We Got Meetings!



Join members of the Weavers Way Board, staffers Norman Weiss and Rebecca Torpie and your fellow Co-op owners for a discussion about the Co-op's product philosophy and where we go from here.

WEDNESDAY, SEPTEMBER 17, 7:30 P.M

Summit Church, 6757 Greene St.

For info and to RSVP: outreach@weaversway.coop/215-843-2350 ext. 118

Fall General Membership Meeting

Save the Date: SUNDAY, OCTOBER 26, 5 P.M.

First United Methodist Church of Germantown (FUMCOG) 6001 Germantown Ave. And stay for a screening of "Food for Change"

(foodforchange.coop)

There will be popcorn — non-GMO, of course!

For info and to RSVP:

boardadmin@weaversway.coop/215-843-2350 ext. 118



You Own It!



The Shuttle

September 2014 Vol. 42 No. 9

Community-Owned Food Markets Open to Everyone



Warehouse Manager Bill Quern at the new loading dock.

Warehouse Move: Sharing Space & Mission

by Ted Barbato, for the Shuttle

OST MEMBERS NEVER SEE THE WEAVERS Way warehouse, but a re-location earlier this year is already reaping benefits for them.

The move took place in mid-May, when the Co-op left the facility it had been renting for about a dozen years on E. Walnut Lane in Germantown and took over space at the SHARE Food Program, 2901 W. Hunting Park Ave. in Nicetown.

And while many Co-op members may have been unaware of the change, it's been a logistical godsend for Purchasing Manager Norman Weiss.

Weiss said because of increased commercial and residential activity around the old warehouse, "it got harder and harder for trucks to get in and out." Inside, moving products was difficult. "It didn't have refrigeration with doors large enough to run pallets in and out of."



The search for a new warehouse began about two years ago, and SHARE was eventually chosen for both practical and philosophical reasons. "They had a lot of room, a couple of loading docks," Weiss said. "And they are also involved in mitigating hunger, so we identified with their mission."

SHARE is a nonprofit, community-based organization focusing on food distribution, education and advocacy. Programs include emergency food

(Continued on Page 4)

Feeding Neighbors with Wisdom and Compassion

by Nathea Lee, Founder & Co-Chair, Weavers Way Food Justice Committee

Steveanna Wynn Greets a Recent visitor to the SHARE Food Program with a warm hug and an infectious smile. The petite powerhouse is a South-

ern transplant who has been at the helm of this Hunting Park treasure for more than 20 years and has dedicated her life to making healthy, wholesome food available to very low-income individuals and families throughout the Philadelphia area.

Situated near the vacant Tastykake factory in a massive warehouse painted

with bright inspirational murals, SHARE helps feed 500,000 individuals throughout the region each month. With the help of 2,000 volunteers directed by a small staff, SHARE provided 19 million pounds of food to 600 local food pantries last year alone. Just let that sink in for a

(Continued on Page 4)





Call for Discusson on Weavers Way Pricing

by Larry Schofer, Chair, Weavers Way Education Committee

THE WEAVERS WAY EDUCATION COMMITTEE IS IN THE UNusual situation of having been so successful in some of its projects that it has had to redefine itself and look for new meaning in its role in the Co-op.

Back in the 1980s, the Shuttle started as a one-page mimeographed sheet produced by the committee. Today's generation may not even be familiar with the word "mimeograph." It advanced to an 8-page, quarterly, professionally printed paper, but still written, photographed and laid out by volunteers from the committee. Over time, it was not feasible that this be performed by a volunteer committee, and the Co-op took over the Shuttle in the 1990s. It has since become the fantastic and really professional newspaper that we have today.

We also have had a good deal of success with our workshops
(Continued on Page 6)

INSIDE

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



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

 $S^{\text{O} \text{ GLENN GOT A LETTER FROM MEMber Beth Edelman who liked that we}$ were doing advocacy around toxic trains but wished the half-page graphic we ran in August had more ways to respond. She made good points but reminded me of a couple of things about that graphic that were bothering me:

Thing One: This wasn't actually a Shuttle production, or even strictly speaking a Weavers Way project. It came from the Weavers Way Environment Committee which, as anyone who has been around the Co-op for a while knows, has its own agenda. So while I was happy to put it in, I didn't do much tweaking. One thing I should have done, of course, is more clearly mark that it was from the Environment Committee. Which is why we now have icons that identify committee content, starting on Page 1 this month.

Thing Two: Back in the '90s, I edited a week-long newspaper package about the dangers of toxic trains in Philadelphia and it looks like NOTHING has improved.

Meanwhile, it has come to my attention that not everybody thinks I'm funny. Fair enough. I'll spare you the vacation pictures of me checking for the Eden brand at co-ops across the Pacific Northwest. However, if you care about Weavers Way product philosophy in general or Eden Foods in particular, you should not miss the meeting at 7:30 p.m. Wednesday, Sept. 17, at Summit Church. The Weavers Way Board is hosting and there will be snacks. RSVP to boardadmin@weaversway.coop or 215-843-2350, ext. 118, so we know how much to bring.

msweeten@weaversway.coop

The Shuttle is published by Weavers Way Co-op. Advertising for each issue is due the 1st of the preceding month, e.g. Dec. 1 for January.

Ad rates are available at our stores, online at www.weaverswav.coop, via email at advertising@weaversway.coop or by calling 215-843-2350, ext 117. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

Statement of Policy

The purpose of the Shuttle is to provide information about co-ops, healthy food and other matters of interest to Weavers Way members as consumers and citizens. Articles (500 words or less) are welcome. Editorial copy is due the 10th of the month before publication. Articles may express only the views of the writers and not those of the Coop or its Board, unless identified as such. The Shuttle retains the right to edit or refuse any article. Submit to editor@weaversway.coop and include contact information.



The Shuttle is printed on 100% recycled paper.

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

You Own It!

Sign up online! It's easy.

weaversway.coop/join

What's in Store at Weavers Way

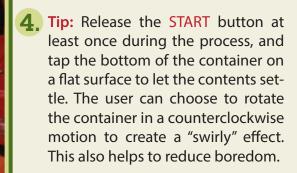
NUT GRINDER HOW-TO

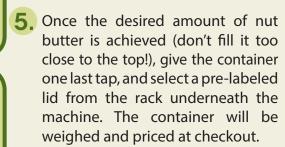
A Co-op Shopper's Guide to... **Grinding Your Own Nut Butter!**

> It's Fun! It's Easy! It's Delicious! Just follow these five simple steps:



- Select a container from the dispenser underneath the grinder.
- 2. Place container under metal spout (like it says on the machine).
- 3 Using a firm grip of the right hand, hold container under spout while pressing the green "START" button with the forefinger of the left hand. (Note to fellow southpaws: You can do this!)





Your freshly ground nut butter is now ready to enjoy!

Text & photos: Karen Plourde Hand model: Lara Cantu-Hertzler











What's in Store at Weavers Way

September's not too late for Buzz Away

New on the Shelves

What's in Your **Toilet Tissue?** Think Bamboo

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

 $S_{\text{sue.}}$ According to Kimberly-Clark, makers of Charmin, the average person uses 57 sheets of it every day. Depending on your brand preference, that translates into one new roll per person every six to 17 days. And the numbers spiral up from there. So figuring out a way to make toilet paper more sustainable can only be a good thing.

The folks at Bum Boosa paper products believe they have a solution: Using bamboo as an alternative to tree pulp and plastics. Curious? You can now find their toilet paper, baby wipes and diaper liners at Weavers Way Chestnut Hill. For right now, only the toilet tissue is available in Mt. Airy.

Elsewhere at the Co-op

The Hill has added Chia Pods, a full serving of chia seeds mixed with fruit and coconut milk, into the dairy section. You can find the banana and blueberry varieties there.

Mt. Airy Grocery: Red Jacket juices, out of Geneva, NY, in the Finger Lakes, are a new addition to the drink cases in both stores. They're cold pressed, and the Co-op carries six flavors.

Also new in beverages are some added offerings from Q Drinks, makers of those adorable little bottles of tonic water that upgrade a gin-and-tonic. Mt. Airy has added Q Kola, grapefruit soda and club soda.

Mt. Airy Bulk: To help satisfy those sweet cravings, Bulkmeister Luis Cruz has added Sunridge sunny worm candies, which are sugar-coated and way tastier than the supermarket version. And if you're feeling the urge to do some baking, look for Maggie's natural food coloring and sugar sprinkles. Maggie's uses plant, fruit and vegetable extracts in all their products.

Next Door: Just because it's September doesn't mean the bugs have gone back to school. For more pleasant fall outdoor living, pick up an 8-ounce bottle of Buzz Away Extreme natural insect repellent. And while the Co-op in no way approaches the big-box stores with their bins of cheap school supplies, we do carry Decomposition books in many sizes and styles.

Back to School with Produce: Lunches and Snacks

by Jean MacKenzie, Weavers Way Mt. Airy Produce Manager

Tt's that time of year again. Anyone who ever went to school, especially elementary school, in the United States gets a kind of thrill in late August — a new year! New clothes! The wonderful smell of new books, new crayons! Recycled produce columns! I say the same thing every year about this time, so if you're one of my faithful readers (either of you), you can skip this column and re-read Norman's.

If we all ate the recommended 8-10 servings of fresh produce every day, we'd be a lot healthier. But how do you get yourself and your family to do it? Here are the best ideas I've collected so far, mostly in an effort to find painless ways to get more fresh fruits and vegetables into my own family's diet. If you have more ideas, please tell me.

When they're hungry, they will eat. Duh. Present your kids — or yourself with fresh snacks right after school, when they'll eat anything you give them. Have a big salad ready 10 minutes before dinner.

When they're watching TV, they will eat. Just give them — or yourself — a plate of fruits and veggies.

Have dip, will eat. I don't know about your kids, but mine would have eaten cardboard if I gave it to them with some ranch dip or hummus. Carrots, of course, but also red or yellow bell peppers, jicama (very high in Vitamin C, and won't turn brown), kohlrabi, celery and lightly steamed broccoli, cauliflower or green beans. Watermelon radish — more of an adult taste — is great with blue cheese dip.

Slice it. Research shows that we'll eat lots more of almost anything, but especially apples, sliced into bite-sized pieces. Unfortunately, many fruits, especially apples, discolor quickly when sliced. I'm still trying to source affordable convenience packs of sliced organic apples.

Crisp it. What is it about salty-crunchy that is so satisfying? Instead of chips, try roasting green beans, asparagus, broccoli, cauliflower, beets, rutabaga, carrots, sweet potatoes or, of course, potatoes with some olive oil, maybe a dash of vinegar, and whatever seasonings you like.

School District endorses "Lean & Green" meatless lunch choices: Page 14

Toss in a few nuts.

Freeze it. My daughter used to immediately freeze all the grapes I would buy, then snack on them like candy. Berries work too. Freeze on a cookie sheet so they don't stick together.

Make smoothies. Freeze overripe bananas. Our family's favorite smoothie: Apple juice, frozen banana for sweetness and iciness, and some other fruit — usually a berry — for flavor and color. I used to add some protein powder or calcium supplement, because my then-still-growing teens never got enough in their diets. If you use enough frozen banana, it's more like a sorbet than a smoothie.

Make it look like dessert. A favorite in our house is vanilla yogurt (Pequea or Seven Stars) layered with berries, sprinkled with toasted wheat germ. It can make you forget ice cream.

(Continued on Page 28)



FIVE THINGS TO BRING TO SCHOOL

Pencil in a trip to the Co-op before you head back to class. Forget the honor roll — a valedictorian victory is in your future. Here are some great things to pick up that unfailingly make the grade.



1. DECOMPOSITION NOTEBOCKS. What's your nom de plume? Whatever your literary bent, you'll love these 100% post-consumer recycled paper, chlorine-free processed, lined notebooks with cool covers. Made in the USA and printed with soy ink allow for the cleanest, most creative flow of consciousness.



2. AURA CACIA MOTIVATING YOGA MIST. Achieve focus and clarity off the mat too. Spritz yourself for more productive study sessions. Photographic memory not guaranteed, but you'll certainly smell better than the stacks.



3. DHA ESSENTIAL FATTY ACIDS SUPPLEMENT. DHA plays a key role in the development of eye and nerve tissues, and you need those to get through organic chemistry, not to mention the University of Life.



4. EC TRAVEL-SIZED LAVENDER HAND SANITIZER. A show of hands says this tiny spray tube fits perfectly in a chino pocket or backpack and may keep that bug that's been going around at bau. One less reason to fear the locker room, too.

5. GARDEN OF EATIN' BUTTERNUT SQUASH CORN TORTILLA CHIPS. Slightly sweet, quite crunchy and made with the Summa of squash (sorry, zucchini), these Non-GMO Project-verified, gluten-free goodies are the perfect anti-oxidant-rich addition to any bento box. (That's what the kids are carrying these days.)

Across the Way: There's now a fridge at 610 Carpenter for flax oil and other supplements, and one of its newest inhabitants is Twinlab brewers yeast, ideal for mixing into oatmeal and smoothies. While we're talking smoothies, check out Phood, complete meal replacements from the makers of PlantFusion, in two flavors.

On the herbal front, ATW now offers organic passionflower vine extract from Gaia Herbs. According to the website,

it's the "ultimate support for refreshing and revitalizing sleep" and "encourages trophorestoration (that means nourishment) of the nervous system." Hey! Can we start getting the economy-size bottle?

kplourde@weaversway.coop





Photos by Nathea Lee/ PhotoBrayura

Volunteers ready a load of sweet potatoes for food pantries to pick up (left); SHARE Executive Director Steveanna Wynn (above).

Food Justice Committee

(Continued from Page 1)

moment — 19 million pounds of fresh fruits and vegetables, canned and boxed staples, hoisted aboard forklifts and loaded into vans and pickup trucks and U-Hauls headed to churches and missions and community centers where hungry Philadelphians await.

In addition to distributing USDA commodity food, SHARE has its own farm, which accounts for a few thousand pounds of food each year itself.

It's no secret that Philadelphia is a city of great wealth and intractable poverty. Nearly one-fourth of the population is considered to be "food insecure" — in the precarious position of not knowing where the next meal is coming from. While Steveanna references the Bible when saying "the hungry will always be among us," she's far too

compassionate to just let people go hungry. And she knows there is strength in numbers: Steveanna is the chair of the Philadelphia Food Policy Advisory Council Anti-Hunger and Local Food sub-committee. (Weavers Way General Manger Glenn Bergman is an appointee to the Advisory Council.)

SHARE and Weavers Way enjoy a special relationship; the Co-op moved its warehouse operations there earlier this year, and in April, the Weavers Way Food Justice Committee raised \$500 for SHARE by participating in the annual Walk + Run Against Hunger. The organization embodies the Food Justic Committee's mission to alleviate hunger in Philadelphia and advocate for equity in the production and distribution of healthy food.

Learn more about SHARE at www.sharefoodprogram.org. The SHARE warehouse and farm are at 2901 W. Hunting Park Ave. in Nicetown.

nathea@nleephotobravura.com

Bring non-perishable
food items to the Food
Justice Committee booth
at the Mt. Airy Village Fair
Sunday, Sept. 14
11 a.m.-4 p.m..
All items collected will
be donated to the SHARE
Food Program.

Warehouse

(Continued from Page 1)

relief, a "Sunday Suppers" series of shared dinners and — like the Co-op itself — an urban farm.

For SHARE Executive Director Steveanna Wynn, it was a natural fit. "I've known Norman and Glenn [Bergman, Weavers Way General Manager] for years. About a year and a half ago, we were in a meeting and Norman said, 'Might you have any space available?' And I said, 'Sure!'

"Once we found out what they actually needed, and what it would take to make them move here, it was easy to rearrange what we do to make that happen," Wynn said.

Even though the amount of space is roughly the same, Weiss says easier delivery access from far-wider Hunting Park Avenue is a major benefit. "SHARE's on a big wide street," said Weiss, "with a big gate, a parking lot and lots of room to manuever." Inside, there are large walk-in refigeration and freezer units that can easily fit a pallet jack.

Wynn says disruptions have been few. "And it's been fun seeing other activity and other handjacks rolling around the building. They're always giving tours to people. And in fact our folks have learned about Weavers Way in a way they would never have before. So it's been great for everyone."

Another benefit has been the elimination of early morning distributor deliveries to Weavers Way Chestnut Hill. "By having them deliver to SHARE [instead of to Chestnut Hill], the stuff sits there until the evening, and then we bring it over in our truck," Weiss explained. "We can bring it into the store when it's closed, which means we can bring pallets right down the aisle, close to where they're going on display. It's more efficient."

But Weiss takes greatest pride in the fact that by sharing space with SHARE, the two organizations can develop what he calls "mission overlap," both providing support for urban farming and educating the community about better eating.

SHARE's Wynn agrees. "There's a boatload of mission overlap. Weavers Way has always been about healthy food, about developing and building community, and they've always been about access to food. And that's what SHARE's about. Our missions are very close to being to the same. The way we approach them is a little different, but our overarching missions are the same."

The benefits of the overlap are just beginning to reveal themselves, said Weiss. "I think we're just scratching the surface of it now. There's another business in there called Philly Foodworks; they're dealing direct with farmers. We might get to share some resources with them. There's a lot of potential there."



Weavers Way Community Programs

Full Moon on the Farm: WWCP's Third Annual Farm to Table Dinner

by Mira Rabin, President, **Weavers Way Community Programs Board**

UPPORTERS OF WEAVERS WAY COMMUNITY PROGRAMS, people passionate about sustainable agriculture and nondenominational foodies of all stripes will gather at Awbury Arboretum Wednesday, Oct. 8, for WWCP's third Farm to Table Dinner. Weavers Way Executive Chef Bonnie Shuman and General Manager Glenn Bergman will work their culinary magic on the bounty from Weavers Way Farms, combining it with offerings from other local farms and purveyors for a sumptuous al fresco spread under the Hunter's Moon.

Past meals have featured lamb from Erdenheim Farm; oysters from the Cape May Oyster Co-op; cheeses from Shellbark Hollow Farm, Conebella Farm, and Yellow Springs Farm in Chester County; bread from Philly Bread; and wine generously donated by Moore Brothers, not to mention the hit of last year's dinner — Bluecoat gin, a locally produced spirit that was combined with Weavers Way Farms kale to happy effect. Bonnie, Glenn and their intrepid team work with no electricity, no hot water and no guarantee of good weather, turning out restaurant-quality food in an oasis of pastoral beauty in the middle of a city.

Weavers Way Community Programs is now in its eighth year of developing and providing farm education and nutrition programming for children and teens — and recently encompassing families, including families living in emergency housing. With a strong but shifting base of foundation support, we increasingly look to individual donors to support our work. The best way we have found to have prospective donors see the value of what we do is to bring them to our project sites to see



Photos of last year's Farm to Table Dinner by John Barone

our programs in action. Although the Farm to Table dinner does not offer a chance to see our work with children or teens in real time, it vividly demonstrates the value of spaces such as Weavers Way's Mort Brooks Memorial Farm at Awbury in Germantown, and the Henry Got Crops CSA farm at W.B. Saul High School in Roxborough. Everyone who arrives at either

site for the first time remarks on their peacefulness, their beauty and their importance to the urban landscape.

So mark your calendar! Plan to attend the Third Annual WWCP Farm to Table Dinner. Information about purchasing tickets, including opportunities to donate to WWCP at higher levels, is available at our website, www.weaversway.coop/ farmtotable. Space is limited, so act quickly. I hope to see you under the Hunter's Moon. Kale shooters, anyone?

wwcp@weaversway.coop

WWCP Moves In With Weavers Way

by Angela Faranda, Weavers Way **Community Programs Office Manager**

N A BEAUTIFUL JULY DAY, THE STAFF OF Weavers Way Community Programs packed boxes, stacked the chairs and said goodbye to our friends and tiny building-mates at the preschool at Summit Church.

With the help of some heavy lifters (thank you, Mambo Movers), WWCP headed up the hill from Greene and Westview to new digs at 608 Carpenter Lane, just above the Weavers Way pet store.

While we always consider the WWCP Children's Garden at Awbury Arboretum, the Hope Garden at Stenton Family Manor and the Weavers Way Farm at Saul High School to be the heart and soul of WWCP, moving to a location that puts us in physical proximity to the Co-op has been a great invigorator! Our new offices are spacious and inviting and we're really enjoying them. Of course, we've already felt the warm welcome from our supporters and co-workers right outside the door. Our very important canine companion, Josie, is particularly pleased.

WWCP's office serves as a meeting place for our farm educators, administrative staff, interns and apprentices. It's the hub of the behind-thescenes fundraising, planning and research. We welcome you to stop by and talk about what's going on with our students and farms, or even fulfill some of your cooperator hours! Come on up we'd love to show you around!

afaranda@weaversway.coop





Enjoy a magical evening on the Weavers Way Farm and allow yourself to be wined and dined with a meal prepared by Weavers Way's very own Chef Bonnie Shuman and General Manager Glenn Bergman. The definition of fresh and local, your farm to table dinner features items harvested directly from our own tields and other tarms within the region. All proceeds support the farm and nutrition education programs provided by Weavers Way Community Programs.

When you shop at the Co-op on the second Tuesday of the month, please Giving consider adding \$2 to your total bill Tiwosdaus! to support WWCP programs and services. Give \$2 to WWCP! (You can also give more **Every 2nd Tuesday Every Month** or less.) Our goal is to raise \$2,000 each month.

Your support enables WWCP to continue to provide

to local children, including our subsidized tours for

a wide range of farm education and nutrition programs

economically disadvantaged students from all over Philadelphia.



Morris Arboretum

Education Committee

(Continued from Page 1)

program. Over the past decades, thousands of members have participated in at least one such program. The workshops are designed to allow members of our organization to share their expertise, their hobbies and their fascinations with other members. Although a significant portion of the workshops have dealt with matters relating to food and eating, other subjects have included homeschooling, pet training, classical music, financial planning and any number of other areas.

The program was so successful that once again we were no longer able to administer it on a completely volunteer basis. Weavers Way now has an outreach coordinator who works with the Education Committee to schedule the workshops once they are approved for presentation. In recent years, the number and range of workshops have been reduced by two unrelated developments. First of all, the end of the work requirement has resulted in fewer members stepping forward to offer such workshops. Secondly, a perverse result of the renovations of the Carpenter Lane store has been the removal of the bulletin board at the head of the waiting line for checkout. This bulletin board was a major source of signups for the workshops. The Chestnut Hill store has never had any easily accessible place for signups.

The committee is now considering ways of improving its advertising for workshop facilitators and participants.

It is clear from the growth of sales that Weavers Way remains very popular, but the members of the committee feel that a significant portion of the community is being ignored by the pricing approach of the

stores, especially those on fixed incomes.

A recent meeting of the committee that considered these issues expanded into a more general discussion of why people belong to the Co-op. In the 1990s, we sponsored a well-received series of articles in the Shuttle titled "Why I am a member of the Co-op." People gave a variety of reasons for their membership, mostly centering on community feeling and the ability to work with others to build a great organization, but the members of the committee feel that this is an item that should be reconsidered.

One member of the committee admitted she never shops at the Co-op anymore because the prices are too high. She is committed enough to the community to continue to come to the committee meetings, but she feels that she has been excluded by the pricing approach of Weavers Way. This opinion was supported vigorously by other members of the committee, who chimed in with their experience of what they consider extraordinary markups on various products in comparison to prices in supermarkets. The occasional price comparisons that are published in the Shuttle were regarded as meaningless because such comparisons often bring in prices from Whole Foods. The committee members, at least, are not interested in the upscale offerings at that store, and expressed the opinion that Weavers Way is moving away from its stated intentions.

It is clear from the growth of sales that Weavers Way remains very popular in the community, but the members of the committee feel that a significant portion of the community is being ignored by the pricing approach of the stores, especially those on fixed incomes.

Not everyone agreed that the pricing at Weavers Way is so out of line. After all, our staff wages are higher than in supermarkets, and other priorities (e.g. buy local) can sometimes result in higher prices. Since our early days, members have realized that "cheap cheese" is not our reason for being. Members feel that the Co-op adds value to our individual and community lives and that cooperative economies offer a stable alternative to support our neighborhoods.

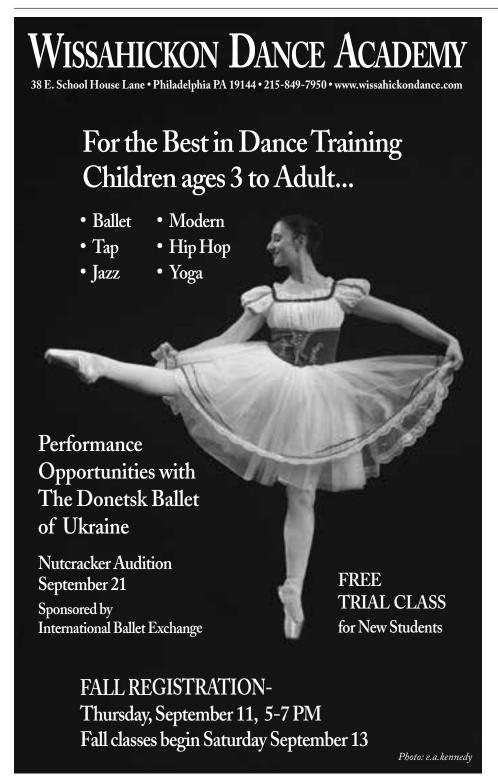
Of course, these notions are all based on anecdotal evidence, and it would seem that the first step would be to make more precise comparisons between Weavers Way and competing stores. Only then should alternatives be considered.

It was also pointed out that for all the good intentions that we pronounce for making allowances for the physical weaknesses of members, lots of things have been overlooked. It is true that packages will be carried to cars, but the new bulk packaging offerings remain out of bounds for people who have difficulty with stairs. The Mt. Airy store has no elevator, and the chair lift that was once discussed has never appeared. Here too, more information is needed for the general membership to understand why situations exist as they do.

The members of the education committee remain committed to the community outlook of Weavers Way, but several members voiced fears that the relentless drive toward expansion has left an increasing number of people behind. We would like to see more programs by members, for members, and more facilities that are cognizant of people's needs.

Early drafts of this article generated a spirited discussion among Education Committee members and with several managers of Weavers Way. The committee hopes that this discussion can be continued by larger circles of our members, either through the Shuttle or by other means.

edcomm@weaversway.coop





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General Manager's Corner

(Some of) Our Prices Are High — For Very Good Reasons

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

A S YOU KNOW, WE OFTEN GET COMments about the price of food at the Co-op. I should say the "high price" of food. As a member-owned business, we take these communications very seriously. Some of the comments from the Weavers Way Education Committee have been rather strongly worded and need to be addressed in a meeting of members. I have asked our marketing director and purchasing manager to set up a meeting of staff and members to address these comments so we can better understand the concerns and what members want as a price point for products.

I agree that many of our products are more expensive than at Whole Foods, Trader Joe's, the Acme and many other places. Then again, we can be close in price or much lower. I know — I check prices all the time.

If you have been around for more than 12 years, you have certainly seen our product prices rise. As you will remember, for 35 years Weavers Way was closed to non-members (though about 5 percent of our sales were from non-members who were just trying out the Co-op). When we opened the Chestnut Hill store, we also opened the Co-op to the community. Like many other co-ops throughout the country, we now offer a three-tier system: 1) Non-owners pay the shelf price. 2) Owners who don't do work hours pay the shelf price, but are entitled to member-only discounts and an annual patronage rebate. 3) Owners who do work hours receive a 5 percent discount.

Changing to this system has enabled the Co-op to increase sales, increase local purchasing, increase hiring (at a living wage) and increase shopper diversity. It also increased prices for non-owners and non-working owners. If you are comparing our prices to the "old" Weavers Way Co-op, make sure you take off 5 percent on all products in the store. (When we do our Shuttle shopping comparisons, we do not take off 5 percent — perhaps we should.)

What drives our costs at Weavers Way? First, the profit motive does not drive our pricing as it does for Whole Foods or others. I budget each year to have a net income before taxes of 1 to 2 percent. (This is after depreciation and after bonuses for staff.) We don't always hit this number, but usually we do.

High product quality, organic sourcing, local sourcing and ethical treatment of animals and humans drives our purchasing. These guidelines drive selling prices higher, but they are not as strict (and costly) as some other co-ops, which eschew meat and non-GMO products or only offer organic produce.

Product cost is our No. 1 expense. Our buyers attempt to meet as many of the standards that members have requested as possible. For example, we made a decision years ago to purchase only Fair Trade organic bananas. Fair Trade products usually are sourced from other cooperatives, provide for a living wage or at least a better wage, do not use chemicals and provide funds for additional social services that go to schools, clinics, water infrastructure and other programs.

Conventional bananas are 69 to 79 cents a pound. If we followed our markup guidelines for produce, we would be selling our Free Trade bananas at more than \$1 a pound. Instead, we hold the price at 99 cents a pound.

We used to carry both types, and our produce buyers made the decision to carry only Fair Trade bananas. This is also true for coffee, chocolate, some nuts and many other Fair Trade products. Our Equal Exchange coffee is often on sale (the entire line!) at \$8.99 a pound. Yes, we could purchase Folgers, Maxwell House, or even some off-brand products and save you a few dollars a pound, but we have made the choice not to include these products since they are not humanely produced.

Or let's talk apples. When I started, we carried only a few local apples. We changed that when we found out our purchaser was sourcing from only one orchard. So our buyers went on the road and found local apples that were superior to any Western U.S. or Chilean apple. Today we are able to sell apples at the lowest price of any store in southeastern Pennsylvania. Not only are our apples IPM (lowspray), but they are purchased directly from the farmer. We sell these apples for 99 cents a pound two days a week during the season, and if you are a working member you are getting them for 95 cents. That is cheap! And we sell a lot of apples.

We could easily move to all conventional meats, chicken, seafood, dairy and bread within a week and save you 30 percent on your bill or more. Should we? Our ground beef is expensive when compared to Acme, but I know the farmer that produced that beef and I know when it was ground and who purchased it should there ever be a problem (and there never has been one).

The Co-op's labor costs are higher than conventional grocery stores or chains that sell food (Target, Walmart, Trader Joe's). Let me give you a few facts:

• Our minimum starting wage is \$10 an hour. Only paid cooperators or "oncall staff" make less. On July 1, we raised that rate to \$10.50 and have made a commitment to get all 155 (plus or minus) staff into the \$11 range within a year, based on performance. Most other grocery stores and box stores start workers at \$7.50 to 8.50 an hour; Trader Joe's and Whole Foods I believe start in the \$9 and \$10 range.

Our high starting wage and no-lowpaid staff policy adds at least \$450,000 a year to our payroll. That is about 2 percent on all prices across the board.

Companies like Aldi and Trader Joe's (owned by the same private German company) have keep their wages and staffing low as a head count and as a percentage of sales. If you go to either of these stores you will not find great chefs cooking for you, you will not find a deli slicing meats or putting out hand-cut cheese, or a meat department. All of these departments have higher labor costs and require higher priced products.

• I know from interviewing many

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

Co-op Needs to Be More Affordable for Members

E LOVE HAVING WEAVERS WAY IN CHESTNUT HILL AND ENJOY THE COMmunity feel of shopping there. We support it by purchasing many of our groceries at the Co-op. But I have to say I get "sticker shock" every time our groceries are rung up at the cash register. The total is high and I'm amazed at how few items are in my bag. I justify it to myself by saying, "It's a co-op, a store in our community, a lovely place to shop with healthy food." But I also feel a little guilty, like I'm shopping the way someone would on vacation . . . or who lives in the Hamptons!

Like the writer of "Increase Member Discount" in the August Shuttle, I think the profits that Weavers Way is seeing should be put back into making the Co-op more affordable to members. Make the Co-op a place where members can shop comfortably for their families on a daily basis and over the long term. Increasing the member discount would go a long way towards this.

Debbi Carr

prospective staff that workers at bigbox stores and grocery chains are often unable to get benefits because they work too few hours a week. All of our workers are entitled to join the health plan, with Weavers Way's contribution pro-rated for those who do not work full-time. Our cost of health-care benefits is just north of \$400,000 a year.

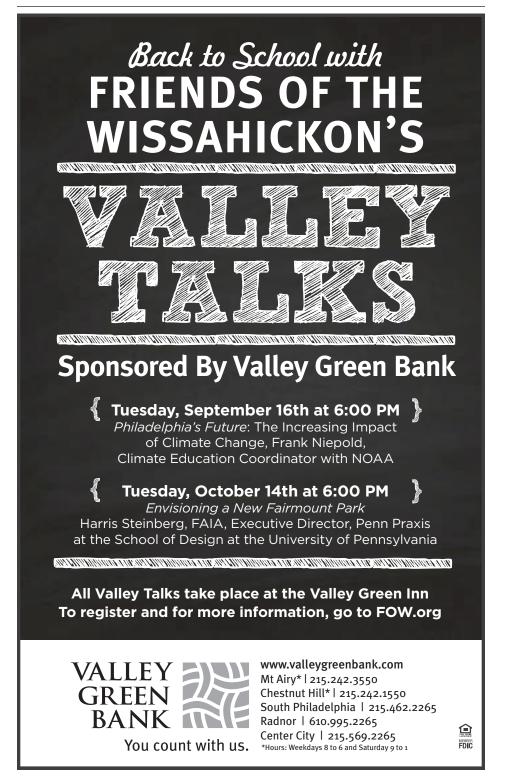
- Weavers Way personnel costs are 25.5 to 27 percent of revenue. That is a high number and is based on our sales after discounting for working owners — a cost of \$400,000 plus per year. You will find that most grocery stores are around 18-22 percent for wages and benefits total. We could save another 5 percent if we limited benefits, lowered starting wages and removed the match on the 401k.
- Another area that costs us about \$40,000 a year (about .25 percent of

sales) is running the Weavers Way Farms. Our two farms lost that much last year, and that number doesn't include fixed administrative costs. We have asked our members and they want us to continue to support the farms. We are working on how to cut these losses.

I could go on, but I think we need a meeting to roll out our costs and your concerns, and have a discussion about how we bridge the gap between those who can and cannot afford this missiondriven purchasing program. Should we go back to more conventional product lines and required hours to lower the price? Or should we continue on this path of mixed high and lower prices with working and non-working owners?

I look forward to this discussion.

gbergman@weaversway.coop.



L-E-T-T-E-R-S

Who Will Be the Judge?

DID SOME RESEARCH ON THE THE Hobby Lobby suit / Supreme Court decision. As an "Independent," whenever there are serious issues in the news (political or otherwise) and I hear very strong objections or opinions, I do my best to do some research to learn the facts and get to the bottom of it.

I found out that Hobby Lobby was objecting to very few contraceptives and that their existing (before ACA) plans already included contraception.

This is from FAQs - hobbylobby-case.com: "The Greens and their family businesses have no objection to the other 16 FDA-approved contraceptives required by the law that do not interfere with the implantation of a fertilized egg. They provide coverage for such contraceptives under their health care plan."

However, most interesting, I discovered that Eden Foods' existing health-care coverage plans do not include any contraceptives for their employees.

This is from Bloomberg Business Week, July 18: "It turns out that [Eden CEO Michael] Potter has never provided coverage for birth control. Until Obamacare began requiring insurers to do so, the company's insurance policy . . . specifically excluded contraception in all forms, which Potter believes 'almost always involve[s] immoral and unnatural practices.'"

I agree with the general statement made by the editor concerning what we

don't know about all of Weavers Way's vendors, what and who they support, etc. After all, we have no idea regarding the philosophies, beliefs and behavior of any company, their CEOs, including treatment of women, animals, their contributions andpay equality. So how far do we want to go with Eden Foods? If they "nix" Eden Foods products, in fairness, they'd have to do that for everyone, i.e. investigate all health-care plans offered by all other vendors.

Who will be the judge to determine if the particular company/vendor has adequate coverage regarding birth control?

The employer mandate to comply with ACA is pushed back until 2015-16 and only required for companies with over 50 full-time employees. If companies don't offer any health coverage, does that mean they are against women? You see how far this can go.

It is an individual decision, I believe.

In closing, a personal note: Where else except Eden Foods can I get beans in BPA-free cans that are cooked with Kombu seaweed, which makes them more digestible? I am comfortable in saying that I believe the very long tradition of Eden Foods' products and involvement in macrobiotics and the health-food industry has done a great deal for the betterment of women's health. I benefited from the availability of these foods many years ago, when my health was greatly improved on the macrobiotic diet.

Linda Miller

It's a Food Co-op

READ THE COMMENTARY ABOUT EDEN Foods and contraception in the August issue of the Shuttle with a sense of déjà vu. In June 2013, Norman Weiss explained in the Shuttle that the Co-op would not be taking a policy with respect to Eden because "it's a complicated issue and [we] encourage people to investigate on their own and make their own choice." This is still valid.

For me, the main point remains that we're a food co-op, and we should keep our institutional focus on what unites us. Do we really want to go down the puritanical wormhole for each product on our shelves? For example, how about a debate on products with ties to Israel? Weavers Way membership is sufficiently diverse about ethical issues that I think there are some questions where, as a grocery co-op, we can remain agnostic.

One new comment arose in the August issue. With characteristic wit, Weiss commented on the so-called "rhythm method" of birth control. One should always read Weiss with a sense of humor intact, but for the record, it should be said that today's natural family planning techniques are a far cry from the "rhythm method" of common stereotype. For example, Google "Honoring Our Cycles" by Katie Singer. Singer describes effective family planning techniques which do not rely on big pharma and which do not pollute our water supply with artificial hormones.

Personally, I think it would be tragically ironic if some Co-op members boycotted Eden while relying on contraceptive manufacturers who violate Co-op values in so many other ways. But the marketplace is full of moral gray areas. That's the nature of the food business today. I urge would-be boycotters to remember that.

In a food co-op, people of good-will should be allowed to have differing perspectives about issues several steps removed from the food. We are a food co-op, so let's welcome everyone who wants to focus on the food.

Christopher C. Roberts

Boycott Eden

WOULD LIKE TO SEE A BOYCOTT OF Eden Foods. I'll spare everybody long arguments, but I'll try a few short ones:

The real responsibility is, of course, on the Supremes.

The precedent set is far-reaching and dangerous and needs to be fought on all fronts. A boycott is one of the few fronts where Weavers Way can represent the wishes of its members.

Of course the members have to make their wishes clear and I hope I have.

Kevin Smith

Boycott Would Be a Bad Precedent

REGARDING THE CONSIDERATION BEing given to boycotting Eden Foods because some among the cooperative ownership of Weaver's Way do not agree with the owner of Eden Foods on the ACA or regarding artificial means of birth control, I would urge NO boycott.

It sets a bad precedent for the future — i.e., we will be intolerant of all who do not agree with the Weaver's Way majority in politics or moral judgments.

As a weird mix of progressive/conservative and a devout and committed Catholic Christian, I am concerned at times that some on the progressive side of things actually want less diversity of views, that is if you don't accept our political views and our moral judgments, then we will be intolerant of you.

I hope Weaver's Way does not go that way. Let's be a grocery store that focuses on high-quality foods and an attractive environment in which to shop. If people don't want Eden food products, let them have the freedom to vote with their purchasing dollars.

But if you want your core value to be advocating so-called progressive politics, even when it is unrelated to food, then a boycott is the way to go. Just be sure to communicate what your core values are as a cooperatively owned grocery store.

Scott Bucko

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L·E·T·T·E·R·S

A Fragmented Society

CINCE READING THE AUGUST SHUT-I have become increasingly steamed about Weavers Way considering no longer carrying Eden Foods. It seems to me that this a craven capitulation to political correctness in that a body of opinion denies me the right to buy whatever brand of tinned beans I happen to prefer in order to further particular social and/or political agendas.

The Hobby Lobby decision pulls at me from both directions. As a Quaker, I fully appreciate a ruling that respects the religious beliefs of others — which I do not necessarily share — and empowers them in a way that our society has been historically reluctant to consider. And yet I understand without qualification the merits of providing a full range of women's health-care options to the employees of ABC Company and the distress arising from denying that same full range of care to the employees of XWY Company simply because that company's owners are practicing members of a particular faith.

My issue is not beans but the extent to which our society is constantly fragmenting itself into ever diminishing parcels of ideological turf that are defended to the death while we feel, increasingly, surrounded, assaulted and manipulated by forces beyond our control.

I'm not going to tell you on which side of the Hobby Lobby decision I come down. Search your own hearts for that. But do not diminish my rights in order to exercise your own.

Bear in mind that boycotting Eden's products, if it makes a dent in that company's bottom line, is less likely to sway the owners' convictions than it is cost the jobs of some of those who raise, pick, prepare and pack those same beans and deliver them to us.

Edward Sargent

Go for It, Eden!

TAM A WEAVERS WAY MEMBER WHO Lis heartened by Eden Foods stand against the contraceptive mandate in the ACA for a number of reasons:

- 1. The hormones in artificial contraceptives are polluting our waterways. There are successful, natural, non-chemical methods for managing a woman's fertility.
- **2.** To be fertile is to be healthy. Why is the government mandating that free medication be available to alter a healthy condition and NOT mandate that free medication be offered for a chronic, lifealtering illness such as diabetes?
- **3.** I think a case can be made that artificial contraception for women is rooted in a kind of misogyny. The goal of contraception is to make women be more like men, unable to bear children, thus implying that the healthy female condition (fertility) is inferior to the natural male state (unable to bear children).
- 4. Artificial contraception is sold as empowering women. Is it necessary for women to make themselves like men to be fully actualized?
- 5. The contraceptive mandate is paternalistic. The government has decided what is best for the people. Is this the way decisions are made in a democracy?

You don't need religious reasons to object to the mandate and you don't even have to be a libertarian. You just have to be pro-environment, pro-democracy and pro-women. Go for it, Eden Foods!

Mary Dempsey Lau

Suggestions

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

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

After reading comments about Eden Foods, and trying to judge where I stand on the issue and where I think the Co-op should stand, I'm struck by a couple of thoughts I'd like to share:

- It's great to see people making food choices based on ethical criteria. Whether I (or anyone) agrees or disagrees as to what is the appropriate choice, the fact that someone's actions (or a "company" of someone's actions) are being taken into consideration when making a food purchase is a hugely positive step. This is one way we can change our food system from an extractive, exploitive system to a healthy, fair and sustainable one.
- It is also great to see a few concerned members use our Co-op's built-in mechanism, as provided in our bylaws, to get their issue in front of the Board and the membership at large. This is an essential difference between a co-op and a non-coop. Privately held companies, like Eden, can pretty much do whatever the owners want, within the law. With shareholderowned corporations, voting power is based on shares (more shares = more



votes), so an individual shareholder's power to effect corporate action is limited by shares owned. Because a co-op is a one-member, one-vote operation, no one can buy more votes and all members are equal. At Weavers Way, any 10 members can petition the Board to get an issue on the agenda at a membership meeting, and questions can be raised and voted on by the membership, which the Co-op leadership must then follow.

Over the years, Weavers Way has been known for many things — lower prices (1973-2004), building the community, a work requirement that helped build Mt. Airy by having neighbors work together (1976-2011), stocking healthy food choices and gourmet foods, urban farms. These days you can find many of the things our co-op has been known for in other businesses, especially ethically run ones — but co-op corporate structure is unique to co-ops. As a customer of Trader Joe's or Target, you can vote with your dollar and you can offer comments,

(Continued on Page 22)

LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Submissions should be no more than 200 words. Please include your name and email address or phone number so we can contact you for verification; no anonymous letters will be published. Letters may be edited, and the Shuttle may decline to publish any letter for any reason. The deadline for all Shuttle editorial content is the 10th of the month. Send contributions to editor@weaversway.com



Launching at the Village Fair:

Our Indiegogo crowdsource campaign for a solar roof! Come by our table on September 14th for more information on solar power and how you can participate!

Also in September, look for sidewalk sales all month when the weather is nice. \$5 hardcovers and \$3 paperbacks!

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Dinner & a Movie

'Chef' the Movie, **Chefs on Trucks**

by Margie Felton, Weavers Way Mt. Airy Deli Manager

FOR MANY YEARS, SILVER BOXES serving hot dogs, soft pretzels and greasy egg sandwiches have dotted Philadelphia corners and college campuses. I have avoided these questionable cheap eats, but times have changed. Silver has been replaced by colorful trucks offering creative cuisine.

Food trucks play a key role in this summer's film "Chef." "Chef" is about food, passion and relationships. Chef Carl Casper (Jon Favreau) opens his own food truck after quitting a creativity-stifling restaurant job (and receiving a bad food review). Starting in Florida with Cuban sandwiches, he drives his truck crosscountry with his son and best friend, gathering menu items along the way. The music follows the food: salsa in Miami, zydeco, blues, and a funny male-bonding rendition of sexual healing, creating an amazing soundtrack. As the truck heads west, Carl not only teaches his son how to cook but shares his love of cooking, while his son teaches him how to use Twitter.

The Cubano was created in Florida and is traditionally made on buttered Cuban bread (similar to a soft baguette) filled with sliced roast pork, ham, Swiss cheese, pickles, mustard and sometimes salami, toasted on a sandwich press called a plancha. An adventurous friend and I explored Philadelphia's Cubano offerings.

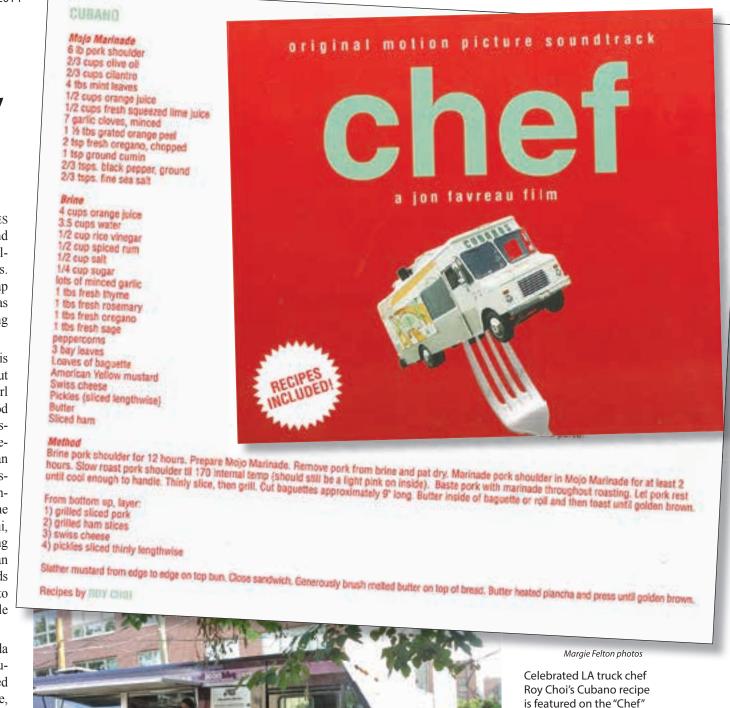
Our search started on North 5th Street at Tierra Colombiana where we ordered the Sanduche Cubano. This was a straightforward version of pork, ham, Swiss, mustard, garlic sauce, and pickles toasted on Cuban bread. My friend compared it to the Pat's Steaks of Cuban sandwiches — exactly what was expected and nothing more.

We traveled a few blocks to El Punto, where we ordered our sandwich and waited outside. I don't think the ventilation system was working, but the sandwich was delicious. Pulled pork, ham, swiss, salami, a mayonnaise sauce, lettuce and tomatoes. Maybe all the grease we smelled added to the flavor. This sandwich was worth the trip.

A few days later we had dinner at Los Gallos in South Philadelphia, where I was surprised to find a Cubano on the menu. This sandwich strays far away from tradition but was my favorite of the three: A large toasted roll filled with ham, roasted pork, breaded beef cutlet, refried beans, chipotle mayonnaise, avocado, onions, pickled jalapenos, lettuce, tomato, and Oaxaca cheese. It is large for four.

"Chef" also inspired me to find out what Philadelphia food trucks had to offer these days, and it pushed me into the present as I realized I had to open a Twitter account to find this new generation of trucks. But I didn't have to travel far for my first stop. The Co-op was hosting a "Chillin' & Truckin'" event, and two trucks were parked on Carpenter Lane.

I started with savory at Mucho Bueno, sampling the day's special: lamb, pulled pork and brisket tacos, and grilled corn. The lamb was smoky and tender, topped with peach salsa. The pork and beef were prepared Carolina-style and had





a nice vinegary tang. All the tacos were sprinkled with pickled onions and drizzled with crema. The grilled corn was sweet and slathered with lime crema and cilantro. Grab napkins.

For dessert, Zsa's served ice cream from a very cute blue truck. I tasted salted caramel, buttered brown sugar peach, blackberry cobbler, and chocolate — all delicious!

I jumped on my bike for the next three trucks. On a Friday night before the outdoor movie at Lovett, I found Bonjour Creperie. I started with the chicken, chipotle mayo, guacamole and cheese on a gluten-free buckwheat crepe and ended with Nutella and banana in a soft wheat crepe. I would highly recommend these crepes, but skip the way-too-sweet iced coffee.

The following Wednesday I pedaled to the bottom of Chestnut Hill to Pitruco Pizza, which has a wood-fired oven right on the truck. The dough of my Margherita pie was thin and perfectly chewy, topped with fresh tomato sauce, buffalo mozza-



rella and basil. I would have liked a little more cheese, but then I am the Mt. Airy store cheese buyer.

In my own Germantown neighborhood, I visited a very small silver truck at the corner of Greene and Chelten. I have been smelling the wonderful smell of grilling meat from this truck for years but never stopped. When I asked the owner how long he had been there, he replied, "When I started, I was a young man and now I am old." My food — a beef kabob and chicken kabob with barbecue sauce — tasted as good as it smelled but was a bit chewy. But at \$2 and \$2.50, this was the best deal I found. (Other trucks' offerings ran \$6-\$10 each.)

My last stop involved taking the subway downtown to catch the Oink and is featured on the "Chef" soundtrack jacket; Oink and Moo barbecue truck pops up in South Philadelphia; Cubano from Los Gallos (bottom left), tacos from Mucho Bueno.

Moo barbecue truck at a popup beer garden. The menu included a variety of items on slider rolls and taco shells as well as ribs and chili. I started with the pulled pork tacos, which were flavorful and topped with shredded cabbage for crunch, but the meat was so tender it turned to mush and was too juicy/oily. The quesadilla was the best I have ever had. The tortillas were layered with goat cheese, Monterey Jack, roasted peppers and chipotle chicken.

Twitter and Facebook are very helpful in tracking down these little restaurants on the move, but there is an easier way. On Thursday, Sept. 18, Mt. Airy USA is hosting Street Fare, its annual, well, street fair on Germantown Avenue between Sedgwick and Mt. Airy. Some of the trucks I visited will be there as well as dozens of others!

Come out and eat and see the film "Chef," still in theaters, soon on DVD.

"Chef" (2014) stars Jon Favreau, Robert Downey Jr. and Scarlett Johansson.

Tierra Colombiana, 535 N. 5th St. 215-324-6086 tierracolombianarestaurant.com.

El Punto, 4460 Whitaker Ave. 215-329-2251.

Los Gallos, 951 Wolf St. 215-551-1245.

Mucho Bueno, eatmuchobueno.com.

Zsa's Gourmet Ice Cream, zsasicecream.com.

Bonjour Creperie, bonjourcreperie.com

Pitruco Pizza, pitrucopizza.com.

Kabob cart, Greene Street and Chelten Avenue

Oink and Moo, oinkandmoobbq.com.

margie@weaversway.coop

Wanna Get Something to Eat? Mt. Airy USA Street Fare the Place to Be

STREET FARE: SIP, SAVOR, STROLL BRINGS TASTY bites and beverages back to Mt. Airy on Thursday, Sept 18, from 6 to 10:30 p.m. Sip and savor gourmet eats and drinks from more than 50 of the region's best food trucks and local restaurants along Germantown Avenue, between Sedgwick Street and W. Mt. Airy Avenue. Stroll the Avenue for family fun, live music and handmade crafts. Street Fare is organized by Mt. Airy USA and annually attracts over 11,000 people.

"We're thrilled to have such a great response from food trucks and restaurants. It is a testament to the success of last year's festival," said Mt. Airy USA Executive Director Anuj Gupta. "Street Fare highlights for the rest of the region all that our growing, vibrant restaurant scene and business community has to offer."

Street Fare pairs award-winning mobile food vendors with notable local restaurants for a night of street eats, craft brews, handcrafted cocktails and wine. Mt. Airy restaurants and businesses will include Cantina Avenida, Earth Bread + Brewery, Herb Scott Catering, Jyoti Indian Bistro and Trolley Car Diner.

Food truck participants will include Braz BQ, The Cow and the Curd, Foolish Waffles, Hot Diggity 2, Ka'Chi, Mac Mart Cart, Mompops, Oink and Moo BBQ, PB and U, Pitruco, Sweet Box Cupcakes, Surf and Turf Truck, The Tot Cart, Undrgrnd Donuts and Vernalicious.

While strolling historic Germantown Avenue, shop from artisans organized by Renaissance Craftables. Find a stunning new look inside the Smak Parlour Fashion Truck. Enjoy fun for the whole family inside our Family Area, featuring locally designed temporary tattoos from Mt. Airy's Kadillac Tattoo, hairstyles from Culture Hair Salon, hand sewing from Handcraft Workshop and other arts and crafts for the young ones.

Entertainment will include live music on two stages from Akil Dasan, Deb Callahan Band, Johnny Showcase, Papo Gely and the Gin Canaries.

"Street Fare is not only a fabulous street festival, it's a celebration of the continued revitalization of Germantown Avenue," said Gupta. "Our local neighbors and businesses are excited to play host, and the region better come hungry!"

For event updates and additional information about Street Fare, visit gomtairy.com, call 215-844-6021, follow @gomtairy #stfaremtairy on Twitter and like "Go Mt. Airy" on Facebook.

The mission of the nonprofit Mt. Airy USA is to preserve, empower, and advance a vibrant and diverse community by stimulating development responsive to Mt. Airy. For more information about the organization and its initiatives, call 215-844-6021 or visit www.gomtairy.com.

Get a Handle on MilkCrate

Developer wanted an app to help her find local, sustainable services

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

THE ROAD TO A MORE SUSTAINABLE lifestyle can be full of hope, excitement and adventures — who doesn't need an excuse to try out the food at Philly's premier vegan restaurant, Vedge? All in the name of sustainability, right? But what about when it comes to getting your bike tuned, refinishing kitchen with sus-

tainably harvested cabinetry or supplying your office with Forest Stewardship Council-certified paper products?

Morgan Berman hopes her new app MilkCrate can help.

Morgan founded MilkCrate as a way to both accomplish her senior thesis in Philadelphia University's Sustainability Program and create a lasting project that would have a real-world application.

Living in West Philadelphia and working at Apple, she dived into a sustainable lifestyle. She spent hours on-



stores. After spending her days helping people make their lives more accessible to technology, she wanted a one-stop app that would make it easy for people to find services that speak to their earth-friendly values.

researching

Weavers Way is excited to be working with Morgan on the launch of Milk-Crate, which will help people achieve simpler access to living green.

The MilkCrate app features Philadelphia businesses that have different levels of commitment to sustainability and range in size and neighborhood. You

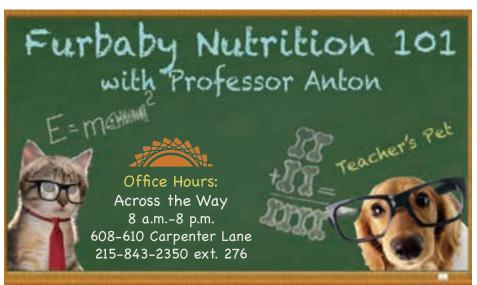
can search on a map so you can see the sustainable options in a neighborhood when you're looking for a new apartment. You can search by keyword ("vegan") or category ("grocery stores," "fashion"). Businesses will be tagged with their affiliations — including Fair Food and Sustainable Business Network members — as well as if they accept SNAP or provide sustainably raised foods.

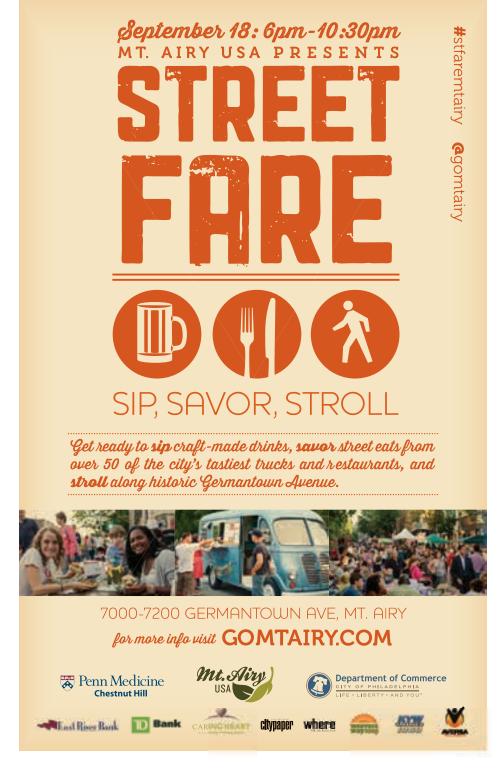
MilkCrate launched an Indiegogo campaign Aug. 25 to raise funds to introduce their app. You can see it on the Weavers Way website and Facebook page, as well as at www.milkcratephilly.com.

Help us support the MilkCrate team in creating a more sustainable Philadelphia!

skane@weaversway.coop







Acupuncture: Ancient Medicine for Modern Times

by Elise Rivers, for the Shuttle

HOUSANDS OF YEARS AGO, A MIRA-L cle happened: Acupuncture was discovered. The knowledge that the body could be healed in a simple way (which we've since learned is on the molecular, biochemical level) would prove profound for many generations to come.

Using hair-thin needles that are virtually painless (there may be a slight sensation that quickly fades), acupuncture treatments, among many things, increase immunity and blood flow, eliminate or reduce pain, balance hormones, strengthen organ function and induce deep relaxation, allowing the body to manage stress better.

While most people use acupuncture when they have symptoms, its true power is in its ability to prevent disease.

The internal workings of the body operate in an infinitely complex way. The body is at constant work creating homeostasis — for example, maintaining a steady body temperature. Homeostasis (or balance) happens at a microscopic level with millions of chemical reactions every second! One might ask, what in the world could influence this "symphony" to "play" even better? There are two answers that are indisputable: goodquality food (thank goodness for Weavers Way!) and acupuncture. Strengthening and balancing all the body's systems to prevent or treat disease is the function of acupuncture, and no other medicine in the world achieves the same results for so many conditions.

One of the main advantages of acupuncture to treat today's common conditions is that the incidence of adverse effects is substantially lower than that of many drugs or surgery. For example, musculoskeletal conditions, such as fibromyalgia, joint pain or low back pain, are conditions for which acupuncture is beneficial. These conditions are often treated with anti-in-

flammatory medications (aspirin, ibuprofen, etc.) or with steroid injections. These medical interventions have a potential for side effects, but are still widely used and are considered acceptable treatments. The evidence supporting these therapies is no better than that for acupuncture, but can have much higher risk.

Ample clinical experience shows that acupuncture is a reasonable option for many other conditions, including asthma, carpal tunnel syndrome, menstrual problems, allergies, infertility, nausea, post-operative dental pain and addiction. In 2002, the World Health Organization reviewed Western clinical and published a list of diseases and disorders that can be treated with acupuncture. (Download the report at apps.who.int/ iris/handle/10665/42414).

Acupuncture's holistic, energy-based approach to the patient differs from the disease-oriented diagnostic and treatment



model. It is used by millions of Americans for prevention/wellness and for relief from a variety of health conditions. If you prefer to try a non-drug or non-surgical alternative answer to healing, acupuncture is a great place to start.

Health & Wellness Committee member Elise Rivers owns Community Acupuncture of Mt. Airy (www. CAMAcenter.com), a sliding-scale acupuncture and wellness clinic at 6782 Germantown Ave. She offers free consultations. Reach her at eliserivers@aol.com.

A Different View of Homeopathy

THE AUGUST ISSUE OF THE SHUTTLE CARRIED AN **L** article that describes homeopathy as "a system of healing that uses small doses of natural (i.e., not synthetically fabricated) remedies to support your inner lifeforce in doing its job more effectively." As a physician and member of Weavers Way, I am concerned that readers might be led to believe that homeopathy is regarded by the scientific community as safe and effective for some health conditions. No evidence from scientifically rigorous studies confirms homeopathy's value, and there are real concerns about its safety.

1. "Small doses" in homeopathic products are so small

L.E.T.T.E.R

they are often undetectable. This makes it impossible to confirm that there is any active ingredient present.

- 2. The term "natural remedies" implies these are safer than synthetically fabricated products. This is untrue. For example, many plants are poisonous."Natural" products may contain other ingredients that may be harmful. Synthetic products contain only the desired active ingredient.
- 3. Some proponents of homeopathic products argue that at the very least they do no harm, given that the ac-

tive ingredient is so highly diluted. However, the U.S. National Institutes for Health notes that homeopathic products "can contain substantial amounts of active ingredients and therefore could cause side effects and drug interactions."

4. Regarding the claims that "homeopathy stimulates the body's own resources to speed up healing and a return to balance," there is simply no evidence for this. The consensus among most scientists is that individual reports that homeopathy is effective is most likely a a result of the placebo effect — the more you believe it will help you, the more likely you are to feel that it does.

(Continued on Page 14)

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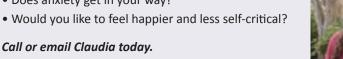
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Stagecrafters Opens With 'Farragut North'

THE STAGECRAFTERS IN CHESTNUT HILL opens its 2013-2014 season on Thursday, Sept. 18, with a special preview performance of Beau Willimon's political drama "Farragut North." The show runs for three weekends through Oct. 4.

A sardonic tale of the behind-the-scenes machinations taking place in a tight presidential primary race in Iowa, the play follows the career trajectory of Stephen Bellamy, press secretary to the front runner. Loosely based on the author's own experience, the thriller-like plot draws the audience into a world where the lust for power and outsized egos mean that winning is the one and only name of the game. "Farragut North" delivers a "perfect blend of sass . . . and tonguein-cheek humor . . . [whose] . . . taut scenes crackle with pithy talk, [and] gripping plot turns," Variety wrote.

Willimon (b. 1975) pursued his early drama schooling at Julliard's American Playwright's Program. After receiving several playwriting awards, he penned "Farragut North" in 2008. (The title refers to the Washington, DC Metro stop closest to the offices of many of the capital's lobbying and political consulting firms.) It premiered that year at the Atlantic Theater Company in Manhattan and then transferred to Los Angeles' Geffen Playhouse for an extended run in 2009. Willimon's screenplay was made into the 2011 movie "The Ides of March," directed by George Clooney and starring Ryan Gosling. Willimon's script was nominated for an Oscar.

Currently, Willimon developed and produces the Netflix political drama series "House of Cards."

Performances of "Farragut North" are at 8 p.m. Thursdays, Fridays and Saturdays: Sept. 18, 19 and 20, Sept. 25, 26 and 27, and Oct. 2, 3 and 4. Sunday matinees are at 2 p.m. Sept. 21 and 28.



A Meet the Cast and Director Q & A session will be held following Friday, Sept. 26 show.

Tickets are \$17 online, \$20 at the door. Discounts are available for Thursday nights, for students with valid ID and for groups. Visit the website for details and to purchase tickets: www.thestagecrafters.org. For reservations direct, call 215-247-9913.

Subscriptions are still available for the entire season at \$65 each, and may be purchased online or at the box office on show dates. The box office opens 45 minutes before each performance.

The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave. For more information, call 215-247-8881.

Celebrate Five Years At Mt. Airy Art Garage

by Linda Slodki, for the Shuttle

Tho would have ever believed it? A vision to create an arts hub where artists in Germantown, Mt. Airy, and Chestnut Hill could come out of isolation, meet each other, create opportunities, be inclusive, build community. A place where truthful content and genuine stories would unfold to build vision. An arts hub where people

would feel acknowledged and received.

It's happening.

A site where the community comes to paint murals, where

What: Party & Silent Auction **When:** 6 p.m. Sept. 20 Where: Mt. Airy Art Garage 11 W. Mt. Airy Ave.

handpainted rain barrels spill out into the Northwest Corridor. A place where differently abled children create a quilt that ends up in City Hall. A place where creativity abounds.

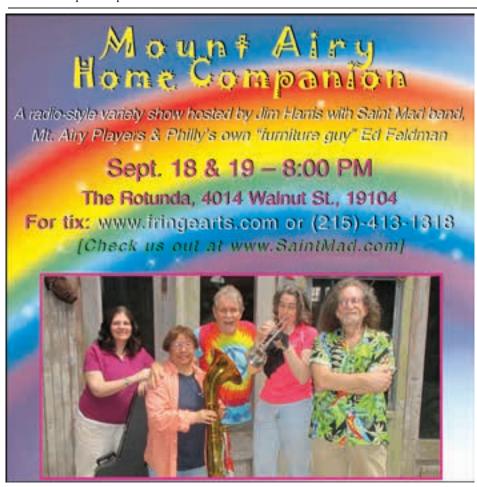
It's happening. And this is only the beginning!

So we're celebrating a huge five-year milestone on Saturday, Sept. 20. Join us starting at 6 p.m. at the Mt. Airy Art Garage, 11 W. Mt Airy Ave.

We believe that if you love the arts, you will have the time of your life. Think live music, catered food and beverages. Think artistic celebration. Think original fine art and handcrafts donated by MAAG member artists for you to bid on.

Envision gift certificates that are all related to the arts dining plus museum memberships, theatre tickets, musical events, gallery shows, art supplies, and more. What better than to feed your love for the arts while supporting MAAG's programming and growth? Join us for this special celebration.

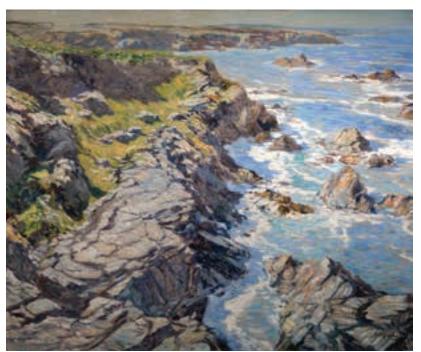
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Philadelphia Public Schools Adopt Lean & Green Days

by Rachel Atcheson, Philadelphia Director, The Humane League

HEN STUDENTS RETURN THIS FALL, THOSE WHO ATtend schools in the School District of Philadelphia will have an opportunity to learn about the health benefits of a plant-based diet. With "Lean & Green Days," the District plans to focus on meat-free menu choices one day each week.

The School District serves 85,000 meals each day to students in grades K through 12. Meat-free meals will include kid-friendly items like bean burritos, pasta with marinara sauce and vegetable calzones. The hope is that by experiencing vegetarian meals one day per week, students will be able to understand that plant-based foods are available to them, and that they are both healthy and familiar. This will empower them to make good choices beyond the cafeteria.

Philadelphia is the latest district to move toward offering more plant-based meals to their students, and have earned praise from the national animal advocacy nonprofit, the Hu-

mane League. The Humane League advocates taking a oncea-week vacation from meat as a way to promote personal and public health, reduce greenhouse gases and the inefficient use of natural resources and to decrease the number of animals raised in cruel confinement on factory farms.

The School District's "Lean & Green Days" program comes on the heels of a resolution passed by the City of Philadelphia last fall supporting the global Meatless Monday Initiative. Hundreds of U.S. school districts have joined the Meatless Monday movement, a popular international campaign originally created by the U.S. government as a resource-saving measure during World War I. It was revived in 2003 by the Johns Hopkins Bloomberg School of Public Health and the Monday Campaigns to promote cutting out meat one day a week for our health and the health of the planet.

The Co-op has a bounty of meatless meal ideas to support your kids' interests in eating vegetables. We look forward to finding out more about how it goes!

rachel@thehumaneleague.com

L-E-T-T-E-R

(Continued from Page 13)

The article cites asthma as an example of a condition for which homeopathy has been used successfully. A serious case of asthma can be life-threatening. Conventional medicine includes effective treatment for asthma. No one should rely on homeopathy for treatment of severe asthma, nor for any serious illness.

Homeopathy does represent big business; according to the NIH, out-ofpocket costs for adults were \$2.9 billion for homeopathic medicines and \$170 million for visits to homeopathic practitioners. Many companies and practitioners are cashing in on products and advice for which there is no evidence of effectiveness, and real concerns about safety.

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Now for Some Good News

by Sandra Folzer, Weavers Way **Environment Committee**

HESE DAYS IT IS EASY TO HAVE I nightmares about glaciers melting and trains carrying crude oil exploding, so one of my daughters suggested I write about positive events. Hearing some good news may inspire us. So here are a variety of sustainable projects from around the world, some of which are from EcoWatch's "10 Most Inspirational Sustainability Initiatives in the U.S."

ecowatch.com/2014/07/14/ ranking-sustainability-programs-u-s

Maine's Blue Skies Initiative. The port in South Portland, ME, is the exit point for the only pipeline for crude oil from Canada on the East Coast. Without the expansion of this port, crude oil from the Alberta Tar Sands can not be exported easily.

A friend in Portland described the political process for their Blue Skies Initiative, which supports prohibiting the use of their port for exporting crude oil. Oil companies asked people opposing the ban to wear red shirts and to arrive early to a City Council meeting to fill the space, so locals couldn't get in. Consequently, City Council held the meeting two weeks later in a large auditorium where locals, in blue shirts, could also be heard. With hundreds of people present to support the Blue Skies Initiative, City Council voted 6-1 for zoning changes preventing the Canadian crude from being exported



through their pipeline.

Naturally. the fight is not over, as the oil industry is trying to get the decision repealed the decision. Said City Councilor Tom Blake: "Please do not fight this ordinance. This ordinance is the will of the people."

Read more: ecowatch.com/2014/07/22/ historic-win-maine-battle-tar-sands

Toyko Bay: Trash to Forest. From 1973 to 1987, 12.3 million tons of garbage from Tokyo's 23 wards was buried on a manmade island in the middle of Toyko Bay.

Now, the Japanese are transforming this trash heap into a "Sea Forest," with 480,000 trees being planted on approximately 217 acres. One man described the view as stunning. The plan is for a partial opening in 2016.

Once the garbage was covered with soil from treated sewage sludge and composted tree limbs, 16,000 people began planting trees. Methane gas from the garbage is sent by pipeline to a nearby power plant. Aside from the beauty and recreational benefits, the forest will help lower the temperature of nearby land.

(Continued on Page 21)

ECO TIP

From the Weavers Way **Environment Committee**

Here's a gardening eco tip: Many gardeners plant pansies and violas in spring, and some do so in fall as well. But you don't have to buy replacement plants every year. In spring and early summer, just let some of the spent flowers dry up and drop to the soil, allowing the plants to reseed themselves. (Deadhead the rest — it keeps the plants flowering longer.) Toward the end of the summer, you'll see tiny plants coming up. If you had pansies or violas this spring, now is the time to check! Make sure to water the plants when it's dry, and by early fall, you'll have small plants and even some flowers again. Mulch the plants with leaves or pruned evergreen branches and they'll overwinter well, start growing again in spring, and produce nicely for you into July. Then the process starts over again. Eco Tip is on the third year of doing this successfully without buying a single pansy or viola. Voila! Sustainable gardening at its finest!



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Charred to Chard: Greensgrow West Blooms after Neighborhood's Loss

by Emily Law, for the Shuttle

T 1 P.M. ON CHRISTMAS EVE 2012, Aneighbors noticed smoke curling from the windows of Elena's Soul, a popular spot in West Philly's Cedar Park neighborhood. Within an hour, the blaze had gutted the lounge and severely damaged the two upper stories. The flanking one-story businesses, Gary's Nails and the Cedar Park Cafe, sustained smoke damage. Licenses & Inspections quickly slated the building for demolition.

But the demolition went badly. The side walls toppled outward—doesn't this sound horribly familiar?—smashing onto the adjoining buildings. No one was hurt during the fire or the demolition, but the community was left with two boarded-up buildings flanking an acrid-smelling gap in the 4900 block of Baltimore Avenue.

Meanwhile, across the river in Kensington, an urban oasis called Greensgrow Farms was thriving atop a capped Superfund brownfield. Founded in 1997 and registered as a nonprofit, Greensgrow seeks to revitalize communities "through the practice of sustainable entrepreneurial urban agriculture." Having gone from selling \$5,000 worth of lettuce out of a pickup truck in 1998 to pulling in over \$1 million from its urban farm, nursery, farmstand, mobile markets, community kitchen, beehives, and Community Supported Agriculture offerings in 2012, Greensgrow was ready for division and replanting.

West Philadelphia had already caught Greensgrow's attention as a community in need of greater food security. In 2011, Greensgrow's Mobile Market program began offering locally grown produce there. On their weekly rounds, these farmstand trucks accept food stamps and WIC vouchers, and they give out Philly Food Bucks (\$2 coupons for fruits and vegetables for every \$5 spent at participating farmers' markets) to shoppers with ACCESS cards. But Greensgrow wanted to put down roots in West Philly.

In August 2013, the Cedar Park Cafe reopened; in April 2014, neighbors noticed construction at Gary's Nails — and right next door, Greensgrow West was planted in the ashes of Elena's Soul with a two-year lease.

On a recent summer afternoon visit, Baltimore Avenue was bustling with a wide variety of people and businesses. It's easy to miss Greensgrow West's narrow frontage on the first drive-by. But Greensgrow has packed a surprising amount into its deep, open-air lot. In the cashier's kiosk, tidy shelves hold organic fertilizers, squirrel repellant, trowels and more. Benches hold a profusion of flowering plants. A ziggurat of potted herbs stands against one wall. Fruit trees cluster here and there, including lime, lemon, tangelo and olive.

Greensgrow West is primarily a garden center, says Retail Manager Jennifer Foster. "The majority of [our plants



Retail Manager Jennifer Foster with displays of petunias and other bedding plants for sale.

come] from a grower near Dillsburg, PA. The Farmer's Market is a mix of local produce and Greensgrow-grown produce when it's available. We have both the regular CSA and the SNAP CSA, which allows us to offer the benefits of fresh local produce to a wider group of our neighbors. We are still working on developing some children's programming."

Jennifer comes to Greensgrow with 15 years of professional horticultural and managerial experience. Other staff on site include SNAP Box Program Coordinator Deirdre Sheehy, summer intern Mohammed Uddin and inventory specialist David T. Hunt, who said lemon trees were selling like hotcakes.

Greensgrow West and Mariposa Co-

op a block away are coexiting nicely, Jennifer and Mariposa Manager-on-Duty Keysha Taylor confirmed. Jennifer says the current location is transitional while Greensgrow looks for a larger site that is "similar to Kensington, but also distinctly West Philly Everyone loves farm animals, so that's definitely on our list."

Greensgrow West is at 4912 Baltimore Ave. and is open 2-6 p.m. Thursday, noon-6 p.m. Friday and Saturday and noon to 5 Sunday. For more info, visit www.greensgrow.org /locations/ greensgrow-west/ or call 215-531-4972. Go on Friday afternoon to peruse the Mobile Market's offerings and hear live music across the street in Cedar Park.

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The Passionate Gardener

And You Thought Spring Was Busy

by Ron Kushner, for the Shuttle

TERE'S THE SEPTEMBER GARDEN

- Bring houseplants back indoors. If the plants are left outside as temperatures drop, they tend to do poorly when brought inside to dry air and heat. Trim off unhealthy leaves and check closely for insects. Spray with insecticidal soap. Too kill insects lurking in the soil, soak the root ball in warm, soapy water and drain. If the plant has grown "out of control," this is a good time to repot.
- Sow cover crops and green manure after harvesting vegetables (buckwheat, cowpeas, Nemagone marigolds, winter rye, etc.). These will increase organic matter in the soil, nitrogen, earthworms and other beneficial organisms; help to choke out weeds; and improve soil structure. They also provide habitat and nectar for beneficial insects. Use the

- Sow lettuce seeds or plants, along with other greens. Enjoy fresh salads through the fall.
- Don't fertilize wait for later in the fall to avoid stimulating late growth that would subject to frost damage.
- Plant fall-flowering bulbs such as colchicums and fall crocus.
- Early fall is best for lawn work. Apply corn gluten meal now for organic control of weeds — apply 20 pounds per 1,000 square feet of lawn. Corn gluten meal interferes with weed seeds' ability to germinate, so don't apply if you plan to plant new grass seed. It won't get rid of existing perennial weeds such as dandelions or ground ivy, but it will stop new seeds from germinating.
- Test soil for pH and fertility with a Penn State soil test kit (\$9; see agsci.psu. edu/aasl/soil-testing/soil-fertility-testing for how to order).
- Aerate turf and remove thatch if needed.

- Be ready to cover tomatoes, peppers and eggplant in case of early frost.
- Give amaryllis a rest, indoors in a dark place. Water less and less and allow foliage to die down - don't water for six weeks. After the rest period, remove brown foliage and repot bulbs in fresh soil. Move the pot to a warm area but not in direct sunlight. Once there are signs of growth, resume watering and fertilizing and move to bright light. Once blooms open, move away from direct sunlight and sources of heat.
- Keep deadheading roses, annuals and perennials to encourage blooms.
- No serious pruning yet wait until late fall, winter or early spring. Pruning now, like fertilizing, will stimulate new growth that could be damaged by frost.
- Carrots, leeks and beets can be left in the ground through a few late frosts. Anything left by Thanksgiving should be mulched with 8 inches of straw, salt hay or shredded leaves for harvest later in winter, as long as the ground doesn't freeze under the mulch.
- Keep winter squash on vines until skin is hard (resists pressure from your thumbnail).

- Sow spinach seeds. The tops will die back in winter but you'll get a good early spring harvest.
- Start planting spring bulbs everything should be in the ground by early November.
- Separate lily of the valley and transplant 3 inches apart.
- Discard, don't compost diseased vines or leaves from the vegetable garden.
- Spray BT or Capt. Jack's on fall broccoli, cabbage and cauliflower.
- This is an excellent time to plant shrubs and trees as the days get cooler, the ground is still warm and root growth is excellent. Make sure the newly planted plants are watered well throughout the fall. One inch of water per week is best.
- Divide spring bloomers in fall (and fall bloomers in spring).
- Lime tree peonies.
- Plant pansies from Labor Day until mid-October.

For questions or comments: ronkushner@comcast.net or www. ronsorganicgarden.com.













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At RittenhouseTown, Even the 5K Is Historic

by Chris Owens, Executive Director, Historic RittenhouseTown

VER WONDER ABOUT THE CLUSTER OF HISTORIC Libuildings along Lincoln Drive near the intersection with Wissahickon Avenue?

It's Historic RittenhouseTown, the site of the first paper mill in British North America and a place for visitors of all ages to learn what it meant to be part of an early American community where work, family and belief were closely interwoven.

Family-friendly events at RittenhouseTown provide the perfect opportunity to enjoy our village, and in September, we have two big ones:

- If you are a runner, join us Sept. 6 for the 25th Annual Paper Mill Run 5K Race. Beginning (10 a.m.) and ending in the village, the course takes runners along Forbidden Drive and the Wissahickon. Register in advance at www.rittenhousetown.org or www. active.com. The \$25 fee (\$30 on race day) benefits our Education Program. T-shirts and prizes!
- On Sept. 28 from 4 to 7 p.m., you are invited to the RittenhouseTown Revel featuring wine and beer tasting, food, music, lawn games and raffles. Taste Yards Ales of the Revolution, sample food prepared by the Culinary Arts Program at Ready, Willing and Able and listen to the sounds of the Model Ts (the band, not the cars!) filling the village with jazz, dixieland and bluegrass music. Try your hand at croquet, bocce ball or corn hole or just spend a relaxing afternoon along the banks of Paper



Mill Run. Tickets are \$45. For more information, visit www.rittenhousetown.org.

Built on the north bank of a tributary of the Wissahickon Creek by the Rittenhouse family starting in 1690, the mill quickly became the heart of a thriving industrial community known since the early 18th century as RittenhouseTown. To those who lived and worked there, the sights and sounds of a working mill were the stuff of everyday life. The rush of water, the hum of the water wheel and the clatter of horses' hooves echoed through the narrow valley cut by the rapidly moving Paper Mill Run. Wagons from nearby Germantown brought lin-



The 1707 homestead, above; at left, Paper Mill Run participants wait for the starting gun in 2012.

en rags to be made into paper and carried away finished reams destined for the local printer. The smell of pulp permeated the air.

Since 1984, Friends of Historic RittenhouseTown, a private nonprofit, has worked to restore and maintain six surviving Rittenhouse structures dating from 1707 that make up our National Historic Landmark District. We welcome nearly 2,000 schoolchildren each year. Groups tour our village, make paper using the same tools and techniques as the Rittenhouse family, prepare an authentic colonial recipe in our circa-1725 bake house and learn what life was like for the Rittenhouse children in the 18th century. We tell the inspiring story of the eight generations of Rittenhouse family members and their workers who lived and worked along the banks of the Paper Mill Run, helping visitors understand the importance of the papermaking industry to the development of America. If you are interested in learning more, visit www.rittenhousetown.org or just stop by and stroll the village!

executivedirector@rittenhousetown.org

Run or Walk for Meals on Wheels

THESTNUT HILL MEALS ON Wheels inaugurates its Wheels for Meals: Run or Walk event, featuring a 5K run and 1 mile walk Sunday, Sept. 28 at Fort Washington State Park.

Race-day registration will begin at 8 a.m. and the race goes off at 9. The race starts and finishes around Pavilion 3, in the Militia Hill Day Use area between Joshua and Militia Hill roads.

Proceeds from the event support Chestnut Hill Meals on Wheels' mission to serve healthy meals to senior and homebound residents in Chestnut Hill, Mount Airy, Germantown and Springfield Township. CHMOW hopes to continue delivering over 18,000 meals a year, so our neighbors can remain healthy, cared for and living in the community they love.

Runners and walkers can also register at www.runtheday.com before Sept. 20. T-shirts will be available on race day while supplies last. There is a \$100 prize for top female and male finishers and cookie medals for the top three male and female finishers in six age divisions.

Following the race, MaGerks Pub & Grill, 582 S. Bethlehem Pike, will be the scene of an after party with awards and raffles. For more information, contact event co-chairs Jen Pilling, jenpilling@gmail.com, or Michele Clayton, Michele clayton@hotmail.com.



THEY ALREADY GAVE: Valley Green Bank and the Rotary of Chestnut Hill recently presented the Fran Accetta Memorial Gift of \$1,000 to Chestnut Hill Meals on Wheels. Fran, a banker, Valley Green Bank's first business developer and a charter member of the Rotary, died last October.

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Is That an Eagle in the Wissahickon?

by Brenda Malinics, for the Shuttle

CHEEPISHLY, MY FRIEND SHARED THE news that she thought she had seen an eagle on her morning walk in the Wissahickon. "That's not possible, is it?" she asked. It's possible, I assured her — indeed, the eagle has landed in Philadelphia.

The first bald eagle nest in Philadelphia in modern times was discovered around 2007 at the Navy Yard. It was later abandoned, but eagles took up residence at the Heinz National Wildlife Refuge in Tinicum, in Pennypack Park and now in the Wissahickon.

There are two active eagles nests in Philadelphia. The exact locations of nests are always a closely guarded secret among birders, and I'm not giving it away.

The bald eagle is truly one of America's success stories. In the 1960s, there were fewer than 450 nesting pairs in the Lower 48. Their population had declined from an estimated 100,000 pairs in the late 1700s. There are now more than 4,000 adult bald eagle nesting pairs and an unknown number of young and subadults in the United States. The Pennsylvania Game Commission reports more than 254 active eagles nests in the state. Eagles are still listed as "threatened," but they were recently removed from the federal Endangered Species List.

Many feared that bald eagles would become extinct due to habitat destruction, illegal shooting and the havoc wreaked by DDT. Eating fish contaminated by this once widely used agricultural pesticide fish caused eagles to lay eggs with shells so thin that the weight of the parent crushed them during incubation.

DDT was banned in the United States in 1972, in large part due to Rachel Carson's famous book "Silent Spring." (Unfortunately, it is still used in other parts of the world, with the same negative consequences for fish-eating birds.) The ban and an aggressive reintroduction program worked tto bring the bald eagle back from the brink of extinction.

Male bald eagles measure 3 feet from head to tail, weigh 7 to 10 pounds and have a wingspan of about 6 1/2 feet. Females are even larger, some reaching 14 pounds and having a wingspan of up to 8 feet. This raptor has large, pale eyes; a powerful yellow beak; and great, black talons. The distinctive white head and tail feathers appear only after the bird is 4 to 5 years old.

Eagles can live 30 years in the wild, and even longer in captivity. They mate for life and build huge nests in the tops of large trees near rivers, lakes and marshes. Nests are often reused year after year; some may reach 10 feet across and weigh as much as a ton.

Although eagles may range over great distances, they usually return to nest within 100 miles of where they were raised. Normally, they lay two to three eggs that hatch in about 35 days. The eaglets can fly within three months and are on their own about a month later. But only about half survive their first year due to poor hunting practices, bad weather or human interference.



The staple of most bald-eagle diets is fish, but they will feed on almost anything they can catch, including ducks, rodents, snakes and carrion. Because Philadelphia is located along major waterways, there is an abundance of food for eagles year-round.

Bald eagles have few natural enemies, but the presence of humans continues to negatively impact their habitat and future. Still this majestic bird is increasing and showing up where it is least expected.

Bald eagles less than 5 years old are mottled brown all over. In addition to their impressive size, eagles don't flap much and soar with straight wings. Birders refer to them as "flying boards." So be on the lookout for bald eagles in the Wissahickon and be prepared to be awed.

bmailinics@gmail.com

Weavers Way DFW Chapter Supports Women & Girls Worldwide

by Donna Corbin, for the Shuttle

n a rainy evening in June, I was One of a group of women who gathered, as they have on the second Monday of every month for almost two years, for a potluck dinner and conversation at a home in Mt. Airy.

As members of one of the three groups in the Weaver's Way chapter of Dining for Women (the other groups meet on Tuesdays and Thursdays), over the years we have had the wonderful experience of getting to know each other and the incredible satisfaction of knowing the impact that our small community of women is having on the larger community of women and girls throughout the developing world.

Dining for Women was founded in 2003; today, there are 427 chapters and some 8,700 members across the globe. The organization, which supports the idea that communities and indeed entire nations benefit from empowered women, has raised over \$3 million in support of this cause.

We are dedicated to helping women and girls in the developing world to achieve their potential, gain equality in their countries and cultures, and overcome economic limitations. Realizing that what will benefit these women the most is "a hand up, not a handout," funding targets initiatives in the areas of health, education, vocational training, micro-credit and economic development.

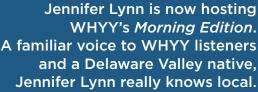
Each year, through a rigorous selection process, 12 grassroots programs are chosen as recipients of individual grants of up to \$45,000. In 2014, Dining for Women has funded programs in Vietnam, Kenya, Nepal, the Dominican Republic and Bangladesh.

The featured program in June was the Tanzania Nursing Scholarship Program. Located in Mashi, the program's mission is to support academically qualified and financially needy young women in becoming nurses or midwives, vitally needed professions in Tanzania, which ranks among the poorest countries in the world.

If you would like to join us in supporting programs like this, or would just like more information about the Weaver's Way Chapter of Dining for Women, contact Betsy Teutsch at bpteutsch@comcast.net.









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eavers SEPTEMBER

CALENDAR OF EVENTS

ALL MONTH LONG

VISIT OUR FARMSTANDS:

- -- Saul High School, 7100 Henry Ave., Tuesdays 2-7 p.m. & Fridays 2-6 p.m.
- -- Headhouse Square, 2nd and Lombard streets, Sundays 10 a.m.-2 p.m.
- -- WWCP Farmstand outside WW Chestnut Hill, Tuesdays 3-6 p.m.

CHESS CLUB, 7 p.m. Mondays, 555 Carpenter Lane. Players of all levels welcome.

Weavers Way Health & Wellness Committee

Come meet new Across the Way manager Lisa Whitlock and her staff. Lisa will discuss Weavers

Way's product philosophy as it relates to personal-care products. Summit Church Parlor, 6757 Greene St. RSVP: outreach@weaversway.coop or 215-843-2350 ext. 118.

Wednesday, Sept. 3

Tuesday, Sept. 2

Weavers Way Environment Committee Meeting

Earn work credits by contributing to local cleaning and greening efforts. 555 Carpenter Lane (adjacent to the Mt. Airy store). Info: environment@weaversway.coop or 215-843-2350 ext. 118.

Food for Thought Documentary Films

New Weavers Way-sponsored series at Philadelphia University, first Thursdays through December. Opening night: "DIRT, The Movie" (www.dirtthemovie.org). Free for Co-op members and PU students and staff. Limited seating; doors open at 6:30 p.m. at the Paul J. Gutman Library Theater, accessible from School House Lane. Info: outreach@weaversway.coop or 215-843-2350 ext. 118.

Noon-6 p.m.

Martin Luther King High School Back to School B.L.O.C. Party

Earn Weavers Way work credits by helping out at this community event organized by neighbors of the Weavers Way Community Programs Hope Garden at Stenton Family Manor.

The Philadelphia Honey Festival Historic Wyck House, Farm & Garden in Germantown plays host on the second day of this three-day festival. Admission is Free. Info: phillyhoneyfest.com.

Sunday, Sept. 7 **Northern Harmony Concert Tour**

Third time back by popular demand! Tickets: \$15, Weavers Way members \$12, students \$5, under 12 free. Unitarian Church, Lincoln Drive and Wayne Ave. Doors open at 3:30 p.m. To reserve a seat: films@weaversway.coop or 215-843-2350 ext. 118.

Sunday, Sept. 7 Radical Mycology North American Tour Stop

Traveling bus from Oregon dedicated to educating the world on the benefits of the fungal kingdom for personal, societal and ecological health. Performance/workshop details to be announced.

Tuesday, Sept. 9

WW Board of Directors Meeting
All are welcome. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: boardadmin@weaversway.coop call 215-843-2350 ext. 118.

Tuesday, Sept. 9

7 p.m.

Homesteading Workshop: Pickles Two Ways with Marisa McClellan Cookbook author and Food in Jars blogger Marisa McClellan walks you through making refrigerated and boiling-water-bath pickles. Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane. \$30. Tickets: pickles.brownpapertickets.com. 6:30 p.m.

Weavers Way Welcomes New Members Wednesday, Sept. 10

Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane. Info or to RSVP: outreach@ weaversway.coop or 215-843-2350 ext. 118.

Thursday, Sept. 11 7 p.m. **Weavers Way Membership Committee Meeting**

Summit Church Parlor, 6757 Greene St. Info: Kirsten@weaversway.coop or 215-843-2350 ext. 119.

Mt. Airy Village Fair 2014 Bring the family to Carpenter and Greene for rides, games, music, pet pageant, food, gnomes & nature spirits, Dr. Yo-Yo, sit-n-knit, local authors and dancing in the streets. Weavers Way work credits available. To reserve a table, contact Erin E. Schmidtt, Phila. Community Acupuncture, 538 Carpenter Lane, pcamt.airy@gmail.com or call 215-843-2350 ext. 118.

Monday, Sept. 15 Weavers Way Food Justice Committee Meeting
This group is energized and mission-driven. Drop-ins welcome. In the foyer of the Sedgwick Theatre, 7137 Germantown Ave. Info: outreach@weaversway.coop or 215-843-2350 ext. 118.

Wednesday, Sept. 17

Eden Foods Weavers Way Member Forum
Join the Weavers Way Board, Purchasing Manager Norman Weiss and your fellow Co-op owners in a conversation about Weavers Way product philosophy. Summit Church, 6757 Greene St. RSVP: outreach@weaversway.coop or 215-843-2350 ext. 118. Wednesday, Sept. 17 7-9 p.m.

Solar Energy and You

The Weavers Way Environment Committee sponsors a presentation on using solar to reduce your carbon footprint. High Point Café at Allens Lane. Info: environment@weaversway.coop

Thursday, Sept. 18 Food for Thought Panel Discussion: Eating in Season

Enjoy local wine and appetizers around the campfire at the forest pavilion at the Schuylkill Center, 8480 Hagy's Mill Road. \$20, \$10 for Weavers Way members. Tickets: www. brownpapertickets.com/event/807687 or 215-482-7300 ext. 110.

Saturday, Sept. 20 Northwest Philly Repair Café

The first Repair Café in the entire state of Pennsylvania! Volunteer to help out or be a "fixer" and

earn Weavers Way work credits. Chestnut Hill Presbyterian Church, 8855 Germantown Ave. Info: Time4timeexchange@gmail.com, www.time4timeexchange.org or 267-536-5821

Sunday, Sept. 21

People's Climate March in NYC

"Your Invitation to Change Everything." Get tickets for the local bus at the Mt. Airy Village Fair the weekend prior. For more info and other ride options, visit peoplesclimate.org/march. Saturday, Sept. 27

Urban Farm Bike Ride

Weavers Way Community Program's ninth annual two-wheel tour of Philadelphia's vibrant urban farming scene. Details and tickets: www.weaversway.coop/bikeride. Volunteer to help out and earn Weavers Way work credits.

Saturday, Sept. 27

Electronics Recycling

Sponsored by the Weavers Way Environment Committee. Valley Green Bank parking lot, 23 W. Highland Ave. Info: environment@weaversway.coop

For more information on any Weavers Way events, email **outreach@weaversway.coop** or call **215-843-2350 ext. 118.** Check the online events calendar at **events.weaversway.coop**.

Good News

(Continued from Page 14)

While the Sea Forest has absorbed much garbage, the problem remains of what to do with future garbage.

Read more: ajw.asahi.com/article/ behind_news/social_affairs/ AJ201407250015

Trash to Park in New York City. Japan isn't the only country turning trash into parkland. One of the largest landfills in the United States, Fresh Kills on Staten Island, is being transformed into a park. It once accepted 29,000 tons of trash each day. Now 1,500 acres out of 2,200 will be devoted to parkland, bringing the total parkland in New York City to 30,000 acres.

What is just as exciting as the creation of more parkland is that 47 acres are designated for solar panels. This solar field will generate five times more solar energy than any other project in the city and enough to power 2,000 homes.

Read more: www1.nyc.gov/officeof-the-mayor/news/381-13/mayorbloomberg-city-s-largest-solar-energyinstallation-be-built-freshkills-park

Renewables in Germany. In the first half of 2014, renewable energy accounted for nearly 31 percent of electricity generation in Germany, compared to 13 percent in the United States. Germany intends to achieve 80 percent renewables by 2050. While slowly phasing out fossil fuel and nuclear-generated energy, the Germans have been criticized for continuing their reliance on coal, though they have recently not renewed two-long term contracts for coal-fired energy.

Much of the success of Germany's solar-energy growth is due to government incentives. Also, private citizens, cooperatives and communities own more than 50 percent of Germany's renewable capacity versus 2 percent in the United States.

Read more: thinkprogress.org/ climate/2014/07/08/3456934/ renewable-one-third-

ecowatch.com/2014/07/29/ german-solar-lessons-for-america

Waste-Free Supermarket. Staying in Germany, two women in Berlin will soon be opening a supermarket that will not use disposable packaging, plastic bags or disposable cups. Customers are expected to bring their own containers and bags to "Original Unvertpackt" or "Original Unpacked."

As the two owners said, "Small ideas change the world, but only if you let them grow also. We have made it our goal to change, together with you, shopping. Specifically, this means that in the future maybe even you can build in your city the nearest store with our support."

Weavers Way Co-op with its bins for

bulk items and encouraging shoppers to use their own bags is well along this road.

Read more: ecowatch.com/2014/06/23/ germany-waste-free-supermarket

Cleaning the Pacific Ocean. Boyan Slat, president and founder of the Ocean Cleanup, created a technology to clean half the Great Pacific Garbage Patch in a decade. He got the idea while traveling in Greece, where he claims he saw more plastic bottles than fish. He hopes to clean the ocean using floating barriers. Backed by researchers and environmentalists, he has helped write a 530-page report on his plan's feasibility. As he says, "The oceans are the most important life-support systems of our planet. It regulates the climate, it produces oxygen. The vast majority of biodiversity can be found in the ocean."

Boyan is only 19 years old. Need I say more?

Read more: ecowatch.com/2014/06/11/ boyan-slat-19-pacific-ocean

Solar Powered Water Wheel to Clean Trash. In the Baltimore Inner Harbor is something that looks like a "cross between a spaceship and a covered wagon and an old mill." This Harbor Water Wheel moves slowly, but it has the capacity to collect 50,000 pounds of trash, from cigarette butts to bottles and wrappers, that are carried into the harbor through storm drains. (This is a good reminder not to dump stuff in storm sewers.)

The Jones Falls river current turns the wheel to lift trash into a dumpster barge. A solar panel keeps it running when the current isn't strong enough.

Partly because of this unique trash collector, the water may become clean enough for residents to swim in the Baltimore Harbor within six years.

Read more: www.yesmagazine.org/ planet/baltimore-s-water-wheel

Wind Energy in Texas. The fastest growing source of sustainable energy in the United States is wind. And Texas generates more wind power than any other state. I tend to think of Texas as a place for oil and cattle, but it has a 367-mile coast on the Gulf of Mexico that is conducive to wind farms, especially on the south coast. Wind turbines were credited with avoiding blackouts during the 2011 summer heat wave. Most of the turbines are on land within 50 miles of the shore along the southern tip near Corpus Christi.

Texas A&M Corpus Christi has 11 vertical-axis wind turbines which make it the largest such installation in the country. Not only are they used for research and teaching, but they also save the university approximately \$20,000 a year in utility bills.

Read more: www.bloomberg.com/news /2013-10-10/gulf-coast-beckons-windfarms-when-west-texas-gusts-fade.html

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(Continued from Page 9)

but you cannot join with other customers and legally compel the corporation to take an action. This is a primary co-op difference and is one of the lesser used, less tangible, but most important benefits of co-op membership.

I'm grateful to Michael Potter, CEO of Eden Foods, for taking action based on his conscience, and to all Weavers Way members who voiced opinions on his position, especially Eileen and Lee who rounded up the 10 signatures to bring it before the Board, because they all helped bring ethics and the co-op difference to the forefront of the discussion, which is where it belongs.

suggestions and responses

- **s:** "Hi, how about having a movie night, and discount soups and finger foods by 25 percent just for that night. I think it's a good marketing strategy. People are usually nostalgic. Or, charge for movie and-dinner at discount."
- r: (Rebecca) Hi, great suggestions! We're

trying to coordinate some movie nights. I love discounting, but it's up to the departments. I'll pass it along. Thanks!

- **s:** "Ciao Bella, Key Lime with Graham Cracker. It's our favorite!"
- **r:** (Heather) Sorry, it was discontinued by our supplier.
- **s:** "Can you please stock ground turkey closer to the pack date and further from the sell-by date. I often want to buy ground turkey to use later in the week, but the expiration date is always a mere two days away . . . expires by time I need it!

we carry

- **r:** (Dale MA) We get ground turkey in every Friday. If what you see on the shelf is not to your liking, please ask a staffer if there is anything with later date. If we have it we will gladly get it for you. (Rick MA) We receive it with 11-12 days to sell by, so if you're buying it on a Thursday, it's probably going to have a short sell-by.
- **s:** "Mon??ey Chevre from Rawosn ?ro??

Farm, Mon?e?y, MA. Best chevre in our quadrant of the universe."

r: (Margie MA) I tried to Google what I thought you wrote with no luck. Could you please rewrite more clearly and I will try again? (Norman) If you explored our quadrant of the universe comparing chevre, you should probably let NASA know. Also, could you look at

things besides one kind of cheese, like governance, culture, science and position on Eden Foods boycott.

- **s:** "San Pellegrino now has a Pomegranate & Orange flavor, sold in cans, that is TASTY AS CAN BE. Can we stock it? If not, can I order some especially for me?
- **r:** (Heather MA) Found it, on the shelves. (Norman) San Pellegrino sodas are the fourth- to eighth-best sellers in the Weavers Way grocery world, and if you add the flavors together they have outsold every other grocery item since July 1.

San Pellegrino is one of the many brands owned by Nestlé (the subdivision is Nestlé Waters, which includes Perrier and Poland Spring, among other brands). In last month's Shuttle, member Joan Martini questioned why we sell Poland Spring, as "the wrongdoings of Nestlé seem to be an offense against so many things a coop stands for." In fact, in the early '80s, Weavers Way members did vote to boycott Nestlé products, primarily due to Nestlé's putting profit in front of health as they marketed infant formula to women in the Third World. These women had neither the money nor the clean water to use infant formula, not to mention Nestlé marketing the idea that a factory made substance is better than what nature evolved.

Nestlé continues to do what I suspect most of us would consider to be horrible things, especially around water, labor, environment and healthy food. This brings us to a popular (and now one of my favorite) topics: How do we balance our values with what our shoppers buy, which often does not reflect our values? There are many brands and ingredients that are troublesome to me that I wish the Co-op didn't stock, but we are also trying to meet sales and margin targets.

Some people say "no margin, no mission," meaning that if you go out of business, you won't be getting the message



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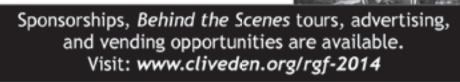
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out. There is also a customer-service aspect of not saying "no" to customers to the extent you can. I used to believe it was up to the Co-op to educate people on the impact of what they were buying, and I still do think that, and I mainly do it via Shuttle articles. But that's not enough and it's clear it's time for Weavers Way to do more.

At the same time, I also think people are obliged to self-educate and take responsibility for the impact of their actions, especially when shopping. Learn about ingredients, growing and manufacturing practices, how companies treat people. This is much easier in the Google era.

Meanwhile, we just replaced some of the Poland Spring with a similar water from a local company, Fox Ledge, in the Poconos. Of course, selling plastic bottled water at all is its own issue.

- s: "Non-GMO Greek yogurt please. You have a local Greek yogurt, from Wholesome, but it doesn't say 'organic' or 'non-GMO.' Thanks."
- **r:** (Norman) Wholesome Dairy yogurt is made from grass-fed milk, no GMOs involved. Here's what P. Mark Lopez, the farmer and owner (also a veterinarian) says: "I have 100 acres of my grandfa-

At the same time, I think people are obliged to self-educate and take responsibility for the impact of their actions, especially when shopping.

ther's farm in Oley Valley. I have planted tall fescue, meadow fescue, perennial ryegrass, red clover and white clover in the fields. I rotate the cows across twoacre paddocks, changing them into new pastures every 12 hours. I do not use fertilizer, as the cows do that for me. I do not use herbicides for weed control; instead, I clip the grass with my haybine. When I bring the cows into the barn to milk them, I give them hay that I have made or that a neighbor has made, molasses and a vitamin and mineral supplement. After milking, I let the cows out to graze until the next milking, 12 hours later. It is a pretty simple operation, modeled after the way that my grandfather grazed dairy cows on this farm. I could make more milk doing things differently, but I think that this is the way to make the best milk and it is better for the cows and the environment this way. I invite you to come up and see

the place." (Heather MA) We tried Stonyfield Greek Yogurt, which is organic/non-GMO. Unfortunately, it hasn't sold well enough in the last six months to keep stocking it. I will try to find other brands, but Chobani is by far our best seller. (Norman again) Here's another example of sales not matching values.

- s: "I HATE the newer plastic deli containers (olives, feta, cheeses). Very difficult to open — especially if you have arthritis in your hands."
- r: (Norman) Sorry, we switched because the square ones are made from up to 100 percent post-consumer waste (as opposed to 50 percent for the round), plus are significantly cheaper, saving about \$17,000 a year. Turns out they don't work for all products and departments, plus we've heard a few complaints from shoppers. (It's another question of balancing values

and shopper acceptance.) A staffer will be happy to transfer your selection from a square container to a round one (and recycle the square one yet again). FYI, Weavers Way shoppers consume about 800 plastic containers and about 100 cold/hot bar containers a day, doing our part to contribute to our consumer society.

- s: "I like nuclear power and want to encourage the Co-op to source electricity from nuclear power plants. I love terms like 'fissionable material' and the concept of a chain reaction. Plus I like the idea of things splitting apart; so many of my friends are divorced it seems like a comfortable state and they are freer to interact."
- r: (Norman) We can't support nuclear fission as it doesn't seem in line with co-op principles of working together. We could support nuclear fusion since that is things coming together, so we've donated money to Weavers Way Community Programs to help install a small educational fusion reactor at Henry School. We are also stocking a new product you might like — Brad's Raw Fissionable Nuclide Bars, claimed to be full of energy.

normanb@weaversway.coop

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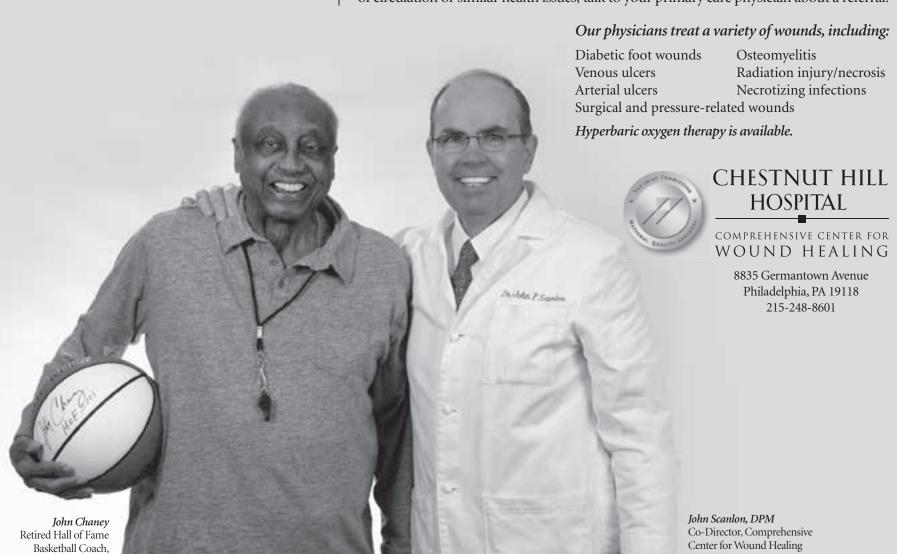
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Coach Chaney knew who to trust for the win.

When Hall of Fame basketball coach John Chaney needed treatment for complications related to diabetes, he knew where to turn. The caring staff at Chestnut Hill Hospital jumped into action. After treatment, Coach Chaney was able to return to his daily activities, giving high fives along the way. If you have a problem with wounds that won't heal, lack of circulation or similar health issues, talk to your primary care physician about a referral.



Yemarima Yewotet Dabo (Spiced Ethiopian Honey **Bread**)

- 5 cups flour
- 1/2 cup organic wildflower
- 2 1/2 tbls. active dry yeast
- 6 tbls. butter
- 1 cup milk
- 1/4 cup water
- 1 egg
- 1/8 tsp. ground ginger
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground cloves
- 2 tsp. ground coriander
- 1 tsp. salt

Place the yeast in a bowl with 1/4 cup warm water. Allow to rest for 10 minutes.

In a large bowl, combine honey, egg, salt, cinnamon, cloves, ginger and coriander. Add the yeast mixture to the honey and spices. Pour in warm milk and melted butter. Mix in the flour, then cover the bowl with a kitchen towel and allow to rise for 90 minutes.

Take out the dough and knead it, then shape into a round loaf and place on a cookie sheet covered with banana leaves or parchment.

Allow the dough to rise for 30 minutes while you preheat the oven to 325 degrees Fahrenheit. Bake for 1 hour.

> Adapted from What's 4 Eats (www.whats4eats.com)

Ethiopian Honey Bread for a Sweet Rosh Hashanah

Weavers Way member Ronit Treatman is food editor of the Philadelphia Jewish Voice (www.pjvoice.org) and creator of Hands-On Jewish Holidays (www.handsonjewishholidays.com), a celebration of Jewish traditions. Contact her at ronit.treatman18@gmail.com.

by Ronit Treatman, for the Shuttle

NE OF THE MOST EXOTIC FOODS for Rosh Hashanah comes from the Ethiopian Jewish community. It is called yemarima yewotet dabo. This is a special type of bread, sweetened with honey and infused with spices.

The Kaffa province of Ethiopia is famous for its mountain rain forests covered with coffee trees. It also has Africa's largest population of honeybees. These bees produce a very special type of honey, flavored with the nectar of the coffee flowers. Ethiopians have historically taken advantage of this abundance of honey and incorporated it into their foods and drinks.

Baking yemarima yewotet dabo is a very ancient tradition. In the villages, a fire was started to make charcoal. The dough for the bread was mixed in a wooden bowl. The inside of a clay pot was lined with fresh banana leaves to prevent the dough from sticking to the vessel. After the dough was poured in, more banana leaves were layered over it. Then the pot was tightly covered with its lid. This "Dutch oven" was



Parchment is fine, but banana leaves make an authentic baking surface for Yemarima Yewotet Dabo

placed on the hot coals, and then some coals were positioned on top of its lid. After about 30 minutes, the pot was removed from the fire. The banana leaves were peeled off, and the aromatic bread was ready.

You may bake this bread for Rosh Hashanah in your modern kitchen. Use local organic wildflower honey and quality spices for best results.

mpany's coming

Check in the stores and online at www.weaversway.coop/catering for our menu specialities and other good stuff to put on your holiday table.

Going Local at The Santa Fe **Cooking School**

by Sue Wasserkrug, for the Shuttle

VER SINCE I BECAME OBSESSED with Native American cuisines, I've

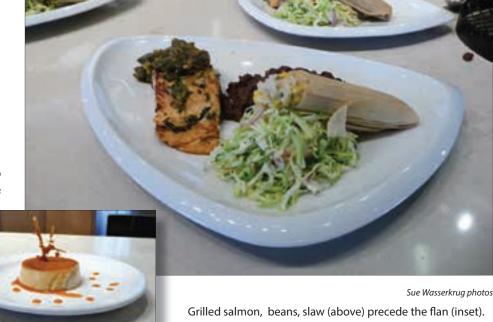
wanted to enroll in the Native American Cooking Program at the Classic Cooking Academy in Arizona. Well, life being what it is, I still haven't had a chance to do that. Recently, though, I had a chance to attend a class at the Santa Fe School of Cooking, and while the focus wasn't Native American foods per se, the

"contemporary Southwest" theme was, by default, is heavily influenced by native ingredients and culinary traditions.

Our instructor, Noe Cano, the school's chef de cuisine, started us off with a little tutorial on peppers, explaining the differences between ancho, jalapeño, serrano, cascabel and so on. He gave tips on growing them, choosing them and preparing them. He mentioned that he prefers to obtain his peppers — as well as most of his ingredients — from local farmers. That's one thing Philadelphia and Santa Fe have in common: Local is in!

Although the main course, salmon, was decidedly not local, it at least was wild, and therefore sustainable and healthy. We learned how to skin a huge fillet so we could marinate it in orange juice seasoned with freshly ground coriander seeds and green onions, then sear on a grill and top it with a poblano-lime jam. Is your mouth watering yet?

I've made a lot of black beans in



my day, but I've never cooked them in a ceramic pot from La Chamba, Colombia. This amazing black pottery has been made by indigenous artisans for hundreds of years, from well before the arrival of Europeans. Not only is it exquisite to behold, it's a workhorse in the kitchen. Too bad I couldn't fit a set in my suitcase!

We also learned how to make basic tamales. They were so simple, since the only filling consisted of roasted sweet corn and chopped green onion, rather than the fancy fillings that can take hours (even days) to prepare. The chef stirred the corn and onion right into the dough, eliminating not only the step of preparing the filling but also the step of filling the tamales before steaming them.

The last dish (before dessert, that is) was a cabbage slaw with cilantro, chile and red onion. Words are inadequate to describe how delicious this salad was. Dressed with just lime juice and olive oil, this was a real winner, especially on a warm summer day. It was light, refreshing and crisp, and it complemented the other dishes perfectly.

Ah, dessert. Ever since a college classmate from Venezuela turned me on to homemade flan, I have been searching for the perfect recipe. Finally, I think I can say that I've found it. This espresso vanilla version was smooth and creamy, not too sweet, with the slightest hint of espresso and a solid vanilla flavor. The chef also showed us how to make fun caramel garnishes to add a little whimsy to the meal.

After the class, we had lunch: everything we had just learned to prepare. As I enjoyed the melding of flavors on my plate, I marveled at the abundance of ingredients that we owe to Native American cuisines: peppers, beans, cilantro, vanilla and, of course, corn. I'd still like to pursue formal, intensive training in Native American cooking, but this was a worthwhile — and delicious — start.

For recipes for the tamales and the slaw, go to www.weaversway. coop/Santa-Fe-Recipes. Reach Sue Wasserkrug at wasserkrug@gmail.com.

Espresso Vanilla Flan

- 1 1/4 cups sugar
- 1 cup milk
- 2 cups heavy cream
- 2 (or 3) large eggs
- 3 (or 2) large egg yolks
- 1 tbls. instant espresso powder 2 tsp. Mexican vanilla

Preheat oven to 325 Fahrenheit.

Melt 1 cup sugar in a small, dry skillet over medium-high heat. As it caramelizes, you may want to press the unmelted sugar into the liquefied part with the bottom of a spoon. Reduce heat so sugar doesn't burn and continue cooking until you have a clear, deep amber liquid. Remove from heat and immediately pour equal amounts of syrup evenly on the bottoms and sides of 12 ramekins. Set aside.

In a saucepan, combine milk, cream, espresso powder remaining sugar. Heat the mixture over medium heat until hot but not boiling, stirring to dissolve the sugar. Remove from heat and let cool.

In a small bowl, whisk eggs and yolks until well blended. Slowly add the cooled cream mixture, a little at a time, whisking constantly. Stir in vanilla.

Divide milk mixture among the prepared ramekins and place them in a baking pan. Add boiling water to the pan so it comes 3/4 of the way up the sides of the ramekins. Bake in water bath for 35-45 minutes, or until custard no longer tremble when moved. Remove ramekins from pan, cool and refrigerate, covered, for 3 to 4 hours.

To serve, run a knife around the edge of the ramekins and invert onto plates.

Chef's Corner

It's Garden Time in the Kitchen

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

F COURSE AS A CHEF, I AM THE MOST happy this time of year. The bounty of

beautiful produce is so remarkable that one need not even do a lot of cooking!

I am also delighted to report that we are getting lots of produce from our own Weavers Way Farms. In previous years, we only got a little bit from the farm because the harvest was not enough to meet the demands of

our busy kitchen and the farmstands too. This is the first year we've been able to get larger batches of produce and it's been fantastic!

We started the season with cucumbers, and honestly speaking, the little yellow cucumbers that Nina, our awesome farmer, sent us were the best cucumbers I've ever tasted! With those cukes I made the Greek salad. Those little flowers you see in the picture? Dill flowers from the farm!

We also got candy cane beets, multicolored

carrots, gorgeous radishes! Zucchini blossoms that our incredibly talented chef Andrew stuffed with goat cheese and dipped in a tempura batter. Once fried and crispy, he finished the blossoms with a drizzle of lavender honey and fresh lavender sprigs — from the farm, of course!

I am not sure exactly what will be available at press time, but I do know Nina will still have tomatoes. So here's a recipe for heirloom tomato and Claudio's Burratina (fresh mozzarella with cream in the center).

bonnie@weaversway.coop



Dill flowers decorate the cucumber salad (above) while stuffed squash blossoms (inset) get a garnish of lavender.



Tomato and Burratina Salad

- 2 large heirloom tomatoes
- 1 container Claudio's Burratina
- 1/4 cup good quality extravirgin olive oil
- 1/8 cup good quality balsamic vinegar
- 10 leaves of fresh basil
- · Red salt to taste
- · pepper to taste

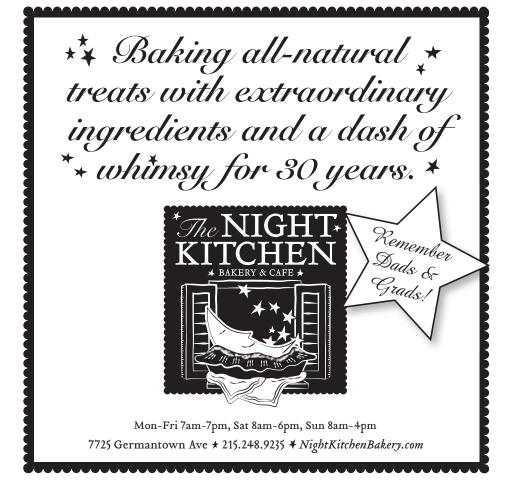
Arrange tomatoes, burratina and basil. Dress the sides of the arrangement with oil and vinegar to keep the plate from looking muddy.

Sprinkle with salt and pepper.

Eat and enjoy the bounty of summer produce!











New Manager Across the Way

The Shuttle asked new **Weavers Way Across the Way** Manager Lisa Whitlock to introduce herself.

Y CAREER BEGAN IN MAGA-Y CAREER BEGIN. marketing and advertising. During those years, my spare time included hours of personal research on natural health and wellness alternatives, vitamin and herbal remedies. After moving back to Philadelphia In 2006, I decided to shift my career into what I was passionate about, and started working in the wellness department of Whole Foods. In this position, I was not only provided with many hours of product training, but enjoyed exchanging knowledge with customers, family, and friends.

I am a firm believer that a healthy diet and natural remedies can rival most conventional health treatments, and am thrilled to be able to continue this passion by working at Weavers Way Across the Way. I love hearing what people's favorite products are, and how supplements have improved their quality of life. Stop by and tell me about



Across the Way Manager Lisa Whitlock: Whole Foods' loss is Weavers Way's gain.

the products you love!

You can also call or email me at the store at 215-843-2350 ext. 114 or lwhitlock@weaversway.coop.

We're planning a sidewalk sale in September to unload some items that have piled up over the years, so there's another reason for you to stop by!

When the Cookie Crumbles, Take It to the Repair Cafe

HAT DO YOU DO WITH A BROken toaster . . . a bike that needs a tune-up . . . a pair of torn jeans or a sweater full of moth holes . . . a laptop that won't work? Toss it? No way!

Time4Time Community Exchange and the Center on the Hill are hosting Northwest Philadelphia's first — indeed, Pennsylvania's first — Repair Café at the Center on the Hill on Saturday, Sept. 20, from 1:30 to 5 p.m. This event is free and open to the general public.

At the NW Philly Repair Café, everything centers on making repairs. A variety of local volunteer fixers will be available — electronics experts, seamstresses and knitters, computer and smartphone wizards, carpenters, knife-sharpeners, bike tune-up specialists, people who can glue anything together, just to name a few — to help make all possible repairs free of charge. Local business supporters are donating some basic supplies.

What do you bring? Anything in the following categories: lamps, clothes, bikes, toys, crockery or anything that needs gluing together, laptops, phones, speakers, small furniture, dull knives or scissors . . . basically, think anything you can carry (No cars, sorry!) Check out www.Time4TmeXchange.org for a complete list.

While you're waiting to be called to the repair station, pick up a bite to eat (food provided by Weavers Way) or visit the "Really Really Free" clothing table. (For the "Really Really Free" clothing table, bring any amount of clothing - giftable quality only, please — that you no longer want and donate it to the table for others to take for free. You might find something you like too!)

Time4Time Community Exchange wants to help reduce mountains of waste by promoting repairing instead of discarding. "We throw away piles of stuff. Even things that



Toss it? No way!

What do you do with a **chair** when the leg has come loose? With a toaster that no longer works? Denim **clothing** with holes and tears? A computer running badly?

Repair it at NW Philly Repair Café!



The Center on the Hill - Widener Hall 8855 Germantown Avenue, Philadelphia, PA 19118 Free & Open to the Public

info: time4timexchange.timebanks.org/page/nw-philly-repair-café Time4TimeXchange@gmail.com 267-536-5821

practically have nothing wrong with them, and which could easily be used again after a simple repair," said Mark Klempner, a member of the Repair Café Steering Committee, (and member of Weavers Way and Time4Time). "Unfortunately, many people have forgotten that they can have things repaired.

The NW Philly Repair Café wants to change all that."

The NW Philly Repair Café is also meant to put neighbors in touch with each other in a new way — and to discover that a lot of know-how and practical skills can be found close to home. Betsy Wallace, NW Philly Repair Café steering committee member, Weavers



Community Exchange

Jointly making repairs can lead to pleasant contacts in the neighborhood."

Way member and Mem-

ber Coordinator for Ti-

me4Time, said: "If you

repair a bike, a CD play-

er or a pair of trousers

together with a previ-

ously unfamiliar neigh-

bor, you look at that per-

son in a different light

the next time you run

into them on the street.

NW Philly Repair Café is funded by small grants from the Chestnut Hill Community Fund and Shareable.net.

And it's not too late to volunteer to be a fixer or to help at the event! Contact Betsy at Time4TimeXchange@ gmail.com

Board Corner

Bylaw Updates In the Works

by Lisa Hogan, Weavers Way Board

LEAVERS WAY CO-OP BELONGS TO ITS members and so we are guided by the will of the members, right? Sounds pretty easy, other than the fact that we have nearly 5,300 active member households to accommodate. But not so fast, it's not just the members who have to be pleased. There are numerous other guidelines that must be met by our once-tiny community store.

Weavers Way is part of the International Cooperative Alliance. This organization is guided by the seven Rochdale Principles by which cooperatives put their values into practice. (You can find them on the website at www.weaversway. coop/rochdale.)

We adhere to these principles enthusiastically as they draw together 268 international and national cooperatives from 93 countries, representing a billion people worldwide.

In our own co-op we have a Mission Statement. Have you read it? It is five paragraphs that lead us as an association. (Find it at www.weaversway.coop/mission.) We are owned by members, cooperative, committed to each other, committed to the community and committed to the environment. Never mind that competing proposals can all comply with the Mission.

Next we have the Ends. Adopted by the Weavers Way Board, the Ends are seven goals that lead us throughout the year. They are themes that we have identified as important to our Coop's success. Our management provides a detailed report on our success in meeting our values through our work. This year's Ends Report was over 20 pages, a colorful document full of photos, graphs and charts, detailing Co-op progress. (You can review the Ends, and the 2013 Ends Report, in the Online Member Center, members.weaversway.coop, under Key Co-op Documents).

In addition, we have a Board Policy Manual that directs the Board governance process. At Board meetings each month we measure ourselves against 19 directives. We monitor governing methods, evaluate our General Manager, our financial condition, as well as relations with staff and members. (The Board Policy Manual is also available in the Online Member Center.)

Along with Board Policy are the Bylaws of the Co-op (also available in the Online Member Center). The Bylaws are specific to seven areas: Membership, Member Meetings, Election of the Board, Committees, Finance, Dissolution and Amendments. This spring I made what I thought was a simple suggestion that we address several amendments to the Bylaws that have been on hold. No surprise, as we have a hard-working Board, we have turned this small project into a review of all the Bylaws.

Through a series of summer meetings and with the use of the Fresh Start Bylaws Template, we have taken our 10-page document down to five pages. (The template is provided by the Cooperative Development Services Consulting Co-op to help co-ops arrive at a document that is easily understood by all members and therefore more useful.) When this draft is final we will bring it to the Spring 2015 General Membership Meeting for a vote.

When you see all the ways we are held accountable, you may understand why the opportunity to simplify one set of standards within our control is so appealing.

You will be hearing more about the proposed Bylaws in the fall when we will ask for members' input and suggestions. Please stay tuned.

lisabelisa@comcast.net

Mt. Airy staffer of many talents Molly Ruddell has a notebook

with her at all times to track ideas for her

writing. She also creates collages (far left,

"Inhospitable").

Staff Celebrity Spotlight: Molly Ruddell

School of Life Is a Good Fit for Mt. Airy Multi-Tasker

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

OLLY RUDDELL CONTAINS MULtitudes, as Walt Whitman might say. At Weavers Way, she fills a multitude of jobs —four and sometimes five, from bakery buyer to cashier to homedelivery person to shift manager.

"I like to move around. I can't really sit still, and I like to constantly be doing something," said the 23-year old Mt. Airy native. "It's a little crazy sometimes, but I think . . . everybody that works there [at Mt. Airy] does multi-task and adjusts to that. You have to, to some degree."

Molly has worked for the Co-op for four years; she applied for a cashiering job in Mt. Airy after spending a semester at Green Mountain College in Poultney, VT. "I didn't feel like school was a good fit for me, where I was and when I was there," she recalls. "I kind of prefer to mold my own education with workshops. It's been an important experience for me to work [at Weavers Way] . . . and kind of pursue my own hobbies in this time."

The graduate of Springfield Township High has two main hobbies: writing and creating collages. She's taken writing workshops with author Helen Mallon and has published pieces in Apiary, a local literary magazine, and the online journals Goreyesque and Gravel. She keeps at least three notebooks on or around her so she can jot down any ideas that might end up in her short fiction or creative nonfiction.

"I usually have one in my pocket at work, right at the register," she said. "But I write like, maybe two words. It's like . . . 'egg sandwich,' and I'm like, 'What does that mean?' Sometimes I don't remember why I wrote that . . . and sometimes, it all comes together."

Her process with creating 3D boxes, or "shrines," as she dubs them, is similar. "I don't think about a theme ahead of time," she said. "I just start with a picture that I like and put things together - mixed media, found objects. I'm inspired by the materials around me."

More than anything else, Molly's many jobs at the Co-op (she also fills in

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Karen Plourde photo

on floral shifts when needed) are a financial means to a still-evolving end. She doesn't enjoy being the bakery buyer ("I don't really eat cookies anymore"), but she likes the independence she gets from doing home delivery. "I'm out of the store and doing my own thing," she said.

And she enjoys her co-workers. "I love the people I work with," she said. "I laugh a lot at work."

Right now, Molly has no plans to go back to school, preferring to stay enrolled in the school of life. "I could force myself to go back to school right now, knowing that I don't really want to do that, and that would be worse for me than feeling like I'm not really sure what I want to do," she said. "I'm OK with that."

kplourde@weaversway.coop

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www.weaversway.coop/wwcp



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Weavers Way Welcome Meetings

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

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

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

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

Wednesday, Sept. 10

Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane



September Member Specials

Valid from September 3 - 30

member savings, visit www.weaversway.coop



EQUAL EXCHANGE Organic Espresso Bean Chocolate Bar 3.5 oz

\$2.99 REG \$3.99





SO DELICIOUS Plain Coconut Milk 64 oz

\$5.39 REG \$6.29



WOODSTOCK FARMS Organic Sunset Trail Mix 10 oz



YERBA PRIMA Colon Care Caps 180 ct

\$10.99 REG \$12.99



ELLAS KITCHEN Organic Baby Food -Assorted Flavors 2.5 oz



ETHNIC GOURMET Chicken Masala 9 oz

\$4.39



LIDDEL HOMEOPATHICS Letting Go Anxiety Tension I oz

REG \$15.49



NAPA VALLEY Pinot Grigio Vinegar 12.7 fl oz

Back to School

(Continued from Page 3)

Trick them. Actually, in my line of work, this was not a trick. I used to buy a few varieties of something — apples, citrus, different vegetables — put them on plates with numbers, and ask my kids and their friends to test and compare. Which is sweetest? Juiciest? Yummiest alone? Yummiest with dip?

Lie. When I was a kid, my mom told us that carrot sticks helped prevent carsickness. I don't know whether she believed this, but we sure did. Twenty miles into one of our endless family vacations to Minnesota, we'd be begging for carrot sticks. And we never got carsick.

These are my best ideas for increasing the fruit and vegetable intake of your families and yourselves. All of them were tested on my kids when they were young. Now that they are mostly on their own, they continue to eat lots of produce — at least that's what they tell me.

mackenzie@weaversway.coop



Grab one of our snack packs and let your kids try a trio of cheeses.

Let Them Eat Cheese

ACKING LUNCH? THE WEAVERS Way cheese buyers suggest you think beyond sticks and American and introduce your children to other cheeses. The deli staff is preparing cheese snack packages that are a good way to make the introduction and an easy addition to your kid's lunch box. Great for grownups, too. The packages include Australian cheddar, Colby Longhorn and Jarlsberg. Let us know what your kids think!

This month we also have Jarlsberg cheese on sale at \$1 off per pound. This nutty, semi-soft cheese from Norway is.great as a snack on crackers and looks good on a cheese board. One of my favorite burgers is grilled turkey glazed with honey mustard and topped with Jarlsberg and tomato from my garden.

> — Margie Felton, Weavers Way Mt. Airy Deli Manager



Jarlsberg

Jarlsberg is a nutty, semi soft cheese from Norway.

All \$1 off per pound.





WEAVERS WAY'S 9TH ANNUAL

Saturday, September 27 • 8 a.m. - 4 p.m.

Pedal your way through Philadelphia's vibrant neighborhoods and visit more than a half dozen of the city's unique urban farms along the way.

After the ride, enjoy beer from Philadelphia Brewing Company, pizzas from Pizzeria Stella, Nomad Pizza Co., Couch Tomato and Rustica, and more!

Limited spots available! Register today! Early bird tickets are only \$39.50 and available until 9/2. Regularly priced tickets are \$45.

Visit www.weaversway.coop/bikeride to learn how to obtain tickets online. volunteer to help or get all your questions answered.













