and Chestnut Hill on Wednesdays and Fridays



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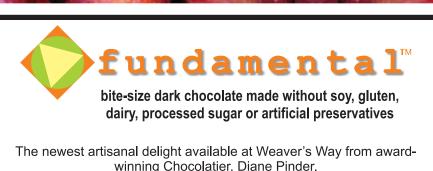


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Weavers Way Community Programs

Marketplace 2013-14 School **Year in Review**

by Jesse Mostoller, WWCP **Marketplace Coordinator**

s Marketplace winds down, I Acan happily say that the program has had another successful year. Students at all our four participating schools were excited about Marketplace week in and week out.

This school year, our "value menu" included seasonal fresh fruits, dried fruits, fruit spritzers, pickles, hummus, cheddar sticks and much, much more! Each school had its own favorite item. Pickles sold out at Lingelbach in a flash. At Our Mother of Consolation yogurt covered pretzels never lasted long, no matter how many were packed. Fruit spritzers flew off the tables at Jenks. And Parkway Northwest students couldn't get enough clementines, especially at 25 cents each!

At year's end, the program pivots its focus towards cooperative principle No. 2: democratic member control. Throughout the year, each student group managed the sales as a team with little help from adults. At the end of the year, they get to take the program to the next level by se-



Marketplace faces: Russ Ahna Davenport from Our Mother of Consolation, left; Kenks students Eli Zickler, Jonathan Rightmeyer and Tamara Holmes, above.

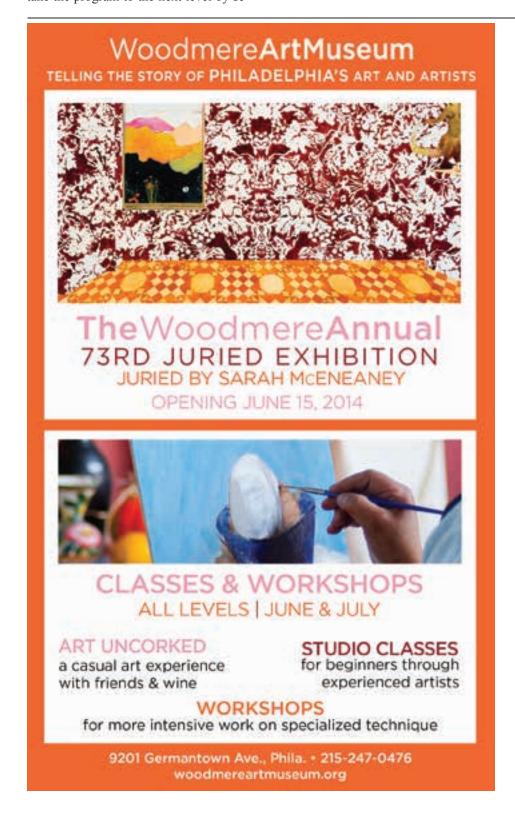
lecting a charity to receive the net profits of their sales.

This year we had 43 Marketplace sales with over \$7,000 in sales, \$1,300 of which will be donated to area charities. Beyond direct donations to charities, last year each school made micro loans through the Kiva Foundation to a group of teachers in Senegal and smallscale farmers throughout Africa. Most of the loans have been paid back in full and each school will now vote on new microloan beneficiaries. The loans truly are a charitable gift that keeps on giving.

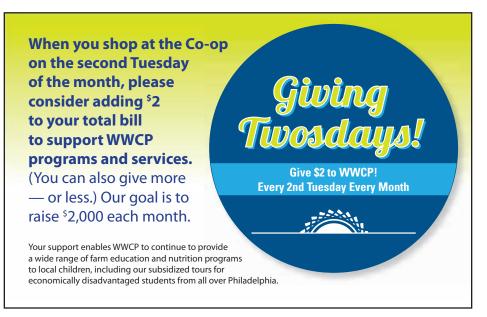
Marketplace has a wonderful effect on students. I've seen the lunch options at each school and while some are better than others, the Marketplace selections give students the chance to eat snacks that are healthful and delicious.

As WWCP continues to evolve, so too does the Marketplace program. Read more about the changes, and highlights of WWCP's new strategic plan, from our Executive Director, Jill Fink.

Jesse@weaversway.coop









Weavers Way Community Programs

What's New: Strategic Plan, Marketplace Model, MLK High Partnership

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

N SEPTEMBER 2013, THE STAFF AND

board of Weavers Way Community Programs embarked on a strategic planning process. We invested eight months, and many hours, in the plan; it is infused with the same care and attention with which we tend to the fruits and vegetables grown on our farms, and the same affection and commitment we have for those served by our programs.

Throughout the process, we asked ourselves difficult questions and invited others into the conversation; we were critical of our work, and we challenged our assumptions and each other. Above all, we were intentional in our desire to be bold and ambitious, as well as realistic and practical.

We are proud of our work and excited to share highlights of the plan with you. Perhaps most exciting may be our new mission statement:

Weavers Way Community Programs

empowers children, youth and families with the values and knowledge to be healthy, strong and informed through experiential activities centered on urban agriculture, nutrition and the

cooperative economy.

... As well as the values that guide our work:

We believe that access to healthy, affordable and culturally relevant food is a human right; that we can, and must, work together as a community to educate our children and neighbors about cooperative values, nutrition and the value of local, small-scale agriculture.

WWCP has grown organically since our founding seven years ago. Our mission statement is not only a reflection of the programmatic work we've been doing, but a commitment to bring even greater depth to this programming. For example, we'll be building on the success of children's programming at the Hope Garden at Stenton Family Manor and pilot adult and family programming as well. If we hope to create transformational change for families, it only makes sense that we'd work with entire families.

We're also creating more synergy between programs, for example by taking the most successful elements of our Marketplace program and bringing those components to our farm-education programs. We'll explore how we can create more market opportunities for children and youth to sell fresh produce, infusing that work with cooperative values.

The school-based Marketplace program, as it currently exists, will be suspended for the next school year. This was a difficult decision, but the strategic planning process allowed us to envision an improved Marketplace program with broader reach and deeper impact than is possible with our current structure. We'll continue to work with partner schools and other stakeholders to determine a model for Marketplace that will be sustainable over the long term, ideally one that incorporates more farm education into the curriculum and connects to our other successful programs.

In the short term, we're already bringing Marketplace curriculum and goals to other programs. Jesse Mostoller is transitioning from his role as Marketplace Coordinator to Farm Educator and will be working with students at Saul High School to prepare them to help out with the weekly CSA pickup and farmstand.

In other exciting news, this spring we began working with students and teachers at Martin Luther King High School. WWCP is currently providing lessons to students with autism and intellectual disabilities, and we hope to expand programming to include students in the culinary-arts program in the future. The scope of the program will grow over time as we secure the necessary funding to support it, but we're thrilled to have reestablished a relationship with the school and to be able to welcome students back to the garden and greenhouse!

We know that as Weavers Way shoppers and members, you share our values — you live them each time you shop at the Co-op. We invite you to join us in our work — as volunteers, as donors, and as ambassadors for our programs.

We are grateful to all who lent their support and voices to this project. Special thanks to The Philadelphia Foundation, which generously provided the funding to make the plan possible. Of course, we remain indebted to those who envisioned. brought to fruition and nurtured Weavers Way Community Programs through our first seven years.

jill@weaversway.coop

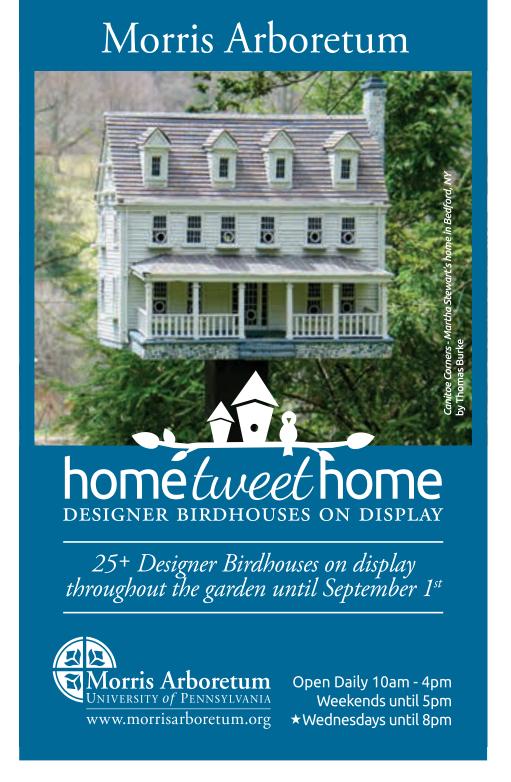


Community

Programs

2014-2017







Explore 'Solidarity Economy'

O-OPS, TIME BANKS, LANDS BANKS AND COMMUNITY FInancing are all rooted in principles of solidarity, participation and cooperation as opposed to competitive individualism. Join the Philadelphia Area Cooperative Alliance (PACA) and Cabot Creamery Cooperative on June 17 for an exploration and celebration of this phenomenon and Philadelphia's "Solidarity Economy."

The event, from 5:30 to 7:30 p.m., is at Christ Church Neighborhood House, 20 N. American St., on the fourth floor (wheel-chair-accessible). Beer, wine and light refreshments will be served. A suggested donation of \$5-10 will be collected at the door.

Among the invited guests:

Edgar Cahn, Distinguished Professor of Law at the University of the District of Columbia School of Law, and a founder of TimeBanking.

Christine Gray, an author and former executive director of Time-Banks USA;.

Craig Borowiak, Associate Professor of Political Science at Haverford College.

Esteban Kelly, Lead organizer for the New Economy Coalition (formerly the New Economics Institute).

Ariel Morales, a community organizer at the Women's Community Revitalization Project and a board member of the Mariposa Food Co-op.

Bertha Sarmina, Director of Microlending at Finanta, a nonprofit community lender that promotes the growth and economic expansion of diverse Philadelphia communities.

Elizabeth Frantz, a credit analyst at The Reinvestment Fund, a national leader in the financing of neighborhood revitalization.

RSVP on Facebook: www.facebook.com/PhillyCoops, or visit the PACA website, www.philadelphia.coop, for more info.

International Cooperative Principles

International Cooperative Principles were last revised in 1995 by the International Cooperative Alliance. The Statement also includes a definition:

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

And a statement of values:

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

The International Cooperative Principles are guidelines by which cooperatives put their values into practice.

1. Voluntary and Open Membership

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

2. Democratic Member Owner Control

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

3. Member Owner Economic Participation

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

4. Autonomy and Independence

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

5. Education, Training and Information

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

6. Cooperation Among Cooperatives

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

7. Concern for Community

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





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General Manager's Corner

Financial Accountability

by Glenn Bergman, Weavers Way **General Manager**

HEN I STARTED AT WEAVERS Way in 2004 after the financial crisis of 2002-2003, I knew I was getting into a job where I would be expected to exercise strong oversight of our finances.

The Co-op's comprehensive investigation and robust response to the serious financial issues that came to light a decade ago were among the things that convinced me to take the General Manager job. It's why we now have annual audits, why we have a host of financial controls in place, and why I personally sign the weekly check run.

Nevertheless, when I accepted the resignation of our chief financial officer, Michael McGeary, in April, I was definitely replaying the tape from 11 years ago in my head.

We now know that our CFO betrayed our trust by using the Weavers Way business credit card to pay for personal expenses, starting in July 2012. We are still investigating, but our best estimate is that he fraudulently charged between \$25,000 and \$30,000. We have reported the theft to the Philadelphia Police and are pursuing prosecution through the District Attorney's Office.

It appears that McGeary used the card mostly for justified business expenses until July 2013, when the thefts really stepped up. At that time he also modified the financial review process so that only he was reviewing his own credit-card statements — something he did not disclose to the auditors at our annual audit, as he was required to do. He was finally caught when Weavers Way Finance Manager Susan Beetle spotted a questionable charge and began looking into it.

McGeary confessed, resigned effective April 18 and left the Co-op that day. After his departure, however, we discovered that the unauthorized credit-card charges were much more extensive than what he had admitted to before he left.

Our auditors and other financial con-

sultants have engaged in a thorough review of our control systems, our books and our financial reporting. They have tested our systems for fraud in other areas and have found that the only issue appears to be McGeary's misuse of the business credit card.

For a business our size, this is not a large or "material" loss, and we are covered by employee theft insurance for up to \$25,000. Our auditors, the fraud investigators, the police and the insurance adjusters all say that this kind of stealing, unfortunately, happens all the time, in many different types of businesses, and often when you least expect it.

Over the last 10 years, we have fired Weavers Way employees for stealing cash or food. None of these cases was prosecuted — we felt they were too minor.

This case is different. The amount was significant, but more importantly, McGeary breached an enormous trust he was in charge of our finances.

The betrayal is the big problem.

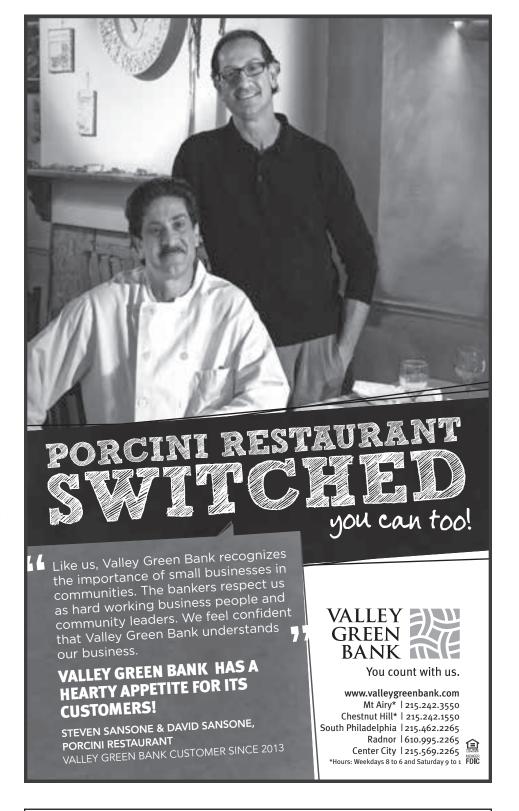
The hard work of all of the staff and the support of this community are too valuable to permit something like this to take place without consequences.

We intend to utilize all our resources to have this crime prosecuted. We want restitution for our losses, and we want to do what we can to protect other businesses from similar dishonesty in the future.

At this point we are continuing our investigation, and our auditors are continuing their review of our systems to make sure we have appropriate controls in place. Going forward, I will be signing off personally on credit-card statements, and someone else will review and sign off on my credit-card usage.

I will keep you informed of future actions as this moves through the system. If you have any questions, feel free to call me at 215-913-9437 or email me at gbergman@weaversway.coop.

gbergman@weaversway.coop



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Up-to-the-minute Co-op news...







FY 2014 3rd Quarter Financials Look Good

by Glenn Bergman, **Weavers Way General** Manager

M THE VISITING FINANCE reporter for the June 2014 Shuttle, and I'd like to start by explaining why we don't report on the third quarter (January-March) of the fiscal year until nearly the end of the fourth quarter (April-June). It's because of all the time it takes to gather and compile the financial data. Note that our fiscal year runs July 1-June 30. By the time you read this, we will almost be into FY 2015!

The third quarter of FY 2014 was good overall for revenue, even though we missed a few days of sales due to the weather — you remember the weather in January and February, don't you? — and lost power for about two days total.

Overall revenue, working-member discounts, was \$14.2 million for the first

three quarters, a 13.4 percent increase from the same period last year. This is about 5 percent higher than the national trend. Gross profit margin (profit from revenue minus cost of goods) was up 16.6 percent, from \$4.5 million in the first three quarters of FY 2013 to \$5.35 million for the first three quarters of FY 2014.

Personnel expenses (wages, taxes and benefits) went up 10.4 percent, but were 0.75 percent lower as a percentage of revenue. Last year, personnel costs were 26.4 percent of sales; this year, after nine months, they are running 25.7 percent.

Other operating expenses were also up, from \$1.388 million to \$1.464 million, a 5.5 percent increase. As a percent-

Weavers Way Co-op Financial Summary FY 2013, FY 2014

	3/31/13 Actual (9 Months)		3/31/14 Actual (9 Months)		Current to Prior Year	3/31/14 Budget (9 Months)		Actual to Budget
	\$	%	\$	%	Change	\$	%	Change
Income Statement								
Sales	12,552,855	100.0%	14,234,838	100.0%	13.4%	13,730,059	100.0%	3.7%
Cost of Goods Sold	7,958,942	63.4%	8,880,241	62.4%	11.6%	8,538,915	62.2%	4.0%
Gross Profit Margin	4,593,913	36.6%	5,354,597	37.6%	16.6%	5,191,144	37.8%	3.1%
Expenses								
Personnel	3,310,600	26.4%	3,656,146	25.7%	10.4%	3,700,951	27.0%	-1.2%
Other Operating Expense	1,388,770	11.1%	1,464,957	10.3%	5.5%	1,446,249	10.5%	1.3%
Operating Profit	(105,457)	-0.8%	233,494	1.6%		43,944	0.3%	
Other Income/(Expense)	41,807	0.3%	15,859	0.1%	-62.1%	20,510	0.1%	-22.7%
Income Before Taxes	(63,650)	-0.5%	249,353	1.8%		64,454	0.5%	
Income Taxes	0	0.0%	102,745	0.7%		34,958	0.3%	
Net Income	(63,650)	-0.5%	146,608	1.0%		29,496	0.2%	397.0%

D. L Ob (0/04/40 4		0/04/44 A		Current to
Balance Sheet	3/31/13 Actual		3/31/14 Ac	Prior Year	
	\$	%	\$	%	Change
Assets					
Cash	723,799	8.7%	1,260,535	14.3%	74.2%
Inventory	428,947	5.1%	533,139	6.1%	24.3%
Other Current Assets	81,793	1.0%	140,234	1.6%	71.4%
Fixed Assets	6,695,777	80.1%	6,429,212	73.0%	-4.0%
Other Assets	426,844	5.1%	447,259	5.1%	4.8%
Total Assets	8,357,160	100.0%	8,810,379	100.0%	5.4%
Liabilities & Equity					
Accounts Payable	346.165	4.1%	481.413	5.5%	39.1%
Other Current Liabilities	1,099,972	13.2%	1,621,872	18.4%	47.4%
Long Term Liabilities	4,237,500	50.7%	3,705,184	42.1%	-12.6%
Total Liabilities	5,683,637	68.0%	5,808,469	65.9%	2.2%
Member Equity	1,487,641	17.8%	1,552,959	17.6%	4.4%
Retained Earnings	1,185,882	14.2%	1,448,951	16.4%	22.2%
Total Equity	2,673,523	32.0%	3,001,910	34.1%	12.3%
Total Liabilities & Equity	8,357,160	100.0%	8,810,379	100.0%	5.4%

age of revenue, again it was favorable, from 11.1 percent down to 10.3 percent for the nine-month period.

Our operating profit for the first three quarters is running 1.6 percent, better than the same period last year, when we had a loss of 0.8 percent. The improvement on a cash basis is \$338,951 from last year for the same nine-month period.

Net income for the third quarter shows a loss of \$57,956, due to a large adjustment (\$23,000) for worker's compensation, larger than expected expenses for snow removal and vacation and sicktime charges on days we had to close or send staff home early, and higher packaging expenses. We had budgeted for a third-quarter loss of \$32,046.

Year-to-date net income, after taxes, is \$146,608, about 1 percent of sales; last year at this time we were showing a loss of \$63,650.

Most important to the Co-op's overall health is that cash is up. (As a wise man said at the Spring General Membership meeting: "East to West, cash is best.") Cash in the bank went from \$723,799 to \$1,260,535 for the same ending date of March 31 compared with last year. This is a \$500,000 improvement even after the outlays for opening Weavers Way Next Door, buying new ovens for Chestnut Hill and other capital expenses. We also accelerated our debt payment to

Valley Green Bank in 2014.

We have begun to pay down member loans, and for those who rolled over their member loans (about \$180,000 of the \$260,000), we will be paying out the interest portion of their loans. We are looking forward to paying all members who made their loans five years ago in support of the Chestnut Hill expansion. Most of you averaged out at 3.3 percent interest, not bad for a pretty safe investment. Thank you from all of us for your stake in the future of Weavers Way.

If you have any questions about the quarterly financial report, please feel free to call or email me: 215-843-2350 ext 131 or gbergman@weaversway.coop.







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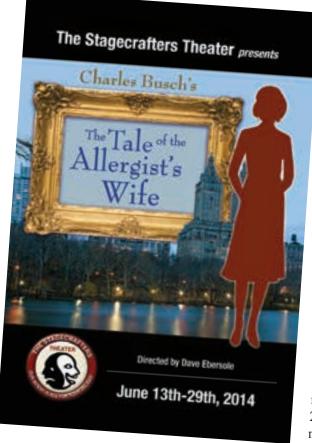
Nothing to Sneeze at

'Tale of the Allergist's Wife' at Stagecrafters

The Stagecrafters theater enters the home stretch of its 2013-2014 season with the production of Charles Busch's comedy, "The Tale of the Allergist's Wife," opening on Friday,

Marjorie Taub, a middle-aged Manhattan housewife, spends her days and evenings on artistic and intellectual pursuits but has plunged into a midlife crisis. Feeling inadequate, full of selfdoubt, and beset by angst about her place in the world, she has come to the conclusion that she is a barely mediocre human being. Mix in near-perfect husband Ira, a retired physician, and her cantankerous mother obsessed with bodily functions, and Marjorie's funk is nearly total — until suddenly upon the scene appears Lee Green, gorgeous, free-spirited woman of the world, totally self-satisfied, who seems to be living the life Marjorie can only dream of. Thus is the stage set for an explosion of complications, as this savvy satire of urban upper-middle-class lifestyles

Playwright Busch (b. 1954) is best known as a performer in his and others' campy send-ups of pulp films and pop kitsch,



including "Vampire Lesbians of Sodom" (1984), "Kiss the Blood Off My Castanets" (1986), "Psycho Beach Party" (1987), the one-man show "Flipping My Wig" (1999) and "Die, Mommie, Die!" (1999), made into a feature film in 2003. "The Tale of the Allergist's Wife" (2000), which Busch wrote for actress Linda Lavin, is a departure from his earlier works in its relative tameness, but just as affecting in its biting comedy. It ran for 777 performances on Broadway and was nominated for a Tony for Best Play in 2001.

Performances are at 8 p.m. June 13, 14, 19, 20, 21, 26, 27 and 28, and at 2 p.m. June 15, 22 and 29. A "Meet the Cast and Director" Q&A session will be held immediately following the performance on Friday, June 20.

Tickets are \$17 online, with discounts available for students and groups. (Thursday evening performances are two for \$25 online, two for \$30 at the door). For reservations, call 215-247-9913; for information, visit www.thestagecrafters.org, or call 215-247-8881. The Stagecrafters Theater is at 8130 Germantown Ave.

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Restoration of Lincoln Drive Gateway a Joint Labor of Love

by Andrea Moselle, for the Shuttle

WO LARGE STONE PIERS, BUILT OF ■ Wissahickon schist and Indiana limestone, flanked by low curving walls, guard the entrance to Fairmount Park at Lincoln Drive and Johnson Street. Built in 1901 as a gift from financier Edward Stotesbury to the City of Philadelphia, they are the remnants of double pergolas crowned by a broad, low lattice of wood timbers assembled in four horizontal layers. The latticework and two inner piers were demolished in the 1950s when Lincoln Drive was widened. By 2009, the remaining pillars had all but disappeared under encroaching vegetation.

Pat Moran, a Historic Germantown board member, had always wondered about the stone wall and piers at Lincoln Drive and Johnson streets. He finally learned that they had once been topped by the pergolas when he saw a photo in Elizabeth Jarvis' book, "Mt. Airy: Images of America." Intrigued, he brought the idea of restoring or re-envisioning them to his colleagues on the board (at that time still the Germantown Historical Society), who agreed that he should take





Volunteers wield shovels during a cleanup last year; project visionaries Claudia Levy, Doris Kessler (from left in right photo) and Pat Moran (below).

the project on. He reached out to Laura Siena, a former executive director of West Mt. Airy Neighbors, who thought it would be a good project for the WMAN Streetscape Committee and introduced him to Streetscape Committee chair, landscape designer Doris Kessler.

In 2010, the two organizations formed a partnership that brought together community residents and organizations for the purpose of re-envisioning the Stotesbury gift and restoring the wood-timber pergolas to the top of the existing piers.

The project has combined preservation and community-building in some

gratifying and rewarding ways. And after four years of hard work, the Gateway Committee will soon see its vision of restoring the historic pergolas become a reality. Fabrication of the new pergolas could begin as early as this month and project leaders hope to have a dedication ceremony sometime this summer.

Led by Moran and Kessler, with extensive design work and tireless research from Mt. Airy husband-and-wife architect and landscape architecture partners Peter DiCarlo and Claudia Levy, the work has attracted support from the city's Parks and Recreation Department, 8th District City Councilwoman Cindy Bass,





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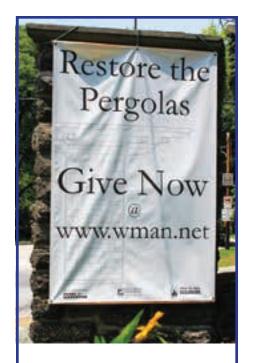
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You Can Still Help

Some \$30,000 has been raised for the Gateway Project — that's only about three-quarters of what's needed to restore the piers and build the pergolas. A fund is also being established for future maintenance. And new volunteers are always welcome. For info on how to contribute, visit the WMAN website, www.wman.

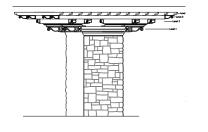






Photo shows the original double stone piers (and pastoral Lincoln Drive); even the stonework itself needed to be weeded.

the Drumcliff Foundation, Bowman Properties and a number of area leaders. Thanks to their thoughtful outreach to the community, a wide array of neighbors have contributed hundreds of hours of labor. Volunteers have already spent many hours clearing trash and removing invasive vegetation.

Committee members have also collaborated with faculty at the adjacent Lingelbach School to create a fitness trail on school grounds, leading to additional efforts from students and faculty to add sculptures and a teaching amphitheater.

John Hanson, of Wissahickon-based Hanson General Contracting, is the fabrication and installation team leader who will oversee the building and installation of the pergolas to DiCarlo's designs, which are based on original drawings and photographs from the beginning of the 20th century.

The area sparks the imagination.

Moran notes that there is more landscape and structural history nearby. A set of stairs leads down to a park trail below. At one time this was a more formal park, as evidenced by the beautiful schist fountain with seating still visible, though overgrown. The area was once a field near the Mayfair apartments, built in the 1920's, now reforested. Research shows there were benches and landscaping at the time.

The two existing piers will support a new timber canopy with the same proportions as the original. The masonry will also be restored.

The landscape plan for the site creates a naturalistic setting that frames the pergolas and articulates the threshold between the nearby Wissahickon "wilderness" and adjacent residential neighborhoods. Kessler envisioned a design that would restore environmental health, but she has seen other rewards as well. She ticks off the many

other benefits she sees coming from the work — historic preservation, increased public safety due to the "traffic-calming" effect of the newly revived entryway and, most of all, community building!

She shared her husband's comment that they have met the nicest people since she started doing this work.

While they certainly never anticipated that the project would take four years to complete, both Kessler and Moran say their passion has never flagged. They realized as they got into it that doing it correctly meant it had to become larger than originally envisioned. They think the benefits to the community, and to themselves, have been worth it!

For more info, visit www.mostlyweb.com/gateway. For more about the West Mt. Airy Neighbors Streetscapes committee, go to the website, www. wman.net. Historic Germantown is www. freedomsbackyard.org.



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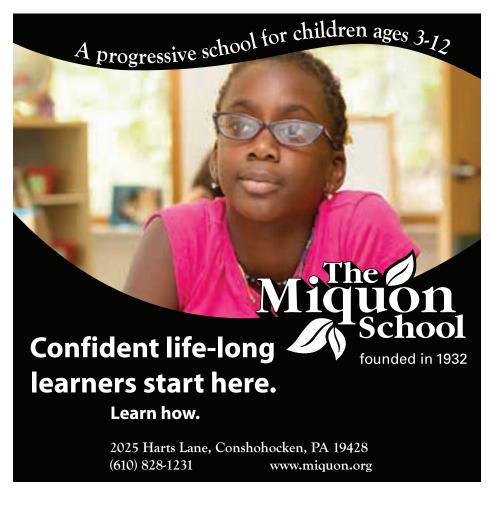
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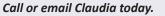
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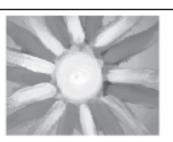
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A Reminder for Father's Day: Dads Matter. A Lot.

by Claudia Apfelbaum, for the Shuttle

T SEEMS LIKE THE SOCIETAL MESSAGE HAS BEEN... dads aren't that important. Lots of movies and television shows make jokes about the father in the family, showing him as incompetent or silly or stupid.

But from what I hear in my therapist's chair, this is the opposite of the truth. Dads are important and emotionally influential. Whether their father is absent or present, kids want to know who he is and have a relationship with him. Children may be disappointed by him, angry at him or feel deeply loved by him whatever the relationship, kids have feelings for their fathers.

And as we know, when Dad is absent, the desire to know him, communicate with him and have him know us does not diminish. The desire to know and be known is very strong; heartbreakingly so for the many kids whose dads are not actively involved in their lives. Many fathers do not seem to know — even the ones living right at home — how much their kids want to have contact with them.

I knew a young girl who was conceived by anonymous sperm donation and she wanted to know who her dad was. She lived with us for a few weeks and in that time she began to call my husband "Dad." It was as if she adopted him emotionally as her dad, her need for one was so great.

I knew a capable adult whose dad was in and out of her life during her childhood. She described waiting for him to show up when he was supposed to visit, and how she sat on the porch hour after hour, waiting for him to arrive, holding out for him long after the hour of arrival had come and gone, waiting patiently and finally being told by her mom that it was time to come in for dinner, and being sick at heart from all that unrequited love. After many years of silence, she wrote him a letter and told him how his behavior made it difficult for her to love, as she expected those she loved to never show up.

Boys also have strong desire for connection with their fathers. Even in their father's absence, boys do things to try to connect or disconnect with their fathers; their behavior is a way of communicating.

I knew a man whose father left him early in his life. He felt deeply rejected. It was hard for him to feel that he mattered and while he himself professed that it didn't matter, that he didn't miss his father, he worked hard to win his father's praise by becoming a great basketball player. In his heart, he had a secret hope that his father would see him play and be proud of him.

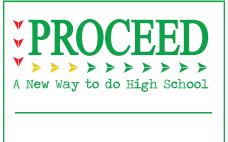
I hear from my male clients over and over again their wish to be related to in a positive way by their dad. For too many, either their dads were ephemeral figures who did not pay much attention to them or an angry and scary presence in their lives. My clients say they want to be different when they become fathers.

I am fortunate. My father is an important part of my life. What he has done for me is what I believe fathers — or any parent — should do for their sons and daughters: Love them. Give them sincere and approving feedback. Offer their children a different perspective on life. Share their joy. Join their children in their discovery of life.

A dad I know told me that he felt unhappy at his daughter's interest in Disney stories. I suggested that he try to enter her world, without preconceived ideas of "this is a good interest" or "this is a bad interest." He did. He reported to me that he let himself enter fully into her dress-up and story-telling activities and discovered a world of fun, creativity and happiness. He got to be with his kid and she got to have him. Who can imagine better than this?

I believe if we, as a society, acknowledge the value dads have for their kids, dads themselves will know their worth and find their way to connecting with their children.

> Contact Claudia Apfelbaum, MSS, LCSW, at claudialistens@gmail.com.



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The 2013 Ends Report — the Co-op version of a conventional company's annual shareholders' report — is online (log in to the Weavers Way Online Member Center, members.weaversway.coop, and click on "Key Co-op Documents"). You can obtain a hard copy, too: Contact Board Administrator Athena Drellos, boardadmin@ weaversway.coop or 215-843-2350 ext 118. We're also reprinting it in the Shuttle. Look for all 22 pages over the course of the June, July and August issues.





Sales continue to be positive year over year. We finished FY2013 with a healthy 6.2% increase, which includes the closure of the Mt. Airy store for nine weeks during renovation. We forecast FY2014 to be our highest sales year to date. We believe a staff understanding of the Co-op's finances keeps the bottom line strong, and we will continue conducting open book finance meetings and detailed retail finance training for buyers and managers. (E2)

Weavers Way Trended Financial Information

Year	Chestnut Hill Sales	Mt Airy Sales	Weavers Way Total Sales	Annual Growth Rate	CH Transactions	MA Transactions	Total Transactions
2008		\$7,726,421	\$7,726,421	<u>-</u>		238158	238,158
2009		\$8,490,918	\$8,490,918	9.9%		248,067	248,067
2010		\$8,492,334	\$8,492,334	0.0%		257,373	257,373
2011	\$7,717,225	\$6,949,229	\$14,666,454	72.7%	308,822	268,508	577,330
2012	\$9,150,806	\$7,069,678	\$16,220,484	10.6%	367,564	262,250	629,814
2013	\$10,130,354	\$7,098,656	\$17,229,010	6.2%	385,932	287,396	673,328
2014 Fcst	\$10,236,402	\$8,478,568	\$18,714,970	8.6%	386,713	324,094	710,807



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Growth Trends 142.2% 23.7%





Fair Trade Sales

re are two main certification programs, the international Fairtrade Labeling Organization, which certifies Exchange, and Fair Trade USA, by which most other brands are certified. The Co-op carries approximately 177 ade products.

\$617,980 in total sales of air Trade Products







verall, the Co-op saw a healthy increase in active membership during the year, with a net increase of 5.2% $^{\prime}$ in FY2013. During the same period, there was a noticeable increase in non-working members and a corresponding decrease in working members. Although the number of inactive members remained relatively unchanged throughout the year, there was a significant decrease in member resignations.

Membership staff is focusing on increasing the number of working members and on reducing the number of

Membership Data

ricinocionip Data					
2012	2013	Change			
3,052	3,413	12%			
1,855	1,750	-5.7%			
4,907	5,163	5.2%			
2,013	2,019	-0.3%			
831	869	4.6%			
498	366	-27%			
	2012 3,052 1,855 4,907 2,013	2012 2013 3,052 3,413 1,855 1,750 4,907 5,163 2,013 2,019 831 869			

Code Red Initiative

In October 2012, the Co-op implemented a new customer service program, called "Code Red," that empowered staff to address and resolve customer issues immediately as they arose. Staff members were taught techniques for achieving positive outcomes in difficult situations. Staffers were given the authority to offer gift cards to customers when appropriate.

Between October 15, 2012, and June 30, 2013, 85 Code Red incidents were documented: 20 in Mt. Airy, 59 in Chestnut Hill, 2 in the Pet Store and 4 in other areas. These covered a wide range of issues such as such as missed discounts, product-related complaints and grievances regarding staff.

In the coming year, we will assist the stores in detailing the customer service approach, with one-on-one and group coaching and additional materials, and we will continue the Code Red system.

Code Red Type	Number
Product Complaint	36
Staff-related issue	16
Missed Discount	14
Other	19
Total	85

2013 Customer Survey

1,245 members completed the 2013 Customer Satisfaction Survey administered by The Reed Group. The Co-op is unequivocally exceeding member satisfaction goals in every aspect. Highlights from the survey:

- While weekly budgets remain largely unchanged, the frequency of Co-op shops has increased and the Co-op share of the grocery budget has increased since 2011. In part this reflects significant improvements in Co-op product offerings, including Bulk Foods; brands preferred by families; and health and
- Levels of Co-op performance (meeting needs) have increased from 2011, significantly higher for areas where the Co-op needed to improve, such as availability of brand my family likes (up 31% to 90%); prices (up 31% to 79%); product selection/variety (up 29% to 95%); and atmosphere/ambiance (up 13% to 97%).
- ■This is the first time that we asked members how we are doing meeting our Ends. Overall, survey respondents showed very high levels of support for WW Ends/Goals, with highest levels of support for

promoting recycling/sustainability (a new item in 2013); supporting local, sustainable agriculture and the urban farm movement (new item in 2013); creating a sustainable local economy; providing access to high-quality/ reasonably priced food; and membership that is diverse, inclusive and respectful.



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amount of coffee sales, which is primarily bulk.



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WWCP Educator Hosts Farm Tour

WEAVERS WAY COMMUNITY PROGRAM FARM EDUCATOR SHELLEY HEDLUND leads a tour and panel discussion, "Urban Farming: Children's Gardens, Working with Supporters and Overcoming Challenges," June 19 at the Weavers Way Farm at

Awbury Arboretum.



Prospective farmers examine pea plants at at a WWCP children's program at Awbury.

This event, organized in collaboration with the Pennsylvania Women's Agricultural Network at Penn State with funds from the USDA's National Institute of Food and Agriculture Grant #2012-49400-19602, runs 10 a.m.-4 p.m. The \$15 registration fee includes lunch and materials.

Hedlund, a Women's Agricultural Network mentor, will describe the nonprofit's work with urban youth of all ages and talk about the educational programs she uses to engage them. In the afternoon, participants can take part in discussions with other local urban farmers who will cover topics such as working with boards, growing in limited sites, volunteer workers and the challenges and joys of working with young people.

For more info and to register: agsci.psu.edu/wagn/events/2014-06-19Childrens Garden.



Seed Supplier Joins Non-GMO Program

IGH MOWING ORGANIC SEED COMPANY IS LAUNCHING THE FIRST FULL LINE OF organic, Non-GMO Project Verified vegetable seeds for farmers and gardeners. With over 90 percent of its varieties verified to date, High Mowing's entire line of over 650 varieties will be verified by late summer 2014.

High Moving seeds are already Certified Organic and are available at Weavers Way Across the Way in Mt. Airy.

GMO, genetically modified organism, refers to any organism which has had the genes of a different species spliced into its DNA. GMOs are not permitted under the National Organic Program, the federal regulatory framework governing organic food. As new GMO crops are released to the general public, however, the risk of these crops cross-pollinating organic crops increases. The Non-GMO Project's independent verification helps reduce these risks. See www.nongmoproject.org for more info on the program.

More than 60 countries around the world —but not the United States — require genetically engineered foods to be labeled. On May 8, Vermont became the first U.S. State to require GMO labeling.



Hannah Slipakoff, Field Manager, Mort Brooks Memorial Farm at Awbury Arboretum

NE OF THE REASONS
I am most excited about farming at Awbury is that my farming background begins there. In high school, I volunteeed with several urban farming groups, including Weavers Way. After finding such passion in working for people-powered food systems, I went off to college in Oberlin, OH, and apprenticed at



the George Jones Memorial Farm. I then made community food systems a part of my academic work, and spent a summer studying agroecology at the University of California, Santa Cruz. Establishing Community Food Systems as an independent concentration allowed me to "study away" back here in Philadelphia, interning with the Seeds for Learning Farm at Martin Luther High School in 2011 and apprenticing with Weavers Way at Awbury the following summer. Upon graduating, I returned to Philadelphia, and worked as a garden educator for the East Park Revitalization Alliance. I then took a position with the Philadelphia Community Farming Collaborative (which Weavers Way is a part of) and was the Training Coordinator for the Beginner Farming Training Program last year. Now I'm thrilled to be back once again with Weavers Way.

I grew up in Wyncote, and my family has roots in Philly for four generations. I love this city and its people!

Farming to me is one way that we can go about laboring for justice and finding freedom, which I consider to be my life's work. As a teenager I realized that farming could be an act of unity. Since we all eat, and growing food takes a lot of effort, I saw farming as a way of connecting to others, supporting each other in fostering lifestyles that feel healthy to us, and of course, overthrowing our capitalist food system that's governed by oppression!

As you've read, the farms are restructuring this year. I am most excited about working with Nina, Emma, Nancy, Chris and Scott (and hopefully you readers as our faithful volunteers) to establish an operating model that really speaks to our values as a co-op and as individuals. I look forward to working hard and using our collective smarts to make sure we are centering all that we do around the notion of not just sustaining ourselves, but thriving!

I want the membership to know that these are your farms! Weavers Way has set up an amazing opportunity for members to become fully engaged in a participatory food system, and we farmers certainly can't create a just food system without you. I would love members to spend time on the farms, whether for volunteering or just dropping by to say hi. Interacting with members helps us farmers feel like we are connected to something larger than the fields. Feel free to contact me about any and all things farm-related!

hannah.slip@gmail.com



TUESDAY, JUNE 10, 4:30-5:30 P.M. COMPOSTING AT HOME

THURSDAY, JULY 3, 5:30-7 P.M.
TOMATO PRUNING

TUESDAY, JULY 15, 7-9 P.M.
LOW-SUGAR BLUEBERRY JAM WITH
MARISA MCCLELLAN*

TUESDAY, AUGUST 5 , 7-9 P.M.
INTRO TO CANNING TOMATOES WITH
MARISA MCCLELLAN*

TUESDAY, AUGUST 19, 6-7:30 P.M. SAUERKRAUT WORKSHOP

TUESDAY, SEPT. 9, 7-9 P.M. PICKLES TWO WAYS WITH MARISA MCCLELLAN*

TUESDAY, SEPT. 16, 6-7:30 P.M.
GROW-YOUR-OWN OYSTER MUSHROOM KIT
WORKSHOP

*Go to brownpapertickets.com to sign up for Marisa McClellan's workshops.



For more info, visit www.weaversway.coop/homesteading-workshshops

The Slow **Cooker that Requires No Electricity**

by Betsy Teutsch, for the Shuttle

CITTING ON MY COUNTER IS MY NEW-Dest piece of culinary equipment: an eco-friendly Wonderbag slow cooker, the brainchild of Sarah Collins, a South African entrepreneur. She has monetized an exceedingly low-tech, old-fashioned cooking technique, marketed it with a "Buy One Give One" campaign and closed a lot of sales.

Wonderbags are thermal-retention cookers, technology that's been around since humans started cooking and realized that wrapping up pots, or even burying them in the ground, saves fuel. Also called fireless cookers, hayboxes or wonder-boxes, traditionally they consist of a large basket or box lined with a blanket or towels.

After a pot of food is brought to a boil, the cook quickly tucks it into the Wonderbag, puts on the lid, and closes it up tight. The food continues cooking without added fuel. The process takes about twice as long as cooking on the stove, but I can attest to taking out a perfect steaming pot of lentil soup a few hours later.

Wonderbags are now sold in the United States through Amazon, after successfully launching in the United Kingdom. Reviews are enthusiastic, though the Wonderbag's large size puts off a few. It arrives vacuum-packed; open it and it quickly expands. Think dog bed.

Sewn in South Africa, providing jobs in a country with very high unemployment, Wonderbags are insulated with styrene, the dreaded non-recyclable #7 foamy stuff. The company collects theirs from an upholstery factory's leftovers, preventing it from heading to a landfill. For each bag purchased at \$50, another is donated to a low-income household.

Collins gave a new life to this old technique and turned it into something to buy rather than assemble. She realized its potential as an eco-friendly technology,



The insulated Wonderbag can keep a pot cooking with with the stove off; buy one on Amazon and one will be donated to a family in need in Africa.



sparing many trees by radically cutting fuel use — so radically that she has been able to obtain carbon-offset funding.

For the 3 billion people on the planet who cook over open fires, for which they must find and chop wood, saving fuel is a big deal. The Wonderbag, like all thermal-retention cookers, uses much less fuel, yielding savings in time and, often, money. In addition:

- Standing over a cooking fire is equivalent to smoking a few packs of cigarettes, increasingly perceived as a public health issue.
- Food cooked this way can't burn.
- Cooking food can be left unattended, without stirring or shooing children away from the fire.

Norman Weiss

stove an hour less reduces my carbon emissions by an infinitesimal, though not insignificant, amount. Why waste energy when there is an easy way to use it more efficiently?

And what of the much-maligned "Buy One Give One" model? There have been two main critiques of Tom's Shoes, which donates a pair of shoes for each purchase: Shoes are not a pressing need for children in the developing world; and dumping free shoes undercuts local vendors.

Wonderbag's giveaways strike me as more sensible. They facilitate a useful practice, eco-friendly for the affluent world as well as in low-resource regions. Recipients realize actual savings of time and money, as well as health benefits from avoiding smoke inhalation. No local vendors sell them, so no one is being undercut. And if Wonderbags help reacquaint people with fireless cooking, there is nothing to stop local people—be they in South Africa or in South Dakotafrom sewing their own. Or even thinking about wrapping up your soup pot in that old sleeping bag and sticking it in a box, a less sexy but also effective approach.

This article was published earlier in The Atlantic. Betsy is hard at work finishing up her 100 Under \$100: the Global Women's Toolkit manuscript. For info, visit womensglobaltoolkit.com.

ECO TIP

From the Weavers Way **Environment Committee**

We're so used to using toothpaste that we barely give it a thought. At most, we buy "natural" brands to avoid some of the more toxic ingredients found in conventional products. But do we really need to use toothpaste at all?

You can save money and avoid undesirable ingredients by just brushing with sea salt, which is a natural antibacterial agent. You can also use baking soda, which helps remove stains and dislodge plaque. However, baking soda can cause wear and tear on tooth enamel, so use it only occasionally, no more than a few times a week.

How about brushing without using anything except water? Contrary to what toothpaste manufacturers would have you believe, there is evidence that brushing with just water may remove as much plaque as brushing with toothpaste.

The important thing it how long and how well you brush, rather than the toothpaste you use. (Note: As the writer is not a dentist, you may wish to check with yours about this advice.)



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Mosquitoes are back!

But so are BTi dunks at Weavers Way. Mosquito season lasts from April to October, so it's not too soon to begin treating standing water for nontoxic control of the miserable biters.



610 Carpenter Lane

Neighborhood Mosquito Control, or **What We Learned Last Summer**

by Don McGuire, Weavers Way Staff

THE PELHAM NEIGHBORS WHO JOINED L together last mosquito season to try out a nontoxic approach to mosquito control are planning to do it again this season. Why? Because it worked! Putting out containers of water treated with Bti, a natural larvicide, reduced mosquito populations so much that many neighbors were able to really enjoy the good weather outside. (The hammock on our porch saw a lot more use last summer!)

Lessons learned:

• The more neighbors who are willing to spend a bit of time and a bit of money on Bti, the more success you all will enjoy. If you have a way to organize a larger number of neighbors, bulk purchases of Bti can reduce its cost by more than half, and the entire process becomes an exercise in community building.

- Participants with few close neighbors involved in the effort had only a modest reduction in mosquitos. People who were surrounded by participating neighbors benefited from a large reduction, whether they participated or not.
- Missing a single treatment was enough to get a rapid return of the mosquitos, and regaining control could take a couple of weeks. This season I am encouraging people who want to do this to try to enlist their neighbors, even to volunteer to treat in their yards for them.

So do you want to reduce the mosquito population in your yard this summer? You can have some success on your own, but not nearly as much as you can if you get your neighbors to join in.

If you'd like more information, email me and I'll send you a one-page flyer on the subject.

dmcguire@weaversway.coop





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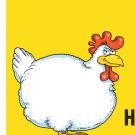
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The Passionate Gardener

Native Bees: Out There and Doing Most of the Work

by Ron Kushner, for the Shuttle

UNE IS THE PERFECT TIME TO LOOK for insects. There are millions of species in the world and many will be in our gardens. Most of them (but not all) can fly. Every one of them originated from an egg that was laid somewhere in the garden, in many cases on a specific "host" plant.

Please forget about "controlling" these creatures with sprays, chemicals and poisons. Our gardens do not need poisons, and with a bit of understanding of insects' unique lifestyles, one can readily learn to appreciate how nature works in the garden.

Buy a magnifying glass and use it often to see what insects are living in your plants. As Louis Agassiz has written, "Study nature, not books!"

And be especially grateful for spiders in your garden (although these are not insects). They are continually eating insects that could eventually cause some degree of harm to your plants.

Of all the insects found in the garden, aside from the beautiful butterflies, my favorites are the bees. Many bees are solitary, unlike the hive-dwelling honeybees that most people are familiar with. These solitary bees are great pollinators, don't really bother humans and nest in a great variety of invisible places throughout the garden. The variety of flowering plants in any garden will attract them. They are constantly looking for pollen that they line their nests with and lay their eggs in.







From left, a bumblebee, a sweat bee and a carpenter bee. Images courtesy of Tim Stanley; visit www.nativebeeology.com for more.

L.E.T.T.E.R

TO SHUTTLE READERS:

Treasure those ladybugs and praying mantises you are beginning to see in your garden. They'll eat gobs of insects all summer. You'll especially see them if you don't use pesticides.

Lightning bugs do their share, too. They exist in the larval stage for two years, during which time they eat plenty of slugs.

Spiders are also great at chomping on insects. When you find spiders in your house, don't smash them. Capture them in a container and gently put them outside to feast on the bugs in your garden.

— Vivian Schatz, Mt. Airy

Each state has a varying number of native bee species. Pennsylvania hosts 450 and California 1,400, for example. There is only one species of honeybee in the United States and it is not a native.

Bees are vegetarians and pollen is their only source of protein. Wasps are carnivores and get their protein from other insects, although they also eat nectar. Wasps have little or no hair and unlike bees, their markings are on their exoskeletons and not in the hairs like bees.

Only female bees sting.

When identifying bees, remember that they all have four wings, as opposed to flies, which only have two. Flies also have big eyes and short antennae plus their wings are always out sideways.

Bees have long antennae and are covered in hair. Bees cannot "hover" like flies.

In many cases, specific bee species are difficult to identify.

Among the large bees you may encounter in the garden are carpenter bees. Males are very aggressive and can be seen chasing each other. They don't have much color; just a huge shiny black abdomen and a yellow thorax (the part between the neck and the abdomen). The males have a vertical, yellow stripe on the face.

Bumblebees are the same size as carpenter bees but they are very hairy and very yellow (head, thorax and abdomen).

Cuckoo bees look like wasps, are bright, metallic green, and lay their eggs in the nests of other bees.

Leaf-cutter bees and mason bees look very similar. They both create a telltale "notch" in a leaf but it doesn't hurt the plant. They like grape hyacinths in the spring. The males have a white moustache. They look like small honeybees but they collect pollen on the hairs of their belly, not on their legs as a honeybee does. Mason bees get their name as they work with mud to build and seal their nests. They are not aggressive and won't sting unless severely provoked. Nesting kits are sold and provide a great home for them in any garden.

The largest bee you will probably see is the giant resin bee. It has a very large head and jaws. Sweat bees, on the other hand, are very tiny and have metallic coloring. Most nest in the ground.

Squash bees are usually found around squash plants but they are only seen in the morning, usually up to 10 a.m.

Finally, mining bees look like small bumblebees but they are the biggest bees seen in the spring.

There are many, many other bees, and by consulting guidebooks and the Internet (and with incredible patience!), you can confirm their true identities. Again, they are all beneficial and should be welcome in any garden.

> For questions or comments, email Ron at ronkushner@comcast.net.













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Scenes from the 2014 Spring General Membership meeting, clockwise from top left: Glenn has knife skills; Board VP Jeremy Thomas (seated) and President Margaret Lenzi; taking notes during the reports; Membership Coordinator Jonathan Leeds and Board Administrator Athena Drellos.

2014 Spring GMM

(Continued from Page 1) ture to be able to pick up a turkey here, a turkey there that may not be legitimate?"

For an answer, Bergman turned to member Ned Case, an accountant who has consulted for Weavers Way. Case said no auditing system can be foolproof. "The best an organization can do is have in place processes and rules that will allow you, over time, a very, very high probability of uncovering the act. But you can't stop someone ahead of time."

"These things happen in business," Bergman said. "The size of this is actually small ... but it's still a major hit to our trust." He reported that a search for a new finance chief for the Co-op is expected to be concluded soon.

"We are still a great organization," he added.

Board President Margaret Lenzi's opening remarks supported and amplified that observation, as she focused on Co-op plans for expansion:

"I'm pleased to report that the state of Weavers Way is good - sales are strong, membership is growing, and we are engaged in our community . . . But the next question is, where are we going?"

She and Bergman both referenced the ambitious five-year strategic plan for 2013-2018 the Co-op adopted last year, focusing on four key areas: internal operations, membership and community engagement, the farms and expansion.

"Growth has always been on the ta-

ble at Weavers Way," said Lenzi. "The question is not to grow or not, but how to grow to become more of who we are in reaching more individuals, organizations and communities." She noted that growth also fulfills one of Weavers Way's Ends: "To work towards building a thriving and sustainable local economy providing meaningful jobs, goods and services to our members and the community."

Bergman told members that research is already under way to identify a third Weavers Way location. "We're planning on doing a market study. We're planning on doing what's called a CAT study, a consumer buying study." He said members will be asked to help with the expansion plans by organizing or taking part in meetings and house parties to talk about

In other business, Bergman also announced that the Weavers Way warehouse has moved from East Germantown to the SHARE facility on Hunting Park Avenue near Allegheny in Nicetown. Bergman said this will let the Coop accept deliveries directly from broadline distributors, and then transport them directly to the stores at a savings. That could also lead to Weavers Way supplying other co-ops. In addition, the Co-op is looking forward to a fruitful partnership with SHARE, the food bank/communityservice organization.

In the absence of McGeary, Bergman also presented the financial report for FY 2014 year to date. And on a lighter note. he noted that there is interest in the possibility of a liquor license. "It's \$85,000 to \$90,000 right now," he said. "Should we go there? We do not know yet. But at least we're doing some research now to see."

The meeting concluded with two detailed presentations. Farms Manager Nina Berryman gave an overview of the Co-op's operations at Saul High School and Awbury Arboretum, as well as the Henry Got Crops CSA and the Weavers Way farmstand at Headhouse Square. Jill Fink, executive director of Weavers Way Community Programs, provided a first look at the nonprofit's new mission, vision and value statements.

Fink said one goal is to expand current programs beyond the students who participate. For example, at Hope Garden at Stenton Family Manor, an emergency housing facility for homeless families in Germantown, Fink hopes that the lessons of gardening and eating well continue when participants leave the shelter.

"Getting kids to eat kale is really easy," she said, "because they grow it and they prepare it and they want to eat it. And they're really proud of themselves and they love it. When they move out, getting a 7-year-old to be able to convince their parents to make a kale salad for dinner is probably going to a be more challenging."

Then, after a report from Leadership Committee chair David Woo on the results of the elections for the Weavers Way Board of Directors, the spring meeting ended with a view to the skies — literally. Members were able to enjoy the Skyspace installation in the Chestnut Hill Meetinghouse, created by artist James Turrell. After the disturbing news about the CFO resignation, a view of the cosmos was welcome indeed.

Ready to Get **Involved? WW Committees Have All the Fun**

by David Woo, Weavers Way Membership & Leadership **Committees**

FTER OVER 40 YEARS OF OPERA-Ation, growth and evolution, Weavers Way has to remain relevant in the lives of our owners and our community of neighbors. We do that with an elected and non-compensated Board (congratulations to our new new Directors!) who meet monthly to guide policy and execute the will of our owners. We also can do this by having a vibrant environment where members can contribute their time and talent to work toward mutual social, economic and cultural goals and objectives.

That mechanism manifests itself in our committees, where members can selfselect to contribute their ideas and opinions to the Co-op. Work credit is only one of the benefits of joining in the discussion and learning about the cooperative way by volunteering for a committee. There's a chance to further build your relationships in the community and to have an impact on the direction of our Cooperative Enterprise. You have a way to prepare yourself for service on the Board (if you decide to run for election) by learning about our Co-op's operations and policies. Committees are also a great place for retired Board directors to continue to provide the Co-op with the benefit of their experience. (Our Board is term-limited, if you didn't know.)

So find some time to learn, teach and repeat. Here's a list of committees and their contacts for you to explore. Or if you see an unmet need, consult our bylaws on the policies and the process then you can start a new committee.

Chicken Committee

Weavers Way Pet Products Purchaser Anton Goldschnieder petstore@weaversway.coop

Education Committee

Larry Schofer edcomm@weaversway.coop

Environment Committee

Sandra Folzer environment@weaversway.coop

Finance Committee

Weavers Way Board Treasurer Stu Katz sikman@comcast.net

Food Justice Committee

Weavers Way Board member Nathea Lee nathea@nleephotobravura.com Sue Wasserkrug wasserkrug@gmail.com

Leadership Committee

David Woo woo3d@earthlink.net

Membership Committee

David Woo woo3d@earthlink.net

Health & Wellness Committee

Owen McPeake owenmcpeake@gmail.com

Farm Committee

Weavers Way Farms Manager Nina Berryman henrygotcrops@weaversway.coop

woo3d@earthlink.net

Self-Regulation Using Neurofeedback

Marvin H. Berman, Ph.D. CBT, President, **Quietmind Foundation and Quietmind Associates**

THEN YOU TAKE YOUR TEMPERATURE WITH A THERmometer or step on a bathroom scale, you are using the basic principles of biofeedback, which involves the real-time measuring of a bodily function. Health-care providers use biofeedback to teach self regulation or control of physical and emotional responses. This increased selfawareness promotes greater understanding of the intimate relationship of our mind, body and behavior and hopefully allows us to make more intelligent, healthy choices.

Neurofeedback training has been widely cited in the scientific literature for 100 years and shown to be effective clinically in many areas, including addiction, Attention Deficit Hyperactivity Disorder, aggression, anxiety, autism, depression, epilepsy, headaches, insomnia, Tourette syndrome and brain damage from stroke, traumatic brain injury and dementia. The American Academy of Pediatrics has recently identified neurofeedback as equally effective as stimulant medication or behavioral treatment for ADHD.

I've used biofeedback in my clinical practice, training people to directly modify their brain activity as a way to enhance emotional and physical health. I'm using it now as a way to prevent memory loss and other conditions related to normal aging and medical conditions including head injuries, Parkinson's disease and dementia.

Our current methods of retraining brain activity patterns are as safe and easy as sitting and watching a movie or listening to music. The biofeedback program uses sensors placed on the scalp in a bathing cap to measure electrical activity coming from the brain and then uses those signals to control the brightness and volume of the movie or music. The movie's brightness and volume remain constant as the brain learns more efficient ways of responding.

Learning by this method is automatic, occurring below our usual level of awareness so that willful effort is not required. The brain is rewarded for responding more efficiently and therefore adopts the new pattern that results in improved functioning in such areas as self-awareness, learning, movement, critical thinking and memory.

We also employ the use of near infrared light stimulation, which has also been proven by our own and others' research to improve brain and body health by speeding up recovery from injury and protecting our cells from new damage. This type of light stimulation is completely safe, takes only 6 minutes to deliver and is now part of our standard neurotherapy training program.

We call what we do training and not therapy because it is more like going to the gym and working out than thinking about your problems and talking to a therapist. Frequency of sessions is related to the rate of improvement, and when you reach your training goal, the positive results are often permanent.

Other forms of biofeedback training include muscle relaxation, breathing rate and heart-rate variability (the timing interval between heartbeats). Even blood pressure and circulation can be self-regulated. Each has its own techniques and uses and all have long histories of effectiveness; some are recognized and covered by Medicare and other insurance programs. Consult with a qualified biofeedback professional who can suggest the approach that will offer you the greatest benefits.

The Weavers Way's Health and Wellness Committee is presenting a series of articles on varied modalities for achieving well-being. To reach the committee, contact Weavers Way Outreach Coordinator Bettina de Caumette at outreach@weaversway.coop or 215-843-2350 ext 118.



Suggestions

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

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

Lately I've been thinking of the word "grass," especially as it relates to "grassroots" and "grass-fed." One definition of "grassroots" is "the most basic level of activity or organization"; another is "the very foundation or source."

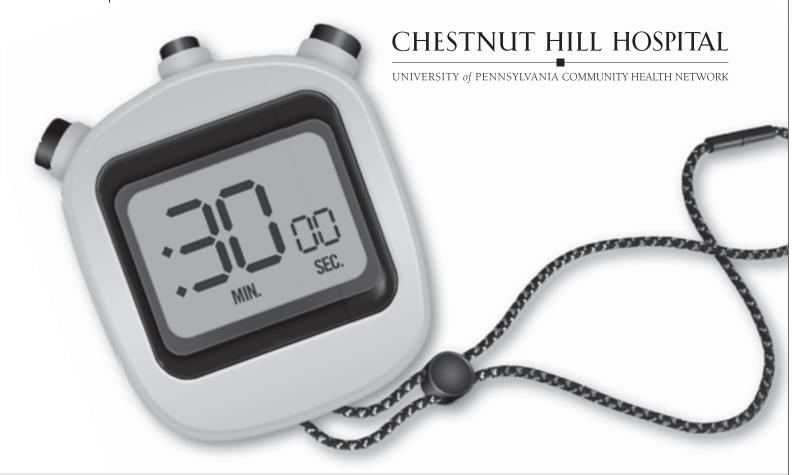
Two things got me thinking of grassroots. One is the observation that feeding cattle grass is considered the most healthy way to raise them. These cattle are eating at the most basic level, in this case at the very foundation or source of nutrients nature has provided. The grasses they eat are perennials;

(Continued on Next Page)

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Suggestions

(Continued from Preceding Page) the roots remain deep in the soil, capable of replenishing the grass over and over, an example of a sustainable system. So "grass-fed" includes benefiting from the structure and preservation of the grass's root system.

The other thing that got me thinking of grassroots is that Kensington Community Food Co-op had an event last month in which they announced they have signed a lease for a building to house their grocery store. It seemed to me this was an example of a grassroots organization in action. Similar to Creekside Co-op and Doylestown Co-op, which preceded Kensington (and Weavers Way and Mariposa over 40 years ago, and Rochdale, England, in 1844), neighbors organized themselves, did research, worked hard at figuring out what they wanted their coop to look like and, via an almost entirely volunteer effort, assembled the ingredients and critical mass to open a coopera-

Kensington's site is the former O'Reilly's Pub at 2654-2672 Coral St., near the intersection of Lehigh and Frank-



ford avenues. There is still much work ahead — they need to obtain financing, renovate and equip their building and hire staff, not to mention recruit hundreds of additional new members. One note of interest: Kensington's building came with a liquor license, which I think is a first for a co-op in Pennsylvania. Sometimes grass roots need liquid nutrients. It'll be interesting to see how it plays out.

This month's note on retail industry news about category management: "private-label eyeshadow category grew 25.8 percent to \$11.1 million. Unit sales are up 30.9 percent." This is the kind of fasci-

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nating grocery-industry news I subscribe to. Of course, no one reports whether private-label eyeshadow is made from sustainably produced materials by people paid a fair wage. After all, when it comes to looks, what matters is appearance, not health or fairness.

If you do want a fairly healthy and sustainable eyeshadow, our Next Door store stocks EccoBella. I personally wear eyeshadow every day because I don't want people to see my true colors. We can only hope that someday Weavers Way will be large enough to justify a private-label line of eyeshadow, and then we can be pleased that we can participate in this category. I'm also hoping one day we'll be large enough, and old enough, to have private-label adult diapers, which is a category we are currently not inclusive of, much to our detriment.

The play on words of "for this month's promos, let's create an adult-diaper endcap" is too tempting to pass up.

suggestions and responses:

- **s:** "Psyched to see seaweed snack packages my kids LOVE them! Not so psyched about the price can get them for \$.75 / pkg @ CH Farmer's Mkt. Can Co-op do better?"
- r: (Heather MA) I'm not sure which seaweed snack you are referring to. We carry two brands. We use a basic grocery markup for the cost we get from our vendors. This allows us to cover costs of running the Co-op and pay our staffers a "living" wage. It's important when comparing prices to be sure you are comparing the exact same item. Usually, but not always, we are within range of our competitors on the same item.
- s: "Tofu Scrambler. Fakin Bacon."
- **r:** (Heather MA) We carry Fantastic Foods-brand tofu scrambler in the section

near the soups. Fakin Bacon was discontinued years ago due to slow sales, but we have other veggie bacon in the cheese case.

- **s:** "Please bring in large-size vanilla soy yogurt (Whole Soy & Co.) just bought six small individual-sized cups which feels like a waste of packaging. Thanks!"
- **r:** (Heather MA) When larger Whole Soy sizes become available from our vendor, we will stock them.
- **s:** "We used to have Turkish figs in Chestnut Hill, can we get them back?"
- r: (Riley CH) We currently only have them available in 8-ounce tubs from Tierra Farms, but I have heard other requests to bring them back in bulk so we'll go ahead and do that. They should be back on the shelf by Friday afternoon. Thank you for your request and sorry for the inconvenience. (Norman) Turkish figs are the only food crop grown by a domestic fowl, and as such are a protected class under U.S. agriculture law. You cannot discriminate against or exclude Turkish figs; if a recipe calls for a Turkish fig, you may not substitute a Mission or Calimyrna fig. Nor can you substitute other dried fruit.

You might wonder how this came to be. Like most oppressed groups, turkeys got tired of the unfair treatment of being raised just to be cooked and sliced, so they organized themselves and demanded basic turkey rights. In 1947, the Supreme Court, in Gobblers vs. Hatchet et al., found turkeys have basic rights, which include the right to grow figs. As compensation for centuries of denial of their rights, every turkey born since 1267 is entitled to an eighth-acre fig orchard in their neighborhood. Weavers Way is happy to contribute to this case of the restoration of basic rights by providing an outlet for such an important food crop.

normanb@weaversway.coop

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A Home for New Kensington Co-op

Our friends at the Kensington Community Food Co-op are on their way! Founded in 2008 and now approaching 500 paidup members, KCFC has signed a lease on 2654-72 Coral St., its soon-to-be grocery store where Frankford Avenue meets Lehigh.

A lease-signing celebration May 4 at Philadelphia Brewing Company featured a big crowd, a big spread and, of course, a big cake (being cut, at right, by KCFC Board President Lena Helen).

Quoting from the KCFC website (kcfc.coop), "We are so excited to have a building that has so many valuable assets: Accessible by public transit, green space, a parking lot, a liquor license . . . and to boot, the location serves Fishtown, East Kensington, Olde Richmond, Port Richmond, Northern Liberties and Kensington. An absolutely incredible find!"

KCFC currently runs a two-Tuesdays-a-month marketplace. To keep up with the latest exciting developments, like their Facebook page, www.facebook.com/ KensingtonCommFoodCoop!









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CALENDAR OF EVENTS

ALL MONTH LONG

WWCP FARMSTAND AT CHESTNUT HILL, every Tuesday, 3-6 p.m. straight from the farm. Picked, washed and brought to you the same day!

LOCAL MONDAYS, 4-7 p.m., both stores. Meet the vendor and have a taste! CHESS CLUB, 7 p.m. Mondays, 555 Carpenter Lane. We have a Junior League, too! MEMBERSHIP OFFICE AT CHESTNUT HILL, 9 a.m.-5 p.m. Fridays.

Tuesday, June 3

Monthly Board of Directors Meeting
Get on board! This month's meeting is in the Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: boardadmin@weaversway.coop.

Wednesday, June 4

Weavers Way Environment Committee Meeting

Join the green party! Get involved with this longstanding and lively committee devoted to Mother Earth. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store).

Eating with Body in Mind: Produce Saves!

Fruits and veggies are the elixir of life, and the variety of options beg to be enjoyed. How can a busy person get their 5-9 every day? In this yummy workshop we unearth ways to fill your meals with nutritional powerhouses. Learn which tools and prep methods make your kitchen work for you and bring the bounty to your table. Weavers Way Farms, across from Saul High School, 7100 Henry Ave. RSVP: outreach@weaversway.coop or 215-843-2350 ext.118.

Weavers Way Locavore Supper Club Potluck

Bring a dish to share containing one, a few or all locally sourced ingredients, along with a plate, eating utensils and a cup. Eat and acknowledge the wealth and variety of local foods available in our region, talk about our common interests relating to food and community and discuss possibilities for future supper clubs! Summit Church, Greene Street and Westview Avenue. RSVP: skane@weaversway.coop or 215-843-2350 ext 122.

Monday, June 9

Weavers Way Food Justice Committee Meeting

What do we want? Food Justice! When do we want it? Now! Join this vocal group and let your voice be heard. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: outreach@weaversway.coop or 215-843-2350 ext 118.

Tuesday, June 10

Homesteading Series: Composting at Home

Tim Bennett of Bennett Composting hosts an all-about-composting workshop. Weavers Way Farms, across from Saul High School, 7100 Henry Ave. FREE. For info and to register: www. weaversway.coop/homesteading-workshops.

Wednesday, June 11

Weavers Way Welcomes New Members

Join us for our monthly orientation meeting and learn about YOUR co-op. Two work credit hours just for attending! Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: outreach@weaversway.coop or 215-843-2350 ext 118.

Thursday, June 12

Weavers Way Education Committee Meeting

This group of activists hase been giving Weavers Way members something to think about for years. Got an idea? You'll fit right in! Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: outreach@weaversway.coop or 215-843-2350 ext 118.

Weavers Way sets up shop at Philly's First Veg Fest, organized by our friends at the Humane League. The Shambles at Headhouse Square, 2nd and Lombard streets. Info: outreach@ weaversway.coop or 215-843-2350 ext 118.

Sunday, June 15

Father's Day Mash-up at MaMa

Live music and maybe more celebrating fatherhood and family at Mt. Airy Moving Arts Studio, Greene Street and Carpenter Lane across from the Co-op. For info, email muze@erols.com.

Tuesday, June 17

Celebrate Philadelphia's Solidarity Economy
Join the the Philadelphia Area Cooperative Alliance (PACA) and Cabot Creamery Cooperative

to explore and celebrate Philadelphia's Solidarity Economy. Beer, wine and light refreshments will be served. Suggested donation \$5-10 at the door. Christ Church Neighborhood House, 4th floor, 20 N. American St. (wheelchair accessible). RSVP on Facebook. www.facebook.com/events/698160730230104.

Thursday, June 19

Pennsylvania Women's Agricultural Network Field Day

Tour the farm, hear from a panel of female farmers regarding their experiences in urban farming in Philadelphia and learn how Weavers Way Community Programs farm educator Shelley Hedlund is engaging youth in the food production process. Mort Brooks Memorial Farm at Awbury Arboretum, 1011 E. Washington Lane. The \$15 registration fee includes lunch and materials. For details and tickets, go to agsci.psu.edu/wagn/events/2014-06 19ChildrensGarden.

Thursday, June 19

Eating with Body in Mind: Smoothies and Superfoods

Put that blender to healthy use by learning to make delicious and nutritious smoothies. April Pedrick will tell you what all the fuss about superfoods is really all about. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: outreach@weaversway.coop or 215-843-2350 ext 118.

Saturday, June 21

11 a.m.-7 p.m.

Make Music Philly Day

Listen up! Live music by local musicians in front of both stores all day as part of the second annual city-wide cultural project. Dancing shoes optional!

Saturday, June 21

Noon-4 p.m.

Weavers Way Fresh & Local Fair

Get a taste of what's in season and in our area. Lots of local vendors sampling their delicious products, along with WW Farms farmers and live music courtesy of the talented Weavers Way staff as well as the Make Music Philly Day folks. In the backyard at the Chestnut Hill store.

Saturday, June 21

Hoedown at Awbury Arboretum

Locally sourced farm-fresh food, live music and outdoor games are the highlight of this fun fundraiser for Weavers Way Community Programs. Cowboy hats and bandanas encouraged! Weavers Way Farms at Awbury Arboretum, 1011 E. Washington Lane. Tickets purchased before June 2, \$25; June 2-13, \$30; after June 13, \$35. For more info and to buy tickets, visit www. weaversway.coop/Hoedown or email wwcpevents@weaversway.coop.

For additional info about any of these events, email outreach@weaversway.coop or call 215-843-2350 ext 118.

by Sue Wasserkrug, for the Shuttle

Local is all the rage these days. People want to know where their food comes from, meaning they want to know the farmer, but they are less interested in where their food comes from in the sense of where it originated.

Not-Just-a-Cookbook Gets to the Root of 'Local'

Not so Heid E. Erdrich, who is quite interested in the origins of her food, perhaps because so much of it originated with the Native peoples of the Americas. Erdrich, a poet who is part Ojibwe, decided to "indigenize" her diet, and she writes about what she learned in "Original Local: Indigenous Foods, Stories, and Recipes from the Upper Midwest."

It's sort of a cookbook, but it's also much more. Erdrich has an important message: Learn to appreciate indigenous foods and you'll learn to appreciate indigenous cultures. She isn't preachy; rather, you feel like you're sitting at the kitchen table with her, sharing a cup of her chokecherry soda and listening to stories about porkypine bullets (not, happily, made from either porcupines or bullets). She hopes that, as a result of our newfound taste for Native cuisine, we will feel we have a stake in ensuring the continued existence of these foods, many of which are threatened by climate change and/or big business.

In her introduction, Erdrich helpfully provides a list of ingredients so you can "indigenize your pantry." These are items you might not already have on hand that are used in many of her recipes, or that you can use as substitutes in your own recipes: sweeteners like wild berry syrup, spices like sumac and juniper berries, dried foods like manoomin (a/k/a wild rice) and miscellaneous items like hickory nuts, venison jerky and duck eggs.

She includes resources on where to procure these ingredients, and she notes that most are available at food co-ops. (Many of the ingredients that are indigenous to the Upper Midwest are locally grown or produced just about everywhere nowadays, the notable exception being wild rice, which only grows in the Upper Midwest.)

Once you've stocked up on a few of these specialty items, you're ready to cook. The recipes are generally straightforward — think comfort food, not haute cuisine — and most are accompanied by a story. In fact, Erdrich says a recipe is a story. Each chapter includes a dozen or so recipes along with a generous helping of historical, cultural and scientific information. There is plenty of commentary from Erdrich's friends and family (including her sister, novelist Louise Erdrich), and from a variety of experts, activists and elders.

In the chapter about wild rice, for example, we learn that "manoomin" means "good seed" in the Anishinaabe language, that the Ojibwe consider manoomin sacred because it was a gift from the Creator, that wild rice is actually a grass that really does grow wild in the waterways of the Upper Midwest, that the method of hand-harvesting from canoes is hundreds of years old, that climate change has affected recent harvests, that the Ojibwe are engaged in a legal battle over the term "wild rice" and that wild rice tastes great not only with other indigenous ingredients like mushrooms and sunflower seeds but also in manicotti! There's even a recipe for popped manoomin.

Other chapters provide a similar wealth of information about fish and game, veggies and beans, and more. Erdrich points out that Native cuisine, like all aspects of

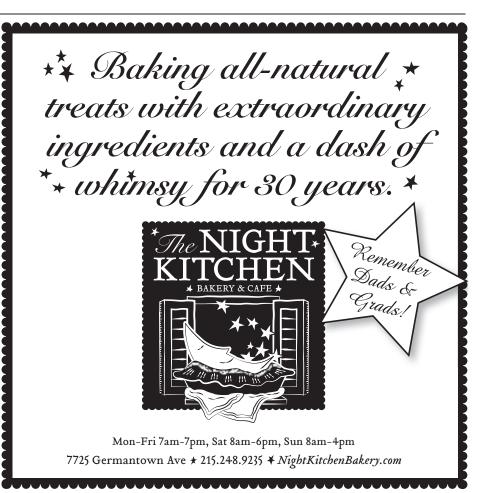
ORIGINAL LOCAL
INDIGENOUS FOODS, STORIES, AND RECIPES
FROM THE UPPER MIDWEST - HEID E. ERDRICH

all cultural traditions, has changed over time. One of her favorite examples of this phenomenon is rhubarb, which is not native to the Americas but is nevertheless a favorite at Native gatherings when it's in season.

In case you're wondering, porkypine bullets are meatballs made with ground meat and wild rice, boiled in broth and served with potatoes; they are a key component of the New Year's Welcome Feast.

This book truly includes something for everyone — meat eaters, vegetarians, vegans and the gluten-free — and all foodies should have it on their cookbook shelves.

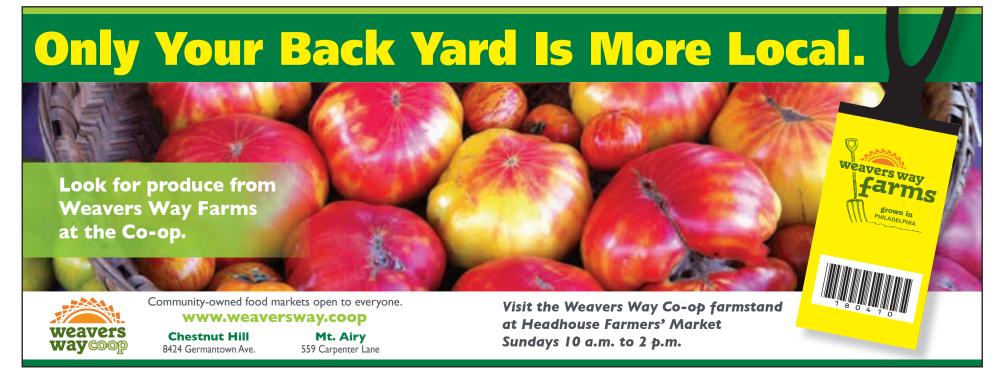
wasserkrug@gmail.com





Beautiful Soup

Deli staffer Jay Shihadeh models the new soup station in the Mt. Airy store. With four tureens, no soup-loving Weavers Way shopper ever need go hungry!





What's in Store at Weavers Way

Chef's Corner

Just When You're Not Looking, a Happy Mother's Day

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

Tother's Day is not a good day for me. ${
m I}$ lost my mother in 1986, and even though that's a long time ago, there is not a day I don't think of her. This dread of Mother's Day only got worse when my partner's mom passed a few years ago. She was like a mother to me and had really helped fill some of the emptiness I felt in the mother department. I felt truly adopted and loved in the way only a mother can love you. So this past Mother's Day was no exception . . . I woke up feeling a little bummed-out.

That is until I got a text message from a young man named Branden Pinkney. Branden fills many roles in our kitchen at the Chestnut Hill store, from washing dishes (the hardest job on earth) to waiting on customers, to receiving and organizing all of our deliveries. He is truly a jack-of-all-trades, and we have developed a very special relationship.

The journey hasn't always been easy, but it's fair to say that Branden is considered by all of us in the kitchen as a member of the family. I don't have kids and neither does my assistant, Pat. We call Branden our "Number One Son" His infectious laugh, his willingness to do whatever is asked of him and his reliability make him a pleasure to work with. I can say with all honesty that I really love him.

So, on Mother's Day, I am sitting around feeling blue when I get a text from Branden. I have asked him if it's OK to share this with you, our faithful readers, and he said he would love it if I did. It made me cry and it made me hope that my mom was as proud of me



as I am of Branden. And for a few moments it made me not feel the loss of my mom so profoundly.

"Ms. Bonnie, I want to say thanks for everything. Not only are you my boss, but you are a mentor, a job mom to me. You gave me a chance that really changed my life. When you gave me a job at Weavers Way, that was the day Branden started to grow up. Now, I'm not all the way grown, but I came a long way from the day I started. And I love you for the jokes you tell and the kind things you say to me. You're my mentor in ways because you are head of the kitchen and I look up to you. And then you always come over and give me hugs and make sure I'm on top of my work. So I know you don't have any kids, but you can adopt me. So Happy

Shrimp Alfredo alla Branden

- 1 pound fettuccine pasta
- 1 tbsp. butter
- 1 pound cooked shrimp, peeled and deveined
- 4 cloves garlic, minced
- 1 cup heavy cream
- 1 cup grated Parmigiano-Reggiano cheese
- 1 tbsp. fresh parsley, chopped

Bring a large pot of water lightly to a boil. Add pasta and cook for 8 minutes. Drain.

In a large skillet, cook and stir shrimp and garlic in butter for about a minute. Pour in cream, continuing to stir. Stir in Parmigiano-Reggiano cheese, one tablespoon at a time. Add noodles to finished sauce. Combine well. Finish with parsley and salt.

Mother's Day Ms. Bonnie, because you are like a mom to me, Love ya and see you later."

I told Branden that I love him too, and that if I could adopt him for real I would. I also told him that wherever life takes him, I will always be here for him.

On the day before Mother's Day, Pat and I attended Branden's grandmother's funeral service, so our Number One Son has had his first taste of losing an important woman in his life. That he chose to honor me as one of the other women in his life puts me in good company, because "Tiny," as Branden's grandma was known, did an amazing job in helping to develop the amazing man that Branden Pinkney is on his way to becoming.

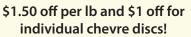
bonnie@weaversway.coop





Cypress Grove

PsycheDillic Chevre Lamb Chopper Sheep's Milk Gouda **Truffle Tremor** Ms. Natural and Purple Haze Chevre





June Cheeses from Humboldt County, CA

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

N JUNE, IN THE SPIRIT OF SPENDING TIME IN JUNE, IN THE SPIKE OF SELECTION feeling outdoors, picnics, and basically feeling groovy, we would love for you to try some Cypress Grove Cheese from Humboldt County, CA.

You may end up making yourself the best and most epic sandwich you ever did have, or dreaming up your go-to potluck salad.

Our June specials from Cypress Grove include soft-ripened Humboldt Fog and Truffle Tremor; fresh chevres, Ms. Natural, Purple Haze and PsycheDillic; and aged goat and sheep goudas Midnight Moon and Lamb Chopper.

Though the names may suggest that these are not serious cheeses, in fact they have won some serious awards. Truffle Tremor took a first place this year in the 2014 World Champion Cheese Contest and Midnight Moon took a third.

These cheesemakers have a great variety in

their product line. Their cheeses are all stars on the cheese board, but they also really lend themselves to cooking and great sandwiches.

Some suggestions from the Cypress Grove website (www.cypressgrovechevre.com):

- PsycheDillic dill chevre with smoked salmon on a bagel with red onion and capers.
- Lamb Chopper Sheep's Milk Gouda on crusty bread with quince paste and fresh
- Truffle Tremor ripe goat cheese on top of some wonderful grilled steaks.
- Ms. Natural or Purple Haze chevre on a beet salad.

You should totally check it out because it's \$1.50 off per pound and \$1 off for individual chevre discs! So, sit back, enjoy and have a beautiful summer, everyone! Peace.

soconnell@weaversway.coop

Humboldt Fog and Roasted Grape Panini (or Grilled Cheese)

- 2 tbsp. extra-virgin olive oil
- 1 pound seedless red grapes
- 8 slices rustic bread
- 8 ounces Humboldt Fog chevre

Preheat the oven to 375 F.

In a shallow roasting pan, drizzle the grapes with 1 tbsp. extravirgin olive oil. Roast until the skins of the grapes start to blister, about 20 minutes. Remove and allow to cool slightly.

While the grapes cool, preheat a panini press or cast-iron skillet. Brush both sides of the bread with extra-virgin olive oil.

Place 2 ounces of Humboldt Fog on each of four slices of bread. Put a handful of grapes — 10 to 12 per sandwich — on top of the cheese.

Press each sandwich in the panini press or grill in the cast-iron pan for 2-3 minutes or until golden brown and you see cheese oozing out the sides.

Board Corner

You'll Be Dishing With New Friends In No Time

by Lisa Hogan, Weavers Way Board of Directors

MSTERDAM IS LOVELY IN APRIL AND THE TULIPS AT Keukenhof Gardens are spectacular, but the real highlight of our recent trip to the Netherlands was our Eatwith dinner. Eatwith.com is the address of this wonderful website that arranges for you to have an authentic meal in a private home. You can also access Eatwith through Facebook.

When I knew my husband and I would have several open nights in Amsterdam, I pursued this connection.

Once at Eatwith.com, you click on the country where



Guests or hosts can get more information or make arrangements at www.eatwith.com. you want to have a meal. Next you click on the city, and next you study the opportunities. In Amsterdam, there were several dinners available as well as a brunch and a number of cooking lessons. When you make a

choice, the request goes to the host, who must respond within 24 hours — so you are not waiting long to see if your plans will work out. The timing was wrong for the first hosts I chose, but the next one we tried, Ayala, a young graduate student, was excited to welcome us to her East Amsterdam apartment.

As soon as the host confirms the request, you pay the listed price for the meal by credit card or Pay Pal. The host is paid immediately, and Eatwith keeps 15 percent. Eatwith staff vets the host home to insure their standards for quality, safety and interpersonal skills are met. Dietary restrictions also are accommodated. Customer service is available around the world and around the clock.

Alaya was a new Eatwith host. A cab with GPS made finding her apartment easy. She and a friend cooked a wonderful four-course meal and included wine. Two other local guests joined us. We talked about Amsterdam and America over a well-planned evening. Some topics of conversation were marijuana ("You get weed in the coffee-



house and coffee in the café"), the red-light district ("They are not all volunteers, many of the women are from Eastern Europe and are forced into the work") and bicycles ("After your 10th bike is stolen you get annoyed. You even go down to the edge of the canals and buy your own bike back from the thief for 10 euro"). Our local hosts also gave us some insider tips for things to do and see in our remaining days in Amsterdam.

I am recommending
Eatwith.com to all adventurous travelers. You get into a private home and you enjoy a meal and conversation with local people you otherwise would not meet. I have looked into Barcelona for options for later this year. The menus look great and so plentiful that I will be able to choose a convenient location as well as wonderful tapas. Barcelona and Tel Aviv are the original hubs for Eatwith.



Alaya (seated second from left, above) and her friends were wonderful dinner hosts for Mike and Lisa Hogan in Amsterdam. (And their trip coincided with tulip season, of course.)

Next I plan to enroll as a host in Philadelphia. There are no Philly hosts yet but Eatwith would like to have one or many. There are plenty of hosts in the United States for domestic travelers, especially in Manhattan.

I loved our dining experience and recommend Eatwith to travelers of any age. Bon appétit!

lisabelisa@comcast.net

Membership

(Continued from Page 1)

of renewal statements he wrangles every month.) And that renewal statement, oh yeah, we're pretty sure you don't even read it because it's pretty boring and even kind of unfriendly. For that we truly apologize.

Goal 2: Make it easier to become a working member.

Did you know we're one of only four co-ops left in the country that still have working-member programs? Over the past few years, we've seen a steady, albeit slow, decline in working membership as a proportion of total membership (which continues to rise).

We realized there are too many hurdles to switching from non-working member to working member status. Think about it. You sign up for membership. But you can't be a working member until you complete your hours. So you sign up for a two-hour shift, and then another, and then your honeybunny signs up for a two-hour shift, then another. And you've got to get all your hours in within your assigned three-month period — the dreaded "cycle."

Under the current system, it can take a long time to achieve working-mem-



When the Co-op relied on members for labor in the stores, cycles helped make sure shifts were always covered throughout the year.

That's no longer the case, and now cycles are confusing for staff and members alike.

ber status, especially if there are a lot of adults in your household.

Things need to change if we want to get working membership on the uptick. Working member cycles are not working any more. When the Co-op relied on members for labor in the stores, cycles helped make sure shifts were always covered throughout the year. That's no longer the case, and cycles are confusing and create all kinds of headaches for members and staff alike. So unless we hear clamors for the continuation of cycles, they're definitely headed for the chopping block, to be replaced by a yet-to-be-developed system.

Goal 3: Develop higher-value member benefits.

We're sorry to say that we've lost

members because they "don't see any real tangible values to being a member" and "don't feel a difference between being a member and a shopper." (For the record, while we've lost a few members who cited a lack of benefits, most of them say they will continue to shop at Weavers Way.) So we'll be looking at ways we can give members more — more in-store specials, more Weavers Way-branded products with extra discounts, more members-only coupons and perhaps bigger discounts for seniors and working members. It's all on the table for consideration.

Goal 4: Increase the velocity of equity payments.

Did you know it takes 13 years, at the minimum of \$30 a year, to pay off your

equity commitment to the Co-op? We are the only co-op that stretches full investment out that long. Looking at it from what the finance folks call the "net present value" of your equity commitment, that \$400 you put in over the course of 13 years is actually worth \$298.62. ("NPV" compares the present value of money today to the present value of money in the future. Our calculation assumes 3 percent inflation.)

Ouch. That's over \$100 of your hard-earned equity straight into the ether.

Another thing we realized is that our messaging about equity may not be entirely clear. The Weavers Way lexicon needs to change to better get the message out that an equity payment isn't a membership fee, but an investment you make as an owner of the Co-op.

So that's where we are. And now we need your help in finding creative ways to get to these goals as Weavers Way blasts forward. We expect this process to take anywhere from one to two years. We will be forming a committee of staff and members soon. If you're interested in participating, please email me. In the meantime, help us brainstorm and continue to give us your feedback. We look forward to working with you!

rtorpie@weaversway.coop

Staff Celebrity Spotlight: Mike Donato

Cooking Up a Lifelong Journey from Down Under to NYC to Philly

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

TROM HIS EARLIEST DAYS GROWING UP IN BRISbane, Australia, Michael Donato, a chef in Prepared Foods at Weavers Way Chestnut Hill, was fascinated by cooking.

"My father, on a Sunday, would do a roasted chicken after he mowed the lawn," he recalled. "So I had the smells of cut grass and chicken roasting . . . and beer."

When Mike was 16, his father died, and his mom went to work, so he took on the meal-prep duties for himself and two brothers who were still at home. He also left school. Two years later, he was drafted into the Australian Army, where he went to cooking school.

"I was in this officers' mess one day, and I walked into their larder. From floor to ceiling was all these brown paper bags, and all of them were filled with different kinds of curry," he said. "An Indian regiment had been training there a couple of weeks before I arrived.

When I saw that . . . like, light bulbs just went on." To this day, Indian and Southeast Asian cuisine continues to be a favorite for him.

When he got out of the army, Mike went to art school, earning an associate degree in graphic design. It was common for Australians who had completed their studies to spend a year working in London and then travel before returning home. But he chose to make the 9,598-mile trip to New York City instead to work as a commercial illustrator and graphic designer.

While in Manhattan, Mike met and married a woman from Chestnut Hill. They returned to Australia, where Mike operated his own business as a graphic designer



Frankie Plourde photo

Chef Mike Donato is an oil painter. He's only in the prepfood business at Weavers Way Chestnut Hill for the money and for the co-workers.

and illustrator, doing airbrush work. After six years, his wife wanted to return to the United States, and they settled in Philadelphia. But computers were changing the graphic design business, and work was hard to come by. Meanwhile, his marriage disintegrated.

At that point, Mike made another life turn. He enrolled in the Pennsylvania Academy of the Fine Arts full time and went back to cooking to support himself. He graduated with a certificate in painting in 2000.

"It was so hard," he said. "There were times when [you] couldn't pay the rent . . . living on bagels . . . but it just opened up a whole new way of thinking, of tackling problems . . . of looking at life."

Mike, now 62, lives in Mt. Airy with his girlfriend, Nina, and considers himself an oil painter, although he also enjoys working with metals. His work focuses on the urban landscape and how we live within it. But he still makes his living in the kitchen. Before coming to Weavers Way last June, he was a line cook at Cafette

"I like the idea of working in a co-op," he said. "It's good working for a place where what I put into it comes back."

His ideal Weavers Way meal includes oven-roasted chicken, a baguette and "a nice, crisp salad." And a bottle of wine.

But his favorite part of the job is his co-workers. "I cannot explain it — it's like being in grade school again," he said. "I think it's because everybody seems to have a pretty good, broad sense of life. Their attitude towards life is pretty accepting."

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

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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 start at 6:30 p.m., in Mt. Airy in the Community Room, 555 Carpenter Lane, or in Chestnut Hill at various locations (call for details). Current members who help host also get work credit!

RSVP: outreach@weaversway.coop or 215-843-2350 ext. 118. **NEXT MEETINGS**

June 11 (CH), July 23 (MA), Aug. 13(CH) July 12: 10 a.m. at Weavers Way Farm at Saul High School



June Member Specials

Valid from June 4 - July I

ember savings, visit



WOODSTOCK FARMS OG Bread & Butter Sweet Pickles 24 oz

\$4.99 REG \$5.49



HENRY & LISA'S Grab N Go Wild Alaskan Cod 4 oz

\$3.99 REG \$4.69



TEA TREE THERAPY Tea Tree Oil 30 ml

\$8.39 REG \$9.29



JULIE'S Ice Cream assorted flavors 16 oz \$3.99 REG \$4.79



ORGANIC VALLEY Milk Box assorted flavors 4 pk \$4.69 REG \$5.49



AUBREY ORGANICS Oily/Acne Prone Clear Skin Complex .5 fl oz

\$8.99 REG \$9.55



OG Vanilla Ice Cream Sandwich 4 oz

\$1.99 REG \$2.49



RISING MOON OG Ravioli assorted varieties 8 oz \$3.69 REG \$4.09



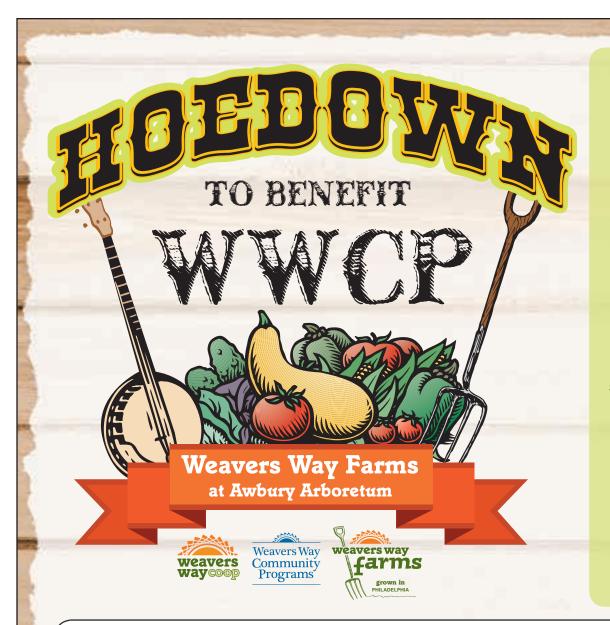
AUBREY ORGANICS Swimmers Normalizing Conditioner II oz

\$9.99 REG \$10.45

across the way

Be Excellent Inside and Out.





SATURDAY, JUNE 21 6 TO 9 P.M.

WEAVERS WAY FARM AT AWBURY ARBORETUM

1011 E. Washington Lane

Celebrate Summer Solstice with a farm-to-table Hoedown on one of Philly's largest urban farms!

Live Music · Games LOCALLY SOURCED, FARM—FRESH DINNER

\$25 until 6/1, \$30 from 6/2 to 6/13, \$35 after 6/13

All proceeds benefit farm & nutrition education programs for children at Weavers Way Community Programs, a 501c3 nonprofit.

Guests are encouraged to bring a picnic blanket. Weavers Way Farm is easily accessible via SEPTA regional rail and bus, or by bike!

Details and tickets at www.weaversway.coop/hoedown

* the Hoedown is a 21+ event

THANKS TO OUR SUPPORTERS:













