

Members to Collect Patronage Rebate in January

It's Your Co-op — and Your Money

by Nancy Pontone, Weavers Way Controller

WE ARE PLEASED TO ANNOUNCE THAT WEAVERS Way will issue a \$300,000 patronage rebate to our member-owners based on profits the Co-op earned in the fiscal year that ended June 30, 2014. The amount

each member will receive is determined by IRS rules and is based on the amount of each member's Weavers Way patronage during the last fiscal year.

Members can celebrate the New Year by collecting their rebates at the cash registers starting Friday, January 2, 2015.

The \$300,000 will be distributed to members as

follows: 30 percent in cash, 20 percent in regular equity and 50 percent in reserve equity. The 30 percent can be taken as cash or applied towards purchases when checking out at the cash register. A member can also choose to donate the cash portion of the rebate. The 20 percent going to Regular Equity will accrue to members' equity accounts and is returned to them upon their

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The Shuttle

December 2014 Vol. 42 No. 12

Community-Owned Food Markets Open to Everyone

Board Corner

Check Out Bylaws Updates, Give Us Your Opinion

by Lisa Hogan, Weavers Way Board of Directors

IF YOU READ MY SEPTEMBER ARTICLE in the Shuttle, you know a committee of Board members and Management representative spent time during the summer of 2014 revising and updating Weavers Way's bylaws.

At its September meeting, the Board voted to accept the proposed bylaws. Now they go to the membership for consideration.

Visit www.weaversway.coop/bylaws to see the new bylaws (and also the current ones). If you prefer a paper copy, the Co-op Membership office can provide you with one. Just call Membership Coordinator Kirsten Bernal at 215-843-2350, ext. 119.

Feedback is welcome at any time, either posted in the comments section of the web page or emailed to me at lisah43@comcast.net.

Here's the rest of the timetable: We

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A Bouquet from PHS



The Pennsylvania Horticultural Society honored Weavers Way and Saul High School last month with a joint PHS Certificate of Merit — read more about it in General Manager Glenn Bergman's column on Page 6. Pictured: Farm Manager Nina Berryman at podium and visiting with Weavers Way CSA co-founder Nicole Sugerman; Saul Principal Tamara Conaway, Nina, Glenn and our pal Lisa Mosca, PHS's City Harvest coordinator.

CAT's in Bag, Thanks a Bunch

by Rebecca Torpie, Weavers Way Marketing Director

ABOUT A MONTH BACK, SOMEONE wearing a button with a picture of a cat with glasses on it may have asked you to fill out a survey about yourself. Then they gave you a piece of chocolate. Possibly, this occurred several times.

Sound familiar?

From Monday, Oct. 27, through Sunday, Nov. 2, the Co-op was conducting what's known as a "Customer Address and Transaction" (CAT) study at all four of our locations. This is part of a market study being carried out for us by The Reed Group, a local research outfit.

If you happened to shop during the designated times, you were asked to fill out a form telling us — anonymously, of course — where you live and your income, and if you were extra lucky, you were asked on more than one occasion. Why? Because we wanted to gather information about the amount people spent over a week, not just that they had shopped at Weavers Way.

We'll use the data we collected to better understand who is currently served by each of the four Co-op stores — Mt. Airy, Across the Way, Chestnut Hill and

(Continued on Page 7)

Holiday Hours	
Closed December 25 & January 1	
Wed., Dec. 24	Wed., Dec. 31
Chestnut Hill: 7 a.m. - 6 p.m.	Chestnut Hill: 7 a.m. - 7 p.m.
Mt Airy: 8 a.m. - 6 p.m.	Mt Airy: 8 a.m. - 7 p.m.
Chestnut Hill will be open until 9 p.m. on Wednesdays for Stag & Doe nights Dec. 3, 10 and 17.	

HAPPY HOLIDAYS

The Weavers Way Kitchen is your secret ingredient.
Order from our holiday menu now.

We'll pay you to park it.

Spend \$5 at the Chestnut Hill Co-op and receive a 30 minute parking token FREE.

Just ask a cashier.
Visit our website for locations.

Weavers Way Cooperative Association
559 Carpenter Lane, Philadelphia, PA 19119
www.weaversway.coop
CHANGE SERVICE REQUESTED

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Editor’s Note

by Mary Sweeten, Editor
Weavers Way Shuttle

WHILE I WAS WATCHING THE MOVIE at the Fall GMM — and scarfing popcorn, I’m still not sure I believe in prepackaged popcorn* but this was good — I wrote down: “Community is a by-product of wealth creation, not a goal.”

The movie was “Food for Change” (www.foodforchange.coop), a documentary about cooperative groceries, financed by donations from food co-ops in 36 states (including Weavers Way, although, sadly, we’re not featured, so don’t bother looking for yourself in it.)

It’s kind of a cautionary tale. Lots of co-ops were founded during the Depression, but most of them shut their doors when World War II put everybody back to work. Then there was the second wave — co-ops founded, like Weavers Way, by people looking for alternatives to faceless industrial marketplaces, and to save a little money. And you know what? A lot of these have also closed amid infighting and an inability to keep from going broke.

One of the clips in “Food for Thought” is from an industrial promo about the excellent contributions XYZ Corp. makes to the quality of life of its employees and neighbors — pools, parks, band uniforms, the whole good-citizen checklist. Of course, as the filmmakers show, “XYZ” eventually went out of business, taking all that community largesse with it, and the music stopped.

That’s when the talking head intones, “Community is a byproduct of wealth creation, not a goal.”

So maybe cooperation doesn’t always work out right, but it does have community baked right in. I always try to keep that in mind when I notice someone about to get bonked on the head with a box in Mt. Airy. Like What’s that thing Winston Churchill said? It’s the worst system, except for the others.

msweeten@weaversway.coop
*Popcorn Indiana FIT Sea Salt (\$3.25)



What’s in Store at Weavers Way

Produce

One Potato, Two Potato — But Why Stop There?

by Mike Herbst, Weavers Way Chestnut Hill Produce Manager

FEW PRODUCE ITEMS ARE AS VERSATILE AND HAVE THE MASS APPEAL of the potato. Along with wheat, rice and corn, potatoes are one of the world’s largest cultivated food crops. They were first domesticated thousands of years ago in the highland areas of present-day Peru, but have since spread and are grown in all parts of the world.

Potatoes are in the Solanaceae (Nightshade) family, which also includes tomatoes, eggplant, peppers and tobacco. The members of this family of plant produce toxic compounds in various parts including the leaves, fruit and tuber, depending on the variety. This is why eating green potatoes can cause illness. The green color indicates the presence of chlorophyll, which is accompanied by Solanine (a glycoalkaloid poison) in new growth areas. Storing potatoes away from light helps to prevent this from happening.

For culinary purposes, potatoes are commonly put into two categories: starchy and waxy. Starchy potatoes, such as russet/Idaho potatoes, have lower moisture and do not hold their shape as well when cooked. (Side note: Idaho potatoes are russet potatoes grown in the state of Idaho. They are also sometimes called baking potatoes.) They have a light, fluffy texture and are best used for mashing, baking, frying and making potato pancakes. Waxy potatoes, like Yukon gold or red skinned potatoes, hold their shape better and have a smoother, creamier texture when cooked. They are best used for boiling, potato salads, scalloped potatoes, soups/chowders and roasting. These uses are general guidelines, as personal preference undoubtedly dictates use.

Sometimes the term new potato is used to describe all small waxy potatoes. However to be more specific, new potatoes are actually immature potatoes that are harvested in the spring and early summer. A true new potato is easily identified by its thin, flaky, parchment-like skin. They are prized for their high moisture content and creamy texture. New potatoes can be cooked whole, and are especially good steamed or roasted. They are more perishable than other potatoes, so they cannot be stored and are not available year-round. When available, new potatoes should be used within a few days of purchase.

As amazing as potatoes can be, sometimes it can be fun to substitute other similar vegetables that are available only on a seasonal basis. For instance, the rutabaga is a root vegetable that can be mashed, whipped or roasted like a potato. Rutabagas are also excellent in stews. They have cream-colored flesh that is sweeter than a turnip, almost like a sweet potato. Parsnips, another root vegetable, are sweet and full-flavored. Parsnips can be substituted for potatoes to add richness to almost any recipe. Finally, celeriac or celery root is a unique vegetable. Celeriac has a delicate celery flavor and may be roasted, stewed, blanched or mashed. Sliced celeriac can be used as an ingredient in soups, casseroles and other savory dishes.



Option: A buttery bowl of mashed rutabagas.



Option: Celeriac or celery root (don’t let it scare you).



Option: Slip parsnips in the mashed potatoes and see what they say.

New on the Shelves

Presents Got You Tense? Go Next Door or Across the Way & Relax

by Karen Plourde, Weavers Way Chestnut Hill Grocery Staff

MORE THAN LIKELY, SOMETIME THIS MONTH YOU’LL need to give someone a present — maybe someone you don’t know all that well. Yes, you could buy a gift card, but to where, and isn’t that lame, and . . .

Fret no more. Weavers Way Next Door and Across the Way have a truckload of unique items that would look great bagged up, wrapped up or under a tree.

Next Door is the place to go for kid stuff, including **Melissa & Doug** wooden toys, sketch and coloring pads and art kits. Manager Amira Shell also has **Art Terro** eco art kits for making jewelry and canvas books, and **Crocodile Creek** puzzles to fill up chilly winter vacation days. For the diapered set, check out **K’s Kids** cloth books and **Endangered Species** cloth bath toys.

Across the Way features body care gift sets from **Indigo Wild** and **Burt’s Bees**, along with winter headgear and finger gear from **Andes Gifts**, a Fair Trade company that helps families in the highlands of Bolivia and Peru work their way out of poverty. Also in that category are Indian tunics, bags and decor from **sabah**, a business association for home-based workers in Southeast Asia.

Both stores now have soy candles in a variety of scents and two sizes from **Christina Maser**, a Lancaster-based candlemaker. For the more practical among us, both locations carry an assortment of calendars with themes you’re not likely to find at the mall. And gift wrap? Got it. Holiday cards? Yep, got them too.

Elsewhere at the Co-op

Mt. Airy Pet: If you’re feeling extra generous toward a certain furball in your life, consider a cat tree. **Wade’s** makes these in the Far Northeast, and will even custom-build one for you. Pet Buyer Anton Goldschneider will have a display model or two in the store, along with information on how to order others.

A more economical option for your pooch is a **Hyper-Pet** critter skin — stuffless animal toys with squeakers. And while we’re talking economical, all three varieties of **Merrick** dog treats are on sale for \$3.99 a bag all month. Stock up!

CH Grocery: With all the running around that goes with the season, anything you eat at home will have to be quick. **Boomerang’s** hand-held Aussie pies might fit the bill. Chef Mike Donato in the Hill kitchen, my source for all things Australian, says these are based on his country’s own meat pie. I tried the steak and potato, and it was delicious — way better than a Hot Pocket.

MA Grocery: Since many of us will be socializing more than usual, let me point out that Mt. Airy has added two varieties of **Vermints** (ginger and cinnamon) and three of **Pur gum:** pomegranate, wintergreen and cinnamon. Just sayin’.

kplourde@weaversway.coop

The Shuttle is published by Weavers Way Cooperative Association.

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.

Weavers Way members are welcome to submit articles or Letters to the Editor. Editorial copy is due the 10th of the month before publication, e.g. Dec. 10 for January. Articles should be 500 words or less; letters should be 200 words or less. Articles express the views of the writers and not those of the Co-op or its Board, unless identified as such. No anonymous material will be published, and all submissions must include an email or phone number for verification. The Shuttle retains the right to edit or refuse any article or Letter to the Editor. Submit to editor@weaversway.coop.

Advertising

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.weaversway.coop/shuttle, 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.

Weavers Way Board

The Weavers Way Board of Directors represents member-owners’ interests in the operation of the stores and the broader vision of the Co-op.

For info about board governance and policies, visit www.weaversway.coop. Board members’ email addresses are at www.weaversway.coop/board-directors, or contact boardadmin@weaversway.coop or 215-843-2350, ext. 118.

The Shuttle is printed on 100% recycled paper.

Clearly Natural soap donates to disaster relief and Clean the World (cleantheworld.org), which is dedicated to reducing the waste created by discarded soap and shampoo products and preventing deaths caused by hygiene-related illnesses around the world.



Rainbow Lite vitamins and supplements supports Vitamin Angels (www.vitaminangels.org), which helps pregnant women, new mothers and children under 5 — get access to lifesaving vitamins and minerals. They are dedicated to eliminating vitamin A deficiency and parasitic infections in children of developing countries.



Blue Planet Recycled Eyewear's Buy a Pair = Give a Pair project delivers readers or sunglasses to someone in need for each pair purchased.



And some are old favorites:

Seventh Generation's green household products generate grants to nonprofit organizations that promote and improve environmental conservation and social welfare (www.seventhgeneration.com/responsibility/foundation).



Things that give back

You probably already feel good about shopping at the Co-op because you're supporting sustainable, healthy products and cooperative values. But did you know that many of our vendors also give back to people in need across the planet?

Here are a dozen who give part of their profits to organizations that work for a better world. And that's only the tip of the do-good iceberg — check out labels or search online for more ways you can buy stuff you like and feel extra good about it.

(Not every gift goes the same distance. No matter how you donate, you can check out www.charitynavigator.org for information on how specific nonprofits spend their money.)

Some vendors choose causes related to their business.



Endangered Species chocolate donates 10 percent of net profits to organizations that support species conservation, habitat preservation and humanitarian efforts. Current beneficiaries are the African Wildlife foundation (www.awf.org), the Xerces Society (www.xerces.org) and seaturtles.org.

Another sweet supplier, **Chocolove**, contributes to the World Cocoa Foundation (worldcocoafoundation.org), which provides education on agricultural issues to help farmers increase their income in sustainable ways.



Red Ape Cinnamon (Chestnut Hill only) wears its cause on its label: 5 percent of their profits from their organic Sumatran cinnamon are donated to organizations that protect orangutans and their habitat through redapes.org.



Earth's Care body care products belongs to 1% for the Planet—an alliance of more than 1,400 companies who donate 1 percent of their sales directly to environmental organizations certified by 1% for the Planet.



Mineral Fusion body care and cosmetics donates a portion of sales, as well as products, to the National Coalition Against Domestic Violence (www.ncadv.org).



Proceeds from **Bead for Life** (www.beadforlife.org) handmade jewelry (Chestnut Hill only) help impoverished families in Uganda, providing education and entrepreneurial training to women.



Not forgetting that your exotic locale is someone else's local, **EO Body Care** products donates to organizations working against homelessness and drug addiction in the San Francisco Bay area (www.eoproducts.com/about/eo_gives_back.aspx), as well as to national campaigns.



And speaking of local, when you buy a U.S.-made, eco-friendly yoga mat from Conshohocken-based **Jade Yoga** (Mt. Airy only), Jade plants a tree through Trees for the Future (www.treesforthe.org).



Five Things

A SERVICE OF WEAVERS WAY

Because there's nothing that can't be improved with something you got at the Co-op!

☆☆☆ TO MAKE YOU A HOLIDAY BAKING STAR ☆☆☆

Oy vey, you've got quite a bit of Betty Crocker to do, what with the cookie swaps, the parties, the bake sales. Crank up the hand mixer — the Co-op's got you covered.

1. MADECASSE VANILLA BEANS

They're not magical, but these beans will make you feel good because you're supporting cooperative farms in Madagascar. Scrape a pod and mix the seeds into the dough for extra special shortbread or cookies.

2. LET'S DO ORGANIC CONFETTI SPRINKLES

Everything's better with confetti, right? Use these crunchy, sweet, BB-style sprinkles a/k/a jimmies to doll up your cupcakes, cookies, sundaes and other desserts. USDA organic and all-natural, with colors from seeds, vegetables and fruits. Vegan, fat-free and gluten-free too.

3. TROPICAL SWEET COCONUT SUGAR

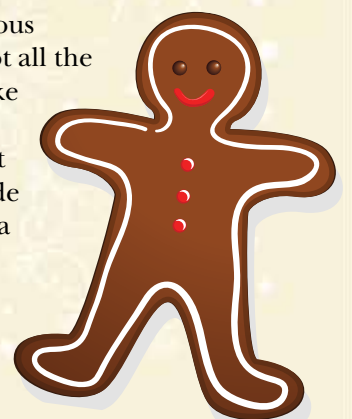
Forget it's December and think about how this granulated sugar is made from the flower of the coconut tree, dried under the golden rays of the sun amid tropical ocean breezes, hundreds of miles from any major city. Perfect for coffee, too.

4. MAGGIE'S NATURALS NATURAL FOOD COLORING

Who needs scary stuff to make your holiday baking merry and bright? Gardenia extract, caramelized sugar, yams, annatto seed and curcumin are some of the ingredients that make the bold, beautiful hues in these food colorings.

5. CISSÉ DARK CHOCOLATE LAYER CAKE

Fake it 'til you bake it. Incredibly moist and delicious beyond belief. It's got all the same stuff you'd make a scratch cake with, but it's measured out and ready to go. Made with Fair Trade cocoa powder.





Weavers Way Community Programs



Photo by Megan Mendenhall, RSF Social Finance

Participants celebrate the third Philadelphia RSF Social Finance Gifting Circle (WWCP Executive Director Jill Fink, far left).

available from the RSF Local Initiatives Fund. Indeed, our group blazed its own trail, fully embracing the innovative nature of the model, ultimately sharing differently than the two prior gifting circles. As the group dug deeper into opportunities to work more collaboratively, a portion of the available funds was set aside to be used on a collective impact project and a commitment was made to continue to work together. (Our group met in November to not only discuss what that project may be, but also how to leverage the funds with matching grants from more traditional funders.)

Participating in the circle as WWCP's executive director was one of the most humbling experiences of my professional career. WWCP was awarded 18 grants in the last fiscal year, ranging from \$300 to \$50,000. As proud as I am of receiving each of those grants, to have my peers, who are doing unique and innovative work, grant us \$9,500 — money they could otherwise have kept for their own projects — was a feeling I struggle to translate into words.

By the same token, I was able to gift funds from WWCP's allocation to organizations implementing programs that share our values and where there's opportunity for collaboration.

When we said goodbye at the end of the day, we agreed that we had accomplished more than what we had expected — learning more deeply about each other, being humbled by better understanding each other's work, looking forward to connecting our work and building each others' capacity. Most importantly we were able to deepen relationships and partnerships by tearing down silos and building a culture of real trust and collaboration.

jill@weaversway.coop

To learn more about RSF Social Finance, visit rsfsocialfinance.org.

Shared Gifting in Philadelphia, the Third Experiment

by Ellie Lanphier, Program Associate,
RSF Social Finance

Jill Fink, Executive Director,
Weavers Way Community Programs

"In a community of human beings working together, the well-being of the community will be the greater, the less the individual claims for himself the proceeds of the work he has himself done." — Rudolf Steiner

THIS QUOTE WAS READ AT THE BEGINNING of the Shared Gifting meeting of RSF Social Finance held in Philadelphia in mid-September. RSF (founded in 1936 as the Rudolf Steiner Foundation) is a pioneering nonprofit financial services organization dedicated to transforming the way the world works with money. In partnership with a community of investors and donors, RSF provides capital to nonprofit and for-profit social enterprises.

RSF has made numerous investments in Philadelphia, and sought the expertise of two borrowers, Common Market and Fair Food Philly, in making the decision to bring the unique Shared Gifting model of philanthropy to our area.

With their guidance and input, and nominations received from RSF clients in the area, RSF invited 12 nonprofit organizations that are working to create a more sustainable and just local food system — including Weavers Way Community Programs — to participate in their third Shared Gifting circle.

Shared Gifting is a new way of approaching and thinking about philanthropic giving, aiming to transform the philanthropic field by fostering a spirit of collaboration rather than competition among grantees for limited resources. It seeks to leverage community wisdom and bring the qualities of trust, reciprocity and community back into the grant-making process. Shared Gifting is a collaborative granting model that gives ownership, distribution and allocation authority for gift money to the participants of the Shared Gifting circle.

In many ways, Shared Gifting is reflective of the same cooperative values that have shaped and guided Weavers Way Co-op, and from which WWCP was founded. The process gives ownership and allocation authority of donated money to the participants of the circle, relying

on the knowledge and experience of each participant to insure the funding reaches the areas it is needed most.

RSF asks that each Shared Gifting participant bring an open heart and mind to the experience, as well as for participants to help explore this new model of grant-making in co-creation.

For the process to be successful, participants must be incredibly open and trusting of each other, as well as of the process. As recipients of funding from many of the same foundations, nonprofit organizations often feel they have to compete with each other for the same pool of money. RSF's Shared Gifting model makes participants step outside the traditional confines of philanthropy, leave distrust and skepticism at the door and take risks and be vulnerable.

The reward for doing so goes well beyond the dollar value of the grant.

Participants found it empowering to simultaneously be a grantee and a grantor. As much as RSF was there to guide the process, they continually gave the organizations the power to make decisions regarding how to share \$100,200 made

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Weavers Way Community Programs

Farm Girl: Saul High School Junior Daijah Barrett

Daijah Barrett is a junior at W.B. Saul High School who took part in the WWCP Summer Internship Program in 2013 and 2014. She studied food justice, youth empowerment and local food systems, and completed independent projects related to urban agriculture. Daijah would eventually like to study therapeutic horticulture and bring gardening programs to individuals with intellectual disabilities. Given these interests, Daijah's next project will be with WWCP's newest program — working with students with autism and other intellectual disabilities at Martin Luther King High School.

My experience with Weavers Way Farm was a great one. I met new people and did new things. One of my favorite experiences was doing the summer internship with WWCP. The first year I did it, I was not a big fan at first. But as weeks progressed, I came to love it. The CSA is a great place

for me to expand my learning, also. Don't get me wrong, I love school, but going to the CSA is like stepping into a new world. Working in the raised beds is an amazing experience for two reasons. One: I get to watch the vegetables grow from a small seed/transplant to an amazing, delicious vegetable. Two: I get to take home some vegetables! I also had the opportunity to have my own raised bed. This was very interesting because I got to see the things an actual farmer goes through. Some of my plants had pest damage and some bolted. I had a first-hand experience on how to grow vegetables. Overall, my experience on the farm was a great one. It really showed me that Saul High School isn't just about animals. The CSA provides an alternative to the basic learning in school. I look forward to the upcoming season and can't wait to get back out there and to grow more delicious vegetables!



Tara Campbell / photo

Daijah has put on the gloves with WWCP for two summers running.

Give to WWCP and Be Part of Collective Impact for Social Change

by Mira Rabin, Board President,
Weavers Way Community Programs

RECENTLY, WWCP EXECUTIVE DIRECTOR Jill Fink and I attended the annual conference of the Philanthropy Network Greater Philadelphia, a gathering of area funders and nonprofit organizations committed to transformative opportunities for people living in poverty in our region. It's a wonderful opportunity to connect with other groups working on food access, to thank those already funding WWCP's programs and to introduce ourselves to those who might support us in the future.

The aggregate of intellect, passion and energy (not to mention money) in the room is inspiring, but also dispiriting: Why are we still here, year after year, talking about lack of access to quality education, health care and fresh food? Why haven't we figured these things out yet?

We're still here because system change is slow, and because system change requires looking at whole systems, not individual crises. The theme of this year's conference was "Collective Impact," a model that brings together different change agents — funders, nonprofits, public agencies, businesses — in a struc-

tured way to achieve social change. People commit to a common agenda, shared measurement tools, mutually reinforcing activities, continuous communication and a strong "backbone" or coordinator.

Maybe it's a new name for the collaborations people have always sought, or maybe it's a powerful new model; either way, it is easy to see its value, and also to see the real challenges in implementing it. It is not unlike the work of establishing and maintaining a dynamic cooperative grocery, owned and governed by its thousands of members, for 40-plus years.

So what does all this have to do with WWCP and our need for your ongoing financial support? My answer has two parts. First, I want you to know the extent to which we are already involved in collective impact: Jill meets regularly with Weavers Way staff, funders and other nonprofits working on food access to ensure that we are working toward common goals; that we are sharing information, resources and measurement tools; and that we are supporting each other rather than duplicating efforts. As climates — political, economic and meteorological — change, this kind of strategic collaboration is ever more critical. So, while your

year-end gifts fund our programs exclusively, the additive effect of your support can be felt far beyond our reach.

Second, I would suggest that your gift represents its own form of collective impact. It is not just that with more money we can do more — expand our work at Stenton Family Manor to offer cooking and nutrition programs for adults, expand our experiential farm program for autistic and intellectually disabled teens at MLK High School, expand the summer intern-

ship program at Saul High School. It is also that, by supporting WWCP, you are telling us that what we're doing is what you want the Co-op's nonprofit to do: work alongside the Co-op toward the sustainable development of our community. (Cooperative Principle 7.)

So when you receive your annual appeal letter, please give generously. We'll not only thank you, we'll show you the collective impact your gift makes.

wwcp@weaversway.coop

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General Manager’s Corner

PHS, Saul, Fairmount Park and Us

by Glenn Bergman, Weavers Way General Manager

ABOUT SIX YEARS AGO, OUR TWO farm interns, Nina Berryman and Nicole Sugerman, approached me with an idea to expand the farm program at Saul High School. We were just getting our farm at Awbury Arboretum off the ground, but we decided to go ahead and put together a presentation for the teachers and principal at Saul.

We also decided to make it a Community Supported Agriculture (CSA) program, which would make us eligible for some funding on the front end to help get the farm off the ground. With an agreement with Fairmount Park (which actually owns the land) and a memo of understanding with Saul, we were off and running.

In a short time, we had raised \$35,000 in CSA shares, so we knew we were onto something.

The Co-op has a fairly long history at Saul. A few of you will remember Jim Dannenberg, a retired dentist, Co-op member and Saul cheerleader. “Doc” Danneberg would bring eggs, kale and collards to Carpenter Lane for us to sell.

We’d put the eggs by the cash registers in a basket. Produce Manager Jean MacKenzie would make an announcement and 40 pounds of kale would be gone in a few minutes.

I was reminded of all this when I found out this summer that the Pennsylvania Horticultural Society was giving Weavers Way and Saul its Certificate of Merit for individuals and institutions that support the goals of PHS.

Nina and I and Saul Principal Tamera Conaway were just at PHS headquarters last month to collect it. What can I say? It’s a great partnership. I’m so proud of the teamwork that built the Weavers Way farm at Saul and CSA into the robust program it is today.

And it’s not just our dedicated farmers and the dedicated teachers at Saul. There’s also the farm education programs that our nonprofit, Weavers Way Community Programs, runs at Saul, as well as at Awbury, Stenton Family Manor and Martin Luther King High School.

Then there’s Co-op member Scott Blunk, whom many of you may only know in his guise as the Weavers Way Compost Tsar.

Starting with some unused equipment he found at Saul, Scott has built the largest composting program in Philadelphia (and it has to be one of the larger high-school-based composting operations in the United States, although I haven’t checked). In addition to composting food waste from Weavers Way and the farms, from private homes, from Earth Bread + Brewery in Mt. Airy and from Saul, we now also take all the herbivore manure from the Philadelphia Zoo. That’s hippo poop! You can buy this compost at the Co-op, through Saul and even at Whole Foods, and the money goes back to the Saul farm.

And PHS and its staff of people like Lisa Mosca are our devoted supporters while being instrumental in moving the urban farming/urban nutrition movement forward. Lisa runs the PHS City Harvest program; her goal is to bring fresh vegetables, community and safe neighborhoods to Philadelphia.

Without all of these folks, and their partners, we would just be looking at vacant, rubble-filled lots.

To PHS and Saul: Thank you for all of your wonderful work and for partnering with Weavers Way. We are deeply appreciative of your efforts for all of us.

Buying on Main Street

I am always stressing the importance of buying local, trying to purchase on “Main Street” rather than from compa-

nies that are part of an out-of-town chain. I know how hard this is to do and I also know how easy it is to purchase online, but if you really care about your neighbors and community it is vital to make a concerted effort to purchase local and patronize community- or neighbor-owned businesses.

Let me give you a quick example of why this is important. A few weeks ago, one of my family members (who shall remain nameless) was about to order eyeglasses online. What a great deal you get, you can order a few pairs and return the ones you don’t want, for no extra charge. The price is better and it’s easy — just a few clicks. You never have to leave the house. How great!

OK, what about fitting them on your face? What about adjusting them when they need to be adjusted? What about the three eyeglass shops on Germantown Avenue? What happens when they go out of business when everyone does this?

By purchasing your eyeglasses, cameras, sneakers, clothing, food, on Main Street, you are supporting a building, a person who lives in your neighborhood, full- and part-time workers (maybe even your kids), the local tax base. Your money will get recycled multiple times and help keep your neighborhood vibrant.

Purchase from a chain or online and the money goes to workers someplace else, and the profits are invested someplace else, too.

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Let's Talk About Weavers Way Prices

Wednesday, Dec. 10 7:30 p.m. Community Room 555 Carpenter Lane	Wednesday, Jan. 7 7:30 p.m. Summit Church 6757 Greene St.
--	---

For info or to RSVP: outreach@weaversway.coop.
Hosted by Weavers Way Food Justice Committee

So, this season, if you're purchasing presents, please try and purchase them in the neighborhood and from people you know. Do this 365 days of the year and you will change the neighborhood for the better. It might cost a little more, but think of it as an investment in your community. If you see a product online and you do not see it locally, talk to your local merchant. He or she will be glad to have the chance to compete for your business.

Thanks from your locally owned retail grocery store general manager.

Price of Food at the Co-op Meetings

As promised, we're having meetings for members to discuss the cost of food at Weavers Way and what to do about it. The Weavers Way Food Justice Committee is hosting.

The first two are scheduled for Wednesday, Dec. 10, in the Weavers Way Community Room, 555 Carpenter Lane, and Wednesday, Jan. 7, at Summit Church, 6757 Greene St. (Greene and Westview). Both start at 7:30 p.m. I want to hear from you, the owners. See you there.

gbergman@weaversway.coop

Patronage Rebate

(Continued from Page 1)

departure from the Co-op. Reserve Equity is returned to members if and when the Co-op ceases to function as a business. For a cooperative enterprise like Weavers Way, member equity is an indispensable element in the financial and organizational strength of the business.

In recent years, Weavers Way has accomplished the Chestnut Hill expansion and Mt. Airy store renovation and expansion. Since then, enough cash has been generated to make payments on the debt related to expansion as well as payment of an extra \$100,000 on principal in the last fiscal year. We need to continue to reduce debt in order to prepare for the challenges and opportunities of the future but today we are announcing this rebate as a thank you to the members who support and shop at the Co-op. This is the largest rebate and largest cash portion ever announced.

Patronage rebates provide an additional advantage by significantly reducing taxes owed by the Co-op. There is no tax advantage to the Co-op, however, if members do not redeem the cash portion of their rebate. IRS rules require that the Co-op pay taxes on both the 30 percent cash portion and the 70 percent regular and reserved equity portions of any rebate that is not redeemed. So please claim your rebate benefit promptly, at any cash register, when you shop next month.

Thank you again for being a member of Weavers Way and for shopping at the Co-op.

npontone@weaversway.coop

CAT study

(Continued from Page 1)

Next Door.

Some of you might recall the CAT study we conducted in 2007; that information helped us find our second home in Chestnut Hill. With expansion on the horizon and competition looming in Chestnut Hill in the form of a planned Fresh Market (I'm sure you've seen the hole where Magarity Ford used to be), it's critical that we understand who is shopping the Co-op. The more we know about you, our member-owners and shoppers, the better we can provide what you're looking for.

As our membership grows, we want keep the Co-op feeling like the cherished community hub that we all love. Sometimes that means getting personal with you.

So, who does shop the Co-op? We're still tallying our 7,000 responses, so give us a little time. Once we enter it into a spreadsheet, we'll turn it over to Ted Reed and his team for analysis. Some of you have already earned work credit shelping us with data entry, and those kind of Co-op work hours should continued to be available as we do our expansion homework. So let Membership Coordinator Kirsten Bernal know if you're interested (kirsten@weaversway.coop or 215-843-2350, ext. 119).

I'll report back once we know you a little better. And we also want to thank you for your patience during that slightly hectic week. We know we ask a lot of our members already and we truly appreciate your time and feedback. And we thank your doubly if you had to do it more than once. You're all helping to make the Co-op a better place.

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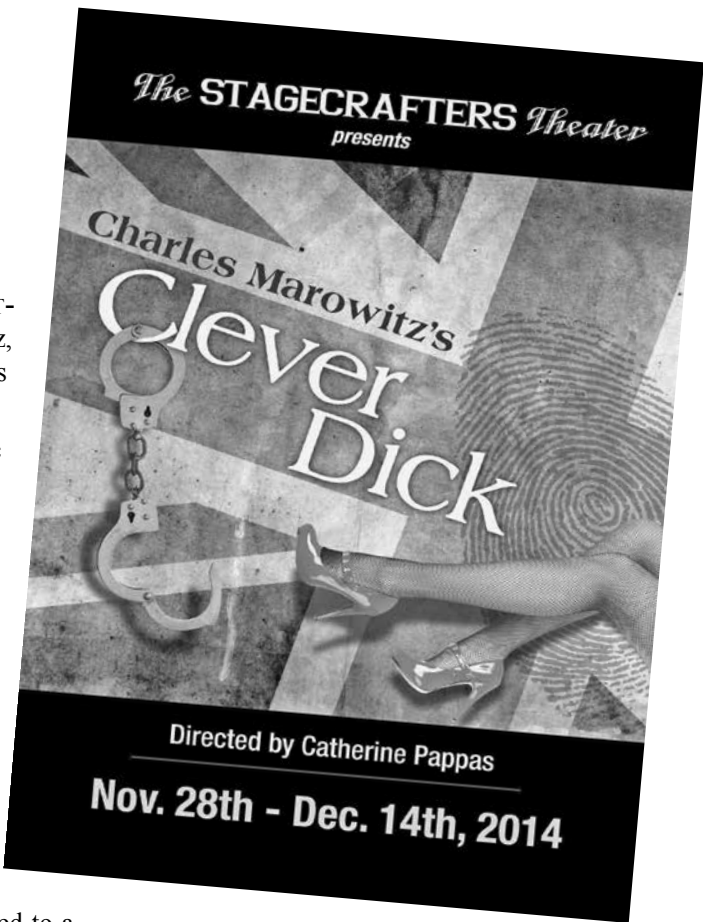
'Clever Dick' On the Scene at Stagecrafters

CLEVER DICK," A MYSTERY POT-boiler by Charles Marowitz, runs at the Stagecrafters weekends through Dec. 14.

In this sendup of the classic British murder-at-the-mansion whodunit (which also pokes wicked fun at the English class system) the lord of the house meets an unexpected and inexplicable end, and stalwart Inspector Farcus of Scotland Yard arrives to investigate. Suspects multiply, of course, and no one is above suspicion! In his dogged pursuit of the truth, the intrepid detective unearths shocking details of the decadent lives of the denizens of the mansion, and as justice is being served, we are treated to a riotous sex farce.

Marowitz (b. 1934), an American critic, theater director and playwright active in the London theater scene, is also the author of "Sherlock's Last Case," which was produced on Broadway in 1987, and also at The Stagecrafters in 2004. "Clever Dick," written a couple of years later as a companion piece, has enjoyed numerous productions in England and this country. Marowitz also crafted the play "Murdering Marlowe," about an imagined rivalry between William Shakespeare and Christopher Marlowe.

"Clever Dick" opened Nov. 28. Performances are at 8 p.m. Thursdays, Fridays and



Saturdays Dec. 4, 5 and 6, and 11, 12 and 13. Sunday matinees (2 p.m.) are Dec. 7 and 14.

"Meet the Cast and Director" Q & A sessions will be held following the performance on Friday, Dec. 5.

Tickets are \$17 online (no service charge), \$20 at the door, with discounts available for Thursday nights, groups and students. Info: 215-247-8881. Reservations: 215-247-9913 or www.thestagecrafters.org.

The Stagecrafters theater is located in Chestnut Hill at 8130 Germantown Ave. Visit www.thestagecrafters.org for details and directions.

Down the Rabbit Hole With Alice & Quintessence

QUINTESSENCE THEATRE GROUP CONTINUES ITS FIFTH SEASON OF progressive classic theatre with Simon Reade's stage adaptation of "Alice's Adventures in Wonderland."

A theatrical event for the whole family, Quintessence's special brand of imagination theater goes on a whirlwind adventure with Alice and allows theatergoers to escape the holiday madness in Wonderland. Alice is bored with being treated like a child and is ready to face the world on her own. But when her curiosity leads her down a rabbit hole, she falls into a topsy-turvy Wonderland. Can she figure out the cracked logic of this new world and its inhabitants, and find her way home?

"Alice's Adventures in Wonderland" begins previews at Mt. Airy's art-deco Sedgwick Theater, 7137 Germantown Ave., on Wednesday, Dec. 10, at 7 p.m. with a special "Pay What You Can" performance. Opening night is Saturday, Dec. 13, and the show runs through Jan. 4.

Post-show talkbacks with the cast and director will take place Thursday, Dec. 18, and Sunday, Dec. 21. Evening performances are at 7 and matinees are 2 p.m. Tickets are \$34-\$27, with discounts for seniors, youth and groups. For the complete schedule, or to purchase tickets, visit QuintessenceTheatre.org or call 215-987-4450. For ticket information, email BoxOffice@QuintessenceTheatre.org.

Now in its fifth season, Quintessence Theatre Group is a professional classic theatre, dedicated to the performance and adaptation of epic works of classic literature and drama for the contemporary stage. Bringing together the best professional actors and designers from Philadelphia and across the country, Artistic Director Alexander Burns leads this collective of artists on a mission to ignite the classics through visceral, actor-focused and text-driven productions.

Season V subscriptions are still available. Quintessence began the season with a return to all-male Shakespeare, presenting a 13-actor "As You Like It" and "Richard II" in rotating repertory. Upcoming productions are Steven Berkoff's adaptation of Kafka's "The Metamorphosis" and a new adaptation of Dumas' "The Three Musketeers."

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Photo: e. a. kennedy

The Philadelphia Cultural Fund ARIS

Dinner and a Movie

Eating Healthy in Germantown

by Margie Felton,
Weavers Way Mt. Airy Deli Manager

A QUICK DRIVE THROUGH GERMAN- town’s shopping district may give the impression that it’s all fast food and pizza, but there is more to the story. As Weavers Way shoppers know, German- town is the home of our farm at Awbury Arboretum. It also has many community gardens and seasonal farmers markets.

There are a number of healthy and vegetarian restaurants in Germantown too. The creator of my favorite veggie burger is Linda Samuel, owner of the **Flower Café** on tree-lined Maplewood Mall. This small, welcoming lunch spot serves mostly veg- etarian as well as raw-food items. I always order the veggie burger, which is home- made and topped with cheese, pickles, let- tuce, tomato, red onion and honey mustard on a soft onion roll. On my last visit, I also tried the hearty black bean soup, sweet po- tato fries and raw kale salad. All were ex- cellent, but the kale was superb — tossed with a light sesame vinaigrette and mari- nated just long enough to break down the fiber but not become soggy.

My friend and I washed all this down with homemade cucumber lemonade (awesome and refreshing) and herbal ice tea with hints of apple and cinnamon.

The menu also includes a few turkey and chicken items. The turkey pastrami with Swiss on rye is very good but can’t top the veggie burger.

For hardcore vegans, and everyone else, there is the **Nile Café** on German- town Avenue. The owner, Surrama Cori- naldi, assured me they are all vegan, all the time. I would describe the food here as comfort food. The menu changes daily and includes entrees like BBQ “chicken” and pepper “steak.” There is always brown rice and other side dishes such as collard greens, cabbage and okra with corn and tomatoes. Everything is from the steam table, so the vegetables are not going to crunch but the flavors are very good.

It seems like their specialty is des- sert. They offer a large assortment of cakes, cookies, scones, tarts, brownies and puddings as well as numerous flavors of “ice cream.”

I brought home the BBQ “chicken,” “beef” with broccoli, brown rice, cab- bage, a pumpkin scone and chocolate “ice cream” for my friend’s son who saw it in the restaurant and wouldn’t leave without some. My friend is not a health-food nut. She may possibly be keeping a Dunkin Donuts afloat. She loved everything.

I also visited **All the Way Live**, the a raw foods restaurant farther up the Av- enue. The dining room was nice and it smelled good but I didn’t get a chance to try it. Their website said they opened at noon, and the door was open when I went in at 2, but they told me they wouldn’t be serving until 4. The next day, I called first and was told they would be opening late again. I would definitely call before going.



Khetab Corinaldi piles on vegan pepper steak, okra and rice for a Nile Café customer.

set almost entirely within six blocks of my house, but location aside, it is an in- teresting film. It takes place in 1976 but flashes back through the use of live foot- age of the Panthers and the civil rights movement. Marcus (Anthony Mackie) returns to Philadelphia for his father’s fu- neral after hiding from his old crew who believe he is a snitch. Patricia (Washing- ton) is raising her daughter alone after her daughter’s father was killed by the police. Marcus and Patricia are reunited as friends and lovers and long-kept se- crets are revealed. Police violence both in the ’60s and in 1976 is an important theme, and reminds us that things haven’t changed enough through the years.

The Flower Café
48 Maplewood Mall
Thursday 11 a.m.-6 p.m., Friday until 9
215-991-6514

The Nile Café
6008 Germantown Ave.
Tuesday-Friday 11 a.m-8 p.m.
Saturday noon-8 p.m., Sunday 1-6 p.m.
215-843-6453

All The Way Live
6108 Germantown Ave.
215-821-7298

Linda’s Vegetarian Village
6381 Germantown Ave.
215-438-2500

Night Catches Us (2010)
Written and directed by Tanya Hamilton,
starring Kerry Washington and Anthony
Mackie. Available on Netflix.

Then, at Germantown and Johnson, I saw a sign on a freshly painted building that said “**Linda’s Vegetarian Village** Coming Soon.” According to their phone message, they were supposed to open “sometime in November.” I’m keeping my eye on that.

Now what movie to match with these restaurants? “Night Catches Us” (2010) seems the perfect choice.

I first discovered this film when I found tents and a film crew in my street. Neighbors said it was a movie about the Black Panthers and the crew had asked everyone to take down campaign signs or other items that would give away what year it was. One scene was filmed in my friend Grace’s house and she met Kerry Wash- ington (yes, Olivia Pope in “Scandal”).

It turned out “Night Catches Us” is

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You Can't Spell 'P-L-A-N-T' Without a Plan

by Emma Dosch,
Weavers Way Farms Field Manager

COLDER WINTER WEATHER MEANS work in the fields has slowed immensely. But the farms are still busy with winter planning, which has been under way since the beginning of November. Our crop plan is one of the most important (and complex) systems that we organize for next season. We decide what to plant, how much, where and when. The information we use includes:

- Feedback from CSA shareholders and Weavers Way produce managers.
- Our notes from the season on what we have space for and what sold well at market.
- What works well for our farming systems.
- Profitability.

This year, we are really taking the profitability analysis up a notch. Throughout the season, the farmers collected data on crop-specific labor and sales. As you read this, the farm record keeper, Nancy Anderson, is processing this data. This year's information will help guide our crop-planning decisions for coming seasons. Perhaps the data will show that scallions are actually worth the time



Emma Dosch photos

it takes to harvest them, or that it would be smarter to grow more baby greens. We will be able to determine how profitable our coveted heirloom tomatoes really are — we get a high price for heirloom tomatoes, but they are one of our most time- and space-intensive crops.

To communicate what this information actually looks like, I recorded data from one 40-foot bed of mesclun (spicy salad mix) planted this spring. Almost

like a baby book of life events, I tracked every hour put into the section — and the value of the greens that were harvested!

As you can see from the chart at the top of the next page, the total labor was 12¾ hours and the total sales was \$344. (If we had sold this mesclun wholesale to the stores instead of retail at the farmers markets, the income would have been \$172.)

The quick math is \$26.98 per hour

of labor, but this does not include other costs we will have to account for, including time spent at market, bed preparation and cost of bags and labels.

Another way to look at it is that the 40-foot-long, 3½-foot-wide bed (140 square feet) yielded 21.55 pounds total food, or 0.15 lbs per square foot and \$2.46 per square foot retail.

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with consumers. We planted mesclun 13 times this past season and some beds were more successful than others. However, all of this information is fairly intangible unless it can be compared to similar data for every crop we cultivate.

We are looking forward to getting and analyzing this information as an added perspective to the many ways we reflect on and plan out our farms.

edosch@weaversway.coop

Here's how we do data down on the farm					
3/28	Seeding in greenhouse	2 hours	Seeded 14 flats		
4/18	Transplanting to beds	4 hours	Covered with insect netting, Installed irrigation		
5/9	Harvest one bed	1 hour harvesting	½ hour washing and bagging	5.3 pounds	\$84 retail
5/16	Harvest one bed <i>Farmer's note: Beginning to bolt due to late planting and the weather.</i>	1 hour harvesting	½ hour washing and bagging	5.75 pounds	\$92 retail
5/19	Hoe one bed	1/4 hour			
5/23	Harvest one bed	1 hour harvesting	½ hour washing and bagging	5 pounds	\$80 retail
5/29	Harvest one bed	1/2 hour harvesting	¼ hour washing and bagging	2.8 pounds	\$44.80 retail
6/5	Harvest one bed	1/2 hour harvesting	¼ hour washing and bagging	2.7 pounds	\$43.20 retail
7/14	Bed cleanup	1/2 hour	Clean up netting and irrigation equipment, till bed with tractor		
TOTALS		12 3/4 hours		21.55 pounds	\$344 retail



Opposite page: Co-op members and farm volunteers Nichole Barnum and Zac Edwards harvest mesclun.

Top left: Flats are seeded and labeled in the greenhouse.

Center left: Transplanting seedlings.

Immediate left: The tractor makes quick work of preparing the bed for the next planting.

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New Executive Director at WMAN

WEST MOUNT AIRY NEIGHBORS HAS APPOINTED Karima Bouchenafa as its new executive director. A longtime resident of Northwest Philadelphia, Bouchenafa comes to WMAN with extensive experience working with nonprofit organizations both as a volunteer and as a professional.

“Karima shares the passion we have for our neighborhood and we know she will be an enthusiastic and effective leader in working with our neighbors, community leaders, elected officials and the other organizations with whom we partner,” said WMAN Board President Leslie Winder.

Bouchenafa takes over from interim executive director Yvonne Haskins, who took over the role when the former director, Marilyn Cohen, needed to leave the position unexpectedly. Haskins will remain involved with WMAN as a volunteer.

The new director is an English instructor at the university level, and has taken on short-term positions with several community organizations in Philadelphia, including the historic Belmont Mansion and Cobbs Creek Community Environmental Education Center. Closer to home, she served for many years as an officer on the Board of Directors of Johnson House Historic Site.



Karima Bouchenafa will work on strategic planning and partnerships for West Mt. Airy Neighbors.

Bouchenafa said she feels “blessed by the opportunity to help sustain the wonderful legacy of this great neighborhood.”

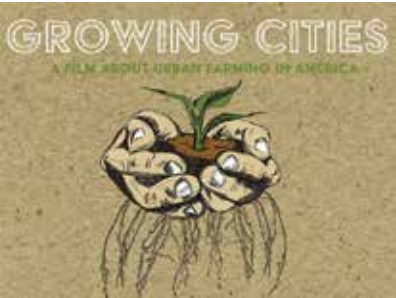
WMAN is a community-based volunteer organization committed to preserving and enhancing the quality of life in its richly diverse urban neighborhood. Among her duties, Bouchenafa will work with the board to set the strategic direction of WMAN, enhance its visibility in the community, cultivate and maintain key community partnerships, educate the community about WMAN’s mission and represent the organization publicly at meetings and forums.

For more info, visit www.wman.net.

Get Food for Thought with Co-op and Phila. University

JOIN WEAVERS WAY AND PHILADELPHIA UNIVERSITY Thursday, Dec. 4, for the last “Food for Thought” film screening of 2014.

The documentary “Growing Cities” examines the role of urban farming in America and asks whether it can revitalize our cities and change the way we eat.



Weavers Way hosted a community premiere back on Earth Day 2014 at Earth Bread + Brewery. If you missed it, here’s your chance to take in this award-winning look at men and women all over the country who are challenging the way food is grown and distributed, one vacant city lot and backyard chicken coop at a time. You can learn more about the film and how it was made at www.growingcitiesmovie.com.

Doors open at 6:30 p.m. at the Gutman Library theater, on the Philadelphia University campus at Schoolhouse Lane and Henry Avenue. Free for Co-op members, students and staff.

For detailed directions and updates on the series, contact outreach@weaversway.coop or 215-843-2350, ext. 118.

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Homework Help, or Help! Homework!

by Claudia Apfelbaum, for the Shuttle

IT'S THAT TIME — HOMEWORK TIME. THE TIME FOR homework to be an important ingredient of everyday life. To me, that means time for pressure, reminders, unhappiness, frustration, need for help, tiredness, stress for both parents and children.

Who wants to do homework? Actually, I remember my daughter wanting homework because she saw the big kids at her school getting homework. When she finally got some (in third grade), it was in small enough doses that she did not feel overwhelmed.

But homework can also be onerous and all-consuming. It is often repetitious, and may leave little or no time for the normal developmental needs of childhood — for play, for doing nothing, for hanging out with friends and other fun, restorative activities.

From listening to many kids and parents, it seems to me that there is an overwhelming response to homework. It needs to be done. The message from schools that we buy into is that homework is so important that doing it overrides every other activity and need.

How can we help our children manage their homework? My first thought is for parents to remember, when their children come home from school, that they have been doing academic work for many hours. Their brains

and their bodies need a change of pace. For kids, it's just as we feel when we come home after work. We want to eat, take a run, watch TV, hang out with friends, do nothing. So do they. From observing kids, I have noticed that homework goes more easily when some of kids' needs for relaxation and fun are met. If they get to play, ride their bikes, bounce a ball, talk to their friends, then the whole homework situation is not so onerous.

However, if you want your children to do homework right when they come home from school, they can do that. Clearly defining your expectations helps everyone organize themselves. The key thing is to remember that your kids are kids and that they need down time, just like we grown-ups do. Giving them that helps them to have the energy to keep on learning and to thrive.

Remember too that kids do better when we show interest in their lives, including their homework. We can support our kids by listening to how they feel about their assignments and helping them with problems they face.

Once, my daughter was given the homework assignment of writing a poem. She was absolutely positive that she couldn't write a poem and she didn't want to!

I listened to these feelings for quite a few minutes as she fussed and fumed. It felt like a sixth-grade tantrum to me and I was not sure how we'd get through it.

But after a while, she settled down. And she started to write. I stayed by her side and listened and watched as she worked, and answered her when she asked a question. Shortly thereafter, she had written a poem!

I realized that staying with her while she worked through her feelings about her homework was an important parenting tool. It is something we all can do to help our children get through their homework and feel more supported while doing it.

Showing real interest in our kids' lives makes a difference to them. Listening to our kids talk about their school life means really hearing our kids' personal experience of their day. Being excited about things they are excited about and empathetic about things they are not happy about is a great way to affirm them. Most kids want to tell us things about interactions with friends and teachers and what happened on the playground that day. And then, mixed in with that, we can have the conversations about what they are learning, where they are feeling stuck, and what they are happy or worried about.

When kids know we are interested in their lives, they find it easier to do what they need to do or get our help in doing it.

Claudia Apfelbaum, MSS, LCSW, is a member of Weavers Way and has a private practice in Germantown. Reach her at claudialistens@gmail.com.

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City Councilwoman Cindy Bass Wants to Recycle Food Waste

by Sandra Folzer, Weavers Way Environment Committee

COUNCILWOMAN CINDY BASS IS AN avid environmentalist. She currently is sponsoring a resolution for the city to study the feasibility and benefits of recycling food waste; a hearing was held last month.

How exciting to think that Philadelphia might be one of the pioneers in recycling food waste along with New York, Seattle, San Francisco and others.

In an interview last month, Bass said the initiative is inspired by her respect for the land. She wants Philadelphia to reduce its carbon footprint, since food in landfills creates great amounts of methane. Instead, food waste would be collected to make compost for reuse by residents or distributed to businesses, in a system that would also create jobs and income for the city.

Studies indicate that food makes up 13 percent of Philadelphia’s waste, so we would keep that out of our landfills. (For other cities the estimate of food waste is even higher.)

Bass believes that Philadelphians are willing to make the extra effort to recycle food waste and would participate in a citywide program. What she would like

to see is for recycling food waste to become a habit, much as recycling of paper and plastic has become. Two decades ago we never would have predicted that Philadelphians would recycle as much as we do.

It is true that some neighborhoods have higher recycling rates than others. But that is not to say that the other communities are not interested. As Bass said, “Income determines priorities,” so recycling only happens once other needs are met.

To succeed in this venture, Bass believes advocates will have to be diligent in pursuing this goal. She says we are fortunate to live in a city that “is on the cutting edge of green initiatives” and promotes sustainability issues, such as increasing bike lanes and cutting energy costs.

She believes we must have a vigorous campaign for public awareness, a term she prefers to “education,” and she says how we frame food waste recycling will influence how well the public embraces it. She sees it related to caring for our environment, just as we maintain our parks. When we don’t care for the earth, pollution and health problems like asthma occur. If asked what’s in it for any individual, she would respond, “Healthier communities.”

Aside from the environmental benefits, the City would save money since



Environment Committee

food waste recycling would reduce trash collection and tipping costs. Plus, some money may be made by selling finished compost. New York City’s plan was to divert 15 percent or 1.2 million tons of food waste to save \$100 million a year. Given Philadelphia’s size, our savings would be less but the savings could still be substantial.

We are fortunate to have Bass initiating food waste recycling as a means of helping the city as well as our environment. She invites residents to embrace their values and create positive change.

Weavers Way volunteer Scott Blunk, who runs the composting program at the Saul High School farm, testified at the hearing Nov. 12. It’s not too late get your opinion heard. Bass suggests sending a letter of support to her assistant, Shoshana Bricklin, at Shoshana.Bricklin@phila.gov, or calling or writing your own councilperson and ask him or her to support Councilwoman Bass’s Resolution 140626 on Food Waste Recycling.

environment@weaversway.coop

ECO TIP

From the Weavers Way Environment Committee

Block Those Catalogs!

At this time of year, you may be inundated by catalogs arriving in the mail. If you’d like to stop receiving all or most of them — after all, most companies display their products online, thus eliminating the need for paper catalogs — then here’s the website for you:

www.catalogchoice.org.

You can enter the names of the catalogs (plus the name on each catalog and the account or customer number and key or source code) you wish to stop receiving.

Tired of those unsolicited credit-card offers too? You can opt out for five years, or permanently, by going to www.optoutprescreen.com or calling 888-567-8688. (You will be asked for your Social Security number, but you don’t have to enter it if you don’t want to.)

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Join us for the film, along with a light breakfast and conversation with special guest, Dave Walczak, Associate Producer of the film. A panel of experts including Walter Tsou, MD and Ken Lande PhD will be available for Q & A.

Please RSVP to Maxine Margolies at mmargx@aol.com

Sunday, December 7th at 10 AM
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Survey Says: Will Work for a Healthier Lifestyle

by Natalie Bliss and Ruth Farber,
Health & Wellness Committee
Co-Chairs

SPIRITED VOLUNTEERS FROM WEAV-
ers Way Health & Wellness Commit-
tee canvassed the crowds at Mt. Airy Day
(May 3) and the Mt. Airy Village Fair
(Sept. 14), asking attendees to complete
a survey to help the committee better ful-
fill its purpose of providing education and
resources.

The survey was developed by com-
mittee members to find out health and
wellness issues or concerns foremost to
the community. Fifty-six surveys were
fully completed, with another four par-
tially filled out.

Eighty percent of those who respond-
ed wanted more information about com-
munity services for health and wellness,
and 90 percent were interesting in work-
ing toward a healthier lifestyle.

Here is a summary of the details, as
well as brief notes from the committee
discussion and future ideas.

The top areas participants reported
interested in changing or improving were:

- Sleep more or better: 57 percent.
- Decrease stress in your life: 52 percent.
- Eat a healthier diet: 48 percent.
- Lose weight: 41 percent.
- Enhance memory: 40 percent.



Volunteers Ruth Farber, Mary Schofield and Barry Farber (from left) had questions.

- Pain management: 23 percent.

Regarding the format of community
health resources, 56 percent of the respon-
dents preferred a list of community health
resources online, while others wanted it on
paper or both. Thirty-seven percent said
they were likely to use a clinical expert
conducting a Q&A session, while over
half also endorsed online information,
classes or workshops or reading material.

When asked about how ready they
were to take action to improve their
health, 63 percent reported being moder-
ately to extremely likely to do so.

Write-in interests included commu-
nity walking or cycling groups, sharing
health- related apps, holistic treatments or
classes (e.g., acupuncture), healthy holi-
stic menopause, health screenings and Co-
op-contracted ambulance service to allow
greater emergency-room choice.

The Health & Wellness Committee
held a preliminary discussion of the find-
ings and began exploring existing com-
munity resources such as walking groups
and will provide information as it be-
comes available for posting in the Weav-
ers Way e-News.

This also spurred discussion about



possible future events, from a panel pre-
sentation on embracing change during a
healthy holistic menopause, to a “share-
your-app” night for wellness network-
ing with tech-savvy guest helpers. The
Health & Wellness Committee will keep
these areas in mind as projects, articles
and/or events are planned.

The committee also discussed the
possibility of expanding the survey on-
line to capture a larger sample of partici-
pants. Possible limitations of the existing
sample: This survey was part of a prelimi-
nary exploratory study, carried out un-
der the unusual circumstances of a com-
munity fair. The participants could have
been distracted, or those who volunteered
may have been more motivated to fill out
a brief survey in the midst of a fun fami-
ly-fair atmosphere.

Thank you to all who filled out the
survey! The committee welcomes con-
structive suggestions for further discus-
sion, and specific expertise for the above
ideas. Replies may be sent c/o The Shuttle.

Natalie@reikisoundbliss.com

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- 3 Member-Owner Economic Participation
- 4 Autonomy and Independence
- 5 Education, Training and Information
- 6 Cooperation Among Cooperatives
- 7 Concern for Community

Philadelphia Community Acupuncture Going Nonprofit

Erin Schmitt, for the Shuttle

ITS BEEN TWO AND A HALF YEARS SINCE PHILADELPHIA Community Acupuncture opened at 538 Carpenter Lane. In that time, we have survived one hurricane, helped organize three Mt. Airy Village Fairs, cheered for the Weavers Way snow-removers of 2014 and provided more than 15,000 affordable acupuncture treatments!

Now we are very excited to announce that, to better fulfill our mission of providing affordable acupuncture and herbal medicine, Philadelphia Community Acupuncture is in the process of converting from an LLC to a nonprofit!

The process to file as a 501(c)(3) is a complicated and costly one, but we are nearly ready to do so thanks to tremendous community support. PCA will now have a diverse board of individuals who are concerned with the long-term sustainability of this community resource.

We are optimistic that this change will enable PCA to increase the accessibility of our clinic to as many people as possible.

PCA provides acupuncture treatments in a tranquil group

setting, on a \$15-\$35 sliding scale. Our No. 1 priority is to make acupuncture affordable and accessible for as many people as possible.

PCA was formed as and has remained a Social Business (a term defined by Muhammad Yunus in his book “Creating a World Without Poverty”). Social Businesses are designed to address a social problem (a lack of access to affordable health care, in our case) and are financially self-sustaining. Any profits are reinvested into the business to maximize social impact. PCA is a proud member-clinic of the People's Organization of Community Acupuncture (POCA), an international cooperative that works to ensure widely accessible acupuncture as well as sustainable business and employment practices. We aim to create living-wage jobs for acupuncturists. We cross-refer to the other POCA clinics in the area; we want to support other co-op members and we want patients to visit clinics that are convenient to them!

If you would like to learn more about PCA, please stop into the clinic or visit us online at www.phillyacupuncture.com.

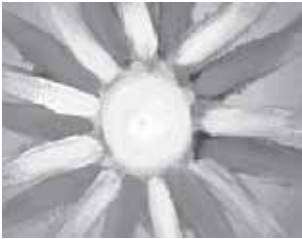
To read more about the People’s Organization of Community Acupuncture (and find links to other POCA clinics), visit www.pocacoop.com.

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Dec. 27	Add 3 tricep dips
Dec. 28	Add 4 jumping jacks
Dec. 29	Add 5 squats
Dec. 30	Add 6 V-ups
Dec. 31	Add 7 Russian twists
Jan. 1	Add 8 step-ups (step on/off a box or stair)
Jan. 2	Add 9 large arm circles, forward and backward, palms up
Jan. 3	Add 10 leg circles, lying on your side (5 left, 5 right)
Jan. 4	Add 11 clamshells, left and right side
Jan. 5	Add 12 walking lunges

You'll Be Humming By Twelfth Night

by Tema Esberg, for the Shuttle

THIS IS THE SEASON FOR PARTIES AND GATHERINGS — TO ENJOY TIME WITH family, friends and co-workers — and to give your loved ones gifts. But, do you take care of yourself this time of year?

How about this month you make a commitment to give yourself a gift? I invite you to give yourself the (very affordable) gift of health and fitness by committing to take the “12 Days of Christmas Workout Challenge.” You can do the challenge anywhere and do not need any equipment. And it is a great way to start working off any extra fruitcake, egg nog or latke weight you may put on this month and to start feeling fit and strong. Are you in?!

The routine is simple and incremental. Just follow the schedule at left. Get your family and friends to do the routine, too. Support each other and have fun with it. Even share your commitment and pride by posting your progress and pictures on Facebook and/or Instagram — tag me so I can see our community taking on the Challenge.

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The Passionate Gardener

Just Figuring Out How to Grow Onions? You're 5,000 Years Late

by Ron Kushner, for the Shuttle

THE ONION IS ONE OF OUR OLDEST vegetables. In Bronze Age settlements, traces of onions were found alongside fig- and date-impressed stones dating back to 5000 B.C. It is unclear if these onions were actually cultivated.

Many archaeologists, botanists and food historians believe onions originated in central Asia and some research suggests that onions were first grown in Iran and West Pakistan. But it is most likely that wild onions grew on every continent, and researchers agree they were probably domesticated simultaneously in many places.

Onions may be one of the earliest cultivated crops because they were less perishable than other foods, transportable and easy to grow in a variety of soils and climates. They were in Chinese gardens as early as 5,000 years ago. In Egypt, onions can be traced back to 3500 B.C.; the Bible, in Numbers 11:5, describes the fleeing Israelites fondly remembering the onions, leeks and garlic of Egypt. One Sumerian text dated to about 2500 B.C. tells of someone plowing over the city governor's onion patch.

The famous medical treatise Charaka Sanhita (6th century B.C.) celebrates the onion as medicine: "a diuretic, good



for the digestion, the heart, the eyes and the joints."

The Roman gourmet Apicius, credited with writing one of the first cookbooks (fourth-fifth centuries A.D.) included many references to onions. By the Middle Ages, the three main vegetables of European cuisine were beans, cabbage and onions.

The domestic onion was probably first introduced to North America by Christopher Columbus on his 1492 expedition to Hispaniola. The Pilgrims brought onions with them on the Mayflower, but found strains of wild onions already growing in their new home.

The word "onion" comes from the Latin "unio," meaning large pearl, which in Middle English became "unyon."

Currently, the leading vegetable crop

in Texas is the onion. Large yellow onions originally introduced in 1898 from Bermuda were called "Bermuda" onions but were actually from the Canary Islands and are of Italian origin. Bermuda onions from Texas were transplanted in Vidalia, GA, by a farmer named Mose Coleman. He was surprised when the onions grew to be sweet instead of hot. Thus the origin of the "Vidalia onion" we so love today.

Growing onions could not be easier in a nice, fertile, loamy soil with excellent drainage, full sun and warm weather to ripen the bulbs. The soil pH should be above 6.0, and some compost or a balanced slow-release fertilizer can be used at planting time. I use liquid fish fertilizer once a week for the first month or so.

Although they can be grown from seed, the easiest way to grow onions is from "sets." These are tiny, immature



No tears: Sets and plants (above) make it easy to grow your own onions

bulbs that have been harvested and dried and are ready to plant in the spring. Young onion plants are also available in bunches at many garden centers in the spring.

Keep the onions mulched well and the soil fairly moist on a regular basis. Onions tend to repel many pests and are basically disease-free in our area. Harvest after the tops turn yellow and fall over. Normally, you can see the tops of the bulbs sticking out of the ground and you can pull an onion or two as needed in your kitchen.


Some popular varieties available include Copra, Ailsa Craig, Patterson, Red Zeppelin, Borrettana, Sierra Blanca, Big Daddy, Red Torpedo, Yellow Granex and my favorite, Walla Walla.

Contact Ron Kushner at ron@primexgardencenter.com or visit his website, www.ronsorganicgarden.com.

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Suggestions

by Norman Weiss, Weavers Way
Purchasing Manager

GREETINGS AND THANKS FOR WRIT-
ing. As usual, suggestions and re-
sponses may have been edited for brev-
ity, clarity and/or comedy. In addition, no
idea, concept, issue, remark, phrase, de-
scription of event, word or word string
should be taken seriously. This also ap-
plies to the previous sentence.

This past month, I had occasion to
look into milk pricing. The Pennsylvania
Milk Marketing Board sets minimum pric-
es for both wholesale and retail milk. In
trying to figure out how all the pricing ta-
bles worked, I got intrigued by the very ex-
istence of a board overseeing milk prices.
Here is an excerpt from the milk market-
ing law; I found portions of it a fascinat-

ing study in self-importance (*italics mine*).

“WHEREAS, The production, sale
and distribution of milk and certain milk
products in this Commonwealth are at-
tendant with serious conditions affect-
ing milk producers, milk dealers and con-
sumers of milk, the following legislative
findings of fact with respect thereto are
hereby made:

1. *Milk is the most necessary hu-
man food, vital for promotion of the pub-
lic health and for development of strength
and vigor in the race.* It is a most fertile
field for the growth of bacteria, and there-
fore its production and distribution have
been surrounded by more costly sani-
tary requirements than those of any other
commodity in this . . . state.

2. Milk consumers are not assured
of a constant sufficient supply of pure,
wholesome milk unless the high cost of
maintaining sanitary conditions of pro-
duction and standards of purity is re-



turned to the producers of milk. If this is
not done, large numbers dispose of their
herds or engage in milk strikes, and re-
maining producers supply unhealthful
milk or milk of lower quality because of
financial inability to comply with sanitary
requirements and to keep vigilant against
contamination. Public health is menaced
when milk dealers do not or cannot pay
a price to producers commensurate with
the cost of sanitary production, or when
consumers are required to pay excessive
prices for this *necessity of life*.”

From the above language I conclude:
1) legislators thought milk was a neces-
sity of life for the human race, and 2) pro-
ducers of this necessity of life would cut
safety corners to make producing it more
profitable if they deemed it necessary,
and therefore a law was needed to pre-
vent the producers from poisoning their
customers, since obviously the producers
could not be trusted to look out for the
public good if it risked their own income.

If people think milk is so valuable
that a healthy life is not possible without
it, I suppose the government does have
an appropriate role in regulating such a
precious substance, kind of like keeping
air and water pollution-free, since air and
water seem to be “necessities of life.” (By
the way, since I’ve been a vegan for about
36 years and as I’m writing this am still
alive and relatively healthy, I could say,
in at least my case, the Board is factually
incorrect in characterizing milk a “neces-
sity of life.” I wonder if the Maine Lob-
ster Board or the Kentucky Fried Chicken
Board also consider their products neces-
sities of life?)

suggestions and responses:

s: “Quart size of Pequea Valley plain
yogurt is delicious but the last two I’ve
bought have begun smelling chalky and
bad several days before the sell-by date.”

r: (Heather MA) Sorry for the problem.
If you have the container with the lot
number, I can contact the supplier and get
more information.

s: “Is there a way to ensure deli staff
don’t slice things thick? Maybe it’s just
me, but the default request (if no other re-
quest is made) should not be thick-cut!
Thank you!”

r: (Margie MA) We try to slice lunch
meats medium thick if no request is
made. Please request thin or write “not
thick” if that is what you would like. Cer-
tain meats fall apart if cut thin, so if no re-
quest is made they are cut a little thicker.
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s “While I was speaking of good chili ingredients with another shopper, she said that it would be terrific to have a collection of recipes on the website. Folks could submit their fave recipes and we could have lots of great categories like chili.”

r (Mary, Shuttle) Chili is tricky; opening up the website to member contributions even more so. Not that YOU would do this, but there are people out there who post nasty stuff and wrong ingredients just because they can — and monitoring for bad words can be really time-consuming. However, your suggestion is timely, because just this month, we’re trying out online commenting for the first time, for folks who want to weigh in on the bylaws changes being proposed by the Weavers Way Board. We’re trying to make it easy to use and easy for us to monitor, and if it goes well we’ll expand it. But maybe not to recipe contributions. Because, can you believe it, we don’t have a test kitchen here at Weavers Way!

s “Can we get Trickling Springs milk in Mt. Airy?”

r (Heather MA) Sorry, we don’t have enough room in our dairy case.

s “1% half-gallon Merrymead milk—can we get?”

r (Heather MA) It’s here!

s “Why do you no longer carry bagel crisps, various brands of flatbread, (I don’t remember the brand names) or hazelnut decaf beans? I miss all of these items. Also, your bulk products upstairs often get stale because they’re sitting in those containers for such a long time. I have experienced this with nuts and seeds.”

r (Heather MA) We are always looking to bring in new items, but in order to do this we have to stop carrying slow movers. The bagel chips got cut because they didn’t sell. We have some “flatbreads” but I’m not sure which ones you are referring to. Why do items go stale? Because they are slow movers, and then we discontinue them; you can always try a sample of bulk items if you’re concerned about freshness — and please let us know if something is stale or tastes off.

s “Instant potatoes? Can we get? Thx!”

r (Heather MA) We are bringing in a few flavors. Look for them soon. Thanks for the suggestion. (Norman) Potatoes are one of the items that’s usually best to choose organic. Non-organic potatoes are heavily treated in the ground with herbicides and fungicides, and because they are roots, they absorb a lot of what they’re treated with. Then after harvest, they are treated with fungicides to prevent sprouting. Although organic potatoes might sell for up to double conventional potatoes, potatoes are fairly cheap to begin with. I’ve seen conventional potatoes as cheap as \$.57 a pound, and organic as low as \$1.20 a pound. Even if the difference were \$1 a pound and you ate two pounds of potatoes a week, that would only be \$104 a year, which doesn’t seem like much to avoid ingesting harmful chemicals and keep soil healthy while still getting to eat potatoes. *(Editor’s Note: Norman, the question was about instant potatoes, not potatoes in general.) (Norman: I know, but it’s so interesting.)* The United States produced 43.7 billion pounds last year, 34 percent of

which went to frozen French fries, with 28 percent consumed fresh, 13 percent made into potato chips, and 12 percent dried. The remainder went to variety of uses (starch, feed, seed, etc.). Per-capita consumption for 2012 was about 116 pounds, of which only 35 pounds were fresh. Seems like I see a lot of fries left on plates in restaurants, so we are in the funny position of expending tons of resources on a crop that has a major fraction (some estimates are as high as 50 percent) ending up in the waste stream. Crazy food system we built.

s “Hoagie spread — we used to carry it. Can we carry?”

r (Heather MA) We stopped carrying “Hoagie Spread” because it had some artificial ingredients. Please try the new one we replaced it with, Guiliamo Jalapeno Spread.

s “Virgil’s Zero Real Cola or Dr. Better or Cream or Black Cherry Cream. I’m a diabetic and Virgil’s is good quality no-sugar, real-herbs soda.”

r (Heather MA) We will bring in a few flavors. Thanks.

s “I know Philly is a hotbed for backyard chickens, and I have five, but I’m also interested in another useful bird, crows, which are apparently the smartest of birds. I’d like to use crows to babysit my children during playground time, so I can spend some quality group therapy time with my five chickens, which have some interpersonal (interfowl?) issues, as there seems to be a pecking order, and I don’t believe in hierarchical governing structures. Alas, there is no support for crows

like there is chickens, so I’m requesting the Co-op add home crows to its backyard chicken activism. Thanks.

r (Norman) Since one of the International Co-op Principles is being open to all, we can incorporate overhead crows into the backyard chicken legislative agenda. I don’t think crows like being domesticated like chickens though — they don’t respond to pet names and aren’t much for being petted, but we wish you luck.

s “Can we stock sun-dried tomatoes in oil? Thanks!”

r (Heather MA) We will bring them back.

s “Non-GMO whole-wheat hamburger buns? (Arnold gave \$ to fight GMO labelling).”

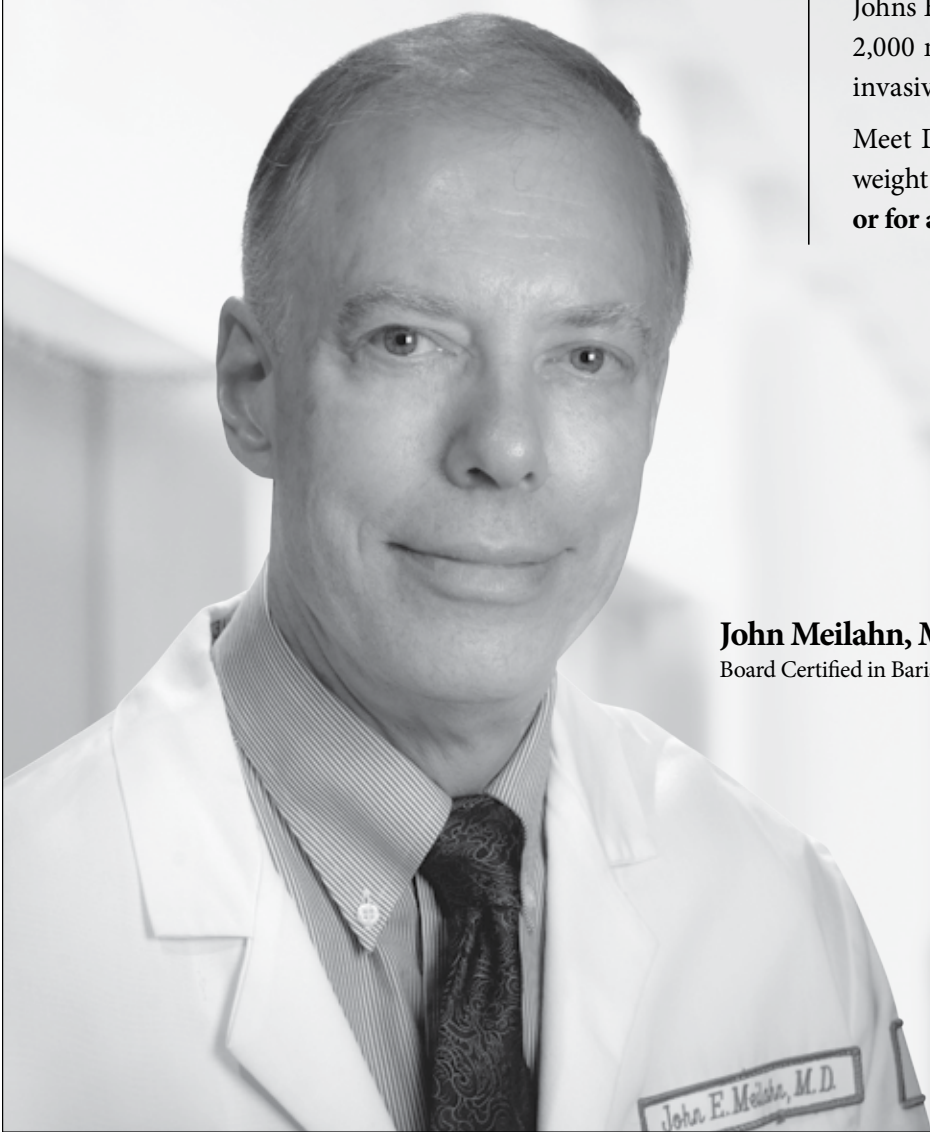
r (Matt MA) None of our local vendors currently carry an organic whole-wheat bun, but I’m looking into possible options and hopefully we can find a product that meets your needs. Thanks for the suggestion.

s “I’d like to see us use the big screen in the Chestnut Hill store to show sports 24/7 since it’s clear as a society that’s one of the things we value most, based on what we pay athletes and the attention we pay to college and professional sports.”

r (Norman) Good suggestion, we’ll subscribe to ESPN and put new screens up in every available space, go Eagles, Sixers, Flyers, Phillies, Owls, Quakers, Dragons, Wildcats, Hawks. Interesting that six of the nine are animals, three of which are birds, although I’m not sure where a flying, fire-breathing dragon falls.

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Fall GMM Focuses on Strong Finances, Gearing Up for Competition

ABOUT 100 MEMBERS ATTENDED Weavers Way’s Fall 2014 General Membership Meeting on Sunday, Oct. 26. The meeting took place in a new location, Pilling Hall at First United Methodist Church of Germantown, and included a dinner featuring vegetarian and vegan salad options overseen by Weavers Way Chestnut Hill chef Daniel Salva and a post-meeting screening of the documentary “Food for Change” (foodforchange.coop). There was also cake, popcorn and reports from Co-op Board and management.

Board President Jeremy Thomas began his his report by acknowledging his predecessor at the head of the Board, Margaret Lenzi. Calling her “a tireless advocate for Weavers Way and the cooperative economy here in Philadelphia,” he said, to applause: “We are a better organization for her involvement and leadership.” (Lenzi continues to serve as a Board member.)

“The past six months have seen quite a few changes made, issues confronted and programs launched,” Thomas continued. “I can only scratch the surface — I hope conversation continues after the meeting.”

Summarizing the financial situation of the Co-op, he said revenues for FY 2014 (ending June 30) rose close to \$20 million — \$19,324,328, with profit before taxes increasing significantly as well, to more than \$400,000.

Thomas also provided an update on the legal situation involving former CFO Michael McGeary, accused of using his Weavers Way credit card to rack up thousands of dollars in personal charges. “The District Attorney has brought multiple criminal charges against Mike McGeary related to theft, forgery and records tam-

**Read the full report
from Board President
Jeremy Thomas at
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2104-Fall-GMM-Report](http://www.weaversway.coop/2104-Fall-GMM-Report).**

pering,” Thomas said. “While Mr. McGeary has repaid the Co-op for the amount stolen, we are still seeking restitution for legal fees and auditing costs related to his actions.”

Thomas noted that since McGeary’s departure, General Manager Glenn Bergman has instituted additional safeguards, particularly regarding credit card use, and hired Nancy Pontone, a former banker and nonprofit CFO, as our controller. He added, to much applause: “I would also like to thank [Finance Manager] Susan Beetle for not only all of her hard work over these years, but especially this year after she discovered the issues with Mr. McGeary’s credit reports and took on added responsibilities for these last five months.”

With respect to Eden Foods, Thomas reported that the Board had decided not to support a boycott, explaining: “While many members object to Eden’s position and actions . . . the company’s practices in purchasing, producing and packaging its food products are very consistent with many of the values — and ends — of the Co-op. . . . With the understanding that some members will object, the Co-op’s official position remains that members and shoppers should make their own decision about purchasing Eden foods products . . . we won’t make it for them.”

Other areas touched on in the Board

president report were expansion; food prices and the upcoming launch of Food for All, a new initiative to make Weavers Way more affordable for people on public assistance; and competition in Chestnut Hill.

Regarding expansion, Thomas said the Board’s goal to be “very careful and very strategic.” He cited benefits, including an increase in the regional cooperative economy, enhanced organizational resilience and improved market competitiveness. He announced that member meetings focusing on expansion would be held in 2015.

Moving on to food prices, Thomas said, “This is a long-standing conversation, and one I expect will continue —possibly for as long as the Co-op is in existence . . . It is fair to acknowledge our need to stay in business and achieve margins that allow us to do so . . . and therefore some of our products are not always affordable to everyone . . . There is an inherent tension between our values here that both the staff and the Board understand and genuinely do their best to navigate; and I think it is very important for the membership, and all of our customers, to know this.”

He announced that Food for All, a new initiative to provide 10 percent off all purchases for members on the public assistance programs SNAP and WIC would be rolled out at the beginning of 2015. Similar programs have been very successful at co-ops in Burlington, VT, Albany, NY, and Madison, WI.

And with construction under way for the Fresh Market at the old Magarity site in Chestnut Hill, the Co-op is preparing for competition in a number of ways: making investments to improve the shopping experience in Chestnut Hill, including renovations to the Backyard; ad-

ditional customer-service training; and reinforcing with staff how to articulate what makes Weavers Way different. “I’m confident people will keep shopping here because of what sets us apart,” Thomas concluded. “They know their dollar will directly support the local economy. They know they can spend their money here to support values they hold dear, buying products that are local, grown responsibly, or provided by businesses that treat their workers well. And, perhaps most importantly, people will shop at Weavers Way because they own it.”

Then it was Bergman’s turn. After sharing a recruiting video from Renaissance Co-op in North Carolina (renaissancecoop.com/we-want-a-coop), he provided additional details on Weavers Way finances.

“As Jeremy said, we had a great year . . . We had budgeted for a 6 percent increase in sales; we had 12.3 percent.” Sales growth for co-ops nationally is 6 percent; on the East Coast it averages about 4 percent. Personnel costs are the Co-op’s second largest expense, after cost of goods; Bergman pointed out that the Co-op provides for sick time and vacation time, while 40-50 percent of retail operations in Philadelphia do not offer these benefits.

FY 2014 income was expected to be about \$250,000 but the Co-op ending up making \$400,000. “Sales were higher in Mt. Airy than we expected,” Bergman said. He also said cash improved, with long-term debt decreasing from \$3.9 million to \$3.8 million.

Bergman then introduced Pontone, the new controller, who got to report the good news that as a result of the \$400,000 profit, members would be receiving a patronage rebate in January. Pontone explained that the Board decided to set aside



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Dennis Brookshire photos

\$300,000 for the rebate — 30 percent to be distributed in cash at the register, with the rest going into members’ equity accounts. The last rebate was in 2012, and before that in 2009, she noted, adding that past rebates have only been 20 percent cash, the minimum allowed under IRS rules.

“Patronage rebates come from purchases,” she said, “so keep on purchasing!”

Looking ahead to 2015, Bergman anticipated:

- Improving the prepared foods facilities in Mt. Airy.
- Reviewing the work discount program.
- Customer service and staff training.
- Improving the parking situation in Chestnut Hill.
- With Pontone on board, reviewing and improving financial systems.
- Strengthening and expanding Co-op relationships, especially with Saul High School and the SHARE food program.
- Continuing to pay down debt.

In addition to dinner, meeting attendees took home the Co-op’s newest shopping bag; members listen to Board President Jeremy Thomas (above) and General Manager Glenn Bergman (below) deliver their reports.





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Enjoy your festive season! Easy Sugar Cookie Recipe:

• 2 3/4 cups all purpose flour	• 1 tsp baking soda
• 1/2 tsp baking powder	• 1 cup softened butter
• 1 1/2 cups white sugar	• 1 egg
• 1 tsp vanilla extract	• 3-4 tblsp buttermilk

Directions: Preheat oven to 375°F. In a small bowl, stir together flour, baking soda, and baking powder. In a large bowl, cream together butter and sugar until smooth. Beat in the egg and vanilla. Gradually blend in dry ingredients. Roll rounded teaspoons of dough into balls and place on a ungreased cookie sheet. Bake for 8 to 10 minutes or until slightly golden.

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Good Food Slow Makes Good Neighbors

by Sue Wasserkrug, Weavers Way Food Justice Committee

ON MONDAYS, WEAVERS WAY shoppers have the opportunity to sample locally produced goods, talk to the producers and impulse-buy all sorts of delicious items.

In October, I had the opportunity to sample goods from all over the world that were part of local food traditions. I also had the opportunity to talk to the producers and impulse-buy all sorts of delicious items! I was at Terre Madre e Salone de Gusto, an international food event in Turin, Italy. Part expo and part conference, the event is convened every other year by Slow Food International, a movement/organization with a goal of “good, clean, fair food for all.”

The Slow Food movement began in Italy in the late 1980s to promote local and regional foods and food traditions in the face of the ever-expanding fast-food business. McDonald’s had just reached Italy at that time, and the Slow Food founders believed that the growth of fast food threatened local cuisines and even local cultures. Today, there are more than 100,000 Slow Food members in more than 150 countries.

Originally associated with artisanal and craft foods, Slow Food today is equally concerned with ending hunger. Its newest international project is “10,000 Gardens in Africa,” which combines efforts to preserve biodiversity, cultivate community, educate young people and provide healthy local food across an entire continent. Closer to home, Slow Foods USA is focusing on its National School Garden Program.

I got to attend as a Slow Food USA delegate because of the food-related work I do through Zea May’s Kitchen and Weavers Way Co-op. Zea May’s is a small business that uses food to promote understanding and appreciation of Native American cultures; for a few years I operated a food truck serving Native American-inspired cuisine, and now I offer educational programs. I’ve also been involved with Weavers Way for a number of years, as a cooperator, a board member and, currently, co-chair of the Food Justice Committee.



Sue Wasserkrug, bottom right, both savored and represented at the Slow Food International Terre Madre e Salone de Gusto; at top, taralli, which can be savory or sweet, piled in all their circular splendor; the maker of the cannoli, bottom left, turned out more than 6,000 at the expo.

At Terre Madre, I had the opportunity to lead a panel discussion on the contributions of Native American foods to modern global cuisines. Through the U.S. delegates’ Facebook page, I was able to connect with several other delegates involved with Native American foods who joined the panel. Topics included the influence of Native foods on the distinctive cuisine of New Orleans, the health properties of various food items first cultivated by Native Americans and the history and importance of key crops such as corn and peppers, which originate in Central America.

I also participated as a “micro-producer,” and offered samples of my Blue

Corn Biscotti, which I make using pinole, or blue corn meal, sourced from an indigenous farmers cooperative in San Mateo de Ozolco in Mexico, by way of the Blue Corn Alianza here in Philadelphia. I was thrilled to meet members of the community where the blue corn is grown, and they were thrilled to taste my biscotti made with blue corn from their region.

I attended all sorts of workshops — including one on the benefits of eating bugs — and I joined a tour of some of the event’s top-notch chocolate vendors. Of course, I sampled a truly dazzling array of foods: cheeses, cannolis (my favorite: one made from sheep’s milk), salamis,



Food Justice Committee

torrone, gelato (favorite: plum), olive oils (even the cheap variety in the delegates’ cafeteria was delicious!), cider (favorite: rhubarb), sauces (favorite: one made from truffles) and street food (favorite: flat bread made with chick pea flour). Did I mention the free-flowing craft beer and Italian wine?

Slow Food USA organized a meeting for all of the U.S. delegates, and I was particularly pleased that the meeting opened with remarks from three Native Americans, including two who had participated in my workshop. One treated us to a performance of “Old MacDonald Had A Farm” in Navajo! Alice Waters of Chez Panisse spoke, too; she described her Edible Schoolyard project, grounded in the idea that the fundamentals of a good education are eating, reading, writing and arithmetic.

The highlight of the meeting was a panel of speakers who have been involved in food for many years: a chef/farmer from Georgia, a city planner from Detroit, a Louisiana shrimper, a program officer with the Kellogg Foundation and a hog farmer who works with the Humane Society and with Slow Meat to promote good, safe and fair meat. (Slow Meat’s tagline is “Better, Less.”)

It was fascinating and inspiring to hear the stories of this diverse group of food activists whose efforts have resulted in increased access to healthy food through innovative projects such as farm-to-institution programs, sustainable farming and fishing methods, school and community gardens and successful advocacy to end the industrialization of agriculture.

The hog farmer summed up the Slow Food ethos when he said, “I’m not trying to feed the world. I’m trying to feed my neighbors.”

wasserkrug@gmail.com

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Hanukkah Coins Homemade for The Holidays

by Ronit Treatman, for the Shuttle

WHY ARE CHOCOLATE COINS PART OF the Hanukkah celebration? If you have ever participated in a Hanukkah party, you probably enjoyed the rituals of lighting the menorah, eating potato pancakes or latkes, and receiving a party favor of Hanukkah “gelt” or money. This custom may have started in imitation of European Christmas traditions — no celebration of St. Nicholas Day in Europe is complete without the distribution of chocolate “gold.”

The historic St. Nicholas was bishop of Myra, in present-day Turkey, in the 4th century. According to the legend, he was a very shy man who was known for his kindness to children. He would throw gold coins down the chimneys of houses with children during Christmas. He is memorialized to this day as Sinterklaas and his Moorish sidekick, Zwarte Piet. In the Netherlands, Sinterklaas and Zwarte Piet parade through the streets, throwing chocolate coins covered with gold foil at the children.

In the 1920s, American chocolate producers were inspired by the St. Nicholas traditions to create chocolate coins for Hanukkah. These coins were wrapped in gold and silver foil and sold in little mesh bags. In the 1930s, chocolate producer Elite began manufacturing chocolate coins molded with the image of the menorah that was found on the last coin minted by the Maccabees 2,000 years ago.

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.



Homemade Chocolate Coins

A fun, creative, and delicious activity during Hanukkah is making your own artisanal Hanukkah coins.

Melt chocolate chips in the microwave or in a double boiler over hot water.

Pour the melted chocolate into coin-shaped molds, or spoon it onto a cookie sheet covered with parchment.

Personalize your gelt by adding the topping of your choice, such as:

- Toasted nuts
- Candied orange peels
- Fleur de sel (hand-harvested sea salt)
- Sprinkles or jimmies
- Dried fruit
- Shredded, toasted coconut
- Mini-marshmallows
- Toffee bits
- Crumbled pretzels
- Chopped-up cookies

Allow the chocolate coins to harden at room temperature, then carefully extract them from their molds. Wrap with gold or silver foil.

Chef's Corner

Dreaming of Elbow Room

by Bonnie Shuman, Weavers Way Executive Chef

THANK YOU DEAR READERS FOR YOUR GREAT RESPONSE TO MY LAST ARTICLE in the Shuttle about Weavers Way catering services. Many of you confirmed that you had no idea the extent of catering available from the Co-op. And based on the number of orders we've seen coming into the kitchen, I think the article resulted in many first-time catering customers.

We love this. We love it a lot. The thing is, it's taking on a life of its own.

Our situation is a bit more complicated than other catering operations because we have to manage a retail operation too. We get so many catering orders that it's sometimes hard to keep up with all the production we do for the store.

This is even more complicated because we are an open kitchen, which means we have to do great customer service while still staying on task. As I remind my staff, it's a good problem to have. They agree, with a bit less enthusiasm. Why would that be, you ask? Well, to be honest, they are a bit battle-fatigued! We ask a lot from our chefs. But think about when you go to a restaurant. The chef isn't taking your order and cooking your dinner too, right?

I don't want our talented chefs and deli staff to get burnout. So, I mentioned this to Glenn and other members of our Management Team. What bloomed from that discussion was the idea of a commissary or off-site production kitchen. It solves a lot of problems. Our team could focus solely on production. (Though many of my staff have told me they would miss the connection they feel to our shoppers, and that includes me!) It would free up tons of much-needed refrigerator space in the stores because we wouldn't have to keep our raw products, cheese and dry goods there. It would also consolidate production of our two stores under one roof, helping keep our prepared foods line more consistent.

And it opens us up to the possibility of expanding what we make: Our own pickles. Our own line of charcuterie. Wholesaling our products to other co-ops and retail outlets. Increased catering services. Advancement opportunities for our current staff.

The possibilities seem so, so exciting. Of course, there are a lot of logistics to work out, but I feel confident that the staff we have has the knowledge, experience and most importantly, the enthusiasm to turn this dream into reality.

When we started the prep food business in Mt. Airy, we did all our cooking in giant rice cookers. This is a long way from rice cookers, my friends. A long way indeed.

bonnie@weaversway.coop

A Savory Month of Parmigiano Reggiano

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

THE ONE AND ONLY KING OF CHEESES FROM THE EMILIA ROMAGNA REGION OF ITALY IS OUR DECEMBER CHEESE OF THE month. Parmigiano Reggiano is elegant and simple, like a perfect holiday season. Formal beauty and homey comfort are what this great cheese has to offer. So, 31 days of Parmigiano Reggiano, a list to inspire both celebrations and cozy meals.

1. A cheese board with chunks of Reggiano from a freshly cracked 85 lb. wheel. On Monday, Dec. 1, at 6 p.m., we will cut a new wheel in Chestnut Hill. Come and taste at its best.
2. With honey and roasted hazelnuts.
3. Drizzle with sweet, syrupy Villa Manodori Aceto Balsamico — aged balsamic vinegar.
4. Have fun with different fruits, and think of the fruit as a bridge to your beverage pairing. It can work with red or white wines, prosecco, lambic, sour beers, sweet or dry cider, pear nectar, tart cherry juice.
5. Shave into wisps with a cheese plane or vegetable peeler and eat with thinly sliced prosciutto, fennel salami and fig jam on crusty bread.
6. In mashed potatoes with buttermilk and fresh cracked pepper.
7. Grate over pasta with a slow-cooked pork ragu.
8. Make a savory shortbread with rosemary.
9. Top roasted vegetables like fennel or asparagus.
10. Chicken parmigiana with pepperoni.
11. Eggplant parmigiana with burrata.
12. Risotto with peas, asparagus and pancetta.
13. Grate and sprinkle in a pan to make crisps.
14. Grate or shave over butternut squash ravioli with brown butter and sage.
15. Eat with roasted red peppers marinated in olive oil and roasted garlic.
16. Make an omelette using leftover roasted peppers.
17. Caesar salad with slivers of Reggiano and white anchovies layered like a napoleon.
18. On homemade pizza with fresh mozzarella and spicy sausage.
19. Over zucchini pasta ribbons (made with a peeler or mandoline) and an easy homemade marinara.
20. Grate over ratatouille.
21. Add to breading for pork chops or chicken cutlets.
22. On twice-baked sweet potatoes.
23. A chunk is a great hostess gift.
24. Save up the rinds . . .
25. . . . Throw them in soup stock.
26. Make white bean soup with rosemary.
27. Toss into sautéed greens like escarole.
28. Cauliflower au gratin.
29. Bring an old-school cheese ball up to date.
30. Be inspired. Look up recipes. Try new things.
31. Be merry. Share love, joy and hope. Have a wonderful new year.

soconnell@weaversway.coop

DECEMBER

CHEESE OF THE MONTH

Parmigiano Reggiano
\$1 off/lb.



DECEMBER

CALENDAR OF EVENTS

SPECIAL HOURS IN DECEMBER
Chestnut Hill is open 'til 9 p.m. Wednesday, Dec. 3, 10 and 17 for STAG & DOE NIGHTS.
ALL WEAVERS WAY STORES CLOSE EARLY
Wednesday, Dec. 24, Christmas Eve (6 p.m.)
Wednesday, Dec. 31, New Year's Eve (7 p.m.)
ALL WEAVERS WAY STORES ARE CLOSED
Christmas Day, Thursday, Dec. 25
New Year's Day, Thursday, Jan. 1, 2015.
ALL MONTH LONG
VISIT OUR FARMSTAND at Headhouse Square, 2nd and Lombard streets,
Sunday, Dec. 7, 14 and 21, 10 a.m. to 2 p.m.
WEAVERS WAY CHESS CLUB, every Monday, 7 p.m.

If we decide to close because of inclement weather, we'll post the information on www.weaversway.coop, Facebook and Twitter. Or just give us a call at 215-843-2350!

Tuesday, December 2 7 p.m.
Monthly Weavers Way Board of Directors Meeting
All are welcome. This month's meeting is at Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane. RSVP: boardadmin@weaversway.coop or 215-843-2350, ext. 118.

Wednesday, December 3 7:30 p.m.
Weavers Way Environment Committee Meeting
Get green with this longstanding Co-op committee. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). Info: environment@weaversway.coop or 215-843-2350, ext. 118.

Thursday, December 4 Doors Open at 6:30pm
Film Screening: "Growing Cities"
See how urban agriculture is changing cities — maybe a city near you! — in the this fascinating road trip documentary, the fourth in the Weavers Way-sponsored "Food for Thought" film series at Philadelphia University. Free for Co-op members, students and staff. Gutman Library Theatre, on the campus at Schoolhouse Lane and Henry Ave. RSVP for detailed directions and updates: outreach@weaversway.coop or 215-843-2350, ext. 118. More info on the film: growingcitiesmovie.com.

Sunday, December 7 10 a.m.
Sunday Morning Movie at GJC: "Groundswell Rising"
Join friends and neighbors for breakfast, then take in a film and panel on the fracking controversy. With special guest Dave Walczak, associate producer of "Groundswell Rising" (www.groundswellrising.com), and experts including Walter Tsou, MD, and Ken Lande, PhD. Sponsored by the Germantown Jewish Centre in partnership with Weavers Way, 400 W. Ellet St. RSVP: mmargx@aol.com or outreach@weaversway.coop, 215-843-2350, ext. 118.

Tuesday, December 9 6:30 p.m.
Weavers Way Health & Wellness Committee Meeting
Join this dynamic group for lively conversation about health and wellness and its impact on our community. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: rtorpie@weaversway.coop or 215-843-2350, ext. 121.

Wednesday, December 10 6:30 p.m.
Welcome Meeting for New Members
Prospective and vintage members alike are welcome. Meet, greet and learn about your Co-op, plus get two hours of work credit for attending! Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: outreach@weaversway.coop or 215-843-2350, ext. 118.

Wednesday, December 10 7:30 p.m.
Weavers Way Member Forum on Product Pricing and Food Access
How do prices at the Co-op compare to similar products available elsewhere? How do product selections and values fit together? Is shopping at Weavers Way as affordable as it should be? Sponsored by the Weavers Way Food Justice Committee. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP with your member number to outreach@weaversway.coop or 215-843-2350, ext. 118.

Wednesday, December 24 Closing at 6 p.m.
Thursday, December 25 Closed Christmas Day
Wednesday, December 31 Closing at 7 p.m.
HAPPY NEW YEAR!!
Get your last shopping of 2014 done and enjoy a champagne toast with a bubbly Board member (or two). But don't forget, we're closing early, at 7 p.m.

Thursday, January 1, 2015 Closed New Year's Day

For more information, email outreach@weaversway.coop or call 215-843-2350, ext 118.

Bylaws Revision

(Continued from Page 1)

plan a focus group in January to get member feedback, to be followed by an open meeting for members. By March, approved changes will be made to the document and the final form will be posted online for members.

We will ask members to vote on the new bylaws in the spring Board election. Results will be announced at the General Membership Meeting on May 17, 2015.

Here's some background on the changes.

Our current bylaws are too cumbersome. They are quite detailed and it is hard to tease out exactly what the intention is in some sections. Our committee took the current 10-page document down to five pages that are clearer and should make it simpler for members to become involved in the work of the Co-op.

The bylaws were developed using a template provided by CBLD, Cooperative Board Leadership Development. The template represents the best thinking of the cooperative movement on what a modern day co-op should have in its bylaws. This template has been used as the basis of bylaws for many other co-ops. We think that the new bylaws will make Weavers Way governance more effective.

They have also been reviewed and accepted by our legal counsel, David Kraut.

The proposed changes reflect the current reality of our co-op and make the bylaws more usable by our members. The major changes are:

- Eight articles are proposed instead of 10. Article II, the Office address; and Article VI, duties of the four officers of the Board, are deleted. Articles VIII, IX and X have been combined into Article VI, Financial. Articles on Dissolution and Amendments have been added.
- An active member is defined as one who upholds the responsibility of equity and abides by Co-op policies. The unit of membership continues to be the household.
- One annual meeting is required instead of two. Five percent of members are needed to call a special meeting (down from 10 percent). One percent of members can get an item on the General Membership Meeting agenda (formerly 10 members). This would currently be approximately 53

Take a Look, Leave a Comment

See the proposed bylaws and post your comments online at www.weaversway.coop/bylaws.

You can also email Board member Lisa Hogan with your feedback at lisah43@comcast.net.

Members who would prefer a paper copy of the proposed bylaws can get one from the Membership office. Contact Membership Coordinator Kirsten Bernal at kirsten@weaversway.coop or 215-843-2350, ext. 119.

members. A voting quorum will also be 1 percent of members (instead of 5 percent in the old bylaws).

- The Board may appoint someone to fill a vacancy among directors for the remainder of the pertinent term (rather than waiting until the next General Membership Meeting). A director may be removed by decision of two-thirds of the remaining directors. Board action without a meeting requires affirmation by two-thirds of the directors in writing; this allows for actions between meetings by email.
- Indemnification has been clarified, and meets Pennsylvania law.
- The difference between Regular Equity and Reserve Equity is explained. Equity investments made by members are designated as Regular Equity. Amounts assigned to members' equity accounts from a patronage rebate may be designated by the Board as Regular Equity or Reserve Equity. Regular Equity is refunded upon termination of membership. Reserve Equity is only refunded upon dissolution of the Co-op.
- Dissolution of the Co-op must be approved by two-thirds of the members who participate in the vote. This is a new article that complies with Pennsylvania law.

We are looking for your feedback! So go to www.weaversway.coop/bylaws and read the proposed bylaws. Let us know what you think in the comments section or email me at lisah43@comcast.net.

It is our hope that the proposed bylaws will help all members participate effectively in the continued success of Weavers Way.

lisah43@comcast.net

Co-op Couture Winter 2015





weavers way
across the way
next door

photos by Josh Magnitzky

Staff Celebrity Spotlight: Lauren Todd

Painter Seeks to Make Change Through Art

by Karen Plourde, Weavers Way Chestnut Hill Grocery Staff

TO COUNT ALL THE VISUAL ARTISTS WHO WORK AT Weavers Way, and the musicians who are employees, you’d have to borrow extra fingers and toes. Lauren Todd is in the artists’ camp, and she’s working on a lofty goal: to change lives and the world through art.

Lauren, 29, does double duty in the produce department in Chestnut Hill and at Next Door. She was born in Media and spent much of her childhood in Lafayette Hill; her dad, Jim, is a United Methodist minister and was pastor of Messiah United Methodist Church there for 12 years.

“It was great; I loved it,” she said of the experience of being a “PK” — “pastor’s kid.” “The congregation in Lafayette Hill . . . they just felt like a big extended family to me.”

Lauren graduated from Plymouth Whitmarsh High and earned an art degree at Boston University. After graduation, she realized she was going to have to go outside her field to make a living. She moved back in with her parents (who had since moved to Lancaster County), and started working part-time at Starbucks. She then picked up other part-time work at Rhubarb’s Market, a small natural foods store.

Through a regular at Starbucks, she was hired for her first paying art gig: painting murals in the dining



Karen Plourde photo

rooms at Hamilton Arms Center, an eldercare facility in the city of Lancaster. Given free rein, she painted a Tuscan countryside scene on one wall, and giant flowers on another.

Three years ago, Lauren’s best friend since middle school, Rebecca, bought a house in Roxborough and was looking for a housemate to help with the mortgage. Lauren jumped at the opportunity to return to the Philly area. She transferred to the Starbucks in Chestnut Hill, but soon became disillusioned.

“The company is a good company to work for, but it was kind of soul-sucking,” she said. “I didn’t like the fact that I was working for such a large corporation, and every day, I was feeding people really unhealthy, sugary drinks.”

Lauren Todd made the leap from Starbucks, to Starbucks, to Weavers Way

While working in Chestnut Hill, Lauren joined the Co-op and shopped there every day. Her favorite Co-op product? Kettle Spicy Thai chips. She was hired about 18 months ago.

She finds the mission of Weavers Way to be more in tune with her own beliefs.

“I mean, the fact that we have two urban farms and a nonprofit where we teach kids and their families about nutrition and healthy eating . . . it just makes me really happy to be a part of that,” she said. “I feel like my life motto is ‘do no harm’ and at the Co-op, I feel like we’re doing great things,”

Since she started online grad school at Eastern University this fall, Lauren’s had to scale back her Co-op shifts. She’s pursuing a masters degree in urban studies with an emphasis on community arts.

“I need to find a niche for my calling,” she said. “So . . . I’m basically learning the tools to be a positive agent for change in the community, and I’m learning art’s role and artists’ role in community development.”

The program at Eastern partners with Build a Bridge, an international nonprofit based in Germantown. The group uses art and artists to make positive changes to people and communities in crisis. Next summer, Lauren will spend three weeks in Cuba doing an arts-based project. She expects to graduate in the summer of 2016.

“Art is the one thing in my life that I’ve never really doubted,” Lauren said. “It’s such a strong passion of mine, and I can’t imagine myself really doing anything else.”

kplourde@weaversway.coop

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Mt. Airy

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Chestnut Hill

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

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

www.weaversway.coop
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Weavers Way Managers/Department Heads

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

<p>General Manager Glenn Bergman, ext. 131 215-913-9437 (cell) gbergman@weaversway.coop</p> <p>Purchasing Manager Norman Weiss, ext. 133 normanb@weaversway.coop</p> <p>Controller Nancy Pontone, ext. 116 npontone@weaversway.coop</p> <p>Marketing Director Rebecca Torpie, ext. 121 rtorpie@weaversway.coop</p> <p>Human Resources Manager Jon Roesser, ext. 132 hr@weaversway.coop</p> <p>Membership Coordinator Kirsten Bernal, ext. 119 member@weaversway.coop</p> <p>Outreach Coordinator Bettina de Caumette, ext. 118 outreach@weaversway.coop</p> <p>Executive Chef Bonnie Shuman, ext. 218 bonnie@weaversway.coop</p>	<p>Mt. Airy Store Manager Rick Spalek, ext. 101 rick@weaversway.coop</p> <p>Chestnut Hill Store Manager Dean Stefano, ext. 212 dstefano@weaversway.coop</p> <p>Across the Way Manager Lisa Whitlock, ext. 114 lwhitlock@weaversway.coop</p> <p>Next Door Manager Amira Shell, ext. 220 ashell@weaversway.coop</p> <p>Farm Manager Nina Berryman, ext. 325 nberryman@weaversway.coop</p> <p>Pet Products Manager Anton Goldschneider, ext. 276 petstore@weaversway.coop</p> <p>Floral Buyer Ginger Arthur, ext. 317 floral@weaversway.coop</p>	<p>Department Heads</p> <p>Grocery (MA) Heather Carb, ext. 113 hcarb@weaversway.coop (CH) Riley Luce, ext. 217 rluce@weaversway.coop</p> <p>Prepared Food (MA) Dave Ballentine, ext. 102 dballentine@weaversway.coop</p> <p>Deli (MA) Margie Felton, ext. 109 margie@weaversway.coop (CH) Shawn O’Connell, ext. 209 soconnell@weaversway.coop</p> <p>Meat, Poultry & Seafood (MA) Dale Kinley, ext. 104 dale@weaversway.coop (CH) Ron Moore, ext. 205 moore@weaversway.coop</p> <p>Produce (MA) Jean MacKenzie, ext. 107 mackenzie@weaversway.coop (CH) Mike Herbst, ext. 211 mherbst@weaversway.coop</p>
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Weavers Way Community Programs

Executive Director
Jill Fink
215-843-2350, ext. 319
jill@weaversway.coop

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

Farm Education Coordinator
Shelley Hedlund
215-843-2350, ext. 321
educator@weaversway.coop
www.weaversway.coop/wwcp

Advertise in the Shuttle

advertising@weaversway.coop

Weavers Way Welcome Meetings

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

Meetings start at 6:30 p.m., in Mt. Airy at 555 Carpenter Lane or in Chestnut Hill at various locations. Current members who host get work credit! For info and to RSVP:

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

NEXT MEETINGS

Wednesday, Dec. 10, Weavers Way Community Room, 555 Carpenter Lane.
Wednesday, Jan. 14, 2015, Chestnut Hill Friends Meeting, 20 E. Mermaid Lane

Wifi Hotspot

Connect to the network **WW_PUBLIC**
Use the password **weaversway**



Savor the Season

MEAT Naturally Raised

Bottom Round Roast	reg. \$6.99 lb	\$5.99 lb
Rump Roast	reg. \$6.99 lb	\$5.99 lb
Bone-in Rib Roast		\$13.99 lb
Beef Stew	reg. \$6.29 lb	\$5.99 lb
Ground Beef 85/15	reg. \$6.34 lb	\$4.99 lb
Filet Roast	reg. \$21.99 lb	\$23.99 lb

POULTRY

Bell & Evans Cornish Hens	\$6.29 lb
Naturally Raised Whole Turkey	\$2.53 lb
Order online	
Koch Natural Boneless Turkey Breast	\$6.99 lb
D'Artagnan	
Pheasants 2.5-3 lbs	\$11.69 lb
Rohan Duck	\$4.99 lb
Goose 8-10 lbs	\$15.99 lb
Duck Breasts	\$15.25 lb

SEAFOOD

Live Maine Lobsters	1¼ lb lobsters for steaming or broiling. Preorder only.	\$11.35 lb
Frozen Canadian Lobster Tails	4.5 oz tails. Excellent firm meat.	\$6.35 ea
Mexican Shrimp	Large wild shrimp from a co-op of shrimp boats that operate out of Mazatlan, in the state of Sinaloa. Premium quality and free of additives!	\$15.65 lb
	<i>Jumbo and medium sizes available.</i>	
Black Pearl Shetland Island Atlantic Salmon	reg. \$13.99	\$13.69 lb
	<i>Mussels, oysters in the shell or jar, crabmeat or any filet, steak or whole fish can be pre-ordered.</i>	
HOLIDAY HAM		
All Natural Spiral Cut Ham		\$6.29 lb



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

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

To place an order, please call the meat department:

Chestnut Hill 215-866-9150

Mt. Airy 215-843-2350

catering menu available exclusively at Weavers Way Chestnut Hill

Cold Hors d'Oeuvres

MINIMUM ORDER OF 15 EACH

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

Hot Hors d'Oeuvres

MINIMUM ORDER OF 15 EACH

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

Entrees

MINIMUM ORDER OF 15 EACH

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

*1/2 pan feeds 12-15 people

Accompaniments

MINIMUM ORDER 3 LBS

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

Ordering Information

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

Please call WEAVERS WAY CHESTNUT HILL at

215-866-9150 ext. 209

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

catering@weaversway.coop

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