

## City Council Considers Plastic-Bag Fee, & We Like It

by Paul Cantagallo, for the Shuttle

**A**S NATURAL SCIENTISTS WORLDWIDE debate marking our geological age as the “Anthropocene,” in part defined by the layer of plastic we’ve left covering the planet, Philadelphia City Council members are once again taking up the issue of plastic bags in our city.

Citing environmental concerns, First District Councilman Mark Squilla introduced a bill in April proposing a citywide 5-cent surcharge on single-use plastic and paper shopping bags. Revenue from the charge would be shared: 2 cents to the city to fund street cleaning and anti-littering initiatives and 3 cents to the merchant. Exemptions to the charge would include bags used for meat and fresh produce, as well as for prescription medication.

A few years ago, a push for legislation controlling shopping-bag use was defeated in spite of vocal support from then-City Councilman Jim Kenney, now the Democratic candidate for mayor. The previous bill initially called for a 25-cent fee per bag, then was amended to an outright ban on single-use bags. Supermarket and retail lobbyists, along with several Council members, resisted both incarnations of the bill, insisting high fees would punish low-income consumers while a ban would hurt businesses. (After the bill was voted down, Councilman Kenney called for city residents in favor of a bag ban to boycott ShopRite.)

By eschewing a ban and reducing the fee to 5 cents, the current bill seeks to head off protests from lobbyists and reluctant Council members alike. Since bag manufacturers may continue to sell the bags, and business owners can make

(Continued on Page 11)



Philly Bread photos

Philly Muffin man Pete Merzbacher, below, now has a mill to grind flour to his liking.



## The Philly Bread Grind

Philly Bread has long used flours from small producers like Castle Valley Milling, who supplied baker Pete Merzbacher with a few different varieties of wheat and rye. But he always dreamed of having his own mill — a big expense with more labor involved, but something he likens to coffee shops grinding their own beans. The extra effort is worth it for the superior outcome.

Having a mill on site at his Olney bakery also enables Merzbacher to preserve the most nutritionally dense part of the grain, which commercial mills typically remove to extend the shelf life of their flours. The flour that’s milled at Philly Bread is truly whole grain.

And Merzbacher reaps some savings despite the extra work because he purchases his grain directly from small farmers, cutting out the middleman.

The new mill allows him to use any variety of grain he chooses. He is experimenting with rye, barley, rice, corn and buckwheat, imparting a diverse array of nutritional values to the breads. When we visited, he had been experimenting with porridge breads, an Old World style of baking that uses whole fermented grains cooked like a porridge and then mixed into the flour. The result is a chewy, moist loaf, and the additional moisture builds steam in the oven, creating a crust that all artisan bakers strive for.

Enjoy Philly Bread products, including their signature Philly Muffins, at both stores.

— Stephanie Kane, Weavers Way Local Purchasing Coordinator

(Too late for press time, so read all about it in July!)

## Not in this issue:

→ Spring GMM and Board Election reports.



→ Good luck, Glenn, in pictures and stories

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# Editor's Note

by Mary Sweeten, Editor,  
Weavers Way Shuttle

THERE'S A STORY ON PAGE 1 ABOUT THE single-use grocery bag fee wending its way through City Council. You can read the proposal on our website at [www.weaversway.coop/bag-fee-bill](http://www.weaversway.coop/bag-fee-bill). It has exceptions you can drive a trash truck through, which doesn't make it a cinch to pass — nothing is a cinch to pass in Philadelphia, especially if it's a good idea.

So that shrug you hear is the many of us who are inclined to ignore Bill No. 150373, even though this is the sort of thing Weavers Way is in favor of. (End 6: "The local environment will be protected and restored.")

The person who is NOT shrugging? That would be Glenn Bergman.

Even after years of dealing with Philadelphia "progress," Glenn is still up for it — Land Bank (hey, that one worked), urban chickens, a soda tax, a plastic bag fee. When most of us are saying, "Oy, this will never happen," Glenn is saying "We should send a letter of support to Inky and City Council. . . . We should call them. We should have a story in the Shuttle. We should put this on Facebook — What *is* Facebook? — We should ask our members to sign on."

Glenn's last day was May 31. Philabundance is lucky to have him. The culture shock is all theirs.

WHEN WEAVERS WAY WAS FOUNDED, the issue was cheap food. That isn't the issue today — there's plenty of cheap food. The issue is good food and the lives of the people who produce and sell it. Purchasing Manager Norman Weiss has a comment in his column this month that I think bears repeating far and wide:

*"Anytime you see cheap chocolate or cheap sugar, odds are people and the environment are being harmed somewhere in the supply chain."*

GLENN ISN'T THE ONLY PERSON LEAVING. In some three years here, Marketing Director Rebecca Torpie toiled mightily to boost the marketing sense of a place where plenty of folks still pretty much think marketing is the devil's work. (I'm looking at you, Norman.) But if we don't market ourselves, how will anyone know about all the great stuff we do?

Rebecca painted the communications office orange and never, ever turned down a chance to push the Co-op (and co-ops) and help make us more successful. We miss her (though she's still consulting for us) and wish her the best.

[msweeten@weaversway.coop](mailto:msweeten@weaversway.coop)



# What's in Store at Weavers Way



## New on the Shelves

by Karen Plourde, Weavers Way Grocery Staff



### Picks in Produce

**Local strawberries are back! And summer fruits and veggies are gearing up.**

Ready the whipped cream and shortcake — it's time to get your fill of local strawberries. Blink and they'll be gone. On the flip side, corn is in the early stages of its season, and local cherries will be in their prime toward the middle of the month. Pick some up



Pet store guy Daniel Lemoine & equine-scale Jolly Ball

and get reacquainted.

### Finds for the Furry & Feathered

**Pony up! We now carry products for horses.**

By shoppers' request, the pet store Across the Way in Mt. Airy has added a stable of items to keep horsey happy. These include the Jolly Ball, a scented ball for play; treats from Manna Pro and a local version from Quakertown; Wipe Spray from Pyranha; and fly repellents from Absorbine and Farnam.

In dog news, you can now find individually packaged frozen Primal marrow bones in small, medium and large sizes—just in case you don't need a six-pack.

### Bakery Bites

**High Point pastries bump up our daily selections. And treats from The Happy Mixer are local and gluten-free.**

Have you ever gotten a hankering for a sweet or savory pastry from High Point, only to realize they're turning out the lights? Now you can now satisfy that craving on your shopping run. High Point savory brioches and rolls, galettes, turnovers and cinnamon rolls are at both Weavers Way stores daily.

For those with gluten issues, Chalfont's The Happy Mixer Bakery has stepped in to fill the void left by the departure of The Little Bakery. Look for brownies, mint sandwich and oatmeal raisin cookies and cupcakes.



### Meat & Fish Market

**June's the month to go boneless.**

For a quick dinner option, our meat/poultry/fish departments are offering Bell & Evans boneless breasts on sale for \$6.49 a pound all month. Bell & Evans chickens are raised without antibiotics or growth hormones, and are fed an all-vegetarian diet. Pork lovers, meanwhile, can find Leidy's boneless pork chops (from Souderton, Montgomery County) at \$6.99 a pound in June.



### Goings-on in Grocery

**Cedars House Cafe offers up their granola. And Chao slices are a new vegan "cheese" option.**

Cedars House Cafe on Forbidden Drive in Wissahickon Park happens to put out an awesome granola. Now Weavers Way has it for you to take home without the hike. Pick up a bag and introduce it to your yogurt.

From Field Roast, the maker of grain meat sausages, burgers and slices, comes Chao slices, vegan coconut "cheese" made from chao tofu. Vegan cheeses have had their issues, but this one comes highly recommended. Available in three flavors at both stores.

### Bulk & Beyond

**A big howdy to Speakeasy Coffee. And a couple of new roasts from La Colombe.**

It's always exciting to check out new coffee selections, especially local ones. Speakeasy Coffee Company (Woxall, Montgomery County) has taken up residence in the Mt. Airy second floor coffee klatch with six blends that are fair trade and organic.

While you're up there, take note of two Workshop coffees by La Colombe—Odyssey seasonal blend and Zambia. The latter is grown on the Mbuni estate in Zambia, known for their innovative farming practices. Odyssey represents a return to the inspiration for La Colombe in Paris in the early '90s. Iced or hot, they're worth a try.



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](mailto:editor@weaversway.coop).

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Post pet pix and videos on the Weavers Way Petapalooza Facebook page. Those with the most "Likes" will win prizes in these categories:

★ Funniest	★ Philadelphia Chickens
★ Cutest Pet Baby	★ Most Touching Pet Adoption Story (post photo or video with your story in comments)
★ Living the Good Life	
★ Loyal Friend	

See [www.weaversway.coop/petapalooza-2015](http://www.weaversway.coop/petapalooza-2015) for more details.

# Five Things

## PETAPALOOZA EDITION

Here are some options for creatures great and small.



**1 Cat Adoption Saturdays** — Across the Way in Mt. Airy. The folks from Green Street Rescue and Brenda's Cat Rescue are here every week noon-3 p.m. with loveable furballs you'll want to take home.

**2 Primal Raw Goat Milk** — Help improve your pet's digestion with added moisture and beneficial herbs like turmeric and cinnamon. The goats are raised without antibiotics or added hormones.

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Tara Campbell photos

Saul students got experience working on greening projects with community and school groups.

## WWCP, Nature Conservancy Help Saul Students Help

by Tara Campbell and Jackie Schrauger, Weavers Way Community Programs

THIS WINTER AND SPRING, WEAVERS Way Community Programs has partnered with the Nature Conservancy through their Nature Works Everywhere program to help schools and community groups build community gardens. NWE gives grants to schools or community groups to help train their teachers and staff to manage a garden as an educational space, and also partners with a Washington, DC-based organization called City Blossoms to train teachers and deliver the curriculum developed by the Nature Conservancy.

The curriculum focuses on how to get schools and community groups set up with the tools, skills and knowledge to operate their gardens and also how to best employ their gardens as an educational space. Different lessons focus on composting and worm bins; how to plan your garden to include different types of produce and sections (fruit, herbs, leaves, roots, legume, herbs, and flowers); and basic gardening skills like direct seeding and transplanting. Through these lessons,

City Blossoms helps teachers ensure that they have both productive classes and a productive garden.

For us at WWCP, this partnership was a clear avenue for us to help students at W.B. Saul High School get hands-on experience and leadership opportunities during the school day. WWCP Youth Education Coordinator Tara Campbell worked to coordinate school build days and, along with Saul teacher Jessica McAtamney, arrange for Saul students to participate in three of them.

The first build day was at Five Loaves, Two Fishes Community Garden in West Philadelphia run by Fruit of the Spirit Ministries, which just last year had been only a vacant lot. Saul students helped there with cleaning out the garden, digging out trash as well as weeds to prepare the space for tilling and planting later on. The community members running the build day were extremely appreciative of the students' efforts, and gave them snacks, rulers and notebooks — for which the Saul students were very grateful!

The second build day involving Saul students was at Tilden Middle School in

(Continued on Next Page)

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# Weavers Way Community Programs



The projects were at Frankford Friends School, opposite page,Tilden Middle School, above and right; and 5 Loaves, 2 Fishes, below.



(Continued from Preceding Page)

Southwest Philadelphia. Tilden has very ambitious plans to turn their concrete lot into a green space. Our work there with the Saul students included clearing out the lot, building and filling raised beds and painting signs for the garden. Eventually, Tilden plans to partner with the Philadelphia Orchard Project to tear up more of the concrete and plant an orchard.

Our last build day was with Frankford Friends School. Frankford Friends, along with a neighboring church, took over a vacant lot that was covered with debris from a demolished house that had stood on the property. The students

were able to clear the debris and weeds and turn the soil so the school can plant a native species pollinator garden to benefit bees. Additionally, the Saul students spoke to the Frankford Friends middle schoolers about their academic and agricultural experiences at Saul, so perhaps some of them will consider Saul when it's time to apply to high school.

It was extremely beneficial for the students at Saul to use their classroom knowledge in a hands-on way out in the community, and WWCP was pleased to help schools and community groups move further towards their garden goals!

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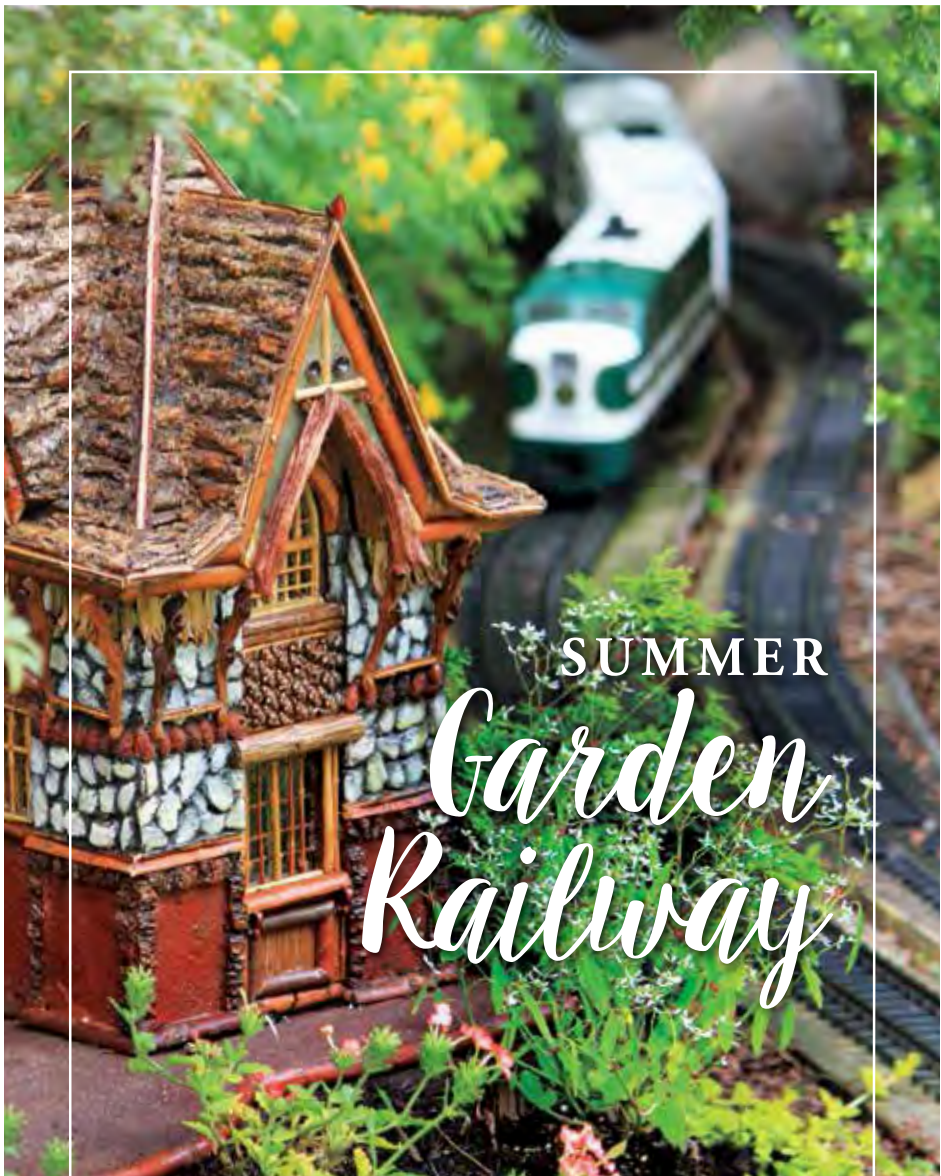
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# Panel Urges Watershed Action

by Erin Mooney, for the Shuttle

THE WISSAHICKON IS ONE OF PHILADELPHIA’S most treasured natural areas. With over a million visitors a year, it’s also it’s an important resource for the city and region, responsible for 10 percent of Philadelphia’s drinking water.

But the Wissahickon is in trouble, its watershed threatened by stormwater management problems — flooding, erosion and pollution.

On May 13, more than 200 people participated in a town hall meeting at Germantown Academy hosted by Friends of the Wissahickon and the Wissahickon Valley Watershed Association to find out what can be done to improve the water quality of the creek. A panel discussion addressed various aspects of the challenges facing the Wissahickon and what the solutions are to a decades-long problem.

Maura McCarthy, executive director of Friends of the Wissahickon, set the tone of urgency. “If we want the Wissahickon Creek to exist for future generations, it’s incumbent upon those who love

it so much to make investments in restoration now, while we still can,” McCarthy said. And though it’s not a quick fix, solutions can be achieved by working together at all levels of government to protect this special place.

Because of increased development in the 64-square mile watershed shared by Northwest Philadelphia and Montgomery County, stormwater is not being absorbed naturally into the landscape, leading to flooding. As the stormwater gushes into the creek, it carries bacteria and chemicals and causes severe erosion.

These flood events are costly. In 2004, flood damage to Wissahickon Park totaled \$3 million, according to Sarah Marley, outreach manager with Friends of the Wissahickon.

Chris Crockett, deputy commissioner of planning and environmental services at the Philadelphia Water Department, provided sobering statistics about the high bacteria counts and general poor water quality in the Wissahickon Creek after a rainstorm. Fertilizers, pet waste, road salt and other chemicals flow into



Patrick Starr, Pennsylvania Environmental Council, introduces the panel at the FOW/WVWA Creek in Crisis session.

the creek. Overflow from sewage treatment plants is also a problem.

Although improving quality is a slow process, Crockett said, PWD is committed to making the Wissahickon healthier. “Managing a watershed is never done. It’s a living, breathing thing,” he said.

One of the ways citizens can become involved is by engaging in the process by which municipalities issue permits that regulate stormwater management. Public comment is part of that process.

Panelist Michael Helbing, an attorney at environmental advocacy organization PennFuture, suggested that residents contact their municipality to learn more about the process and what the issues are.

“When you educate municipalities and citizens alike on the issues facing the water quality of the Wissahickon Creek and get everyone on the same page, all of our collective actions can make a positive impact and move the needle on improving water quality,” said Dennis Miranda, executive director of the Wissahickon Valley Watershed Association.

*For more information about efforts to preserve the Wissahickon watershed, start by visiting the websites of Friends of the Wissahickon ([www.fow.org](http://www.fow.org)) and the Wissahickon Valley Watershed Association ([www.wvwa.org](http://www.wvwa.org)). Erin Mooney ([erinrosemooney@gmail.com](mailto:erinrosemooney@gmail.com)) is the publicist for FOW.*



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Weavers Way is actively involved in the community, has an affiliated nonprofit, operates a 5-acre urban farm and has 5,300 member-owner households. Local products account for 30 percent of sales. Board operates under a policy governance model with an engaged membership.



GM'S CORNER

# Exploring How Our Competition Can Make Us Stronger

by Jon Roesser, Weavers Way Interim General Manager

GROCERY SHOPPING, SOCIAL CRITIC R.W.B. Lewis wrote, is “an exercise in neighborliness.”

Now to be clear, Lewis was writing about grocery shopping in Italy — Florence, specifically — and Italians have spent a very long time cultivating a culture in which commerce is woven into the fabric of their communities.

But you see it here too. You see it in places like Claudio’s on 9th Street; at Rieker’s in Fox Chase; at O’Neill’s in Glenside. Here and there, peppered throughout our city and region, are places where the commercial act of buying and selling food achieves a higher purpose: Grocery stores serving as community gathering places.

Of course, more so than anywhere, you see it at Weavers Way. That’s partly because of our cooperative ownership. It’s partly because of the hard work of our founders and early members. It’s partly because of all of us who, week in and

week out, make a conscious decision to spend our food dollars at our stores.

Too bad so many of our friends and neighbors miss out on this experience. Shopping at a chain grocery store is not necessarily unpleasant (though it often is). One can go to Whole Foods or Trader Joe’s or Acme and have a nice experience. But nice or otherwise, the experience is just a business transaction.

Which brings me to a certain chain called Fresh Market.

Can shopping at Fresh Market ever be an exercise in neighborliness? I doubt it. I’ve visited Fresh Market stores in the area a few times now (reconnaissance missions, I assure you). They are pretty, the way one would expect for-profit, gourmet grocery stores to look.

At no point during any of these visits did I feel like shopping in any way connected me to the communities in which they’re located. My guess is I could shop in a Fresh Market every week for years and never feel that connection.

In case you haven’t heard, Fresh

Market is coming to Germantown Avenue in Chestnut Hill, two blocks from Weavers Way. Some in our community are excited about this. My bet is they’ll be disappointed.

In the coming months, I intend to use this column to keep you informed of our plans as we prepare for the opening of Fresh Market. You can be assured we’re developing a comprehensive strategy that builds upon our strengths as a cooperatively owned community grocer.

It’s our goal to keep every single one of our shoppers, to retain every single Weavers Way member. We also intend to reach out and bring in new shoppers and new member-owners. We plan to use competition as an opportunity to grow the cooperative economy of Northwest Philadelphia.

The Co-op is thriving. Competition will make us even stronger.

This is my first column as interim general manager but not my first column in the Shuttle. In the past I’ve written

about things like escalating health-care costs and the staff retirement plan — good reading for when one is struggling to fall asleep.

Now I get to write about competition and the experience of shopping for groceries. I’ll probably continue to help some of you fall asleep.

If we haven’t already met, please keep an eye out for me in the stores. I’m truly looking forward to connecting with everyone.

I’d like to thank our Board of Directors for the confidence they’ve shown in me, and my colleagues who’ve showered me with good wishes.

Above all, I’d like to thank Glenn, who’s taught me so much over the last six years. To the extent I’m prepared to assume this role, I owe it to Glenn’s mentorship.

I’ll see you around the Co-op.

*jroesser@weaversway.coop*

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Father's Day Coupons CUT AND REDEEM - ALWAYS VALID!

CLEANING  
THE  
KITTY LITTER





The new field manager at Awbury pictured earlier in this year (note sweatshirt).

# Brendan Stiteler: Man with a Plan

DO YOU HAVE A BUCKET LIST OF things you want to do before you die? My wife and I had a list of things we wanted to accomplish before we had kids, so after diligently saving enough money, we ditched our jobs and headed out to travel for a year. Volunteering in Central America, then hiking the Appalachian Trail would prove to be experiences that forever changed our perspective.

When we got back, I decided I wanted to make a living while connecting to the natural world and, in a way, the larger world, by getting involved in sustainable agriculture. Luckily, I had already had much experience in horticulture — perennially falling back on landscaping jobs, maintaining the university greenhouse, interior landscaping and a degree in biology were just enough to get me a start at a small organic farm just outside of Philadelphia.

As farmers, we look to the microcosm of ecology in the soil and work to

enhance and nurture this environment. Through fostering healthy soil, the soil in turn grants us fertile land uniquely able to grow healthy vegetables, which then keep us healthy.

Some people ask if I have a favorite crop and become a little perplexed when I tell them I don't. As a grower for a CSA, it's important to offer a diverse share, so at times I find one or another crop more satisfying. I do find a certain satisfaction in utilizing the storage crops still in my pantry. In the cold of the winter, as I use my canned tomato sauce that I put up in the heat of the summer, I can't help but start thinking about the next season. Being part of the farm unites us to the bounties and difficulties of each season and with anticipation I say, welcome to the 2015 farm season.

— Brendan Stiteler,  
Field Manager,  
Mort Brooks Memorial Farm

## Where to Find Weavers Way Farms Produce

- Weavers Way Mt. Airy**  
559 Carpenter Lane  
**Farm produce is delivered to the stores Monday, Wednesday and Friday mornings.**
- Weavers Way Chestnut Hill**  
8424 Germantown Ave.
- Henry Got Crops Farmstand**  
7095 Henry Ave. (across from Saul High School), Tuesdays 2-7 p.m. and Fridays 2-6 p.m. May 8 through October.
- Weavers Way Farmstand at Headhouse Farmers' Market**, 2nd and Lombard streets, Sundays 10 a.m.-2 p.m. starting May 3.
- Weavers Way Community Programs Farmstand**  
in front of Weavers Way Chestnut Hill, Tuesdays 3-6 p.m., starting mid-May.

The logo for Weavers Way Coop, featuring a green sunburst above the text "weavers way coop" in green.

### THE HOMESTEADING WORKSHOP SERIES 2015

With a little help from the Weavers Way homesteading pros, you'll be sprouting into a master of the domestic arts this season.

**WEDNESDAY, JUNE 10**

**7-9 PM**

**FOOD IN JARS: Cucumber Pickles, Fast and Slow**  
Learn the basics of both quick vinegar and brined pickles with cookbook author and Food in Jars blogger Marisa McClellan. Make vinegar-based quick pickles that can be eaten the next day as well as salt-brined pickles that will need at least a week in a cool, dark place to achieve their fermented tang. All students go home with recipes and canning details, as well as the two jars of pickles they made. Chestnut Hill Friends Meetinghouse. **\$30**

**WEDNESDAY, JULY 8**

**7-9 PM**

**FOOD IN JARS: Introduction to Canning Whole Peeled Tomatoes**  
Learn the basics of tomato preservation and boiling-water-bath canning with cookbook author and Food in Jars blogger Marisa McClellan. She'll walk you through prepping, packing and preserving whole peeled tomatoes. All students go home with the recipe and canning details, as well as a jar of the tomatoes they made. Chestnut Hill Friends Meetinghouse. **\$30**

**TUESDAY, JULY 21**

**4:30-6:30 PM**

**FERMENTATION WORKSHOP: Amanda Feifer of Pickle**  
Fermenting is one of the oldest methods of food preservation around. We'll be taking on simple fermented green beans, perfect for CSA members looking to make the most of the U-pick season. Amanda Feifer, Philadelphia-based blogger for Pickle, will show you the ropes. (Look for her new book, "Ferment Your Vegetables.") Henry Got Crops Farm. **\$30**

**THURSDAY, JULY 23**

**6-8 PM**

**HOMETOWN HERBS HOW-TO: Summer Skin Care**  
Join us for the first workshop on using herbs for a variety of purposes, both inside and out! Herbal experts April Pedrick and Amy Hsu will lead you in making a natural toolkit to take on summer's insults, from heat and humidity to bug bites and bee stings. Henry Got Crops Farm. **\$5 materials charge**

**TUESDAY, AUGUST 1**

**6-8 PM**

**HOMETOWN HERBS HOW-TO: Tinctures and Glycerites**  
Herbal experts April Pedrick and Amy Hsu will bring out the fifth-grade science student in you with this workshop. Using alcohol and glycerin, they'll show how to preserve plants for medicinal uses both internal and external. Henry Got Crops Farm. **\$5 materials charge**

**WEDNESDAY, SEPTEMBER 2**

**7-9 PM**

**FOOD IN JARS: Low-Sugar Spiced Plum Jam**  
Love jam but not all the sugar? Cookbook author and Food in Jars blogger Marisa McClellan will show you how to make delicious low-sugar jam using Pomona's Pectin. All students go home with the recipe and canning details, and a jar of the jam they made. Chestnut Hill Friends Meetinghouse. **\$30**

**TUESDAY, SEPTEMBER 2**

**6-8 PM**

**HOMETOWN HERBS HOW-TO: Oils and Salves**  
As cooler weather arrives, you'll be happy to know how to create skin-nourishing oils and salves — also great for cuts and scrapes! Herbal experts April Pedrick and Amy Hsu show how to extract plant properties into oils that can be used for a variety of salves. Henry Got Crops Farm. **\$5 materials charge**

**FARM VOLUNTEER DAYS**  
**GET YOUR HANDS DIRTY**  
One Saturday a month, 9 a.m.-1 p.m., at the Henry Got Crops CSA farm at Saul High School in Roxborough, and our Mort Brooks Memorial Farm at Awbury Arboretum in Germantown.  
**SATURDAY, JUNE 6:** Mort Brooks  
**SATURDAY, JULY 11:** Henry Got Crops  
**SATURDAY, AUG. 1:** Mort Brooks  
**SATURDAY, SEPT. 5:** Henry Got Crops  
**SATURDAY, OCT. 3:** Mort Brooks

The logo for Weavers Way Farms, featuring a green fork with a sunburst above it, the text "weavers way farms" in green, and "grown in PHILADELPHIA" in small black text.

To register for paid workshops:  
**www.weaversway.coop/homesteading**  
or **s.coop/1wk2m**  
For more info: **skane@weaversway.coop**  
**Henry Got Crops Farm**, 7095 Henry Ave.  
**Mort Brooks Memorial Farm**, 1011 E. Washington Lane  
**Chestnut Hill Friends Meetinghouse**, 20 E. Mermaid Lane





## WEAVERS WAY IN-HOUSE SAMPLING:

Our Meat Department will be grilling up all-natural sausages from Martin's (Reading Terminal Market and Mickleton, NJ). The deli will be showcasing raw and aged cheeses from Calkins Creamery, Honesdale, PA (Wayne County).

Watch the Weavers Way website  
([www.weaversway.coop/  
Fresh-Local](http://www.weaversway.coop/Fresh-Local)) for updates!

FRESH  
AND  
LOCAL

**SATURDAY, JUNE 20**  
**NOON - 4 P.M.**

**THE BACKYARD AT WEAVERS WAY**  
**CHESTNUT HILL, 8424 GERMANTOWN AVE.**

# WEAVERS WAY CO-OP CELEBRATES LOCAL

*Join in with an afternoon of sampling by our local vendors, specials in the store and live music.*

**MEET THE MAKERS OF  
YOUR FAVORITE LOCAL  
PRODUCTS, INCLUDING:**

### Pete Merzbacher, Philly Bread:

Freshest artisan bread made from flour milled in-house in Olney.

**Mark Lopez, Wholesome Dairy Farms,  
Yellow House, PA (Berks County):** Milk  
from grass-fed cows, kefir and yogurts.

### Danielle Jowdy, Zsa's Ice Cream:

Gourmet ice cream manufactured in Philadelphia with milk from Tricking Springs Creamery, Chambersburg, PA (Franklin County) and scratch-made cookies for their ice cream sandwiches in flavors that are modern takes on the classics.

**Stefanie Angstandt,  
Valley Milkhouse Creamery:**

**New artisan creamery producing fresh and aged cheeses, butter and yogurt in Oley, PA (Berks County), inspired by European cheese-making traditions.**

### Philip Lehman, Swiss Villa:

Our pastured-egg producer, based in Wrightsville, PA (York County), also provides us with all-natural beef sticks, raw honey, raw milk and smoothies.

### Shannon Roche, Mavuno Harvest:

This Philadelphia-based, Weavers Way member-owned importing company works with a 150-farm cooperative in Uganda to source sustainable dried fruit.

### Bruce Weinstein, Awesome Foods:

Based in Willow Grove, Bruce has converted many to his gospel of raw, vegan food with his tasty and filling wraps, lasagna, pizza, desserts and crackers.

### Ricki Gever, Cedars House Cafe:

Housemade granola from this stop along Forbidden Drive in Wissahickon Park.

# HENRY GOT... WHEELIES

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(And it's even cheaper if you pick it up yourself at Saul High School. Call for info.)

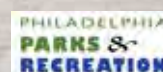
Contact Scott to schedule deliveries:

**compost@weaversway.coop**  
**or 815-546-9736.**



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Wear Your Co-op Proud**





# Every Day Is Practice For Earth Day at Wissahickon Charter

by Alexandria Evenson, for the Shuttle

THIS YEAR’S APRIL 24 EARTH DAY AT Wissahickon Charter School put “all hands on deck” with not just staff involvement but also parents, community members and environmental organizations.

Parent Mary Fox planted seeds with kindergarten through 2nd grade students; WCS’s resident beekeeper/parent Matt Feldman presented; parent and rhythm instructor Jimmy Coleman orchestrated 3rd through 5th graders using recycled materials as drums.

A group of Saul High School seniors made an appearance with special guests: rats! These young behavioral scientists, with the guidance of their teacher Tiffany Turrentine, had trained their rats to perform tasks, such as jumping on command or giving a high five, using corn or even yogurt as a reward. WCS students and staff alike were wowed by the rats’ responsiveness and, additionally, by the calm of the Saul students as their rodent companions crawled up their arms and onto their shoulders.

If you have driven past the Wissahickon Avenue campus recently, you may have seen our latest installation right in front of the school gate. The new Big Belly solar trash compactor reflects a group effort of WCS staff, students and Big Belly Inc.

Be sure to check out the artwork adorning the compactor — WCS middle school students are the artists responsible through their involvement with the Fresh Artists Palates to Palettes program, which WCS art teacher DevaWatson and Fresh Artists CEO Barbara Allen co-founded.

The annual Earth Day Celebration is always exciting at Wissahickon Charter, but our students also learn to appreciate and care for the Earth on an everyday basis, starting with the habits of recycling, saving energy and spending as much time as possible outdoors (especially during PSSA week!) that teachers instill from Day 1.

Alexandra Evenson ([alex@wissahickoncharter.org](mailto:alex@wissahickoncharter.org)) is the assistant to the CEO/COO at Wissahickon Charter School.



Seed-planting was an Earth Day activity

# SCH Cafeterias Get ‘Green’ Certification

SPRINGSIDE CHESTNUT HILL ACADEMY’s cafeterias were recently certified as “2 Star Certified Green Restaurants” by the Green Restaurant Association, a national nonprofit that helps restaurants to become more environmentally sustainable. SCH is the first school in the state to have a Certified Green Restaurant cafeteria.

“SCH is teaching important models of energy, water and resource conservation through the environmental steps its food service has implemented,” said Michael Oshman, CEO and Founder of the Green Restaurant Association. Among the measures taken: Composting in kitchen and dining areas, no individual condiments for onsite use, reusable trays and energy efficient kitchen machinery.

Students have also joined in the efforts to create a sustainable environment. The Middle School Girls Eco Club received a grant from GrInCH (Green in Chestnut Hill) to install a water bottle refilling station in the cafeteria to reduce reliance on single-use water bottles and cups in the cafeteria. SCH Upper School student Rekha Dhillon-Richardson hosted a Girls Climate Summit this spring to raise awareness about climate change, promote youth advocacy and spark local change in the Philadelphia area. The summit included workshops, speakers, presentations, team-building activities and thought-provoking conversations.

Visit SCH’s website at [www.sch.org](http://www.sch.org)



Be a savvy shopper and make sure you really are buying fresh and local when you shop a farmers market.

It’s summertime, and farmers markets are everywhere. We encourage our shoppers to buy directly from farmers whenever possible.

But farmstands may sell products from several farmers, and some carry the same commodity items you can find at the supermarket.

So remember to ask these questions at the farmers market:

- ▶ Did you grow this?
- ▶ What growing methods did you use?



If you’ve tuned in to **WHYY-FM** recently, chances are you heard some top-notch journalism or riveting storytelling. Let’s share it with the rest of Northwest Philadelphia and get more interesting together.

# HERE’S HOW TO GET MORE INTERESTING

**1 START YOUR MORNING RIGHT.**  
*Morning Edition* is your perfect companion: gentle, but straightforward, explaining the vagaries of international diplomacy, reporting weather and even recommending the best film in town.

**2 TAKE A BREATH OF FRESH AIR.**  
*Fresh Air* is hosted by the fearless and insightful Terry Gross right here in Philadelphia, bringing you interviews with the biggest names in arts, politics and pop culture.

**3 GO ORGANIC.**  
Host Mike McGrath of *You Bet Your Garden* slays slugs, defeats deer, whacks weeds and saves plants every week on this fiercely organic gardening program.

For nine more ways to get more interesting, and to request a free **GET MORE INTERESTING** decal visit [WHYY.org/getmoreinteresting](http://WHYY.org/getmoreinteresting)

**WHYY FM 90.9**  
get more interesting.



# Celebrate & Leave a Message for the Future

by Mike Weilbacher, for the Shuttle

IT'S THE PARTY OF THE YEAR, AND WEAVERS WAY members, not to mention the entire Philadelphia region, are invited to the Schuylkill Center for Environmental Education for a family picnic celebrating the 50th anniversary of our founding as the first nature center in a large American city.

Set for Saturday, June 27 at 5 p.m., the event features live music, animal shows, nature walks and interactive environmental art — not to mention a barbecue picnic catered by Weavers Way — and the chance to send a message into the future.

For the world has changed dramatically in the 50 years since the Schuylkill Center's founding. In 1965, Rachel Carson's "Silent Spring" had only been out for three years, and the environmental movement was in its infancy. "Pollution" and "ecology" were brand-new words in the American lexicon.

And a lot has happened in the ensuing decades, from Earth First! to the Exxon Valdez, curbside recycling to "An Inconvenient Truth." Today, while more people are environmentally aware than ever — and there are more environmental institutions and nonprofits than ever as well — the problems have never been larger, with climate change, biodiversity loss, acute water shortages

## Schuylkill Center 50th Anniversary Jubilee Picnic

Saturday, June 27, 5 p.m.

\$15, \$12 for SCEE and Weavers Way members

Info: [www.schuylkillcenter.org/blog/event/50th-anniversary-picnic/](http://www.schuylkillcenter.org/blog/event/50th-anniversary-picnic/)

and more. We have to wonder, perhaps we even need to know, what the future holds.

So we'll be sending a message to 2040, letting them know what today looked like. The Schuylkill Center is burying a time capsule, which will be opened on July 1, 2040, our 75th anniversary. We're inviting picnic participants to put their hopes, fears and predictions for the future into the time capsule, asking you what the planet's ecology and Philadelphia's environment will be like in 25 years.

Will we have solved climate change? Will Philadelphia's recent sustainability efforts successfully transform the city? What species will we have saved, and which will we have lost? Will the economy still run on carbon or something cleaner and greener? Will any presidential election revolve around environmental issues? Will the zombie apocalypse render all these questions moot anyway?

The time capsule will be buried in Jubilee Grove, a new wooded area to be dedicated in the fall. Schuylkill



Picnic-goers can add their predictions to the time capsule

Center members are endowing this grove of native trees, shrubs and wildflowers, improving an invasive-infested section of forest. A dramatic stone sculpture inspired by a germinating seed and carved by a longtime friend of the Center will mark the capsule site.

So, what will the environment look like in 25 years? Place your prediction in the time capsule while you revel in the Schuylkill Center's 50th anniversary — we'll always be here to connect you with nature and the environment.

*Mike Weilbacher (mike@schuylkillcenter.org) is the executive director of the Schuylkill Center for Environmental Education in Roxborough.*

## Bag Fee Bill

(Continued from Page 1)

3 cents per bag sold, industry opposition should be quelled. Similarly, 5 cents per bag may be more acceptable to Council members and their constituents, Northwest Philadelphia district Councilwoman Cindy Bass among them, who are concerned over what has been characterized by some as a right-minded but "regressive tax" on vulnerable communities.

While acknowledging that we "have a responsibility to protect our environment and keep our neighborhoods clean," Bass worried the bill might add an "undue burden to our senior citizens and low income families who can least afford it" and was awaiting more information before declaring a firm position.

For its part, Weavers Way sent a letter to City Council last month urging them to support the bag fee. (See the letter at right.) Weavers Way does not supply free single-use bags, although paper shopping bags can be purchased for 15 cents. Plastic produce bags (also used for bread) have cost Co-op shoppers 2 cents apiece since the 1990s; nevertheless, according to Purchasing Manager Norman Weiss, Weavers Way went through nearly 40,000 large paper bags and about 228,000 plastic produce bags in FY2013.

According to Squilla's Chief of Staff Anne Kelly King, in order to educate the public and minimize the negative impact of a bag surcharge, the ordinance would be preceded by "bag giveaways" at information stations throughout the city.

Coming just prior to primary elections in May, Squilla's proposal may have more to do with winning political goodwill than with political willpower. However, Squilla ran unopposed in his district and has been outspoken on the issue of trash and litter blighting many city neighborhoods. His office attributed its desire to breathe new life into the old bag bill

## Weavers Way's Letter to City Council

Dear Council Members:

Protecting and restoring the local environment is one of the seven "Ends," or tenets, of Weavers Way Co-op. That is why we are gratified that City Council is taking up the bill introduced by Councilman Mark Squilla to impose a fee on single-use grocery bags.

Millions of single-use bags, especially plastic "T-shirt" bags, end up as litter. They clutter gutters, clog waterways and threaten wildlife. They also snarl trash and recycling machinery. Festooning trees and shrubs in a dreary imitation of holiday decorations, they degrade our shared urban landscape without providing significant value.

Charging 5 cents for each bag will help consumers consider the true cost of using these ubiquitous throwaways, and it will encourage people to skip unneeded bags and adopt sustainable, non-disposable alternatives.

Weavers Way does not give out single-use bags, and in fact we have been charging 2 cents apiece for plastic produce bags since the 1990s. (Paper shopping bags are 15 cents; old boxes are free.)

We strongly support Bill 150373 and urge City Council to act promptly to approve it.

Sincerely,

Chris Hill, President, Weavers Way Co-op Board of Directors  
Glenn Bergman, Weavers Way Co-op General Manager  
Sandra Folzer, Weavers Way Environment Committee

to a combination of litter fatigue and encouragement from the Mayor's Office of Sustainability.

Environmental groups who have long agitated for a reduction in disposable bags note that plastic bags are not recyclable, may take up to 1,000 years to biodegrade and impose a huge burden on local waste disposal efforts. Activists, residents and politicians alike bemoan the urban eyesores created by bag blight as increasingly incompatible with efforts, like Mayor Nutter's Greenworks initiative, to green the city.

The Streets Department, which said it strongly supports Squilla's bill, estimates that Philadelphians use 475 million plastic shopping bags per year, or around 1,500 per family. Phil Bresee, the city Recycling Director, emphasized that plastic

bags are "perhaps the most problematic contaminant that Materials Recovery Facilities have to deal with because they so often become entangled in the recycling sorting equipment. This causes processing costs to escalate and negatively impacts the quality and market value of recyclable materials."

"It's standard practice now for MRFs to shut down operations for up to an hour during each operating shift, just so plastic bags and film can be removed," Bresee said. The department also says bags are not just a source of litter on city streets but account for 17 percent of the floatable pollution in our streams and waterways.

Many progressive or revenue-seeking municipalities across the country have already imposed surcharges or bans on shopping bags. In California, the na-



A PDF of the text of Bill 150373 is posted at [www.weaversway.coop/bag-fee-bill](http://www.weaversway.coop/bag-fee-bill).

Read the Weavers Way press release: [www.weaversway.coop/news-releases](http://www.weaversway.coop/news-releases)

tion's first statewide ban on single-use plastic bags was approved last year, but has been put on hold awaiting referendum. Thanks to its own 5-cent bag tax, in place since 2010, Washington, D.C., collects around \$2 million per year and reports a notable reduction in waste and litter. Proponents of Squilla's bill suggest that city revenue from a bag ordinance could easily generate \$3 million per year.

Bill No. 150373, formally *AN ORDINANCE Amending Title 9 of The Philadelphia Code, entitled "Regulation of Businesses, Trades and Professions," by adding a new Chapter 9-4100, entitled "Single-Use Bags," to regulate the use of single-use bags and to establish a fee for the consumer use of single-use bags when purchasing food or other products, all under certain terms and conditions,* is now wending its way through Council's markup and hearing process.

Should Jim Kenney, feisty proponent of the previous bag bill, become mayor, he and Squilla may be able to join forces and finally make the bag bill a reality.

*Paul Cantagallo (paulcantagallo@gmail.com) is a Weavers Way member.*



WE ARE CLOSED ON INDEPENDENCE DAY

Happy 4th of JULY



# International Co-op Principles

- 1

Voluntary and Open Membership
- 2

Democratic Member-Owner Control
- 3

Member-Owner Economic Participation
- 4

Autonomy and Independence
- 5

Education, Training and Information
- 6

Cooperation Among Cooperatives
- 7

Concern for Community

# From Mindful Awareness to Action

by Esther Wyss-Flamm,  
for the Shuttle

WEAVERS WAY MEMBERS AND their circle of friends tend to be a health-conscious lot: we buy fresh, sustainable and local foods. We head on over to Across the Way or Next Door for self-care needs, and even find healthy alternatives for our pets! Taking it to the next level and shifting health-related behaviors in meaningful, long-term ways for ourselves and our families, in the workplace and community, is by far the bigger challenge.

My journey of learning to live my truth began as a social activist. I have always been driven by the desire to promote sustainable social change on those big issues: health, education, the environment. For years, this meant working in program development with different international social service organizations, and continued academic work in education and organizational change. From the outside, it looked good and got me kudos. On the inside, I felt an undercurrent of cynicism develop as I watched the ways in which program cycles, funder priorities and political interests undermined and eroded promising initiatives. I experienced these constraints physically as stress — over time, this viscerally choked out the energy and joy in my work.

Like many of us, I knew about the benefits of mindful awareness practices, such as meditation, and yoga for overall health. I had started to practice yoga postures as a young Peace Corps volunteer in West Africa to relieve back pain. Lat-

er, a weekly yoga class became an oasis in an overly programmed life. This went on for years: as a mom to young kids, a PhD student and part-time worker, I had busy days and sleep-deprived nights that were crazy-making. I coveted the minutes between duties when I could run off to a class or connect with my meditation practice. And then I'd dive right back into the craziness.

But when it came to bigger family challenges, such as unemployment, accessing school services and chronic illness, treating meditation and a weekly yoga class as a break from the chaos simply didn't cut it. I needed to dig deeper.

So I began to study more closely what was happening as I meditated and moved on the mat. Specifically, that meant becoming more attentive to the flows of energy (what are known in yoga as the vayus or winds) that accompany us throughout our lives at work and at home in mostly unconscious ways. Certain movements promote energy expansion, others focus on release, forward propulsion, drawing energy in and inside-out. I discovered how



## Health & Wellness Committee

to translate these primal directional flows of energy into life off the mat and into actions that benefited my personal health, family life and work.

When applied to common life challenges such as constant multi-tasking, low energy and burnout, work-life balance, illness or managing difficult relationships, the vayus offer transformative insights and concrete footholds to help us live with full intention, more passion and joy.

*Views expressed are those of the author, not necessarily the Health & Wellness Committee, and are not meant to be a substitute for talking to your health-care provider.*

Weavers Way member Esther Wyss-Flamm PhD, EdM, E-RYT, has been teaching privately and in group settings in the past decade as a yoga instructor, academic and facilitator. She designs classes and workshops to support individuals and groups as they make substantive and sustainable changes in their lives, be it in their health, their relationships, their work or reconnecting with deferred life passions.

She has distilled some of these insights into an event, "Live Your Truth: From Mindful Awareness to Action," on June 13. To find out more, contact her at ewyssflamm@gmail.com or 215-305-7759.

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# CLEANING THE GUTTERS



# The Supplements Conundrum: Can We Talk ?

by April Pedrick, Weavers Way  
Mt. Airy Wellness Manager

RECENTLY, A WELLNESS STAFF PICK IN THE SHUTTLE rightly raised concern over the use of the word “cure.” So let’s take the opportunity to have this important conversation. (Incidentally, Across the Way staffer Chris Dalnodar is a fiddler. His use of old-fashioned colloquialisms makes him a charming co-worker.)

Supplements are tricky business, requiring utmost care in communication. Weavers Way’s Wellness staff have long discussed the ethics and legality of our sales language. The Dietary Supplement Health and Education Act (DSHEA, available for view at [www.fda.gov](http://www.fda.gov)) is our guide. DSHEA specifies what counts as a dietary supplement, what must be on the label, what *may* be on the label, how claims can be made, even how informational literature can be displayed.

A large part of our task at Weavers Way involves determining the quality, safety and utility of the products on our shelves. We scrupulously vet ingredients; we buy from companies that share our values and engage in transparent business practices. And as headlines blare, we devote more resources to this ongoing body of verification. (Well-known brands don’t necessarily cut it; Tom’s of Maine and Burt’s Bees don’t share our values like they used to, for example — and when was the last time Amazon decided not to sell items containing hormone-disrupting chemicals?)

For Wellness sales staff, DSHEA is all about Structure/Function. When discussing a product, in person or in print, we are only able to discuss how the supplement is comprised (structure) and how that works in the body (function). This is actually a boon for us — rather than memorizing a list of “this for that,” I for one have

learned plenty about anatomy, physiology, biochemistry, plant constituents, Hippocratic medicine and more — all from seeking answers to customer questions and treating my own body. Thus, ethical retailers must become researchers.

Now for the tricky part: Supplements are legal to sell, even if they lack controlled studies, due to consumer freedom. Citizens are still permitted to determine what is best for their own bodies and, for the most part, purchase those products. But determining the best for your body using Structure/Function without a degree in health or hours to read research papers is a daunting task for the average shopper looking for natural solutions. For guidance, many folks turn to TV programs, the wide, confusing Internet — or the Wellness staff.

However, a wise recommendation should be based on an extensive health survey, and in a few minutes, we can only convey the general qualities or historic uses of a plant-based remedy.

Whether that suits a shopper is more complicated. We love when shoppers use the bookshelf! Discovering and treating your own body is an empowering journey. (Incidentally, people who know that a common backyard weed helps relieve mosquito bite discomfort spend less money at corporate drugstores. Food for thought.)

Complex health concerns call for a skilled practitioner. We are fortunate to have many in our neighborhood. Unfortunately, the out-of-pocket expense can be prohibitive. The only integrative physician in the city who takes health insurance has a six-

month waiting list. Would that our MDs knew both worlds! We have a chance now to combine the best of Western and traditional medicine. What kind of wellness can we create in cooperation?

To focus on the safety of supplements: Herbs, vitamins and minerals do have actions. And so do sugar, stress, allergens, myriad toxins and inflammatory processed foods. (Don’t even get me started on adverse events from prescription medications.)

(Incidentally, the NIH has published findings confirming some anti-viral properties of oregano oil: [www.ncbi.nlm.nih.gov/pubmed/24779581](http://www.ncbi.nlm.nih.gov/pubmed/24779581). Thousands of years of plant use can’t always be wrong. Let’s hope these types of studies receive more, truly independent funding.)

Possibly the greatest challenge presented by natural remedies is committing to brewing that tea!

Natural remedies support Weavers Way’s Ends. Responsible wellness products reduce environmental contamination, support biodiversity and an ethical economy and provide meaningful employment. They put carbon-neutral health options directly in the hands of our members. Weavers Way keeps prices for quality products below industry average.

Our food system is insanely skewed toward corporate profit. It is my opinion that those who care to change this have a responsibility to invest in ethical goods to whatever extent possible. Personal and professional support is an equal investment. We invite you to join in.

*apedrick@weaversway.coop*





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The Passionate Gardener

Some Chores (& Thoughts) for June

by Ron Kushner, for the Shuttle

PLANT POLE, LIMA AND BUSH BEANS, winter squash and gourds.

Start cutting and drying herbs (thyme, oregano, mint, for example). Also, snip flower buds off basil regularly to keep the plants full and prevent them from bolting.

Replace any bolting lettuce with corn, malabar spinach (Basella alba), beans, okra or a late crop of summer squash.

Plant a few more cucumbers, radishes, melons, Belgian endive, carrots and beets.

Put down slug control. Some folks swear by pouring fresh beer in containers sunk below the surface of the soil so the slugs fall in and drown. I personally have never had success with this method. Slug-go organic snail control is much more effective and covers a larger area.

Make sure all your plants are mulched. Salt hay is great; I just use a combination of chopped and shredded hay and straw, which is sold in a plastic-wrapped bale. It is the same cost as salt hay, covers the same area but is much easier to use, especially on young seedlings and small plants. I have never had a weed problem using this mulch.

Stop watering garlic until harvest. I realize there will be some rain, but no additional watering by hose, watering can, etc.

Pinch back mums to keep them bushy — take 1/2 inch off growing tips every two

weeks until mid July.

This is a good time to check your supports for taller perennials.

Prune spring-flowering shrubs after they have finished blooming.

Make sure your tomatoes, eggplants and peppers are well supported. Cages work well, stakes are a traditional way to go and these days, plant “ladders” are very popular.

If you are growing sweet potatoes, plant the slips early this month.

Inventory your seeds for fall planting. If you wait until late summer, you may not be able to get the varieties you prefer. Especially consider cover crops, which may be sold out by late summer when you need them.

Look for grapes to be forming and cover them to protect the fruit from the birds.

Hill up your potatoes (again, I use chopped and shredded hay and straw). The first flowers should be starting to show this month.

Harvest ripe strawberries for breakfast! Time to cover them. Harvest Guard floating row cover works great as it lets in light and water but no birds or insects.

Fertilize all seedlings with fish fertilizer. Twice a week is the recommended dosage. I stop when I start harvesting.

Plant flowers this month. Put sunflower seeds, border annuals, nasturtiums, marigolds and zinnias here and there around the vegetable garden. Also, try planting sweet alyssum around your peppers and



Caladiums need thorough watering, not drips. eggplant for a living mulch. Plant flowers in containers for your deck, patio or tucked in with the veggies.

Harvest snap peas daily as they come in. Plant pole bean seeds now around your pea plants. The beans will grow up the spent peas and cover them throughout the summer. Then you can compost everything once the beans are finished in the fall.

Thin your peaches now. It’s hard cutting off all that little fruit ,but be tough! Leave at least 6 to 8 inches between each peach for larger fruit and a better harvest.

If you have tropical plants (or tropical-like plants) such as hardy bananas (Musa sp.), cannas, figs, elephant ears or caladiums, make sure you soak them thoroughly once a week for at least 20 minutes with a slow-running hose or sprinkler. Drip irrigation is not recommended for these plants.

Questions or comments: ron@primexgardencenter.com or www.ronsorganicgarden.com

ECO TIP

From the Weavers Way Environment Committee

Love that fresh and clean smell after using cleaning products with pine or citrus oils in them? We tend to think that all natural oils are safe to use, but cleaning products that contain pine or citrus oils are anything but, and here’s why: These ingredients can react with ozone to produce cancer-causing formaldehyde, which is a strong eye, nose, throat and lung irritant. Avoid using such products altogether, or a least avoid spraying them into the air or using them on days when outdoor air pollution is high. To learn more about cleaning products and indoor air quality, go to: [www.arb.ca.gov/research/indoor/cleaning\\_products\\_fact\\_sheet-10-2008.pdf](http://www.arb.ca.gov/research/indoor/cleaning_products_fact_sheet-10-2008.pdf)



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WALKING & FEEDING THE DOG(S)



# Sweet Potatoes Pack 'A' Punch Worldwide

by Betsy Teutsch,  
for the Shuttle

**S**WEET POTATOES, A NUTRITIONAL superfood, are expanding beyond their annual marshmallow-topped Thanksgiving appearance.

They are ultra-rich in beta carotene, which the body converts into Vitamin A, and they deliver many additional essential micro-nutrients. As such, they are being effectively deployed as edible global development tools.

Vitamin A deficiency, rare in the United States, is rampant in sub-Saharan Africa. It causes blindness in about half a million children and lowers their immunities. Vitamin A-deficient children are therefore more vulnerable to a host of lethal infections. The SASHA project, Sweetpotato Action for Security and Health in Africa, has developed orange-flesh sweet potatoes that grow well in Africa to replace the less nutritious varieties common there. Attention has been given to making them widely available to poor smallholder farmers, typically female, to improve both health and food security.

Nutritionally fortifying food is a very effective way to address Vitamin A deficiency. A daily ice-cream-sized scoop of orange sweet potato delivers enough Vitamin A to prevent these maladies, helping children thrive. Results have been



Photo by Meredith McCormack, USAID

Washington, DC, student Cora Norris hefts a sweet potato in the White House Kitchen Garden

very encouraging, with uptake exceeding the project's goals.

SASHA promotes sweet-potato cultivation and consumption by providing pregnant women with vouchers for sweet potato vines. The vouchers are an incentive to access prenatal care, which also improves outcomes for mothers and babies. And of course, the whole family eats the resulting sweet potatoes, improving everyone's health and resilience.

First Lady Michelle Obama's White House garden now features orange sweet potatoes, and USAID has been active in developing and promoting them.

*Nutritionally fortified foods are one of the tools showcased in Weavers Way member Betsy Teutsch's recent book, "100 Under \$100: One Hundred Tools for Empowering Global Women." Visit her website, 100under100.org.*

## Sweet Potato-Spinach Quesadillas

*As my respect for sweet potatoes has grown, I have added more sweet potatoes to our daily diet. Sweet potato replaces beans in these easy quesadillas. Yum!*

- 6 whole-wheat tortillas
- 1 tsp. oil (plus more as needed)
- 1 small sweet potato, boiled
- 1 onion, diced
- 1 cup spinach leaves
- 1 cup grated cheese (your choice of flavor)

Heat the oil in a fry pan large enough to accommodate a tortilla. Add the chopped onion and spinach leaves. Sauté until the onions are soft and the spinach is wilted. Remove to a small bowl. Add the sweet potato to the bowl and mash the mixture together.

In your pan, at medium heat, add a little more oil and one tortilla. Add 1/3 of the potato/spinach mixture, spreading it evenly on the tortilla. Top with 1/3 of the cheese. Place a tortilla on top and press down with a spatula. Once the bottom tortilla has browned, gently flip the quesadilla to brown the second side. Repeat the process for all three quesadillas.

Lay the quesadillas on a platter and slice in sixths. (A pizza wheel works well for this.) Serve with salsa, guacamole and sour cream.



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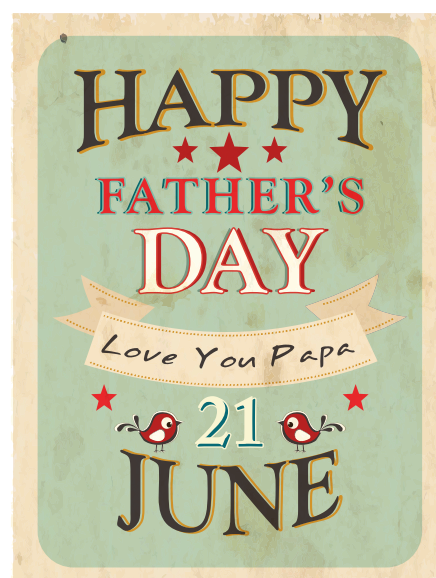
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# June Pickled Vegetable Sale

Add zip to your summer cookouts with Divina pickled vegetables from the Weavers Way Deli! Try crunchy pickled snap peas, spicy carrots, tangy okra and marinated mushrooms made with local mushrooms.

**\$1 off per pound for June.**

## ▶ RECIPE PICKLE RELISH IN 20 MINUTES

- 1 cup Divina pickled carrots, snap peas or okra, with brine
  - 1 tbs. Dijon mustard
  - 1 tbs. grainy mustard
  - 1/2 cup flat-leaf parsley, chopped
  - 1/2 cup fresh dill, chopped
  - 1 tbs. sugar
  - Salt and freshly ground pepper
- Chop pickle and mix with mustards, herbs and sugar. Thin with some of the brine and season to taste.

Tops 8-12 buns.

*Source: SavorEveryMoment.com*



## Cheese of the Month Get Your Goat — Silver Goat, That Is — for Summer Specialities

by Margie Felton, Weavers Way Mt. AiryDeli Manager

AS THE WEATHER CHANGES, SO DOES THE LOCAL produce and cheese preferences to go with it.

Of course, the fresh mozzarella-local tomatoes combo is always a summer hit. But another great summer cheese is the creamy, tangy goat’s cheese known as chevre. One chevre we have stocked since I started working at Weavers Way almost 20 years ago is **Silver Goat**.

Silver Goat uses microbial rennet and is Kosher. We carry 11-ounce and 5.5-ounce logs, as well as crumbles

- and honey-flavored slices.
- Some of the staff’s favorite ways to eat Silver Goat chevre are:
- The honey-flavored version on a thick slice of grainy bread for breakfast.
  - Plain chevre smeared on your favorite bread with slices of ripe local strawberries.
  - Crumbles with baby greens from Paradise Organics and raspberry vinaigrette.
  - Plain chevre melted and browned on grilled eggplant

- slices with balsamic drizzle and toasted walnuts.
- Crumbles on angel-hair pasta with plum tomatoes, kalamata olives, balsamic vinegar, basil, extra-virgin olive oil and garlic.
  - On grilled pizza with wilted arugula.
  - On crackers.
- This month, all Silver Goat products are on sale: Crumbles and honey-flavored Silver Goat are \$1 off per pound; Silver Goat logs are 50 cents off each.

*margie@weaversway.coop*

### Coffee of the Month

**BULK BEANS**

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# THINKING COFFEE

## Growl for Greenstreet!

by Neal Fordham, Weavers Way Mt. Airy Coffee Buyer

AT THE GREENSTREET COFFEE CO. CAFE in Center City, I made friends with Lupara, the house espresso blend.

I had my first Lupara with steamed milk, to become a cappuccino, handed to me in a lovely cup, the foam atop depicting a scene of interlocking hearts. What is one to do? Lean over and kiss the barista on the cheek, or simply say, “I do,” and go for the lips?

I’d expected to get classic espresso bitterness, but instead got, well, the greatest cake my mom baked for me as a child — so thick-blanketed with chocolate icing that brawls erupted as brother, sister and I demanded corner pieces.

No need to fight over Lupara — buy some from the Bulk area and have a piping hot cup of my mother’s cake. You’ll be transported, and with much less chance of cavities.

Two new Greenstreet coffees also are available in bagged coffee, dressed in proper compostable paper:

**Kenya Kianjege.** After wolfing that Lupara, I visited Greenstreet’s roasting headquarters in South Philadelphia. There, I put my head inside several barrels of fresh roasted Kenya Kianjege to sniff with pleasure. The Kenyan

beans made me want to gobble them, so I couldn’t resist — now they are waiting for you at Weavers Way.

**Tanzania Peaberry, Lunji.** Purchase this one and take time to admire the beans before you grind them. They are not the typical flat-sided coffee beans, but rather, cute round beans, and for most roasters, this means they roast better and more evenly. The Tanzania also sports some unusual taste notes.

So, a new bulk coffee, two new bagged coffees—what else is Greenstreet bringing us? Why, something to fight the glorious sun as she grows mightier overhead!

**Cold Brew Bottled Coffee.** Cold brew refers to the process in which the coffee is “brewed.”— NO hot water is used. Coffee is added to cold water and sits for 20 hours at 41 degrees. It’s double-filtered before it goes in the bottle.

On the word “Lupara”: I learned that it’s a type of shotgun favored by mafiosi. The word translates literally as “for the wolf.” The barrel was originally sawn off to allow wolf trackers to move through woods more easily; hiding it under long assassins’ coats came later.

On the Greenstreet Lupara label, a wolf lifts his head to howl. This wolf should treat you very well indeed if you invite him to your morning cup.

[nfordham@weaversway.coop](mailto:nfordham@weaversway.coop)



## CHEF’S CORNER

# When Breaking Bread Breaks the Bank, Too

by Bonnie Shuman, Weavers Way Executive Chef

I’LL ADMIT, I AM NOT AN EASY PERSON TO GO OUT TO DINNER WITH. I don’t eat out a lot, and when I do, I consider part of it as educational. So, on a recent beautiful evening, I joined my colleague Alisa Consorto (chef exemplar) and associate Jill Fink (foodie exemplar) at a not-to-be-named restaurant in Center City. I was eager to try this place as it had gotten some very good reviews upon its initial opening and another colleague had recently dined there and raved about it.

As we entered the space, I felt confident our meal would be as stunning as the sleek, modern interior.

I typically like to order lots of things from the top of the menu as I feel that, based on my experience, the small plates tend to really shine, while the entrees seem a bit less focused. I also think ordering small plates makes sense because you can try a lot of things without breaking the bank. So we started with lots of first courses and, against my better judgment, I also ordered an entree.

As we tucked into the first plate to arrive, a scallop crudo, I was still feeling confident we would have a fabulous dinner, because the crudo was pretty good. Next to arrive: a stinging nettle gnudi. One bite and I was put off by the saltiness of the dish — and folks, I like salt. Two more small plates followed, one also suffering from too much salt, the other just weird. (I still need someone to explain popcorn grits.)

At this point I am losing interest. The entrees show up and as expected, I am less than impressed. Alisa’s entree was not just unimpressive, it was awful!

The real kicker for me was the bill. Now, we did partake of cocktails and a bottle of wine, but my jaw still hit the floor when I saw it.

I do not mind at all paying for a quality dining experience, but the pill is a little hard to swallow when the experience doesn’t warrant the price.

I strongly believe that Philadelphia has an exciting and thriving dining scene which I will continue to patronize, but when restaurants charge a lot and don’t deliver, it weakens my confidence in the white-tablecloth high-end dining sector.

But though I was critical of the food at this establishment, I will always maintain that the act of imbibing and breaking bread with friends and loved ones holds value for me. And you can’t put a price on that.

So, tonight I am driving to Bethlehem to have dinner with my sister at another highly touted restaurant, and I hope the food is really good. If not, that’s OK too, because I will be blessed to share the time with my family and I will count myself lucky that I can afford the luxury of eating out in the first place.

[bonnie@weaversway.coop](mailto:bonnie@weaversway.coop)



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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.

I once heard a co-op consultant sug- gest staff refer to members as “owners” instead of “members.” My initial re- action was negative although I wasn’t sure why. Then recently, I again became aware of an effort to have our staff re- fer to our members as owners, and again my reactions was negative, this time ex- tremely so. Why? Should you be called a “member” or an “owner”? Does it mat- ter? What’s the difference? I think it does matter, and there is an enormous differ- ence, and “member” wins, no contest. Let’s start with definitions: “member = someone or something that belongs to or is a part of a group or an organization.” “Owner = a person who owns; legal pos- sessor.” So “member” has to do with be- ing part of a group. “Owner” has to do with yourself and possession of some- thing, often tangible property or money. This leads me to feel like the implications of being a “member” are more in line with cooperative values than the implica- tions of being an “owner.”

Let’s also look to our (unrevised as of May) bylaws, in which the word “member” or “membership” appears 196 times and the word “own” appears once. “Member” first appears in the first sen- tence. “Own” appears once, in a sen- tence that limits the degree of ownership

one member may have. Since a coopera- tive is about people working together, and when people work together they form a group which they are then a member of, and since some groups don’t own any- thing, they are just formed to achieve a task, ownership is not always involved in cooperative effort. A cooperative group could be any number of people working together to achieve a common goal, like Town Watch or a community garden, and no one owns anything yet all are mem- bers of the group working together in a cooperative fashion.

Plus, in my mind, the word “own” has many negative connotations, espe- cially around property: people “owned” slaves, people have killed each other to “own” land, people try to “own” things like water and mineral rights. All these forms of “ownership” have led to some profiting at the expense of other people’s suffering.

For all these reasons, I’d rather be re- ferred to as a member than an owner. In fact, I probably wouldn’t even want to be a member of any group that would refer to me as an “owner.”

(Continued on Next Page)

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Suggestions

(Continued from Preceding Page)

suggestions and responses:

**s:** “Could we be emailed monthly summaries of our purchases? I’d like to see what I bought each month and what I spent. I have a sneaking suspicion I am getting too many of my calories from potato chips, and I’m not buying enough produce, and if I could see monthly totals of items I’ve purchased it might help me make healthier food choices. I hope I’m not spending \$30 a month on potato chips and \$20 a month on produce.”

**r:** (Norman) Great suggestion, we’ll run this up the flagpole and see if anyone salutes. Anyone else want to see this?

**s:** “Please carry almond butter from a peanut-free facility. Almond butter is a great substitute for people with allergies, but not if it’s manufactured in a facility that processes peanuts. Thanks!”

**r:** (Heather MA) Artisana Raw Almond Butter is processed in a plant that grinds other tree nuts but not peanuts. We carry this one now.

**s:** “Next Easter, can we please get cheaper basket items? Last year you had affordable choices. \$3.99 for something 1.5 inches high is crazy, as is \$5.99 for a bag of jellybeans. I understand that some people want high-end goods, but I am leaving able to afford only three dark-chocolate eggs instead of filling my basket.”

**r:** (Heather & Norman) Especially in the case of chocolate, cheaper for shoppers can be very expensive for cocoa workers, some of whom subsidize lower-cost chocolate by being grossly underpaid and unfairly treated. In this case, the higher price is reflective of fair trade treatment of the people producing the ingredients. Anytime you see cheap chocolate or

cheap sugar, odds are people and the environment are being harmed somewhere in the supply chain. Since part of co-op values is supporting conditions of shared wealth and non-exploitive labor and sustainable environmental practices, we’ve been avoiding commodity-type products that don’t share these values. It is a bit of a conundrum, as the higher prices of the non-commodity goods puts some shoppers in a position of not being able to afford the “righteous” choices we offer. We’re still trying to figure out where the balance points should be.

**s:** “Choice brand Roibos tea bags? I’ve been missing them.”

**r:** (Heather MA) This item is currently on the shelf.

**s:** “Adzuki beans not Eden brand?”

**r:** (Heather) Because Eden is one of the only companies that specialize in unusual beans, we are unable to get another canned version. We do carry non-Eden adzuki beans in our bulk department.

**s:** “Onion toppers? Lars has been out of stock.”

**r:** (Heather) This item was discontinued by our supplier, I’m looking for a substi-

Anytime you see cheap chocolate or cheap sugar, odds are people and the environment are being harmed somewhere in the supply chain.

tute. (Norman) FYI, a real “onion topper” is an agricultural machine used to take the stems off the onions as part of getting onions ready for market. You probably don’t know two fascinating things about onions: 1) Cromniomancy is divination by onions. It is usually done by interpreting their sprouting behaviour, after some kind of ritual to state the topic of the divination. This often involves inscribing the onions, dedicating them on an altar or something similar. 2) In 1955, two traders

cornered the onion futures market on the Chicago Mercantile Exchange by hoarding 30 million pounds of onions and then manipulating the market. At one point, 50-pound bags were selling for 10 cents. This led to the “Onion Futures Act,” which prohibits futures trading in onions. So it appears that onions may be able to predict your future, but are legally prohibited from predicting their own futures, or at least betting on their own futures. I guess they don’t “own” their future.

**s:** “Please sell Phillies tickets, my time is too valuable to waste waiting in line at the stadium.”

**r:** (Norman) We’ve chosen not to sell Phillies tickets as it would be unfair to scalpers, but we also want to provide good customer service so we’re going to invite a scalper to come to Mt. Airy to provide scalping services. We’ll provide the scalper with a bathroom and food and drink so as to provide for fair trade ticket scalping. Also, I can’t resist wondering why waiting for tickets is a waste of time but spending three hours watching the game is what, productivity?

normanb@weaversway.coop



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# JUNE

## CALENDAR of EVENTS

ALL MONTH LONG

**OUR FARMSTANDS**

**HENRY GOT CROPS, 7095 Henry Ave. (at Saul High School)**  
Tuesday 11 a.m.-7 p.m., Friday 11 a.m.-6 p.m.

**WEAVERS WAY FARMS AT HEADHOUSE, 2nd & Lombard streets**  
Sunday 10 a.m.-2 p.m.

**WEAVERS WAY COMMUNITY PROGRAMS, Outside the Chestnut Hill store**  
Tuesday 3-6 p.m.

**WEAVERS WAY CHESS CLUB, Read & Eat, 7141 Germantown Ave., Monday 7 p.m.**


**Tuesday, June 2 7-9:30 p.m.**  
**Monthly Weavers Way Board of Directors Meeting**  
All are welcome! This month's meeting is in Mt. Airy, in the Parlor Room at Summit Church, 6575 Greene St.. To RSVP or get more info: boardadmin@weaversway.coop or 215-843-2350, ext. 118.

**Wednesday, June 3 7:30-9 p.m.**  
**Weavers Way Environment Committee Meeting**  
Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: Steve Hebden, steve@weaversway.coop

**Thursday, June 4 5-7 p.m.**  
**Chillin'-n-Truckin' in Mt. Airy**  
Take a break and enjoy live music and food from Mucho Bueno and Zsa's Ice Cream. Thursday nights through the summer, alternating between Mt. Airy and Chestnut Hill.

**Saturday, June 6 9 a.m.-1 p.m.**

**EVERY FIRST THURSDAY**  
**Weavers Way MOVIE NIGHT at Mt. Airy Read & Eat 7141 Germantown Ave.**



*Join us for a flick & a conversation.*  
**Thursday, June 4, 7 p.m.**  
**THE CULTURE HIGH**

From the website (www.theculturehigh.com):  
*"The riveting story of modern-day marijuana prohibition, revealing the motives of both those who support and those who oppose existing pot laws."*



Info: outreach@weaversway.coop or 215-843-2350, ext. 118.  
Check the Weavers Way Event Calendar, www.weaversway.coop/events for updates!

**Volunteer Saturday at the Farm**  
Join our farmers for a day of weeding, planting and getting your hands dirty. Mort Brooks Memorial Farm at Awbury Arboretum, 1011 E. Washington Lane. Info: skane@weaversway.coop.

**Saturday, June 6 Noon-4 p.m.**  
**Petalpalooza**  
Meet our rescue and advocacy partners, bring your own furry family member or adopt one or just show up. Enter the photo contest at "Weavers Way Petalpalooza" on Facebook. Info: www.weaversway.coop/petalpalooza or 215-843-2350, ext. 118.

**Tuesday, June 9 8:30-10 p.m.**  
**Movie Night at the Farm: 'Ratatouille'**  
Bring a picnic and a blanket. The screening starts at sunset; come early to shop the farmstand until 7 p.m. and spend some time exploring. 7095 Henry Ave. Info: skane@weaversway.coop.

**Wednesday, June 10 6:30-8:30 p.m.**  
**Welcome Meeting for New Members**  
Learn about your Co-op membership, and earn 2 hours work credit! Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: member@weaversway.coop or 215-843-2350, ext. 119.

**Wednesday, June 10 7-9 p.m.**  
**Homesteading Workshop: Cucumber Pickles Fast and Slow**  
Learn the basics of quick and fermented pickles from Food in Jars blogger Marisa McClellan. Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane. Info and to register: www.weaversway.coop/homesteading.

**Thursday, June 11 5-7 p.m.**  
**Chillin'-n-Truckin' in Chestnut Hill**  
Take a break and enjoy live music and food from Mucho Bueno and Zsa's Ice Cream. Thursday nights through the summer, alternating between Mt. Airy and Chestnut Hill.

**Saturday, June 13**  
**Hoedown!**  
Join us for Weavers Way Community Programs' summer farm-to-table event, with live music, children's activities and local food at the Weavers Way Farm at Awbury Arboretum. Info and tickets: www.weaversway.coop/hoedown.

**Wednesday, June 17 7-9 p.m.**  
**Weavers Way Member Forum on Pricing**  
Be part of our ongoing discussion about price perception, affordability and product selection in our stores. Chestnut Hill Community Association 2nd floor conference room, 8419 Germantown Ave. For info and to RSVP: boardadmin@weaversway.coop or 215-843-2350, ext. 118.

**Thursday, June 18 5-7 p.m.**  
**Chillin'-n-Truckin' in Mt. Airy**  
Take a break and enjoy live music and food from Mucho Bueno and Zsa's Ice Cream. Thursday nights through the summer, alternating between Mt. Airy and Chestnut Hill.

**Saturday, June 20 Noon-4 p.m.**  
**Fresh and Local Fair**  
We'll celebrate LOCAL in the Backyard at Chestnut Hill, with sampling by our local vendors, specials in the store and live music.

**Wednesday, June 24 7-9 p.m.**  
**Weavers Way Member Forum on Expansion**  
Join Co-op Board and staff to talk about the idea of a bigger Weavers Way. Should we open a third store? In what other ways would you like to see us expand — or not? Contact outreach@weaversway.coop or call 215-843-2350, ext. 118, to RSVP and for the location of this house meeting.

**Thursday, June 25 5-7 p.m.**  
**Chillin'-n-Truckin' in Chestnut Hill**  
Take a break and enjoy live music and food from Mucho Bueno and Zsa's Ice Cream. Thursday nights through the summer, alternating between Mt. Airy and Chestnut Hill.

**Friday, June 26 11 a.m.-3 p.m.**  
**Weavers Way Volunteer Day at PSPCA**  
Earn Working Member Credit along side other members at the shelter at 350 E. Erie Ave. Visit the online work calendar at members.weaversway.coop or contact the Membership Department at member@weaverwsay.coop or 215-843-2350, ext. 119..

**To suggest an event, or for more information, contact Outreach Coordinator Bettina de Caumette: outreach@weaversway.coop or 215-843-2350, ext. 118.**

## 'Good People' at Stagecrafters

THE STAGECRAFTERS THEATER ENTERS the home stretch of its 2014-2015 season with the production of David Lindsay-Abaire's comedy-drama "Good People," opening Friday, June 12.

Margie Walsh, a middle-aged single mother struggling to care for her mentally handicapped adult daughter, is just about to lose her cashier's job at a dollar store. One bingo game away from eviction and desperate to catch a break, Margie figures that an old fling from the neighborhood who has made it as a physician could be her ticket to a fresh start. The ensuing encounter delivers a darkly comedic and profoundly touching discourse on class, money and the human condition.

Playwright David Lindsay-Abaire (b. 1969) achieved his first major theatrical successes with the quirky and off-kilter "Fuddy Meers" (1999) and the enigmatic "Kimberly Akimbo" (2000), produced at The Stagecrafters in 2011, and his "Rabbit Hole" received the Pulitzer Prize for Drama in 2006. "Good People," written in 2011, premiered at the Manhattan Theatre Club, was a Tony Award nominee for Best Play and received the New York Drama Critics' Circle Award for Best Play.

Evening performances (8 p.m.) are Friday and Saturday, June 12-13, and Thursday-Friday-Saturday, June 18-20 and June 25-27. Sunday matinees (2 p.m.) are June 14, 21 and 28. A "Meet the Cast and Director" Q & A session will be held immediately following the performance on Friday, June 19.

Tickets are \$17 (online: www.thestagecrafters.org). Discounts are available Thursdays and for groups and students. The box office opens 45 minutes before each performance. For information, call 215-247-8881; for reservations-direct, call 215-247-9913. The theater is located at 8130 Germantown Ave.



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**Cooperator of the Month****Ken Ford**

**Joined Weavers Way: 1984,  
with his wife, Joanne**

**Lives in: Mt. Airy**

**Current/former job:** Retired director of the American Institute of Physics. His career as a theoretical physicist, teacher and writer spanned 45 years. He's also written 10 books, the latest of which is "Building the H Bomb: A Personal History," published this spring by World Scientific Press.

**Co-op job history:** He worked the usual stocking/labeling jobs in the store until he turned 75. He came out of cooperator retirement to proofread for The Shuttle. "I'm one of the strange writers who not just enjoys writing, but I enjoy all the nuances — the proofreading, the indexing."

**Favorite Co-op product:** Ryvita Crispbreads, dark rye variety. He and Joanne also enjoy Metropolitan breads.

**Why they're members:** "We like everything about it. We like the spirit of the place, the neighborliness, we like the products. Weavers Way products are just superior, by and large...I don't pay too much attention to prices, but...we don't have any feeling that they're out of line."

# Weavers Way Expansion? Let the Meetings Begin

by Mary Sweeten, Editor,  
Weavers Way Shuttle

**W**EAVERS WAY BOARD MEMBERS and member-owners exchanged views April 28 in the first of a series of meetings convened for members to discuss and provide feedback about potential Co-op expansion.

The initial group, about a dozen, also included incoming interim GM Jon Roesser and outgoing GM Glenn Bergman.

One early order of business was to dispel the notion that expansion is a done deal. Expansion is on the menu at Weavers Way, but that doesn't mean anyone's placed an order. "This is a beginning conversation," said Board member Margaret Lenzi.

Board member Joshua Bloom characterized the main talking point of the meetings as: "We have decided to expand. . . . Here are the concerns we've identified internally, or that we've heard from others. What are your concerns?"

Glenn opened and led the discussion. As background, he recounted that Weavers Way frequently gets requests to open stores in other neighborhoods. He described National Cooperative Grocers research showing how much easier it is for an existing co-op to expand or partner with a new organization than for a new co-op to succeed when starting from scratch. And he cited the Co-op's 5 Year Strategic Plan, approved in 2013, which identifies expansion as a goal. (Read the 2013-2018 Strategic Plan in the Weavers Way Member Center, [member.weaversway.coop](http://member.weaversway.coop). Login is required.)

To the question of why expand at all, Glenn and the Board members cited several interests:

- As a co-op, we're committed to working to expand the cooperative economy and dedicated to providing the benefits of Weavers Way — good

## Join the Conversation

House meetings on the topic of expansion are scheduled throughout the summer:

**Wednesday, June 24**

**Wednesday, July 22**

**Wednesday, Aug. 26**

**All start at 7 p.m.**

Contact Weavers Way Outreach Coordinator Bettina de Caumette to RSVP and find out the location: [outreach@weaversway.coop](mailto:outreach@weaversway.coop)/ 215-843-2350, ext. 118.

financial standing prior to making any decisions," and indeed, members at the meeting raised questions about the ability of Weavers Way to take on expansion without increasing debt, increasing prices or straying from our mission.

Part of that mission, several members said, is to help the underserved, possibly by expanding to a Germantown location. The Board members present demurred, noting that the purpose of a co-op is to serve its members. "Look at the Ends," said Board member Lisa Hogan. "It's in your heart, but it's not in the words."

Glenn also described some market research that has already been done in support of expansion. The studies mainly zero in on demographics, analyzing who shops at Weavers Way now — 30 percent of the members do 75 percent of the shopping — and whether Weavers Way-like consumers exist elsewhere. He emphasized that much additional research would have to be done to vet specific potential locations.

Additional expansion meetings are being scheduled in members' homes in Mt. Airy, Chestnut Hill and Germantown. The dates so far are June 24, July 22 and Aug. 26, all Wednesdays, at 7 p.m. To RSVP (and find out the location), or to get more information, contact Weavers Way Outreach Coordinator Bettina de Caumette at [outreach@weaversway.coop](mailto:outreach@weaversway.coop) or 215-843-2350, ext. 118.

[msweeten@weaversway.coop](mailto:msweeten@weaversway.coop)

food, support for sustainability, food justice — to more people.

- Buffering Weavers Way from competition. Having more store locations spreads the risk should one of them face a specific challenge, like competition in Chestnut Hill. Meanwhile, deep-pocketed outfits are moving into our segment, such as Walmart selling organic food. Noted Josh: "Other markets are aiming at our customer base. The risk to us is we're so small we'll just be clobbered."
- Taking advantage of economies of scale in areas such as purchasing, IT and other systems.
- Being able to provide greater opportunities for staff advancement.

The Strategic Plan also says: "This plan . . . addresses our need for stronger

**Working Membership:**

**It works both ways**

**Working Members are essential to Weavers Way and there are so many great ways to work your hours — PLUS get 5% off your Weavers Way purchases! Need some ideas? Read on:**

This month, we have a great Volunteer Day planned at the PSPCA. (It was such a hit last year that we are doing it again!) Earn hours alongside other animal lovers on Friday, June 26, from 11 a.m. to 3 p.m. at the shelter at 350 Erie Ave. No experience necessary. For more information, visit our signup table at Petapalooza.

Did we mention Petapalooza? We also need helpers for our own festival of animals, Saturday, June 6, from noon to 4 p.m., at the Mt. Airy store. And then there's our Fresh & Local tasting fair at the Chestnut Hill store, Saturday, June 20, also noon to 4 p.m.

- As usual, plenty of shifts are available directly supporting operations in the stores, both in Mt. Airy and Chestnut Hill.
- Our farmers can always use extra hands.
- If "hard labor" isn't your thing, ask about administrative tasks.

Visit the Work Calendar in the online Member Center ([members.weaversway.coop](http://members.weaversway.coop)) to sign up. Need help or more info? Contact Membership ([member@weaversway.coop](mailto:member@weaversway.coop) or 215-843-2350, ext. 119).

The Membership Department Office is on the first floor of 555 Carpenter Lane (adjacent to the Mt. Airy store).

Have you considered returning to Working Member Status? Do you need hours? Do you know that senior and Food For All members can get the 5% Working Member discount ON TOP OF their 10% off?

## We Sign Up Seniors While the Sun Shines

by Kirsten Bernal, Weavers Way Membership Manager

**A**S I WRITE THIS, WE HAVE HAD TWO very successful Senior Discount Tuesdays. We are thrilled at the enthusiastic and positive reception that the program has received, and I truly enjoyed meeting and interacting with all of you during the sign-up process.

Your support provides certain confirmation that we have made the right decision to implement this valuable member benefit. I have received equally enthusiastic feedback from staff. The news gets even better than that! I am elated to report that, as of today, more than 500 households are participating in the program.

Our kickoff on May 5, coupled with the Cinco de Mayo celebration of Chestnut Hill's five-year anniversary and a 5 percent Member Appreciation discount, brought out an amazing number of shop-



pers that made for an enjoyable and festive vibe in all of our stores.

The Senior Discount Program has been an enormous success thanks to your support. If you are over 65 and have not signed up yet, there is still time. Ask, in either store, at the register or stop in to the Membership Department today!

[kirsten@weaversway.coop](mailto:kirsten@weaversway.coop)

**DO WE  
HAVE  
YOUR  
EMAIL?**



Don't miss out on important membership info, such as rebate announcements. Log in to the online Member Center and add your email address NOW. Need help? Contact Kirsten at [member@weaversway.coop](mailto:member@weaversway.coop) or 215-843-2350, ext. 119.

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# Paying the Bills, Playing His Music: Chestnut Hill Staffer Takes Stock of His Dream

by Karen Plourde, Weavers Way Chestnut Hill Grocery Staff

CHRIS WOOD HAS BEEN A DRUMMER FOR MORE than 25 years and has spent a healthy chunk of his life trying to make it in the music business. The member of the grocery staff at Weavers Way Chestnut Hill isn't ready to give up on his dream.

"I still just completely fantasize about being a successful musician — not even a rock star," he said. "I just want to be able to make a modest living. . . . I still want to try to do that more than anything."

Chris, 33, started playing drums at age 6. His dad, Jeff, died of a heart attack in 1987 at 36, and his mom, Beth, bought Chris a drum set for his birthday to help him with the loss. He took to the instrument right away.

"I learned how to play basically by listening to my mom's albums," he recalled. "At the time, CDs were just coming out . . . I'll never forget playing along to Billy Joel's 'Innocent Man' album . . . I did it so much, I could actually play right on the beat."

After graduating from Plymouth Whitemarsh High School in 2000, Chris enrolled at Millersville University, intending to pursue a music education degree. But after three semesters, he realized it wasn't for him. He came home and transferred to Antonelli Institute in Erdenheim, where he studied commercial photography and graduated in 2004.

During his time at Antonelli, Chris also put a lot of energy into music; he played in three bands and hosted the open-mic night at the General Lafayette Inn in Lafayette Hill.

One of those bands, Downtown Harvest, proposed moving to Los Angeles in 2005, and Chris went.

The group stayed in LA for a year, and developed a following, but not enough to support itself on music alone. So Chris returned to Philly and became the front man for his own band, Orbit to Leslie. He sang and played percussion and was joined by his younger brother, Jon, who was influenced by Chris to pick up the drums. He also played in two other bands and taught drums on the side.

"I really gave music a real shot, trying to do it full time," he said. "And I loved it for a while, but it actually started to wear on me."

Chris got to Weavers Way in May 2013; he'd injured his hand doing landscaping work and had to find another way to pay the bills. "I think the first time I ever really set foot in here was to check it out, like, 'Oh, I might be interested in working here,'" he recalled. "I actually remember seeing Riley [Luce, Chestnut Hill grocery manager]. I was like, 'Whoa, they got some good people working here.'"

For about a month, Chris worked as a paid cooperator, but openings in grocery made him a regular part of the staff in no time. He likes the busy-ness that comes with the job and talking to the customers

"The time goes by incredibly fast," he said. "There's so much work to do here, which is awesome. I love how many different things there are to do."

Chris, who lives in South Philly with Amy, his girlfriend of three years, opened for big-name acts like The

## Staff Celebrity Spotlight: Chris Wood



Working the Co-op isn't bad, but Chris Wood would rather be on the road.

Flaming Lips, Wu-Tang Clan and Perry Farrell in Philadelphia as part of the progressive-rock band Grimace Federation. He still makes time for music as a solo act called Gorgeous Porch, in which he sings and plays keyboards and drums. And he holds onto the idea of hitting the road and playing his music.

"My plans are to just do it completely by myself — just buy a crappy van, turn my Jeep in," he said. "If I did end up almost being homeless . . . if you're out doing what you love like that, that's fine."

kplourde@weaversway.coop

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

### 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.

**This month's meeting is Tuesday, June 2, 7-9:30 p.m.,** Summit Church Parlor Room, 6757 Greene St.

For info about board governance and policies, visit [www.weaversway.coop](http://www.weaversway.coop). Board members' email addresses are at [www.weaversway.coop/board-directors](http://www.weaversway.coop/board-directors), or contact the Board administrator at [boardadmin@weaversway.coop](mailto:boardadmin@weaversway.coop) or 215-843-2350, ext. 118.

#### 2014-2015 Weavers Way Board

Chris Hill, President  
Joshua Bloom, Vice President  
Stu Katz, Treasurer  
Laura Morris Siena, Secretary  
At large: Megan Seitz Clinton, Larry Daniels, Lisa Hogan, Margaret Lenzi, Emmalee MacDonald, Linda Shein

### The Shuttle

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### Advertise in the Shuttle

[advertising@weaversway.coop](mailto:advertising@weaversway.coop)

### OPEN EVERY DAY

**Mt. Airy main number:** 215-843-2350

[www.weaversway.coop](http://www.weaversway.coop)

**Chestnut Hill main number:** 215-866-9150

[contact@weaversway.coop](mailto:contact@weaversway.coop)

#### Mt. Airy

**8 a.m.-8 p.m.**  
559 Carpenter Lane

#### Chestnut Hill

**Monday-Saturday  
7 a.m.-8 p.m.  
Sunday, 9 a.m.-8 p.m.**  
8424 Germantown Ave.

#### Across the Way

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

#### Next Door

**9 a.m.-8 p.m.**  
8426 Germantown Ave.  
215-866-9150, ext. 221/222

### HOW TO REACH US

#### Interim General Manager

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#### Controller

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#### Next Door Manager

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#### Mt. Airy Wellness Manager

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(CH) Mike Herbst, ext. 211  
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#### Floral Buyer

Ginger Arthur, ext. 317  
[floral@weaversway.coop](mailto:floral@weaversway.coop)

### Weavers Way Welcome Meetings

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

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

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

RSVP: [outreach@weaversway.coop](mailto:outreach@weaversway.coop) or  
**215-843-2350, ext. 118.**

**NEXT MEETING: Wednesday, June 10**  
Mt. Airy

**weavers way** coop



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us!





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