

The Shuttle

July 2014 Vol. 42 No. 7

Community-Owned Food Markets Open to Everyone

Board Corner

President's Spring Report Focuses on Co-op Growth

Margaret Lenzi will be stepping down after two years as president of the Weavers Way Board of Directors. Here is the message she delivered at the General Membership Meeting on May 18, 2014.

THIS PAST YEAR MARKED THE 40TH anniversary of our co-op, and we celebrated with a grand event at Cliveden, remembering the long journey that got us to this point.

But I'm here to report at the 2014 Spring General Membership Meeting that the state of the Weavers Way Coop is good and that we are looking forward to continued growth and development in the coming years.

Where are we now? Here's the big picture:

We are now an \$18 million local business, and projections are that we might tip \$20 million in revenue this fiscal year, which ends June 30. Sales growth is up 10 percent over last year.

We have four stores — the Mt. Airy and Chestnut Hill food stores as well as the two health and wellness stores, Across the Way in Mt. Airy and Next Door in Chestnut Hill that opened last fall. And let us not forget the distinction of being the only co-op in the country that has two farms. This is a complex operation to run, but we are always working to maintain and improve our infrastructure so we can continue to be successful.

We have 153 employees — 102 full-time and 51 part-time — and provide wages and benefits above the average food retail level. So we try to do the right thing by our staff.

We are 5,300-plus member households and many others who shop at our stores on a regular basis. Membership continues to grow, and we are up 4.5 percent compared to last year this time.

We have a huge impact on our local economy. A higher percentage of our dollars remain in our community due to fresh&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 **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 **INSIDE Weavers Way Farms Produce** Fresh & Local Delivered to Mt. Airy and Chestnut Hill Fair Pictures, on Wednesdays and Fridays **Next Page**

the large number of local vendors and producers we use. In 2013, local and regional products were \$5.8 million or 33 percent of sales. In 2014, we estimate there will be a 10 percent increase in local product, to \$6.4 million.

Yet we still stay strong to the values and principles of a cooperative that make us strong, such as voluntary and open membership, democratic member/owner control, member economic participation, cooperation among cooperatives and concern for community.

And we continue to be involved in our community through the many partnerships with such groups as Awbury Arboretum, the Food Trust, Cliveden, Germantown Hunger Network and the Schuylkill Center, just to name a few.

We sponsor workshops and film series. Our farms provide a rich educational resource, and the Weavers Way Community Programs Marketplace program partners with local schools. Our communications department, featuring the Shuttle, the website, electronic newsletter and social media, is reaching more and more people.

So we do have a lot going on, and I'm pleased to report that the state of the Weavers Way Co-op is good. Sales are strong, membership is growing and we are engaged in our community. The Ends Report for 2013, which is available in its entirety on the Weavers Way website, has many more accomplishments. But our success is due to our loyal and inspiring membership that keeps moving us along.

Where are we going? Here's the next picture:

Last year, Weavers Way adopted a Five Year Strategic Plan for 2013-2018 that identified four focus areas: growth and expansion, internal operations, member and community engagement and the Weavers Way Farms. Although (Continued on Page 11)

Integrating Mt. Airy: A New History of An Effort Worth Remembering

by Laura Morris Siena, Weavers Way Board of Directors

ABBY PERKISS BEGAN HER LIFE IN MT. Airy and makes her home here now. A history professor at Kean University, she has put the neighborhood at the center of her first book, "Making Good Neighbors: Civil Rights, Liberalism, and Integration in Postwar Philadelphia" (Cornell University Press).

A history of Mt. Airy's intentional racial integration movement, it's a great story and well worth reading, whether you grew up here or are new to the neighborhood.

Mt. Airy is among a handful of communities across the country that fought back against wholesale neighborhood racial change in the '50s and '60s, seeking instead to create racially integrated communities. In fact, Mt. Airy pioneered many of the techniques practiced by other communities — notably Shaker Heights and Cleveland Heights, Ohio, and Oak Park, Ill. — several years later. Perkiss writes:

Here, organizers worked to understand and put into practice the ideals of an integrated society. Beginning with a coordinated pledge in the mid-1950s, homeowners in Mt. Airy waged a community-wide battle toward intentional integration. Through innovative real-estate efforts, creative marketing techniques, religious activism and institutional partnerships, residents worked to preserve the viability of their community.

That coordinated pledge, "This We Believe About Our Neighborhood," promulgated by the newly formed Church Community Relations Council, was signed in 1953 — before Brown v. Board of Education, before Freedom Summer, before the March on Washington. Here's what it said, in part:

"Those that are moving into our neighborhood show every evidence of being good neighbors... However, because of the myths and legends of race, the history of segregation and some of the traditional practices of the real-estate market, a spirit of fear and panic often seeps into the hearts and minds of many people, causing them to list their houses for sale and to run away... People who love good homes, gracious living, a cultural atmosphere, should be encouraged to (Continued on Page 8)

CHVNGE ZEKAICE KEÓNEZLED mmm:megagelemg):coob

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

INSIDE

What's in Store	Suggestions
Neavers Way Community Programs 4-5	Environment Committee 16
General Manager's Corner 6	Weavers Way Farms
.etters	Weavers Way Calendar 20
Chicken Legalization 10	Chef's Corner
Neavers Way Ends Report 12-13	Dinner and a Movie
Summer Wildlife 14	Staff Celebrity Spotlight 23
The Passionate Gardener 15	Co-on Specials 24

Editor's Note



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

BY NOW, MOST EVERYONE WHO cares has heard about our problem with the guy who used to run the Co-op's finance department helping himself to some Weavers Way cash. Glenn first disclosed it in May at the General Membership Meeting, and then we covered it in the June Shuttle. (Of course, some of you didn't notice until the Inquirer and Chestnut Hill Local ran the story . . . tut, tut.) As you can see in Glenn's column this month, there's not much more to say: We got our insurance and we're waiting on the police. It's not like the financial crisis in 2002-2003, to which this incident is being understandably but awkwardly compared. Back then, we had no finance department. We had no oversight. It turned out we had no money, either. What we have now is a \$19 million business with best practices intended to prevent fraud, or at least catch it.

Which brings me to my hero, Susan Beetle.

Susan's title is Finance Manager. She's been at Weavers Way for seven years. I don't pretend to understand bookkeeping — I called her the other day to ask if I was doing an arithmetic problem right, and she was very reassuring but she is the person all the stories allude to, who got suspicious about some credit-card receipts, which prompted her to check some more receipts and conclude that we was robbed.

Specifically, she noticed a couple of unlikely \$500 gift-card purchases in the course of going through Restaurant Depot credit-card expenditures to see if they were pre- or post-inventory.

That's the kind of thing she does. And sometimes, in the process, she finds things and thinks, "This can't be right." Then she bugs people until they fix them, which means folks around here sometimes wince when it's Susan on the phone.

This really resonates with me, because I've been a copy editor for most of my career, which means I myself have spent a lot of time finding things that aren't right and bugging people about them. Copy editors aren't the most popular kids on the playground either, but occasionally they do catch bad guys.

Actually, Susan is a pretty good copy editor, too.

msweeten@weaversway.coop

Now's a great time to join and take advantage of the benefits of Co-op membership.

Sign up online! It's easy. weaversway.coop/join

fresh & local June 21, 2014



Hailey Hayman and Elizabeth Ughetta from Susty Party bookend Weavers Way staffers Kentu Malik, Dean Stefano and Nick Rosica. (There's a cup joke in here somewhere, but we're not going there.) The Susty folks also brought their renewable party activities (above).

Dean Stefano photo



Nathea Lee/ PhotoBravura

Soom Food's Amy Zitelman shows off some of her all-in-thefamily tahini.



Philip Gehman serves up Swiss Villa milk. The dairy also provides us pastured, non-GMO-fed eggs.



Vijay Gupta offers tastes of his Jyoti Indian cuisine products.



Common Market's Molly Riordan (right) talks tea with Dawn Kiesewetter of Chaikhana Chai.





What's in Store at Weavers Way

New on the Shelves

Get Presentable With Gift Wrap

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

HEN WEAVERS WAY NEXT DOOR opened last fall, almost everything we carried there was either in the wellness or beauty category. But over time, in response to customer requests, the selection has widened.

For instance, you can now wrap up your shopping there — literally.

Next Door has added Jillson Roberts wrapping paper, tissue and gift



Next Door's new gift wrap nook

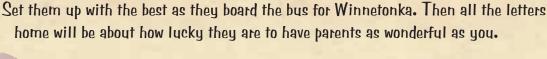
bags. The paper is 100 percent post-consumer and uses a 100 percent recycled tube. The tissue is also all recycled. Next Door Manager Amira Shell and her cohorts have set up a corner next to the mini fridge where the tissue and bags live, along with ribbon and candles in a variety of scents and styles.

And while you're Next Door, also check out Hambly stickers, which are acid and lignin free.

Elsewhere at the Co-op

Mt. Airy Pet: Buyer Anton Goldschneider has brought in raw, frozen Top Qual-

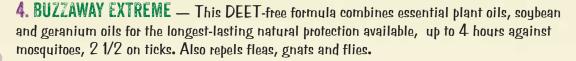
Because there's nothing that can't be improved by bringing something you bought at the Co-op! . . . TO SEND TO CAMP WITH YOUR KID



1. DR. BRONNER'S MAGIC SOAP TRAVEL SIZE — The good doctor should be in everyone's rucksack. This all-purpose soap/shampoo/laundry detergent will keep them immaculate as they contemplate the starry skies.

A SERVICE OF WEAVERS W.

- 2. ALBA BOTANICA SUNSCREEN No one wants a bright-red camper. Protection to 45 SPF, quick-absorbing, water-resistant (40 minutes) and perfect for daily use. Aloe vera and sunflowerseed oil moisturize sun-exposed skin. Paraben-free too.
- 3. WOOBAMBOO TOOTHBRUSH Antimicrobial, organically grown and biodegradable. Not to mention the coolest toothbrush in the bunk. (Yes, toothbrushes can be cool.)



5. BLUE PLANET SUNGLASSES — Buy a pair of these super-stylin' eco-processed bamboo shades, and Blue Planet gives a pair to people in need in 13 different countries. Kid and adult sizes, and readers for you, too. The staff will be combing the lost-and-found for these.

ity dog food out of Hyattsville, Md. Their Healthy Variety Mixes come in 1-, 2- and 5-pound rolls, in six flavors, even duck. All contain organ meat and a small percentage of veggies and fruit. Some also include whole egg. And now that it's really summer, you'll want to have on hand Advantage topical flea treatment for your cat and Advantix flea and tick control for your pooch.

Mt. Airy Bulk: Get your grill on with Himalayan fine pink sea salt in six-ounce containers, and Frontier seafood seasonings in original, blackened and low sodium. The second floor now also carries Hungarian hot paprika in five-ounce tins, and Equal Exchange bittersweet **chocolate chips** in bulk.

Mt. Airy Grocery: The gluten-free section continues to expand. Kathryn Worley, assistant grocery manager, recommends Nature's Path Sunrise Crunchy Maple cereal; she says it's the best gluten-free cereal she's ever had. The grocery gals have also added Figgies & Jammies fig bars in three flavors, and Jovial gluten-free tagliatelle. The latter got rave reviews from the gluten-free baker at High Point Café. Meanwhile, downstairs, look for Delverde no-boil lasagne, Amore pastes in garlic, pesto and sundried tomato and Svelte protein shakes in three varieties.

CH Grocery: Raw-food enthusiasts

will appreciate the addition of Harmless Harvest raw coconut water to the front drink case. It's the first of its kind, according to their website. And if you're looking to upgrade your beef jerky (and really, who isn't?), check out the selections from Krave in Snack Central at the front of the store. The Hill carries them in black cherry barbecue, basil citrus and

I tried the black cherry barbecue, and . . . yeah. It's like that. The chili lime sounds like it would go well with a clear adult beverage from Mexico — or a delicious summer brew.

kplourde@weaversway.coop





Weavers Way Community Programs

You Too Can Get Your Hands on Our Produce

by Jill Fink, Executive Director, Weavers Way Community Programs

EAVERS WAY COMMUNITY PROGRAMS DONATed over 1,200 pounds of produce last year. Nearly all of that went to the kitchen at Stenton Family Manor in Germantown, one of the city's largest emergency housing facilities for homeless families, and site of WWCP's Hope Garden. What didn't go to Stenton was given to the very appreciative student interns who worked with us at Saul High School last summer. They put a lot of time into cultivating what they took home.

Our bounty is large and there's plenty to go around. We're proud that Mt. Airy's Jyoti Indian Bistro and High Point Café get produce and fresh herbs from WWCP. Jyoti's Chat Salad features the freshest seasonal produce we have to offer. Look for the signs at the High Point to see what herb-scented pastries Meg Hagele is featuring any given week! Partnerships like these demonstrate the strength of our community and the increased impact we have when we work together.

"It's wonderful that nearly 30 years after Weavers Way became one of the first non-South Asian grocers to carry our prepared foods, we can continue a dynamic partnership with our new restaurant concept and Weavers Way Community Programs," said chef/owner Jyoti Gupta. "In addition to growing fresh produce in our community, WWCP's programs are making healthy living accessible to more people. As a registered dietitian, I can't overstate the importance of having an organization like WWCP in the neighborhood, and I'm very proud that our restaurant is a partner with them."

Last summer, Jyoti Bistro raised more than \$400 for WWCP in a single evening when they donated 20 per-

cent of their revenue on a Saturday night to support our farm education programs.

Beyond our restaurant partners, a full selection of what we have to offer is available every Tuesday from 3 to 6 p.m. at the Weavers Way Community Programs Farmstand in front of Weavers Way Chestnut Hill. Stop by and meet some of the young participants in our programs! They take great care to bring you the most local, most beautiful, most-likely-grown-by-someone-underthe-age-of-18 produce you'll ever see. Our farm crew works with the youth just a few miles from the site where you buy it — it's expertly grown, hand-picked, lovingly washed and packed with care.

We get an early start on Tuesdays and cover every inch of each of our farm sites in search of what's ready to be harvested. Those that need the most time to cool — lettuce mixes, kale, arugula, bok choy — are the first to get our attention. We cut, pull and pick, then place everything in produce bins that are carried to the wash station. Our wash basins — repurposed bath tubs — are filled with water where we then wash or soak our veggies. Salad mix, for example, is dunked in the cool water to get the heat out and crisp the lettuce, ensuring that it will last even longer once it reaches you.

After being sorted by hand to remove weeds or wilted leaves, the mix is scooped out with a strainer, dried in a 5-gallon salad spinner and poured onto a large drying crate to dry further. Finally, it's weighed and bagged and put in the refrigerator for a few hours to cool even further.

Any produce sold at the WWCP farmstand has been out of the ground for less than 6 hours; if it doesn't require washing (like strawberries or summer squash), it's likely on the shelf within 2-3 hours of being picked.

The only way to get fresher produce is to pick it



Shelley Hedlund photo

Where our radishes clean up

yourself. Literally.

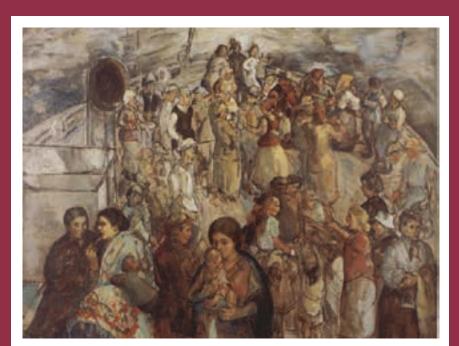
So visit our farmstand, and show your support for local businesses like Jyoti and High Point. Let them know that you appreciate their support of non-profits like Weavers Way Community Programs.

- Jyoti Indian Bistro 7220 Germantown Ave.
- High Point Café 602 Carpenter Lane / Allens Lane Train Station / 2831 W. Girard Ave.

jill@weaversway.coop

Woodmere Art Museum

TELLING THE STORY OF PHILADELPHIA'S ART AND ARTISTS



THERESA BERNSTEIN

A CENTURY IN ART

Opening July 26

UPCOMING EVENTS

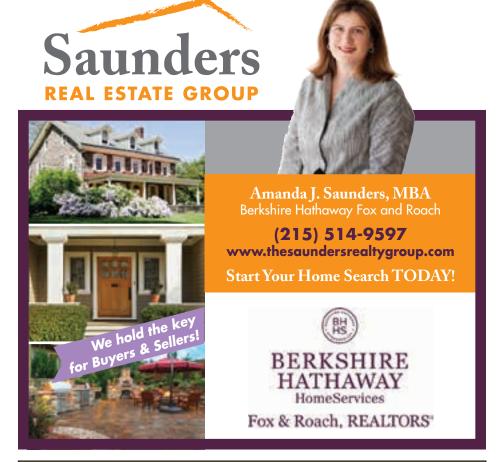
Gallery Talk:

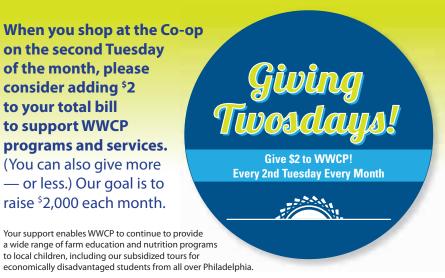
Theresa Bernstein, Artist of the Twentieth Century Lecturer: Michelle Cohen

Lecturer: Michelle Cohen Saturday, July 26 | 3:00 pm Lecture:

Theresa Bernstein: A Century in Art Lecturer: Gail Levin Saturday, Sept. 13 | 3:00 pm

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







Weavers Way Community Programs

Summer Farm Workshops for Kids

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

UR URBAN FARM TOURS AND WORKSHOPS ARE STRUCTURED TO BE A GROUP experience. Schools or camps call to schedule a workshop or register online. They pick a lesson, pay a small deposit to save the date they request and then bring their groups to one of our farms for a unique urban farming experience.

While our group tours have been well received, and we love doing them, it occurred to us (well, really our Office Manager Angela) that we are excluding community members who do not have the opportunity to attend a group tour. Not every school has the time or money to take a tour, and not every parent/caregiver will send their children to camp in the summer.

In order to fill this gap in programming, we are thrilled to announce a new workshop series — "Cycles on a Farm" — for children and their caregivers! Workshops are taught by our Farm Education Coordinators and are open to children of all ages. Workshops will also include a farm tour.

These workshops provide a glimpse into urban farm life for the children who haven't been able to attend a group tour and workshop through their school or camp. Workshops are \$15 per visit. Please pre-register by contacting me at alison@ weaversway.coop.

Bee Mine, Monday, July 7, 10 a.m.

Do you like honey? Learn about types of bees and all the things bees do for us on and off the farm. Also learn about beneficial bugs and insects!

Farm to Plate, Monday, July 14, 10 a.m.

Follow the process of getting your meal from the mouth. Harvest, wash, cook and eat!

fields to your



What's the FBI got to do with compost? Fungus, bacteria, and invertebrates that's what! Learn about compost and the organisms that make it all work. Be prepared to dig in soil and observe bugs!





Get the Best for Your Money

Service. Value. Trust.

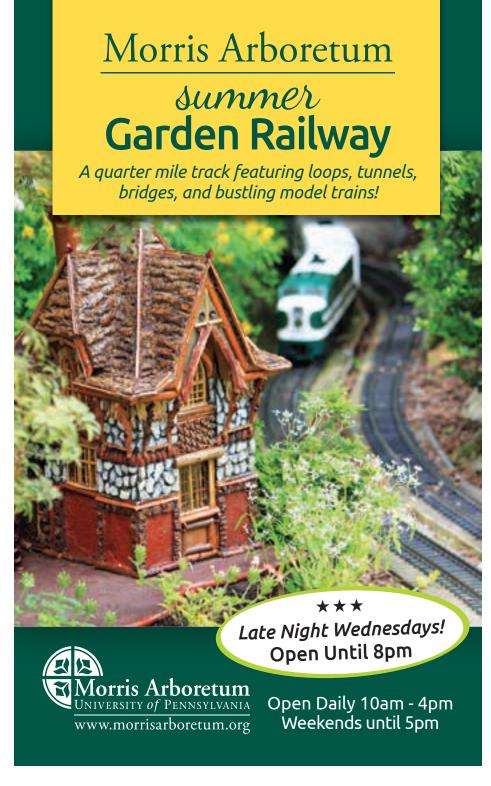
We deliver that—and then some. **Savings up to 30%*** when you place your home, auto and life coverage with us. Benefits like first accident forgiveness and the expert advice of a trusted agent.

The Lowa Group, Inc.

8002 Germantown Ave. Philadelphia, PA 19118 215-242-2242

www.lowagroup.com





S944a Not all companies are licensed or operate in all states. Not all product are offered in all states. Go to erieinsurance.com for company licensure and territory information. *Savings vary by state and policyholder.

General Manager's Corner

Chestnut Hill Parking, Work Hours

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

To, I do not have a solution to the back lot at the Chestnut Hill store. I have received numerous calls and emails about the reserved spots for one of the Germantown Avenue businesses. All I can say at this point is that we hope to continue to work with the owners of the lot to move it under the control of the Chestnut Hill Parking Foundation or other management process so we can all use the lot during the day. (Right now some people are parking all day and not allowing for the free flow of traffic, even with the towing signs.)

You can always park in the Chestnut Hill Parking Foundation lot on the opposite side of Germantown Avenue from the Chestnut Hill store. The entrance is off E. Highland Avenue, and it is never full. I paced it off and it is no farther than the back lot is from the front of the store. I now realize that many people do not know about this lot, which costs 50 cents for one hour. It's where I always park. Maybe you'll see me there!

As usual, Weavers Way staff will be happy to carry your purchases to your car — just ask.

CFO Fraud Update

A few items related to the credit-card

The Shuttle is published by Weavers Way Co-op. The advertising deadline for each issue is the 1st of the preceding month, e.g. Dec. 1 for January. For information, contact advertising@weaversway.coop, or call 215-843-2350, ext 117.

Statement of Policy Articles are welcome and should be under 500 words. Articles may express only the views of the writers and not those of the Co-op or its Board, unless identified as such. The Shuttle retains the right to edit or refuse any article. Please submit via email to editor@weaversway.coop and include contact information within the document. The purpose of the Shuttle is to provide information about co-ops, healthy food practices and other matters of interest to Weavers Wav members as consumers and citizens. Ad rates are available at our stores. online at www.weaversway.coop or via email at advertising@weaversway.coop. Ads must be submitted electronically, with payment. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.



The Shuttle is printed on 100% recycled paper. theft perpetrated by our ex-CFO Michael McGeary:

We have been paid \$25,000 by our insurance carrier (Lowa in Chestnut Hill). The \$2,200 check we got from McGeary the day he left has cleared. So we have most of our money back at this point.

We filed a report and made a lengthy statement to Philadelphia Police detectives. And we have been informed that the insurance company will seek restitution for their funds.

I received many kind calls and emails from our members supporting our efforts related to this case. We will press charges at some point in the future once we know the status of the police work.

Member Work Program

Changing the member work program to match the rest of the co-op world has come to Weavers Way.

When we review work programs at other co-ops, there are a few items that are standard and make much more sense then what we have. Our system of requiring six hours per adult in the household, to be completed over a four-month cycle, should end. Replacing that most likely will be a system of co-operators and "super-co-operators."

Other co-ops with volunteer work programs ask for commitments of two

Sunglass Sale!

20% Off

Xperio Polarized Sun Lenses

7125 Germantown Ave.

Our working members have told us time and again that they want a system that provides an opportunity for greater discounting.

to three hours a month or two hours a week, with work times available yearround rather than just during a specific cycle. One advantage to this type of work program is that co-operators usually end up performing the same kind of job each time they come in. So less time is needed for training, and co-operators are more knowledgeable and comfortable with what they're doing. We believe it should make doing hours a more satisfying experience.

Working members at other co-ops also receive a bigger discount on average, something we need to work out and budget.

Plus, our working members have told us time and again that they want a system that provides an opportunity for greater discounting. One person wrote to me, "I would love it if you had a work program at the co-op that allowed me to earn a greater discount for more work time."

More information will be coming out over the next few months as we firm up our plans. Keep an eye out for meetings and articles.

In the meantime, here's some homework: Take a look at Mariposa in West Philadelphia; Honest Weight in Albany, NY; Greenstar Co-op in Ithaca, NY, and Brattleboro Co-op in Vermont and see how they run their working-member programs.

gbergman@weaversway.coop

******* **COMPUTER HELP!!**

Having trouble getting your computer, printer, CD/DVD/Blu-Ray, digital camera, or software working properly? Would you like to set up a home wired ** or wireless network to share your files **
and Internet access between all of your ** computers?

*

Need help removing **VIRUSES**, **SPYWARE**, or other malware which may have invaded your system?

Need help finding, designing, or upgrading a PC and setting up software which best meets **YOUR** needs?

For expert, reasonably-priced **service**, instruction, and assistance in your own home or office...

call

Lauren Royce Emery

Phone: (215) 844-5570 E-mail: LREmery@fast.net 24 hours, 7 days

Dental Arts of Chestnut Hill, LLC

MR. PEEPER'S OPTION

EYEWEAR CONSULTANTS

8625 Germantown Ave. Philadelphia, PA 19118

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

Gift Certificates

Available

Contact Lenses

& Glasses

215-248-6070

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

www.DentalArtsofChestnutHill.com

Computer Service and Repair

Call Ed "The Tech Guy"

FOR ALL WINDOWS PC COMPUTER SERVICES In-Home or Remote Assistance **LOW RATES**

cell 719-964-9538

www.edttg.com

A Name to Remember—Service Not to Forget



INGRID BROWN, GRI, Senior Real Estate Specialist Associate Broker since 1975 8400 Germantown Avenue, Philadelphia, PA 19118-3315 215 248 6520 direct · 215 353 3917 cell

215 247 3750 office Ingrid.Brown@foxroach.com Over 1,000 houses sold

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

Mellow Massage Therapy Center 3502 Scotts Lane

Bldg 17 | 1721A | Box A10 Philadelphia, PA 19129

w. www.mellowmassage.com e. info@mellowmassage.com **p.** 215-843-2234

Ask about our discounted monthly massage membership program!



Massage Therapy Center

 $10^{\%~
m off}$ any service - new clients only (Use Code: ww14)

for health, balance, manifestation

LEO MCELROY

215-843-9718 Shiatsu Bodywork Shamanic Healing Practices

Cresheim Healing Arts 138-A West Gorgas Lane

www.ShiatsuLight.com

AMAZING SELECTION - FRIENDLY SERVICE - GREAT PRICES



One-Stop Shopping For All Your Beverage Needs Sport Drinks Seltzers Juices Teas Water Sodas Organics Ginger Beers

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

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

Expansion

THE MAY SHUTTLE'S LEAD ARTICLE, "Expansion Plans for Weavers Way," provoked two reactions: 1) I think it's great we're successful; and 2) I'm not sure we're doing what's best for the membership.

What immediately comes to mind is that whenever we have some money, the first thing we do is look for ways to spend it — in this case, for another expansion. There has been mention of giving working members a higher discount, but for starters, what about using some of our proceeds to help keep prices down? We do occasionally publish price comparisons in the Shuttle, but of late they are only with Whole Foods, a store that is similarly "out of reach." The differences in price aren't that significant, either.

It also seems to me that we're becoming a gourmet shop, selling designer food at designer prices, and I'm NOT talking about organic produce or non-GMO. From my perspective, we carry far too many luxury/specialty items, and these are expensive for the store to purchase, perhaps using money that could otherwise be directed toward keeping the basics, like fruits and vegetables, more affordable. Some of us who have been members since the early 1970s are now on fixed incomes, and we are shopping elsewhere for many items, a practice that was unthinkable at one time.

It appears that our priorities are now focused on attracting new shoppers, who may or may not have a stake in our store. What about shifting the focus back to the membership, especially those people who have put both money and sweat equity into building the Co-op from the beginning?

A few months ago there was a letter to the editor from another long-time member who also was feeling the impact of the Coop's rising prices. He and I are not the only two. I really believe we need to re-evaluate our focus and our purchasing priorities if we want to keep as shoppers the very people who built this enterprise.

Anne Bonn

Membership

ENJOYED THE RECENT ARTICLE [JUNE] Lon "making membership easier" and found it quite informative. I wanted to offer you my perspective, as someone who has been a working member for the past 10 years or so. I have been seriously considering stopping working at the Co-op. Yes, the four-month timeline is difficult. Also, it doesn't help that the job I most enjoyed doing, bulk packing, is no longer available in the evening slots I've always done them. Luis has offered to accommodate me, but my point is that if you want people to be working members, you should offer opportunities for people who work regular hours to do their hours in the evening. Sal Scafidi

•-----

S A PART OF A FAMILY THAT SADLY went from working-member status to non-working a few years ago, I enthusiastically read the article "We're Working Hard to Make Membership a Little Easier,"only to be left dumbfounded. The article mentions the difficulties for many, but doesn't specifically mention the difficulty that working members with young children have. Both my husband and I have full-time jobs, and we have two young children, ages 3 and 8. We love the idea of being working members at the Co-op, but I value my time with my children more. While the few working hours are not a huge burden, these small jobs really add up and end up taking us away from our children, not something I would think a community-owned store would encourage. We were doing our best to find creative ways to fill our hours without needing to hire babysitters in addition to daycare. I wrote an article for the Shuttle, but disappointingly I was awarded many fewer hours than writing the article actually took, and this left me frustrated.

I hope the plight of the working parent trying to have working member status is taken into consideration. I know other coops do (including the one in West Philly). Perhaps this is something to consider.

Jane Dmochowski

Blue Marble

July Special:

All books on our sale shelves are \$5 if you shop before noon on weekdays!

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

Sat - Sun

10:00 am - 6:00 pm

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

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

www.bigbluemarblebooks.com

CFO Firing

O, WILL YOU LOOK AT THE LATE COVERAGE FROM ALL THE LOCAL NEWS MEDIA Dabout our recent financial "scandal." I shudder at how hollowed out media has become these days, and the Shuttle scoops them all. Names were named and the actions, deeds and some words were essentially displayed in a public forum, our Shuttle.

I was a little disappointed at the Newsworks coverage. I anticipated a paragraph or two bringing me more information on what happened but it was only a link to our pdf Shuttle issue that basically covered that whole episode and was worth sharing by the media.

What more could be covered in this story but the concise and clear view offered to our owners (all 5,300 households of you) on what transpired. That's the Co-op difference, that the shoppers and users are our owners and that this business model deserves more attention from the media when things go right.

Maybe it's time to build more media that is built on the "Cooperative Enterprise" model.

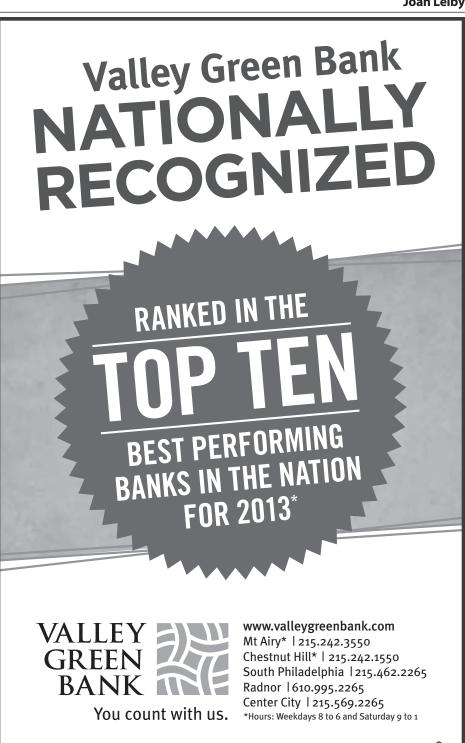
The last time we had this happen to us, it shook us to take on the world and in my opinion we've grown and that's allowed more people to become aware of this Co-op and the Cooperative movement. What should be our next move?

▼ WAS VERY PLEASED TO READ GLENN'S ARTICLE IN THE JUNE SHUTTLE. I APPLAUD Lyou for taking the stand that the past CFO needs to be prosecuted to the fullest extent of the law. Too often, white-collar crimes are not dealt with with the intensity bluecollar crimes are. Our Co-op deserves better! Enough of stealing from our membership and the community.

Ife Changa

THOCKING BUT NOT SURPRISING. DURING MY 20-year career in federal court, I observed that anyone can do anything, and sometimes they do. Nothing personal against him, but I am glad you are pursuing charges. Sometimes the bookkeeper or the CFO just steals, and they seem to get away with it for a while. I am glad the Co-op is healthy enough to withstand the loss.

Joan Leiby



*As determined by SNL Financial, a leading provider of business sector information.

Integrating Mt. Airy

(Continued from Page 1)

stay. People who appreciate and can contribute to such an environment should be encouraged to buy or rent in the neighborhood."

Segregation: An Artificial Arrangement

It's always bracing to be reminded of how — and how recently — segregation was created and promoted in our nation. In the past century, governments at every level, in collusion with the financial and realestate sectors, established structures to ensure that segregation would remain the order of the day: red-lining of whole communities, which deprived people of color access to mortgages; developing roads to new suburbs that excluded the same folks; covenants on deeds explicitly forbidding the sale of houses to blacks and, in many cases, Jews. The Supreme Court ruling in Shelley v. Kraemer, which outlawed restrictive covenants, came only in 1948.

That's what leaders in Mt. Airy were up against. That they succeeded at all is remarkable. Perkiss' concise and trenchant review of this history sets up the Mt. Airy story effectively.

Social Change Takes Time, Creativity and the Efforts of Many

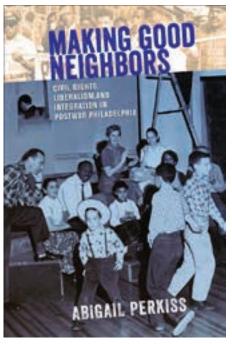
I remember reading Taylor Branch's three-volume history of the civil-rights movement, "America in the King Years," and being struck by how many thousands — no, hundreds of thousands — of people got up every day for years and did one small or large action to move the cause



Author Abigail Perkiss is a Mt. Airy native and historian.

of civil rights forward. To design these actions required that the activists understood the causes of their disenfranchisement, creatively thought through what interventions might disrupt the structures of racial inequality and then carefully weighed which ones would be most effective, given human and other resources at hand and political realities on the ground. Those millions of small acts, often in the form of civil disobedience, are often left out of the historical narrative.

So it was in Mt. Airy. For every leader, there were many, many people who took part in interracial panels, went door to door urging neighbors not to move, wrote letters to newspapers, volunteered at Henry School or the Allens Lane Art Center and otherwise pushed against the tide of segregation. Of particular note are their marketing efforts — what we would call "brand management" nowadays — and



their work to bring real-estate professionals into the fold. A remarkable number of smart, creative, dedicated and persistent people worked to create a community that reflected their idea of a just society.

Differing Views

Not everyone approved of what Mt. Airy was doing — not by a long shot. Cecil B. Moore was only one of several African-American leaders who criticized highly educated, high-achiever black people for moving to Mt. Airy, saying they were depriving African-American neighborhoods of their wealth and access to power.

In many ways, the effort benefited white people through marketing efforts directed toward maintaining their numbers in the community. (Some intentionally integrated communities — not Mt. Airy, to my knowledge — promoted an

informal "one black a block" quota.)

And, while activists in Mt. Airy worked to eliminate structures that supported unequal outcomes for African-Americans and whites, that task was, not surprisingly, far beyond their power.

So Mt. Airy isn't perfect — wasn't then and isn't now. But, as an old friend of mine in the integration movement used to say when we were wringing our hands about lack of progress on our goals, "Compared to what?" Compared to neighborhoods that, to this day, try to restrict who moves in, Mt. Airy looks pretty good. Compared to unequal access to opportunity that is the price minorities pay through segregation, Mt. Airy, again, looks pretty good.

Is Mt. Airy Still Relevant?

With an African-American president, with the term "post-racial society" thrown around casually, with a national demographic in which whites and African-Americans are only a part of our multi-racial, multi-ethnic present and future, Mt. Airy's little piece of history can seem quaint. While it's definitely an eddy and not the mainstream of history, I believe that the problem-solving, creativity and activism demonstrated by those who lived here before us have served our community and nation well. And their cause — racial equality — was and is just.

"Making Good Neighbors" is available at Big Blue Marble.

Laura Morris Siena (Isiena@comcast.net), a Weavers Way Board member, is past executive director and board member of Fund for an OPEN Society and West Mt. Airy Neighbors.





OPEN TO EVERYONE

Your local food market

Buzz the Author at Book Launch Party

ORRIS ARBORETUM WILL HOST AN Aug. 6 launch event for Jon Mc-Goran's newest book, "Deadout," the sequel to his ecological thriller "Drift," both from Forge Books.

Expanding on the themes of organic farming and genetically modified foods, "Deadout" (Forge Books) also explores colony collapse disorder, which threatens the world's honeybee population.

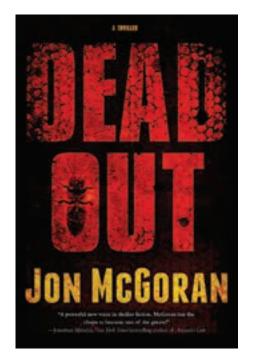
This free event from 6 to 8 p.m. will feature local mead from Stonekeep Meadery, locally brewed honey beer from Iron Hill, snacks from Weavers Way and live music, as well as access to the Arboretum grounds, an actual demonstration beehive and, of course, a reading and book-signing by the author.

Representatives from beekeeping, sustainability and co-op groups will also be on hand with information about some of the issues touched on in the book. Big Blue Marble will handle onsite book sales.

In a starred review June 16, Publishers Weekly said: "McGoran fluidly blends science and suspense in his outstanding second eco-thriller starring Philly cop Doyle Carrick . . . Top-notch plotting enhances McGoran's sympathetic, flawed lead."

With an active beekeeping program for over a quarter century, Morris Arboretum is the ideal location for the launch. The Arboretum's hives provide educational opportunities for hundreds of children as well as producing "Morris Gold" honey, which will be available at the event.

"We are really pleased to be hosting Jon McGoran's release party for 'Deadout," said Arboretum Director of Public Programs Robert R. Gutowski. "The larger culture has yet to embrace sustainability as a core value. Compelling storytelling like this will encourage public policy and community action for food security and environmental protection."



McGoran has been writing about food and sustainability for over 20 years, as communications director at Weavers Way and editor of the Shuttle, and later as editor at Grid magazine. Read more about him



Jon's latest, which stars bees, is being released Aug. 6 at Morris Arboretum.

and "Deadout" at www.jonmcgoran.com.

Morris Arboretum of the University of Pennsylvania is at 100 E. Northwestern Avenue in Chestnut Hill. Info: www. morrisarboretum.org.

Summer Reading at Stagecrafters

This July, Chestnut Hill's Stagecrafters once again offers its signature summertime diversion — "Reader's Theater," full-length script-in-hand readings on stage of two plays on two weekends.

"Old Times," by Harold Pinter. Three characters get together: a man named Deeley; his wife, Kate; and Anna, a friend of Kate's she has not seen for 20 years. On the surface, they seem to be reminiscing about the past, but the playwright's intriguing dialog sets up a situation where not all is as it appears. "Written in 1970, 'Old Times' is one of Mr. Pinter's most satisfying memory plays, with the careful combustion of its language and . . . almost deranged humor." (DCTheatreScene. com). Directed by Barbara Mills. At 8 p.m. Friday and Saturday, July 18 and 19, 2 p.m. Sunday July 20.

"Last of the Red-Hot Lovers," by Neil Simon. Middle-aged, married and overworked, Barney Cashman longs to join the sexual revolution before it's too late. Delight in his chagrin as three would-be seductions go hysterically awry. "Mr. Simon has created a great character here." (New York Times) "Delightfully hilarious and witty . . . a genuinely brilliant play." (New York

Post) Directed by David Flagg. 8 p.m. Friday and Saturday, July 25 and 26, 2 p.m. Sunday, July 27.

(Note: Both plays deal with themes best appreciated by mature audiences.)

All Reader's Theater performances are "Pay-What-You-Will," with no reservations — just show up! A "Talk-Back" Q-and-A session with actors and director will follow each reading.

The auditorium, at 8130 Germantown Ave., opens 30 minutes before showtime and is fully air-conditioned. For more info, visit www.thestagecrafters.org.



The neighbor that takes care of everything.



Affordable & Reliable Home Care

Our staff of certified nursing assistants provide quality home care to Northwest Philadelphia residents 55+.

215-525-5470

www.mywayonline.org 7051 Germantown Avenue

Services Include:

- Personal Care
- Companionship
- Housekeeping
- **Transportation**
- **Meal Preparation**
- Handyman Repairs
- Yard Work





...where patients come first!

6555 Greene Street

Support Your Local Pharmacy and Keep Our Community Healthy.

> 215.848.0500 www.pelhamrx.com

Store Hours: Mon, Wed, Thurs, Fri 9 a.m-7 p.m. Tues 9 a.m.-5 p.m. Sat 9 a.m.-2 p.m.

Pelham Pharmacy... we care for you.

Store Gift Card

Bring this coupon in to receive a \$10 in-store gift card with two or more new or transferred prescriptions.

One per customer. Expires August 1, 2014

Justin Murray, a Masterman High School senior from Torresdale, spent two weeks this spring working with Weavers Way on his senior project: "To make legislative advancements to help legalize chicken ownership in Philadelphia."

Justin writes: "I became interested in chicken legalization because I am interested in creating ways in which humans can better live in accordance to nature. The legalization of domestic chicken ownership seemed like a practical way for humanity to better live in harmony with nature. Although I only had two weeks, I was able to thoroughly research the many facets of the movement to legalize chickens, and then present my findings to Philadelphia City Council. I traveled twice to City Hall to lobby councilmen."

Here is Justin's project statement. He is headed to Cornell University in the fall.

THE CURRENT ORDINANCE IN PHILAdelphia codifies chickens as farm animals, and thus disables those individuals who do not possess the proper amenities - most notably, 3 or more acres of real property to house farm animals — to own chickens. Still, in several pockets of the city, one may observe chickens being covertly housed in backyards and other land areas of less than 3 acres. These chickens are often well-kept and maintained, such that they yield fresh, delicious eggs for their owners. Their level of raucous is commensurate with, and often less than, of any barking dog. They aid in the truncation of pest populations, the fertilizing of plants and the management of compostable waste. So, when the aforementioned benefits of chickens are taken into consideration, why then has City Council prohibited the ownership of chickens?

Perhaps chickens' stigmatized label of "filthy farm animal unsuitable for domestic utility" has led legislators to be apprehensive towards the prospect of legalizing chicken ownership. Elizabeth M., a chicken owner in Northeast Philadelphia, offers a personal refutation to the previous belief: "I clean my chickens' living area once a week, and I've found that if I'm consistent with the maintenance, the chickens and their living area remain reasonably clean." Like any other domestic animal or pet, if chickens' sanitary maintenance is neglected, is almost a certainty that they will be rendered the filthy animals they are widely believed to be.

But maybe the uncleanliness of chickens is not the dilemma. Maybe representatives of City Council deem it impractical for chicken coops to be materialized in the dense urban districts they represent.

When I spoke with a few City Council representatives and their constituents during a caucus meeting, I was greeted with indifference by representatives who hailed from districts comprised of dense rowhouses, with minimal lawn or backyard space. However, contrary to popular belief, chickens do not require much space to thrive. In an interview with Jamie S. of Mt. Airy, I learned that her six chickens, when they aren't roaming around her 20 x 30 enclosed area, are fine being situated in a 3 x 10 makeshift coop. Similar anecdotes from other chicken owners offer the point: Chickens do not require copious living space. Thus, it is within reach for individuals in dense districts to own chickens.

My true opinion on the indifferent



Justin Murray (left) met with Councilman Curtis Jones during one of his City Hall lobbying visits.

manner with which City Council people are considering the legalization of chicken ownership is lack of awareness of what chicken ownership will provide for Philadelphia. Today, community gardens are being spawned in all corners of the city. Imagine how the presence of chickens could complement these gardens. Chickens could provide both fertilizer and pest control — two vital components of a healthy, fruitful garden. Chickens fit within the "green awareness" paradigm Philadelphia is moving towards. Chickens can provide food autonomy and security for poor families. Additionally, depending on one's quantity of chickens and expenses on said chickens, chicken ownership can sometimes be more economical than purchasing organic, or even conventional, eggs. Chickens also have the potential to minimize disposable waste, as they can eat edible kitchen scraps that might otherwise be carried off to a landfill.

So many benefits accompany chickens, what is the holdup on the legalization of chicken ownership?

We may never receive a definite answer, but no matter. Associates of Philadelphia Backyard Chickens, Weavers Way and I will continue to spread awareness, in hopes of jostling some sense into our City Council representatives. In due time, we hope to see Philadelphia join the ranks of the other eight major U.S. cities that have legalized chicken ownership.

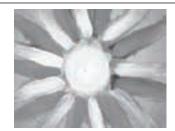












Mt. Airy Psychotherapy & Wellness

BRINGING HOLISTIC HEALTH TO THE NORTHWEST COMMUNITY

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

Linda Hawkins, PhD, LPC

Homeopathy Ameet Ravital, PhD, DiHom

> Massage & Yoga Lisa Kaye, LMT

Acupuncture Anna Beale, LAc

7127 Germantown Ave • Philadelphia, PA 19119 215-242-5004

www. Mt Airy Psychotherapy.org

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



Molly Kellogg, RD, LCSW

Psychotherapist and Nutritionist



100 East Sedgwick St. Mt. Airy

135 South 19th Street Center City

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



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

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

Offices: Chestnut Hill and

Center City

By Appointment 484.574.6819 Sliding Scale

You can feel better about your life!

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

Call or email Claudia today.



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

President's Report

(Continued from Page 1)

all four areas are critically important to Weavers Way's future, I want to focus on one area: growth and expansion, where one of the goals is to open at a third location in the future.

When we talk about growth, we must first look at what is happening around us. There has been a wave of cooperative growth and development nationally, regionally and locally. Nationally, food coop sales have tripled in the past 10 years. In the next two years, it is expected that there will be 30 new food co-ops and 20 major expansions. This is part of a national trend that suggests that the natural and organic market will double in five years.

The Philadelphia region is one of the hottest areas in the country for new food cooperatives. There are eight startups in our area: Ambler, Bethlehem, Collingswood, Doylestown, Kensington, Manayunk-Roxborough, Narberth and South Philadelphia. They are all in different stages of development. Doylestown opened its doors in February 2014 and Kensington just signed a lease. Others are organizing, building their membership and organizational capacity.

Weavers Way is doing what we can to help these co-ops. As a recognized leader in the movement, Weavers Way brought these eight start-up co-ops together in December. with the National Cooperative Grocers Association. Fifty people attended, and we explored how to collaborate to make us all stronger as we go forward.

Getting back to the Weavers Way Strategic Plan, one of our goals is to expand to a third food store. I want to stress that we are at the beginning of exploring this goal. But the board has spent a lot of time on this in the past year.

We see the board's role in two ways:

Providing Leadership — We will continue to look forward while we create alignment with management and owners and help create a shared vision for all.

Providing Accountability — We will make sure Weavers Way is fiscally responsible and has systems in place to handle expansion.

So what is the board doing on growth/ expansion? There are three phases:

Learn and listen. This is where we are right now — reading and studying about growth, trends and local economies. We are expecting a new market study that will give us information on where is the

Mext Page: Installment 2 of the **2013 Weavers Way Ends Report**

best location for a third grocery store. Will it be where a startup already is, thus creating possibilities of merger? Or will it be in a totally new area? Information and time will tell.

Engage and monitor. It is important that we get information to members and receive feedback and input. We will be using everything at our disposal the Shuttle, website and more focused groups and meetings as we proceed. All the while, the board will be monitoring Weavers Way policy and performance to make sure we are on track.

Control, delegate, evaluate. In the future, the board will be reviewing every step of the way and be there for big decisions, such as incurring debt or buying/ leasing property. We will also be delegating authority to the general manager and his capable team. The board, members and general manager will be interacting throughout this multi-phase process of growth to make sure we get the kind of store we want and remain true to our cooperative principles.

Growth has always been on the table at Weavers Way. 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.

Growth also fulfills one of Weavers Way's primary Ends, which states that Weavers Way is to work toward building a thriving and sustainable local economy that provides meaningful jobs, goods and services to our members and the community. The board takes this goal very seriously.

As we continue to grow, we will have a larger and larger impact on our local economy, bringing more good jobs and food to our communities. By creating another Weavers Way store, we will help further our goal of building a sustainable and cooperative culture in the Philadelphia area.

We are strong and vibrant because we have continued to grow and change over the years, working together toward common goals and determined not to lose sight of the meaning of Weavers Way to its members and the community at large. We hope to do more of the same in the years to come.

mlenzi@comcast.net

Alternative Healthcare for Women



Holistic Gynecology Natural Menopause Counseling Fertility/Pregnancy Consultations



Shamanic Drums and Journeying

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

The Rev. Scott Robinson Interfaith Minister

- Weddings
- Baby Blessings
- Memorial Services
- Spiritual Direction
- · Workshop and Retreat Leadership
- Interfaith Kirtan

www.opentothedivine.com



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. Here is the second of three installments we're running June-August.





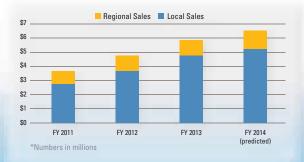
e define "local" as products produced within 150 miles of Philadelphia, and "regional" as a 300-mile range. We carried over 2,000 local products from 225 local vendors in FY2013. Of those vendors, about 75% are non-farm producers (product is locally produced but primary ingredients are not local, e.g., hummus, bread, soap, etc.), and 25% grow the primary ingredient (e.g., produce, jam, meat, cheese, yogurt). (E1, E2)



FY 2013 Sales:

Local	Local + Regional Sales	Total Sales	As a Percen	tage of Total Sales
\$4,845,205.25	\$5,875,308.38	\$17,195,224.67	Local	Local + Regional
			27.86%	33 56%

Nearly 16% of the Co-op's total inventory is local product (2,325/14,900). Total local product sales have increased year after year, as shown below. We estimate that the Co-op will do \$5.3 million in local sales during this next fiscal year, and \$1.1 million in regional sales, for a total of \$6.4 million dollars. We forecast a 10% sales increase of local product in FY2014.



225 Local Vendors
and Farmers
OVER 2000 LOCAL PRODUCTS



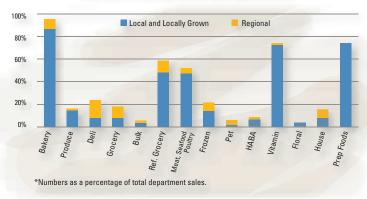
WEAVERS WAY FARMS: SAUL & MORT BROOKS was an average growing year for weather conditions, and a slightly worse than average year for pest damage. We dropped one of our farmers markets in an effort to sell more to the stores and be more labor-efficient. We had the highest participation of working shareholders and volunteers ever, which was not only a valuable labor source, but also signified the greatest level of community support and commitment yet. We worked with two outside consultants (Sean Jordan from Roar in the Wharton Sean Jordan from Roar in the Wharton Sean Jordan from Roar in the Wharton School of Business) to provide guidance in creating a business plan for 2014 and impro financial outcome. (E1, E2, E3, E4, E5, E6, E7) Highlights avers way First harvest from orchard – Two weeks of you-pick blueberries arms · 3rd Harvest on Henry – The largest attendance to date (approx. 500) and most successful fund-raiser (approx. \$9,000 before expenses) 5 year celebration for Henry Got Crops CSA Expanded farm into new section at Mort Brooks • 2013 CSA Shareholders: 136 Pounds Harvested • Henry Got Crops: 26,332 (2,000 pounds more than FY2012) Mort Brooks: approximately 21,000 Mort Brooks and Henry Got Crops, combined (as of 11/1/13): • To Weavers Way: \$21,000 (highest ever) To others: \$41,000 (restaurants and farmers markets) • CSA: \$48 000 Total Farm Revenue/Net FY2012 \$116,069/(\$28,511) Total Farm Revenue/Net FY2013 \$118,992/(\$47,895) Cooperator Hours at the Farms

Purchases from Local Vendors and Local Farms

The chart below represents wholesale purchases from local vendors.



Percent of Local Sales by Department



New Local Products This Year:

Grocery

Soom Foods Tahina; Cape Seasonings Chips, Pretzels and Seasoning Blends; Jubilee Hill Tulsi Tea; Tait Farms spreads and jams; Take Me Bake Me Pizzas; Waffatopia; Laura's Biscotti.

Refrigerated Grocery

Flint Hill Farms Smoothies and Cheese, Conebella Farms Cheese, Ironstone Creamery Yogurt, Capital City Kombucha, Long Cove Vegan Scrapple, Taste Artisanal Market Cheese Spreads, Yellow Springs Farm.

Wellness

SG Beauty, Sevani, Tandi's Naturals, Buttercup and Jake, Marvelous Mo' and Me, Volta Soaps.

Ends Report 2013

Weavers Way Community Programs

Since 2007, Weavers Way Community Programs has provided unique farm, nutrition and entrepreneurial education programs to children and teens in Northwest Philadelphia through experiential and project-based learning opportunities. In 2013, WWCP continued the four programs designed to meet these goals and also made structural changes to staff to prepare for strategic growth and bring long-term stability to WWCP. Program highlights include:

- The building of 8 raised beds at Saul HS dedicated to student learning, which also enabled WWCP to donate the produce grown to the students who participated in growing it
- · Year-round programming being offered to the youth residents at Stenton Family Manor for the first time since
- A deeper relationship with Parkway NW HS for Peace & Social Justice, including working together on food
- · An expanded service learning program for Central High School students, 40 of whom are visiting the Children's
- Three-year renewal of the lease for the greenhouse on the grounds of Martin Luther King, Jr. HS (which abuts Stenton Family Manor), allowing for program expansion and an extended growing season

Community Partners

WWCP has partnered with nearly 30 organizations in FY2013, including:

- Abington Friends School
- Arcadia University
- Bryn Mawr College
- · Campaign for Healthier Foods and Greener Spaces
- Central High School
- Drexel Medical School

12

- Haverford College, Center for Peace and Global Citizenship
- Ogontz Avenue Revitalization Corp. (OARC) Philadelphia Community Farm Collaborative (PCFC)
- Pennsylvania Horticultural Society (PHS)



Organizational Growth & Development

Under the leadership of WWCP's Executive Director, who began in January 2013, the organization has made significant investments in organizational infrastructure, including the addition of new Board members with experience in strategic planning, program development/evaluation and education; restructuring and hiring of new staff, and undergoing the process to develop a strategic plan (to be completed in early 2014) to set the direction for WWCP programs and operations for the next 3-5 years.

The Children's Garden at Weavers Way Mort Bro Total Visitors (farm-ed groups, service and tours)	
Brooks Children's Garden Group Visits	
The Hope Garden at Stenton Fo	43
Garden Club & Summer Camp	amily Manor
(youth meet for formal programming twice/wk)	100 youth
Donations, in pounds	
Weavers Way Farm at Saul HS (Henr	759
1 - 101 Stade 1173 DEL VEG	y Got Crops CSA)
(total Saul population is 600)	336
Total courses taught	(+/- 170 students/week)
Donations, in pounds	
Farm Education Totals 2013 Grov	
rotal, on-site students	wing Season
(# of Groups)	460
Total, All Students	(14 groups)
Total, Volunteers (# of Hours)	
Total, Service Learning posticing to 4%	197 (1,281 hours)
Total, Service Learning participants (# of Hours)	95
Donations, in pounds	(535 hours)
Donations, retail value	1,219
Donations, wholesale value	\$4,117
	\$2,076
School Marketplace Program 2012-20 Number of Sales	13 School Year
ramber of sales	60
Total lessons or presentations Student Participation	29
School Populations Served	
Total Schools)	1.358
Weavers Way Cooperators participation	(4 schools)
ross Sales	6
let profit to WWCP	\$11,127

n December 2013 we formed a staff environment group to improve our environmental practices. The group's In December 2013 we formed a staff environment group to improve our environment product and provide a re-usable alternative. We first step was deciding to stop providing paper coffee cups for staff and provide a re-usable alternative. We looking to create a sustainability coordinator position in the future. We hope to reduce waste by 10% by next year, looking to create a sustainability coordinator position in the future. We hope to reduce waste by 10% by next year, through the following efforts. Short term goals are improving use of energy, materials, cleaning chemicals, and begin staff education about environmental issues. (E6)

Background Sales Data:

Store	Sales	Transactions (receipts printed)	Receipt Lines (approx. items sold)
	\$7.1 million	287,000	2 million
MA	\$10.1 million	386,000	2.7 million
CH			4.7 million
Total	\$17.2 million		4.7 [[[[[]]]]]

Bulk Sales:

2010 =	\$.75 mil
2011 =	\$.89 mil
2012 =	\$.97 mil
	\$1.10 mil
Total =	\$3.70 mil

Packaging & Supplies:

The Co-op uses a great deal of packaging and supplies such as deli containers, office paper, trash can liners, paper bags, toner, scale labels. Though we source sustainably to the extent we can, this is an area where there is room for improvement. A few examples:

Paper shopping bags - Our shoppers consumed about 33,600 large paper shopping bags (26,000 were sold), about 28,500 small paper bags (20,000 were sold) for a total of 62,100 bags. About 9% of shopping transactions consumed a new bag. On the other hand, about 228,000 plastic produce bags were consumed, so 34% of shopping trips consumed a plastic produce

Deli containers - We consumed about 310,000 deli containers and lids (about 865 per day!). We use "Alur" brand, which is made of 50% post consumer recycled plastic and are recyclable again to a limited extent.



Trash/waste: Each store has two landfill trash dumpsters (2 cubic yards each) which get picked up 6x / week, and 2 recycling dumpsters (2 cubic yards each) which get picked up 4x / week. Mt. Airy also uses city recycling, recycling about 36 cubic feet of plastic and metal each week.

Compost: The stores sent 70,000 pounds of compostable material to our composting operation at Saul High School. Some of the finished compost is packaged and sold at our stores and other local stores (900 gallons sold at WW). It is also used on the WW farms at Saul and Awbury, as well as the 90 acres of pasture at Saul. (Overall over 850,000 lbs was processed at the

Saul compost site, which includes cow manure and up by Bennett Compost).



Energy use

As part of our renovation of the MA store we changed all of the refrigeration equipment and purchased a rack refrigeration system with five individuals compressors. Along with new 3 phase electric service, our usage in the first year of billings has dropped 30% and costs dropped 35%! That's a savings of about \$4,800 and 40 fewer tons of CO₂ per year.

Kilowatt Usage Before and After MA Renovation 2012



Food

Sales of all produce last year was about \$3 million (\$1.9 in CH, \$1.1 in MA). Of that, \$1.19 million was organic produce (\$830k CH, \$360k MA) which is about 39.6% of the total (42.4% CH, 31.5% MA). Sales of all produce in FY2012 was about \$1.74 million (\$734,000 in CH). Our main Integrated Pest Management (IPM) products are apples and peaches. Last year we purchased \$153k worth of fruit from four local IPM orchards. In FY2012 we purchased \$160,000 worth of fruit from three IPM orchards.

Environment Committee

Mt. Airy/Chestnut Hill Teacher's Fund Summit Children's Program Wister Elementary Wyck Association	\$300 \$100 \$200 \$500
Summit Children's Program Wister Elementary	\$100 \$200
Summit Children's Program	\$100
Mt. Airy/Chestnut Hill Teacher's Fund	\$300
Mastery	
Mastery Pickett Community Garden	\$467
Lankenau Environmental Science H.S.	\$133
Historic Rittenhousetown	\$500
Greene St. Artists Cooperative	\$100
Germantown Life Enfortment Center	\$400
Friends of Micivilenaer Faix	\$123
DePaul USA	
East Mt. Airy Community Garden	\$300
East Falls Tree leffuers	\$360
	5100
East Falls Community Garden	245



Summer's the Season for Animal Encounters

by Brenda Malinics, for the Shuttle

THIS TIME OF YEAR, YOU CAN EXPECT L to encounter some strange animal behaviors in your yard — or at least what we humans perceive as "strange." You might discover injured animals, or realize that something wild has started a family in your yard. Here are some of the most frequent calls I receive about animal problems this time of year. With understanding and patience, these encounters will be less stressful for both man and beast.

"I found an injured bird on the ground!" Assess if it is really injured and not a fledge (teenager equivalent). Is it mostly feathered? Can the bird hop, does it flap its wings and take short flights, can it perch? Is it energetic? Listen and watch to see whether there are adult birds interacting with it. Many songbirds spend three to five days on the ground before they become proficient flyers. This is a critical time, when parents teach their offspring to hunt. A high percentage of fledges brought to rehabilitation centers are perfectly healthy. We call them "kidnaps." And, yes, we agree it's nerve-racking to see a vulnerable little bird alone, but as I tell call-

ers, there are kids, dogs, cats and roads everywhere and they are not a reason to separate the bird from its family.

"A woodpecker is pecking on my house!" Sometimes this is a territorial claim, especially on rain gutters, which resonate loudly when the bird pecks. But often, the bird can hear bugs in your soffits or roof and it is trying to uncover them. Inspect the area for insects.

"There's a skunk in my to your house? Chances window well!" Or some are you also have an insect animal in the garbage can. Put a board in the window

well at a slant, so the skunk can climb out. Skunks have poor vision, so approach slowly. Unless the skunk begins pounding with its feet or turns its tail toward you, don't worry. The skunk probably won't leave until dark, however. As for an animal in a garbage can, turn the can on its side and walk away.

"I found a baby squirrel!" Mother squirrels will often retrieve their babies and return them to the nest. Squirrels make alternate nests, so retrieval can occur even if the original nest has been destroyed, es-



Leave baby bunnies in their nest; their mother is likely close by.



Ducklings can get in by themselves, but they may need some help to get out.



Did a woodpecker do this problem.

If the squirrel is not injured (no blood, bruises or fly eggs, which look like sawdust), place it in a box in a safe location, as close as possible to where it was found. Put a hot-water bottle covered with fabric in the box to keep the baby warm. (Do not wrap the baby in fabric.) The box should not be so tall that the mom cannot jump in and carry out the baby in her mouth. Try using a dog squeaky toy to attract the mom. If mom does not retrieve the baby within four hours, take it to a

pecially following a storm.

rehab center. It is illegal to keep wildlife as pets, so do not attempt to raise it.

"A duck brought her babies to my pool and won't leave!" The ducklings may not be able to climb out. Offer a "ramp" to help them exit the pool, or if you are willing to feed them, they will grow faster and leave sooner.

"There's a bat in my kid's room!" Do not attempt to chase or catch it. Close the door, open a window and the bat will fly out. If the bat lands on a surface, gently place a container over the bat, wearing gloves to protect yourself, and slide a piece of stiff cardboard underneath. Take the bat in the container outside and place it on an elevated surface like a roof. Don't put the bat on flat ground — it will be stuck. Bats need air under their wings and must drop down in order to take flight.

"I found a baby bird on the ground!" Assuming there are no injuries (blood, bruising, fly eggs) look for the nest and put the bird back inside. If you see a nest, but it is too high to reach, you can make an alternate nest - mother birds will tend two nests. Use a porous container like strawberry box and place a porous medium like dried grass or leaves, in the container. Secure it as high in the tree as possible, then watch from a distance to see if an adult approaches the nest within an hour. If not, get the little bird to a rehab center.

"There's an orphaned nest of bunnies in the middle of my yard!" Mother bunny is likely nearby keeping watch. Rabbits do not stay with their young because doing so would attract predators. Instead, mother rabbits come to the nest and nurse their babies in early morning and evening. Do not move or disturb the bunnies. To confirm that the mother is coming to the nest (you likely won't see



Take care when helping a snapping turtle cross the road.

her), lay some yarn or twigs over the top and see whether they are disturbed in the morning. If the nest is in a busy place, or you don't want to mow over it, or you're worried the dog or cat may attack it, cover the nest with a breathable container (like a laundry basket), and weigh it down so the dog can't get in. In early evening, move the basket so Mom can get in, then put it back in the morning.

"A turtle is crossing the highway!"

There are two reasons turtles cross roads. Water turtles, like snappers (large, with pointy ridges on the tail), are looking for a dry spot to lay eggs. Land turtles, like box turtles (smallish, with a high dome shell), are foraging or trying to return to their original territory.

If you encounter a snapping turtle, be careful, as it can inflict a nasty bite. Don't offer it a stick to bite while you move it. The turtle can break its jaw biting on such a hard object. Don't pick it up by the tail, as you can snap its vertebrae. Gently push it along with a stick, or coax it into a box, or, if it won't move and traffic is coming, carefully slide your arm under the body and balance it on your outstretched arm (away from your body) and hold the tail with your other. Place it gently on safe ground — try not to drop it.

Always move the turtle to the side of the road where it was heading. If you put it back where it came from, it will simply try to cross the road again.

The Schuylkill Center's Wildlife Rehab Clinic, off Port Royal Avenue in Upper Roxborough, is open 365 days a year. Call 215-482-8217 or email swrc@ schuylkillcenter.org.

bmalinics@gmail.com



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





The Passionate Gardener

For Better Tomatoes, **Watch the Water**

by Ron Kushner, for the Shuttle

ARDENERS LOVE TOMATOES. THEY Jare probably the most popular edible garden plant throughout the country. This year's "Totally Tomatoes" catalog lists 309 varieties and there are many more. Care of tomatoes, from germination through harvest, is the subject of thousands of articles, books and websites. If you Google "growing tomatoes," be prepared for 22 million hits!

Tomatoes are basically a no-maintenance plant once they are properly planted, fertilized and mulched. Most problems with the ultimate harvest of healthy fruit have to do with water. Of course, proper nutrients, soil structure, air flow and sunshine all play important roles. But water remains the major contributor to problem fruit. At right, I've listed some common things that can go wrong.

There are precautions a gardener can take to help the tomato yield and prevent disease in the event of a wet season. Drip irrigation, or a slow-running hose held directly at the base of the plants, is best. Staking, tomato cages, ladders or simply growing on some stable fencing also help by keeping the vines off the moist ground. And mulch, mulch, mulch. This organic layer does wonders for keeping moisture even while slowly decomposing and adding nutrients to the soil. For a "living mulch," seed crimson clover all around and under your tomato plants once they are 18 inches tall. The clover will not only smother weeds but also fix nitrogen into the nodules on their roots.

> Contact Ron at ronkushner@comcast. net or his website, www.ronsorganicgarden.com



Using mulch or some kind of staking system to keep your plants high and dry helps prevent many tomato problems.

What Could Be Ailing Your Tomatoes

Blossom-end rot. Large black spots on the bottom of the tomatoes is the symptom. Although a lack of calcium and excess nitrogen (too much fertilizer) help to create blossom-end rot, water is the basic cause. Soil moisture must remain consistent throughout the summer. Maintain a thick mulch of salt hay or shredded hay and straw and water



deeply only once a week, if needed. Drastic fluctuations in moisture from heavy rainfall and then drought tend to bring it on.

Tomatoes that are watery and have little taste. This condition is due completely to over-watering. Too much water goes into the fruit, reducing the natural sugar content. Try to avoid watering late in the season when the plant's energy is being transferred to the fruit.

Blight. Greasy looking brown spots all over plants, with a pale yellow surround. In spring, this is called "early blight"; if it shows up after the fruit is set, it's "late blight." Overly moist conditions promoted by heavy dew and rainfall (not to mention over-watering) are responsible for supporting and spreading this fungus. Ultimately, infected plants will die.

Septoria leaf spot. Another fungus, with small, gray circular leaf spots with dark borders and a few black, pinpoint-size dots inside each spot. Growth and spreading is again caused by excessive moisture.

Bacterial spot. Small, dark, greasy-looking spots on stems and leaves. Wet weather promotes the bacterial growth. Splashing water on leaves, especially by overhead watering, spreads it.

Splitting tomatoes. This common problem, again, is caused by too much water. As plants take up water, the fruit begins to swell and at some point, the skin may break. Don't worry — as the moisture subsides, the fruit stops splitting.

Suggestions

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

REETINGS AND THANKS FOR WRIT-Jing. 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 previ-

ous sentence.

In the news this month is Ecover, a German company that was one of the pioneer brands of sustainable laundry and cleaning prod-



ucts. Ecover is looking at algal oil to replace palm oil in its products. Palm-oil plantations generate the usual damaging large-scale commodity-production issues, including environmental degradation, species endangerment and human rights problems. Even sustainably grown palm oil is suspect — there may be no such thing as harmless palm oil in today's economy. Yet it's found in more than 40 percent of household products, both food and non-food items.

In its effort to use less palm oil, Ecover is exploring the use of synthetic algal oil (oil from algae). Now, this is a GMO story.

Most people know about genetically modified organisms and the issues involved — lack of labelling, increased pesticide use, allergens, seed patenting, runaway genes, etc. This month I learned about another lab-based form of genetic manipulation called synthetic biology. Unlike genetic modification, where an existing DNA strand is modified with the insertion of unrelated genetic material (Continued on Page 18)





K.K. Lawn Service Free Estimates **Kevin Kitt** President & C.E.O. **Grass Grooming Hedge Trimming** Planting Flowers & Hedges (215) 432-4069 beareeu72@yahoo.com

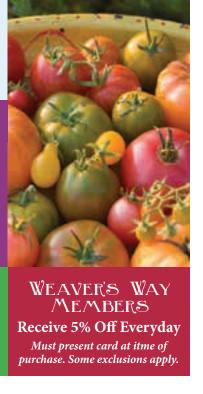






Visit us PrimexGardenCenter.com 215-887-7500 • 435 W Glenside Ave 19038

info@primexgardencenter.com





■ Concrete Sidewalks

■ Basement Walls

- Brick and Stone Repointed & Repaired
- Stucco
- Flagstone

License #39705

Contact John for a free estimate: masonrytradesman@gmail.com 215.510.6724



Design, Installation & Management for Over 20 Years

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

David Brothers Landscape Services & Native Plant Nursery

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

Environment Committee

Our Friend the Worm? Turns Out It's Complicated

by Sandra Folzer, Weavers Way Environment Committee

SINCE MY PREVIOUS ARTICLE WAS ON GREEN BURIALS, A FOLlow-up on worms may seem appropriate, if a bit macabre. It was not intentional. I had read an article about "bad" worms so wanted to investigate further. I didn't realize there was such a thing as a bad worm. All these years I have been delighted whenever I see worms in my garden, assuming it was a sign of soil health.

I was both right and wrong.

Most of us have learned to appreciate worms. As Charles Darwin said, "I doubt that there are many other animals which have played so important a part in the history of the world." They condition the soil, break down organic matter and aerate the soil so air and water may circulate. Their "castings," or poop, provide nutrients. Clearly, worms are important for farming.

Worms are fascinating creatures, if you like that kind of thing. There are 2,700 known species worldwide. They can live up to 10 years and supposedly can jump up to a foot high, though I have never seen this and suspect this applies only to some exotic worm. They breathe through their skin and can survive under water for a short time. They produce their own weight in castings every day. And, most interesting, they are hermaphrodites.

Rachel Carson believed worms could be used to remove toxins from the soil. And some farmers use worms to compost tons of animal waste to help keep it out of our waterways. One study found earthworms to increase soil yield by 20 percent.

No wonder vermiculture — composting waste with "red wiggler" worms — is useful. Just don't be talked into "red worms" or "native worms," as there are NO native earthworms in Pennsylvania, only worms imported since 1492.

Worms were wiped out here 10,000 years ago during the last Ice Age, when glaciers removed all the topsoil. Northern forests developed without them. Layers of leaves, or "duff," break down due to the presence of fungi, which keep the nutrients locked in the leaf litter and release them to the plants slowly. An oak

leaf, for example, takes three years to decompose. If you pick up some leaf litter in a forest, you'll notice lacy white threads, which are the fungi at work.

Biologists compare this duff layer to our skin. It protects, breathes and retains moisture. This protective layer is vital to the trees. Without it, erosion occurs, releasing nutrients and making them available to invasive plant species. The soil compacts so water runs off, removing the moisture. Thus, it is important not to disturb this delicate ecology, which earthworms are slowly doing as they consume the leaf litter.

Forests thrive in acidic soil, which worms can't tolerate, one indication that our forests evolved without them. However, worms have glands to neutralize the acid, changing the pH of the soil — good for the worms but harms the forest. Forests also contain a stable form of nitrogen that is released very gradually through the decomposition of leaves. Earthworms, on the other hand, release nitrogen in an unstable form that promotes the growth of invasive plants. Not only are the trees affected, but also many wildflowers and other native plants that insects feed on, and the birds that feed on the insects.

So, composters, don't just don't dump your vermiculture worms out in the woods when you are tired of them. Anglers, don't "free" your leftover worms at the end of a day of fishing. Gardeners, if you must plant non-natives near the forest edge, check the root balls for worms first.

Our own Schuylkill Center for Environmental Education is at the forefront of management of invasive earthworms. They have tried tobacco, coffee, black walnuts and other substances with some success. You can read about their work in the Journal of Young Investigators (December 2006): www.jyi.org/ issue/ microbial- assessment- of- effective- earthworm-managementtrials-for-restoration-of-an-urban-temperate-forest-site.

Want to learn even more? Check out Great Lakes Worm Watch, www.nrri.umn.edu/worms, and become a "Citizen Scientist."

envcomm@weaversway.coop

ECO TIP

From the Weavers Way Environment Committee

Now that summer is here, it's time to review some tips for cooling your home. Constant air conditioning can result in large energy bills, so consider reducing both your costs and your carbon footprint.

- Invest in some insulated curtains, drapes or shades. Keep them closed during the day, especially those on windows that get direct sunlight. When it cools down in the evening, open the curtains and the windows.
- Cool down your bedroom (or other rooms) with a window fan that can simultaneously draw cool air from outside and expel hot air from inside. Turn on the fan an hour or two before going to bed, close the door, and when you're ready for bed, you'll have a cool, comfortable room. (OK, this won't work during an extended heat wave, but it works like a charm whenever there is cool air to be had outside at night.)

JANET AMES, REALTOR® janetamesrealestate@gmail.com

Cell 610.308.0802 Main Office 610.520.0400

6435 Woodbine Avenue Overbrook Farms

MLS#6381076



Also visit me at: www.facebook.com/ realtorjanetames www.linkedin.com/in/ realtorjanetames



Historic Overbrook Farms Home designed by reknowned architect William L. Price and built in 1907. 3 story stone and stucco construction with 2 car detached garage. 8 bedrooms 3.5 baths, full unfinished basement, sitting on ¼ acre with beautifully landscaped yard. Original wood floors and moldings throughout. Original leaded and stained glass windows.



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

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



Collision Repair Professionals Since 1945 Family Owned & Operated

20 W. Allens Lane Philadelphia, PA 19119 Tel (215) 247-3906 Fax (215) 247-9506



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

Grant@GrantFox.biz

回级间

215-771-2713



Studying the **Shuttle for Inspiration**

by Susan Saxe, for the Shuttle

TE ALL THINK OF THE SHUTTLE AS a source of Co-op news, shopping, cooking and green-living tips as well as community information and much more. But who ever thought of it as a text for study? We did!

The Shuttle speaks to us as ecojustice activists on a whole range of issues, from whether we should eat bananas to kids addressing world hunger, from meatless Mondays to green burials. It also lifts our spirits by recognizing and supporting our fellow citizens who are bringing awesome programs into the public schools, championing a living wage for Philadelphia or organizing to address global climate change.

Who are we? We are a study/action group of 11 Weavers Way and Congregation Mishkan Shalom members who have been meeting for the past five years as a "Be the Change Circle" inspired by the Pachamama Alliance. Our purpose is to support each other in "being the change" to bring about an environmentally sus-



tainable, socially just and spiritually fulfilling human presence on this planet, our Mother Earth.

Our actions have ranged from reducing our own personal consumption and energy use to civic action — marching and organizing, often in coalition with other groups; planning trainings, conferences and demonstrations; and, recently, risking arrest for civil disobedience in opposition to the Keystone XL pipeline.

Our studies have ranged from Pachamama curricula to self-developed courses in economics, anti-racism, energy policy, nonviolence and strategies for building resilient communities that will survive and even thrive as we simultaneously try to avert, mitigate and adapt to the escalating climate crisis. And that is what led us to decide to read the May Shuttle from cover to cover as a primary source on how one key local institution is building community resilience and sustainability. Yes, our own Weavers Way.

As we struggle to preserve a livable world for ourselves and generations to come, we are simultaneously building the "Beloved Community," strong, resilient and inclusive. What better way to imagine how this can be done than to look at how

Co-op members and friends "Sweeping Out Corruption" at the State Department's Philadelphia office last March, in protest of the department's Keystone XL pipeline report.

the Co-op grew to include a larger and more diverse community and expanded to meet community needs for everything from credit to heating oil and wind-powered electricity? As a food-based enterprise, it matured from simply consuming to actually producing food, supporting local farmers and teaching sustainable agriculture to the next generation. Building the local economy, it employs a remarkably diverse workforce and continues to set the bar for employee empowerment and justice. And, of course, through its outreach efforts, particularly the Shuttle, it has become a valued community forum.

Most of us go way back as Co-op members and wholeheartedly support its progressive, values-based trajectory. Thank you, Weavers Way, for all you do.

Anyone interested in participating in a Pachamama Awakening the Dreamer Symposium or creating your own Be the Change Action Circle should contact Lynne Iser at lpiser@aol.com. For information on Elder Activism, check out www.elder-activists.org. For more information on The Pachamama Alliance go to www.pachamama.org.

Over 25 years serving our local community

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



It's been a long, harsh winter and we are so glad summer is here! Have you had your free roof inspection? Make sure that your roof is in tip-top condition! Call us today!

Remember... It all starts at the top!

Call 215-843-1970 Email: AppleRoofing@verizon.net

Please call us for your FREE Roof Inspection

Proudly serving Germantown, Chestnut Hill, Mt. Airy, and surrounding areas

www.AppleRoofingCo.com



River Rock Masonry

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

215-260-9730

www.riverrockmasonry.com



www.MacIntoshConstruction.com

215-843-2090

MacintoshConstruction@verizon.net

Fully Insured

The season of long sunny days, warm breezes and blooming flowers is upon us. Summer can encourage a cleaner, brighter, fresher perspective on your home, and it's a great time of year to evaluate how you live and consider ways to update your home. Nothing says fresh like brighter windows or flooring... And what about that new deck or porch for enjoying the summer months? Call us NOW for your FREE estimate

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

Proudly serving Chestnut Hill, Mt. Airy, Germantown and surrounding areas for over 20 years



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

• Concrete Work

All Calls Returned

• Basement Wall Plastering & Waterproofing

PA# 060401

- Chimney Repairs
- Walkways & Patios
- Glass Block Windows
- Retaining Walls • Ceramic Tile

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

215-887-9323 **GLENSIDE**

Hansell Contractors, Inc.

Builders - Historical Restoration - Fine Carpentry

Energy Conservation - Architectural Design Services

HansellContractors.com

Office: **267-508-0050** Fax: **267-508-0052**

Lic. # PA022176

EPA Lead Certified

Suggestions

(Continued from Page 15)

(like a gene from a flounder inserted into tomato DNA to improve cold tolerance), synthetic biology starts with a clean slate: You build a DNA strand from gene sequences that have the traits you want. Then you insert the DNA into an empty cell, typically yeast or algae. Then these cells replicate and you end up with your desired substance.

This is how synthetic algal oil is produced. Ecover is basically asking whether, given the demand for "bad" palm oil and given that we have a process that could create a similar substance without the downsides of palm oil even though it's not a "natural" product, which is the better choice?

It will be interesting to see what happens. Meanwhile I will continue to wash my clothes by bathing with them so as to make the water and shampoo and soap I'm already using do double duty. No new DNA needed. Although if I could build my own DNA, I would focus on something more valuable for laundry detergent - DNA that would help me keep my desk straight, bestow an ability to make left-handed layups, and produce life forms whose sole purpose is to perform stand-up comedy based on racial and cultural stereotypes.

suggestions and responses:

- **s:** "Are there any plans for the Co-op to label which foods have GMOs?"
- r: (Norman) There are no plans to do this at this time. It would be very labor-



intensive, since someone knowledgeable would have to read every ingredient in every item. In addition, for items like meat and cheese, you'd have to ask the producer about the feed, whether the cows were dosed with rBGH (not used in Europe), what kind of rennet was used to make the cheese and so on.

Consumers need to educate themselves, especially since for GMOs it's relatively simple: If the product doesn't say it's non-GMO, and if it contains nonorganic versions of any of the following ingredients, you can assume the product is GMO:

- Corn
- Soy
- Canola
- Beet sugar (cane sugar is not GMO, but most white sugar is a blend)
- Cotton (including cottonseed oil)
- Cow's milk (due to rBGH and the ubiquity of GMO feed)
- Beef (GMO feed).

Papayas and zucchini are also sometimes GMO. There are a number of shopping guides online; just Google "non-GMO shopping guide."

Unfortunately, when you go out, it is highly likely you are eating GMO food; most restaurants use commodity oils, sugar, milk and meat and ingredients with soy or corn, all of which are almost always GMO.

- **s:** "Sugar-free chocolate?"
- r: (Riley, CH) I saw your comment card about not having any sugar-free chocolate in the store, and I wanted to let you know that we do have one currently from Coco Polo (www.cocopolo.com). Let me know if this works for you or if you have any more questions.
- s: "Just got bulk Greek olive oil. I usually get it at Trader Joe's in 25-ounce bottles. Our prices for liquids are in pounds (confusing for purposes of comparison laundry detergent too). I would never have filled my bottle had I known half a TJ bottle would be \$25! It may be good, but not that good. I did mention this to Luis."
- r: (Norman) We sell bulk liquids in pounds because it allows shoppers to bring any container and fill it to any capacity since we can tare for the container and weigh the contents at checkout. Otherwise the shopper would have to know the volume of their fully filled container and the cashier would have to enter that volume. This would not be a good system, since shoppers don't always know the volume, plus sometimes don't fill their containers all the way.

There are scales in the bulk area so you can see what you're spending before you get to checkout. Also, a general rule of thumb is "a pint is a pound the world around." Although this doesn't account for the different densities of liquids, it's probably close enough for estimating purposes.

As for the olive oil itself, it probably is that good. Books have been written about olive oil; olive oils are drastically different, based on factors such as olive type, growing region, growing practices, pressing technique and shipping transparency. We chose the Greek olive oil we sell because it's very high quality and we deal directly with the grower — a mother in Greece who grows and presses the olives, and her daughter in Maine who imports, bottles and distributes the oil. The olives are the Koroneiki variety, known to produce exceptional oil, which are cold-pressed and unfiltered. We also stock lower-priced extra-virgin olive oils. Caroli is about \$3 a pound less.

- s: "The latest science says that conventional produce grown in the USA an important distinction, as many other countries use pesticides that we have banned — have virtually no residues of pesticides and/or have far lower amounts than the government says is safe. Look up organics vs. conventional produce on Google and read a few articles. It's very surprising. If you buy into it, it can save you a bunch of money."
- r: (Norman) Yes, but it's more complicated than residues on individual pieces of produce. In addition to pesticide residue on the food itself, there is also the issue of toxic pesticide manufacture, worker exposure during manufacture and application,



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

> 6837 Germantown Ave. Philadelphia, PA, 19119 215.848.4420



COMPLETE COMPUTER SERVICES AND TRAINING **Remote Service Available**



215-939-2534

215-939-2534

BASEMENT PLUS CO.

...Plus We Waterproof

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



CHComputerSpa@gmail.com

...Plus We Renovate

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



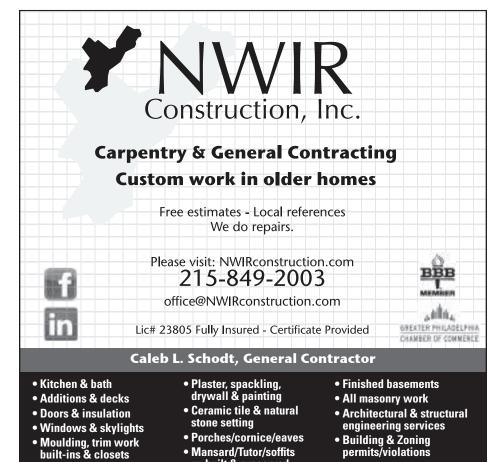
As Seen

on

DIY TV

www.basementplus.com 215.233.4598

Insured & Licensed Free Estimates



Mansard/Tutor/soffits

re-built & preserved



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







what it does to the soil and water table.

And it's not just pesticides — conventional farmers may also use synthetic fertilizer, made from fossil fuels, and synthetic herbicides like Roundup. Organic agriculture is also not 100 percent pesticide- or chemical-free, since USDA organic standards allow certain amounts of approved substances in certain situations. Most, but not all, are naturally derived, like pyrethrum (made from the flowers of two plants in the aster family), and in general are used when less aggressive treatments don't work. However, sometimes growers end up using more of an organic pesticide than they would of the chemical alternative.

Regardless of what chemicals are actually detectable on the food, syntheticinput farming has many issues that render it unhealthy, unfair and unsustainable.

Even so, if you can't afford organic strawberries, eating conventional strawberries is probably healthier than eating no strawberries, especially if instead of fresh strawberries you eat a strawberry Pop-Tart.

It's a complicated food world we live in.

- s: "Please bring in lactose-free yogurt (the Chestnut Hill store has it). The soy 'yogurt' just isn't very good. Thanks!!"
- **r:** (Heather MA) We did carry the Green Valley Organics lactose-free flavors for six months. This is the time frame I give new products. Unfortunately the line didn't catch on and we were throwing too much away. If you would like to pre-order a case and pick it up in Mt. Airy, fill out a slip near the dumbwaiter or ask a

"

We chose the Greek olive oil we sell because it's very high quality and we deal direct with the grower — a mother in Greece who grows and presses the olives, a daughter in Maine who imports, bottles and distributes the oil.



staffer for help.

- s: "Newman-O's original are not good. The Back to Nature Oreo-type cookies are amazing! I highly recommend replacing the Newman-O's with Back to Nature. Also, the Hint-O-Mint Newman-O's are delicious. I would love to see those
- r: (Heather MA) Thanks for inspiration to bring in some new cookie flavors. Look for Newman's Own Hint-O-Mint, Back to Nature Creme cookies and Honey Graham Sticks and Country Choice Iced Oatmeal.

(Norman) Back to Nature and Newman's Own Organics provides an interesting contrast of natural-food brands. Newman's Own Organics was started and run by Paul Newman's daughter Nell, with the goal of providing more organic food choices, and also to generate income for the Newman's Own Foundation, which focuses on education and charitable giving. Back to Nature started out as a small health-food store that made a popular granola. Back to Nature became part of Kraft in 2003, at a time when large food

companies were experimenting with natural-foods brands. Kraft sold its majority interest in the brand in 2012, but maintains a minority interest.

Just another brand story in the naturalfoods world, where most companies started with a primary mission to provide healthier foods, and some of those companies switched to including the mission of generating profit for shareholders of very large companies like Kraft. As I said, it's a complicated food world we live in.

- s: "Love the EasyPay. TY! Since you can pretty much do anything, I am wondering if it would be possible to add a PIN to it, so I can truly go shopping lightly (without my purse). Invariably I don't have an ID on me when I encounter a cashier who doesn't know who I am. Thanks!"
- **r:** (David CL, IT Director) Unfortunately the system we're using doesn't support a PIN without going through a third-party provider — which would defeat the purpose of EasyPay. Clearly you need to introduce yourself to more of our friendly cashiers. :-)

- **s:** "Any chance you could get pastured chicken parts (legs)?"
- r: (Dale MA) Yes, call me at extension 104 and I will order from Meadow Run.
- **s:** "Tonic water Canada Dry contains high-fructose corn syrup, why carry this when there are more natural alternatives available? High fructose corn syrup = GMO corn."
- r: (Heather MA) We usually have Q-Tonic, a natural alternative to Canada Dry. It's in single-serve bottles on the same shelf.
- **s:** "Please stock kosher lobster."
- r: (Norman) While in the past lobster has not been kosher, because lobsters are from the waters and don't have fins and scales, we do have a vendor experimenting with raising lobsters with fins and scales using GMO technology. By inserting a snake to produce scales, and a pigeon gene to grow wings, which kind of look like fins, they think they will have a kosher lobster ready in about a year.

Of course, once they produce a prototype, there may be further delay getting the lobsters to market due to legal issues such as patents and trademarks. In addition, knowing how some of the public resists GMOs, especially without labelling, the lunatic fringe will likely demand these lobsters be labelled GMO, even though it will be obvious they are not "normal" lobsters, and the kosher seal alone should be labelling enough, since a traditional lobster cannot be marked kosher.

Did I mention we live in a complicated food world? Oy vey.

normanb@weaversway.coop

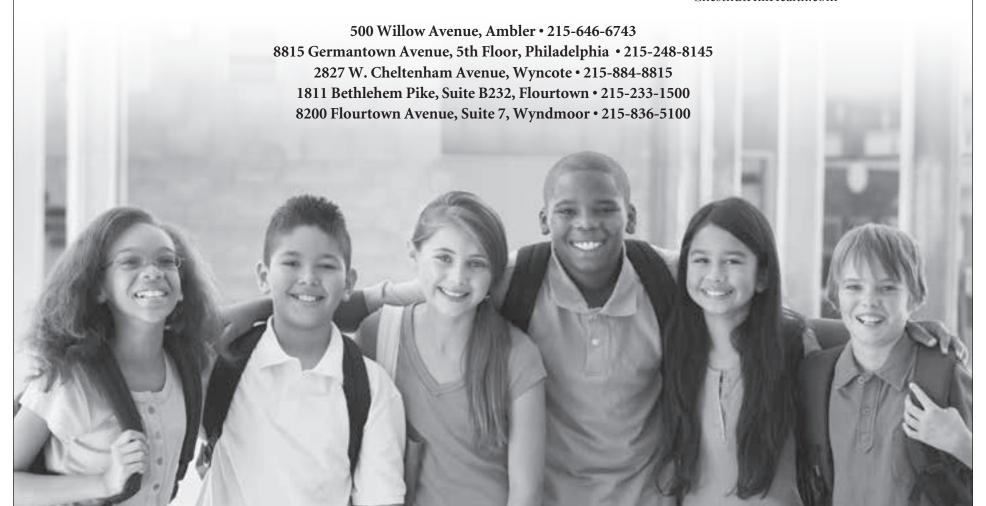
Physicals.

Schedule your child's school physical now.

Summer is here and before you know it, school will be back in session. Take time now to schedule your family's annual exams, update immunizations and get those sports physicals. Call one of our family practice offices located conveniently throughout our community. We are open evenings and weekends to suit your schedule, and same- and next-day appointments are often available.

CHESTNUT HILL HOSPITAL

ChestnutHillHealth.com



Chris O'Brien, Harvester and **Orchard Caretaker**

■ N 2008 I PARTICIPATED IN A WILD-Llife and Resource Management Field Study in Southern Kenya, and that is where I really began to understand the importance of sustainable food production and land use. After leaving Kenya, I farmed for two seasons with friends at Community Cooperative Farms and at the Blue Hill Farm in western Massachusetts. In addition, I visited several farms in Central and South America and Cuba.

Shortly after moving back to Philadelphia in 2012, I began apprenticing with Nina at the Weavers Way Farm at Saul, and it's been all downhill ever since. A joke for the geographers! I mean, I have been involved with the farm, in one way or another, ever since.

Though I see myself eventually moving back to a rural area and homesteading/farming, for the time being this city is where I am happy. I'm particularly drawn to Philly for many reasons: the histo-



Chris O'Brien has gotten his hands dirty all over the world.

ry, the incredible international and local food cultures and its rugged no-frills attitude, but most of all I love Philly for its rare mix of urban areas and green space. I know of very few cities where I can get the stimulation of urban life while also continuing a hands-on education and involvement in farming. I look forward this season especially to working with such an experienced and driven crew!



Scott Blunk, Compost Tsar

GREW UP ON A FARM IN KANSAS, AND started working on family farms when I was 8 years old. I pulled the bumper off my uncle's new Oldsmobile with a John Deere A when I was 10 and since then I have continued my path of destruction across 14 states and a number of Eastern bloc countries.

Every job I have ever had was tied to

farm equipment, including being a partner in an implement dealership and managing the largest John Deere territory in the United States.

I came to Philadelphia with my wife, Lisa, who teaches at Temple's Tyler School of Art, and our son, Clayton, who just graduated from Temple with an engineering degree.

weavers way farms

WITH GREAT LAKES BREWING CO. AND EARTH BREAD + BREWERY

Saturday, Aug. 2, 1 - 8 p.m.

Join us at the farm across from Saul High School, 7100 Henry Ave., then wash up and head on over to Earth, 7136 Germantown Ave., and celebrate all your hard work. Farm volunteers get two tokens for GLBC beers, and there will be flatbread specials with produce fresh from the farm!

> For more info, contact: Stephanie Kane at skane@weaversway.coop or 215-843-2350 ext 122.



CALENDAR OF EVENTS

ALL MONTH LONG

LOCAL MONDAYS, 4-7 p.m., both stores. Meet the vendor and have a taste! CHESS CLUB, 7 p.m. Mondays, 555 Carpenter Lane. We have a Junior League, too!

Tuesday, July 1

Monthly Board of Directors Meeting

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

Thursday, July 3

Homesteading Series: Tomato Pruning

Join Weavers Way Farms Manager Nina Berryman to learn different methods of pruning your tomato plants to get maximum production. \$15 at the gate, across from Saul High School, 7100 Henry Ave. For info or to RSVP: nberryman@weaversway.coop or 215-843-2350 ext 118.

Thursday, July 3

Chillin' & Truckin' in Mt. Airy

Summer nights in the neighborhood and the living is easy — live music, the Mucho Bueno Food Truck, Zsa's Ice Cream Truck, The Energy Co-op and Late Night at Big Blue Marble. Test your pawn prowess with the WW Chess Club, and it's Thirsty Thursday, of course, at Philly Salvage. Carpenter Lane and Greene Street. Info: outreach@weaversway.coop or 215-843-2350 ext. 118.

TENTATIVE: Thursday, July 10

Chillin' & Truckin' in Mt. Airy

One week was so nice, we're thinking about doing it twice. Ah, summer. At Carpenter and Greene. Info: outreach@weaversway.coop or 215-843-2350 ext. 118.

Thursday, July 10

Eating with Body in Mind Workshop: Body Care & Skin
Learn the proper care and feeding of your biggest organ, how it tells the story of our health and the most natural ways to protect it in the summertime. Out back behind Across the Way, 610 Carpenter Lane, weather permitting. Rain locale: Weavers Way Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). For info and to RSVP: outreach@weaversway. coop or 215-843-2350 ext 118.

Saturday, July 12

Weavers Way Farms Work Day at Awbury Arboretum

Join our farmers for a day in the sun, and help get fresh produce to the stores. Wear something you don't mind getting dirty and don't forget to bring water! 1011 E. Washington Lane. For info and to RSVP: nberryman@weaversway.coop.

Welcome Meeting for New Members on the Farm at Awbury!

Learn about YOUR Co-op outdoors at the farm, and earn two working credit hours in the process. 1011 E. Washington Lane. RSVP: outreach@weaversway.coop or 215-843-2350 ext 118.

Behind the Fence at Wyck: A Festival of Local History and Community Weavers Way is a sponsor of this fun series. The July event focuses on history and community. Live music, kids' activities, demos, local Germantown artists and food — lots of food, including Little Jimmies, Capogiro and the Co-op's own farm marketplace featuring local produce and some of the our other products. Old Wyck roses will be available in limited quantities. Free. Wyck House, 6026 Germantown Ave. For more info, visit www.wyck.org/programs.

Monday, July 14

Weavers Way Food Justice Committee Meeting

What do we want? Food justice! When do we want it? Now! Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: outreach@weaversway.coop or 215-843-2350 ext. 118.

Tuesday, July 15

Homesteading Series: Low-Sugar Blueberry Jam with Marisa McClellan Get schooled in jamming with the Food in Jars blogger, author and canning queen. Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane. \$30 per person. For tickets, visit blueberryjam. brownpapertickets.com.

Wednesday, July 23

Weavers Way Welcomes New Members TWICE IN ONE MONTH! Learn about YOUR Co-op and earn two working credit hours in the process. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). For info and to RSVP: outreach@

weaversway.coop 215-843-2350 ext 118. Friday-Sunday, July 25-27 **XPoNential Music Fest**

Weavers Way anchors Co-op Row at the three-day live music festival at Wiggins Park and the Susquehanna Bank Center at the Camden Waterfront. Get to know about other area co-ops and see some great bands while you're there. For more info and to get tickets, go to www.xpn.org. Tuesday, July 29

Health and Wellness Committee Meeting

Participating in this active group is the perfect prescription if you are a health professional or a layperson interested in the health and well-being of our bodies and our community at large. The committee will be voting in a new chairperson and strategizing its mission at this very important meeting in the Community Room at 555 Carpenter Lane (adjacent to the Mt. Airy store). Info: outreach@weaversway.coop 215-843-2350 ext 118.

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



THURSDAY, JULY 3 5:30-7 P.M. **TUESDAY, AUGUST 19 6-7:30 P.M.**

TOMATO PRUNING

MARISA MCCLELLAN*

7-9 P.M. **TUESDAY, JULY 15**

LOW-SUGAR BLUEBERRY JAM WITH

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

SAUERKRAUT WORKSHOP

TUESDAY, AUGUST 5 7-9 P.M. INTRO TO CANNING TOMATOES 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-workshops

Chef's Corner

Able to Leap Tall Buildings

by Bonnie Shuman, Weavers Way Executive Chef

TELL, IN MY LAST COLUMN, I WROTE ABOUT MOTHER'S Day. I said was that it was not the easiest of days for me, because my mom is no longer with me. Well, not to be a big bummer, but Father's Day is no picnic either. My dad died 28 years ago. (On my birthday, no less!) Since so many years have passed, these holidays have gotten easier for me, but, of course, I always think of my dearly departeds when the days roll around.

For Father's Day this year, my partner and I went to Hammon-



ton, NJ, where her dad owns a very successful blueberry farm. We've been going to the farm for several years now, and I wanted to take the time to honor "Pop."

If you saw the place when blueberry season is in full tilt, you would be totally impressed and amazed. Days start at 5 in the morning and

might not end until 9 at night. The farm itself is a testament to Pop's forward thinking, as it has the latest computerized technology to sort and pack the berries. Lots and lots of berries. And it's really a family affair, with Pop's sons Russell and Scott overseeing much of the show.

I marvel when I think of all the energy it must take to run such a big operation and I am even more awestruck because Pop is 83 years old. You would never know it if you met him, though. On Father's Day he took me to the local airport to show me his airplane. Yep, he has an airplane. And it's not for dusting crops. Pop bought



Pop's new plane is no crop-duster.

it about a year ago and took up his old hobby of flying for pleasure. The plane is a thing of beauty, and I can't tell you how much admiration I have for Pop for having the courage to pursue something most people at any age would never do, let alone at 83. It's the kind of thing that brings to mind myself at 6 years old, when my own father might as well have been wearing a cape, because to me he absolutely was a superhero. While I am not 6 anymore, for a few moments in the beautiful glare of the sun at the airport with Pop, I had my superhero back. I love you, Pop.

bonnie@weaversway.coop

Jersey blueberries are in season through July, and maybe into early August, depending on the weather.

Easy Blueberry Pie

- 3/4 cup sugar
- 1/8 tsp. salt
- 3 tbls. cornstarch
- 1/4 cup cold water

• 5 cups fresh blueberries

- 1 tbls. butter
- 1 tbls. lemon juice
- 1 9-inch pastry shell, baked

In a saucepan over medium heat, combine sugar, cornstarch, salt and water until smooth.

Add 3 cups of the blueberries. Bring to a boil, cooking for about two minutes or until mixture is thick and bubbly.

Remove from heat. Add butter, lemon juice and remaining berries. Stir until butter is melted.

Cool mixture. Pour into pastry shell. Refrigerate until serving.





Sweet Baby Cheeses!

Rusticone Mozzarella di Bufalo

Imported from Italy

Claudio's Burratina

Little fresh pouches filled with tiny morsels of mozzarella and cream

\$1 off a container



Burratina with **Grilled Peaches**

- 4 freestone peaches
- 1 container Claudio's Burratina
- 1 tbls. olive oil
- 4 tbls. balsamic glaze
- Fresh ground black pepper
- A few mint sprigs

Cut the peaches in half, remove stones and rub with olive oil. Grill, cut side down, over medium heat until peaches have nice grill lines and soften a bit.

Carefully remove the green plastic tie and cut each Burratina in half, being careful not to spill the contents. Place half on each plate, then arrange two peach halves on each.

Thinly slice 2 mint leaves and sprinkle on the cheese and peaches. Drizzle peaches with balsamic glaze. Sprinkle everything with sea salt and fresh ground pepper. Garnish with mint sprigs.

Cool Fresh Cheeses for Summer

by Margie Felton, Weavers Way Mt. Airy Deli Manager

THE HOT SUN IS MAKING ME DREAM OF Alaska, or at least Maine, but I can tolerate the heat better when I dine on flavorful home-grown tomatoes and juicy local peaches. To complete the meal, I add fresh cheese.

One of Weavers Way's biggest sellers year-round but especially in the summer is Claudio's fresh mozzarella. To enhance our usual selection, we have added Rusticone Mozzarella di Bufalo. It's imported from Italy and made from buffalo milk, which is higher in fat and protein than cow's milk. We have also upped the cuteness level of our selection with Claudio's Burratina. Burratina are adorable little fresh mozzarella pouches filled with tiny morsels of mozzarella and cream.

All of these fresh cheeses are wonderful with tomatoes, basil, olive oil and balsamic vinegar. Recently I have paired the Burratina and grilled peaches with delicious results.

For July, we are offering \$1 off a container of Rusticone Mozzarella di Bufalo and Claudio's Burratina.

margie@weaversway.coop

Get your fixin's for your tried and true, best-on-the-block all-time famous recipe for everybody's favorite summertime dip at the Co-op and save mucho dinero. And the tomatoes? Those are from your garden, of course (the secret ingredient). Whole Weavers Way

Cilantro/bunch \$.99 \$1.99 \$1.99 Sweet Onions \$ 1.49 Limes (conventional) \$.79 \$.29 Avocados \$2.00 \$1.79 *Prices as of July 2014. Prices subject to change, but we'll do our best to stick

Foods



Dinner and a Movie

Take a Trip With 'Tales of the Night' & Baba Olga

by Margie Felton, Weavers Way Mt. Airy Deli Manager

School's out, the weather's warm — time for adventure! This month's movie takes us around the world through international folktales acted out by a trio in France. The featured café is in a warehouse filled with interesting treasures from many different cultures, but the menu brings us back home using ingredients from local farms.

"Tales of the Night" is an animated film set in an abandoned cinema in Paris. An older gentleman and two young aspiring actors are told by the theater world they are too old/young to perform, so they write, design and perform their own plays. The stories take place in medieval Europe, the West Indies, the Aztec world, West Africa and Tibet. They are of the fairy-tale variety, with young men saving princesses from evil dragons, sorcerers and spells. Many talking animals are involved and lessons are learned. The style is similar to the 1926 film "Prince Achmed." The characters are in black silhouette with colorful backgrounds. A very artistically designed film.

Baba Olga's Café and Supper Club is a new restaurant in the Material Culture store off Wissahickon Avenue and Roosevelt Boulevard. Order your lunch and then wander around the store while waiting for your food to be prepared. Material Culture has two large floors filled with rugs, furniture, clothing, pottery, tiles and more imported from around the world. Your surroundings will make you feel like you have walked into a scene from "Tales of the Night."

Baba Olga's menu is not as international as the store, but it does feature some Mediterranean dishes as well as American favorites. Freshly made soups, salads, sandwiches and desserts are offered and the menu changes often. I recommend starting with the Café Mezze plate, which is a delicious assortment of hummus, Middle Eastern salads and olives served with grilled pita bread, big enough to share, followed by a salad or sandwich. I have tried the barbecued short rib, Mediterranean tuna and smoked tur-



Margie Felton pho

Freshly made soups, salads and sandwiches, plus creative beverages, are featured at Baba Olga's Café.

key with avocado sandwiches. All were fantastic but I suggest getting the tuna on sesame honey wheat, because the ciabatta was too much. Sandwiches are served with kettle chips, a crunchy pickle and a small fruit salad flecked with pomegranate seeds and fresh mint. All the salads are interesting and healthy; the kale salad was perfect.

At Olga's, don't take your drink selection lightly. The beverage offerings are very creative. They brew interesting iced teas, mix homemade sodas and offer coffee drinks and lattes. I enjoyed a refreshing lime soda on my last visit.

Not only is Olga's housed in a great store, it is conveniently located on the way to and from the Kroc Center in Nicetown. If this is where you exercise, you won't feel guilty eating at Baba Olga's after a workout. (Much tastier and healthier than the Kroc snack bar.)

Material Culture and Baba Olga's also host dinners and other events with live music, dancing, and more food, and the venue is available for catering as well.

Baba Olga's is open for lunch Monday-Friday from 11 a.m. to 3 p.m., Saturday-Sunday until 4 p.m. Info: 215-849-1007.

Material Culture is in the old Atwater Kent complex in Nicetown. To access the store entrance and free parking, enter at 2781 Roberts Ave. (between Wissahickon Avenue and Fox Street) or 2680 S. Abbotsford Ave. (better known as the access ramp for the northbound Roosevelt Boulevard). For info and store hours, visit materialculture.com or call 215-849-8030.

"Tales of the Night" (2011; in French, "Les Contes de la Nuit," directed by Michel Ocelot) is available on Netflix.

Salvation Army Kroc Center 4200 Wissahickon Ave. Info: 215-717-1200.

margie@weaversway.coop



Margie Felton photo

ATMs on Track to Save \$27K a Year

by Susan Beetle, Weavers Way Finance Manager

It has been about five months now since Weavers Way initiated ATM service in our Mt. Airy and Chestnut Hill main stores. Time for an update.

Here's a recap of the reasons for the change:

- ATMs are convenient for all customers, both member and non-member shoppers.
- Debit cash back for members at the registers had grown to about \$160,000 per month, adding to administrative overhead to manage the supply of cash "sold" to members.
- Debit cash-back fees had grown to about \$3,200 per month, an overhead cost affecting all Co-op shoppers, not only users of debit cash-back services.

And here are the results to date:

- ATM transactions are running about \$134,000 per month; debit cash back for members at the registers, about \$32,000 per month. Altogether, about \$166,000 per month.
- Costs to Weavers Way include \$700 per month for the ATM rentals, and debit cash-back fees averaging \$640 per month. Altogether, about \$1,340 per month.
- The administrative burden for managing the Co-op's cash supply has measurably eased.

So, our monthly savings have been averaging about \$1,860 per month. Annualized, that's savings of over \$22,000. And our savings each month have been rising — to \$2,250 in May, for instance. At that level, annual savings would be \$27,000.

Not a lot, perhaps, in the grand scheme of things. But as we pointed out at the start, in the retail grocery industry, where the margin on sales is one or two cents per dollar, pennies matter.

sbeetle@weaversway.coop

Is It Broke? Let's Fix It!

You Can Help Time4Time Host a Free 'Repair Café'

HAT DO YOU DO WITH SOMETHING that no longer works? Throw it out and buy a new one? Stick it in the attic, the basement or under the stairs because you can't afford to get it fixed? Fix it yourself? Chances are you toss it. Our country used

to have a lot of fixers, tinkerers and makers of things. Now we've become a throwaway culture. How do we regain the lost art of fixing and repairing things, of becoming more mindful of reducing our waste in this world? One way is to provide a place where people can have their broken things repaired by neighbors who know how to fix them.

With the help of a small grant from the Chestnut Hill Community Fund, Time4Time will host a "Repair Café" on Saturday, Sept. 20, at the Center on the Hill, 8855 Germantown Ave. (at the Presbyterian Church of Chestnut Hill).

Our event is based on the program created by the Repair Café Netherlands Foundation, which has more than 275 affiliates. We will be the first Repair Café in Pennsylvania!

Conceived as a way to help people reduce waste and build a sense of community, Repair Cafés (sometimes also called Repair Fairs or Bring-and-Fix Fairs) are usually half-day events. Neighbors pool their skills and labor for a few hours on a particular day to fix things at no cost, like mending clothing, reviving old coffee makers, fixing computers, rewiring broken lamps and gluing on the plastic thingy that broke off that new item you just bought.

Repair Cafés promote getting things repaired, sparing landfills and building sustainable neighborhoods. Most of what appears at Repair Cafés are items that people would throw away instead of paying to get fixed. Café-goers can also get

> advice about local fix-it professionals should the broken item be beyond the skill of the volunteers.

> Here's how it works. We're recruiting volunteer local experts and fixers (you, perhaps?) to set up repair stations at the Center on the Hill. Then neighbors can bring in their broken stuff, along with replacement parts, if needed

(and available). There will be a place for people to chat as they wait their turn. If an item can't be fixed, it can be recycled right there — or we might use it to make an art project during the event!

We have a Steering Committee and we've started making plans. We're looking for volunteer fixers and for sponsors to help us with logistics, supplies, food, aprons for our volunteers and more.

September will be here sooner than you think. If you're interested in learning about our Repair Café and want to help make it happen, now's the time to contact Time4Time Community Exchange. The Steering Committee and Betsy Wallace, T4T Member Coordinator, can answer your questions and are available to talk to groups about the Repair Café.Just contact them at Time4TimeXchange@gmail.com.



Staff Celebrity Spotlight: Darryl Brown

Onetime Shopper Now Replenishes Greens, Contacts & Ideas

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

THE ANNALS OF WEAVERS WAY EMPLOYEES INclude many who, having shopped at the Co-op, decided it would be a fun place to work. You can count Darryl Brown, Mt. Airy produce and floor staffer, in that number.

Darryl, 26, was living in Mt. Airy in 2012 with his girlfriend at the time, who was a member of Weavers Way. "I liked the place, y'know, it was kind of a Whole Foodsy vibe . . . but smaller, more compact, more easily navigable," he said. He was also in need of fulltime work. The Wilmington native came on board in March 2013.

Darryl has a background in computer network administration, but feels happier in his current line of work. IT, he says, is "a good world, there's a good bit of money in it, but it's really competitive. It has its pros, but it's nice to be outside. It's nice to interact with new people every day."

Prior to coming to Weavers Way, Darryl had some retail experience with Best Buy as a Geek Squad agent. But he thinks the six months to a year he spent flirting with being a supplier of oyster mushrooms might have given him the edge to get hired in produce. "The thing about the oyster mushroom market is, they degrade fairly quickly, so you have to be close to the source in order to get them there in a day or two," he said. "I tried



Frankie Plourde photo

to do that, and it's workable, but it's real tight."

Darryl has a second gig to bring in extra money he started Helping Hands Household Services, a lawn and garden/moving/cleanout company, in February. "In general, it's been really good," he said. "I've been getting a lot of support from the community . . . people seem to be real motivated as far as other referrals."

After toiling in the computer tech trade, Darryl Brown likes getting out(side) and meeting people at Weavers Way Mt. Airy.

Darryl now lives in West Philly, and his favorite Weavers Way product is Bobbi's garlic hummus. He hadn't worked in or shopped at a co-op before, but this experience has converted him.

"What most people see, I gotta say . . . is probably the prices. That's the first thing they see, 'Oh, my goodness, things seem to be more expensive here than other places," he said. "But when you get an opportunity to explain to people . . . what you're paying for, and what goes into what it costs . . . the prices are almost sometimes negligibly higher, where it's definitely worth it."

Darryl, whose parents, four brothers and sister still live in Wilmington, would like to see a co-op open in or near his hometown. "I'm not sure the degree to which it would be economically the

best idea to start a co-op in Wilmington, um, immediately," he said. "But with, you know, the help of, like, two people, maybe three people who are as passionate and motivated as I am, who care, who are connected to the region . . . honestly, I think it's a slam dunk."

kplourde@weaversway.coop

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

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

Art Director

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

Advertising Billing

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

Proofreaders for this issue: Jeanne Kyle, Mike Kyle, Michelle Quirk, Jen Sheffield,

Contributors for this issue: Susan Beetle, Glenn Bergman, Sandra Folzer, Margie Felton, Jill Fink, Alison Hirsch, Stephanie Kane, Ron Kushner, Margaret Lenzi, Marsha Low, Nathea Lee, Brenda Malinics, Justin Murray, Karen Plourde, Susan Saxe, Bonnie Shuman, Laura Morris Siena, Rebecca Torpie,

Mt. Airy

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

Chestnut Hill

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

Across the Way

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

Next Door

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

> www.weaversway.coop contact@weaversway.coop

Follow us!







Weavers Way Managers/Department Heads

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

General Manager

Glenn Bergman, ext 131 215-913-9437 (cell) gbergman@weaversway.coop

Purchasing Manager

Norman Weiss, ext 133 normanb@weaversway.coop

Finance Manager

Susan Beetle, ext 110 sbeetle@weaversway.coop

Human Resources Manager

Jon Roesser, ext 132 hr@weaversway.coop

Membership Manager Jonathan Leeds, ext 119

member@weaversway.coop

Outreach Coordinator

Bettina de Caumette, ext 118 outreach@weaversway.coop

Marketing Director

Rebecca Torpie, ext 121 rtorpie@weaversway.coop

Executive Chef

Bonnie Shuman, ext 218 bonnie@weaversway.coop

Mt. Airy Store Manager

Rick Spalek, ext 101 rick@weaversway.coop

Chestnut Hill Store Manager

Dean Stefano, ext 212 dstefano@weaversway.coop

Next Door Manager Amira Shell, ext 220

ashell@weaversway.coop

Across the Way Wellness Manager Martha Fuller, ext 114

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

petstore@weaversway.coop Farm Manager

Nina Berryman, ext 325 henrygotcrops@weaversway.coop

Floral Buyer Ginger Arthur, ext 317

Department Heads

Grocery

(MA) Heather Carb, ext 113 hcarb@weaversway.coop (CH) Riley Luce, ext 217 rluce@weaversway.coop

Prepared Food

(MA) Dave Ballentine, ext 102 dballentine!weaversway.coop

Deli

(MA) Margie Felton, ext 109 margie@weaversway.coop (CH) Shawn O'Connell, ext 209 soconnell@weaversway.coop

Meat, Poultry & Seafood (MA) Dale Kinley, ext 104

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

Produce

(MA) Jean MacKenzie, ext 107 mackenzie@weaversway.coop (CH) Mike Herbst, ext 211 mherbst@weaversway.coop

Weavers Way Community Programs

Executive Director Jill Fink

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

Director of Operations

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

Farm Education Coordinator Shelley Hedlund

215-843-2350 ext 321 educator@weaversway.coop

www.weaversway.coop/wwcp



Advertise in the Shuttle

advertising@weaversway.coop

Weavers Way Welcome Meetings

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

Attend a Weavers Way Welcome Meeting, Get 2 Hours Work Credit!

Meetings 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**

July 12: 10 a.m. at Weavers Way Farm at Awbury Arboretum July 23 (MA), Aug. 13(CH)



July Member Specials

Valid from July 2 - July 29

member savings, visit /ww.weaversway.coop



BLAKE'S OG Chicken Pot Pie

\$3.99 REG \$5.45



LET'S DO ORGANICS OG GF Ice Cream Cones 1.2 oz

\$2.69 REG \$3.39



MISO MASTER

Miso - Assorted Flavors 8 oz

\$4.99 REG \$6.09



GINGER PEOPLE Ginger Chews -Assorted Varieties 3 oz

\$1.69 REG \$2.19



MEDITERRANEAN ORGANIC Organic OG Kalamata Olives 8.1 oz

\$4.39 REG \$5.29



PREMIER JAPAN **OG Wheat Free Hoisin** Sauce 8.5 oz



INES ROSALES Tortas -Assorted Flavors 6.34 oz

\$3.99 REG \$4.75



MEDITERRANEAN ORGANIC Organic OG Sundried Tomatoes 3 oz



TEA TREE THERAPY Baking Soda Toothpaste 5 oz

REG \$4.35



THERE IS NO CURE FOR

SO EAT MORE ICE CREAM. We've got lots of yummy local brands!

CHESTNUT HILL COMMUNITY ASSOCIATION PRESENTS Sponsored by the Chestnut Hill Community Fund and Chestnut Hill Hospital WED. EVENINGS 7:30 PM mes JUNE 18 **HEZEKIAH JONES JUNE 25** MUTLU nes JULY 2 **THE LAWSUITS JULY 9 DEB CALLAHAN BAND JULY 16** THE VENISSA SANTI QUARTET **JULY 23 THE JOHN BYRNE BAND JULY 30 AARON AND THE SPELL**

> Pastorius Park is two blocks west of Germantown Avenue, on Millman Street. CHCA - 215-248-8810 - www.chestnuthill.org

> > CHESTNUT HILL

HOSPITAL

or location is Springside Cheminal HIII Academy (Cheminae Cambar), wer Sulpot Auditorium, 8000 Cheminae Street, Philadelginia PA, 1819. If rain is in the Streetze, philade go no sever chamburition og or call 215-246-9810 after 6:00 PH on the day of the constant to confirm.

COMMUNITY FUND UNIVERSITY OF PENNSYLVANIA COMMUNITY HEALTH NETWORK

CHESTNUT HILL

Our nate in Ma

Your favorite foods are local. Your favorite sports teams are local. Our new *Morning Edition* host is local.



WHY FM 90.9

Morning Edition

Weekdays from 6 a.m. to 9 a.m.