

the Shuttle

Manager's Corner

Expanded Co-ops

by Glenn Bergman

Over the three years that I have been working at WW, I have noticed that when I travel, I like to visit other co-ops. On our family vacation in the Berkshires, I stop in at the Berkshire Co-op in Great Barrington, or the Williamstown Co-op. I know that many other WW members also do similar visits. I hear some wonderful reports from members and great ideas.

On a recent trip to Bloomington, Indiana, depositing my firstborn at Indiana University, you would think that all I would be thinking about would be how much we would miss her around the house. But then I realized she would probably be wanting us to leave as soon as we had her last box in her room. What to do then?

I thought this would be a great opportunity to do some field work on co-op expansion. It is here, in this small Midwestern town (small when the university is not in session), that Bloomingfoods Co-op recently expanded to their third store within a three-mile radius of the first store. The history of this co-op is similar to ours. Starting in a small location near the Uni-

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A Range of Views at Expansion Meeting



PHOTO BY JOSH GIBLIN

MEMBERS GATHERED TO DISCUSS ALL ASPECTS OF WEAVERS WAY'S PLANS FOR EXPANSION IN THE NEAR AND NOT SO NEAR FUTURE.

by Jay Winston

"In talking about expansion, there are, absolutely, risks," says Weavers Way Board President Stu Katz. At the same time, "there are also risks in not doing anything." These risks — as well as potential benefits — of expansion were on the agenda at the lively and occasionally contentious Weaver's Way Open Meeting on Expansion on July 23rd in the Sanctuary of Summit Presbyterian Church. In particular, the assembled members discussed problems with the current Corner Store on Carpenter Lane and proposals to open a new store, or possibly two new stores, in

Chestnut Hill, Germantown, and/or East Falls in the near future.

The meeting began with opening remarks from Stu, emphasizing that while various plans are being developed for expansion, no decision has been made yet and that ultimately the meeting's goal was to initiate a conversation. Before opening the floor to comments, General Manager Glenn Bergman outlined the longer-term values and goals of the Co-op, its current financial situation, history of expansion, the limitations and advantages of the Carpenter Lane location, current considera-

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Shuttle Editor Shamelessly Promotes Newest Book

New forensics novel from the author of *Body Trace* will try to unseat the latest *Harry Potter*

by Chris Kaiser

The last time I tried to interview D.H. Dublin, before the release of his first novel *Body Trace*, I didn't even have a chance. He was holed up in the basement of Weavers Way suffering from first-book anxiety, refusing to see anyone. Esteemed *Shuttle* editor, Jon McGoran, with his nebulous connection to Dublin, graciously offered to sit in Dublin's stead for that interview.

Well, Dublin's anxiety had somewhat abated, as the world has accepted his status as a bright new voice in the arena of crime fiction ("Dublin's detailed approach and lively characters make an immersive read" — *Publisher's Weekly*). So, in anticipation of the September 4 release of *Blood Poison*, Dublin's second volume in the three-book C.S.U. Investigation series from Penguin, I had no trouble setting up an interview with the elusive author well in advance. Then it happened. And "its" name is Harry Potter.

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Farm Dedication Ceremony Honors Norma Brooks



PHOTO BY SOL LEVY

DOZENS GATHERED TO THANK NORMA BROOKS FOR HER HARD WORK AND VISION IN BRINGING THE CO-OP FARM INTO EXISTENCE.

by Aron Goldschneider

On a bright, clear Saturday morning in mid-July, well-wishers came together at the Awbury Arboretum to pay tribute to Norma Brooks and mark the dedication of an attractive new sign and recycled plastic bench that are now in place at the Weavers Way Mort Brooks Memorial Farm. The outpouring of love, respect, and admiration for Norma, wife of the late Mort

Brooks (Weavers Way co-founder, president, and treasurer), was impressive, especially to those of us in attendance who had not met Norma before or known the full extent of Norma's tireless efforts in creating the farm. The event also gave first-time visitors a chance to learn about the farm and its operation, meet Weavers Way farmer David Zeloff and other key per-

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Down on the Farm Summer is Winding Down



PHOTO BY SOL LEVY

IN THE SECOND HALF OF SUMMER, THE FARM IS VERDANT, LUSH, AND PRODUCTIVE.

by David Zelov

Hard to believe we are approaching the end of the summer. As of early August, the weather has been cooperating for the most part, keeping the temperature fairly reasonable and leaving us with a fairly regular soaking via thunderstorms. Though just as we are trying to get our fall crops started (I know, it seems like we just got the summer ones in the ground) we are hit with multiple days above 90 degrees and no rain in sight. That means irrigation, which comes from city water that

we pay for, albeit at a lower, community garden rate. So David Siller and I run around trying to keep the ground wet where we just sowed seeds of brussel sprouts, broccoli, more kohlrabi (yes!), beets, turnips, radishes, Swiss chard, kale, collards, lettuces and dill. The fields look different each week as the summer crops start to come out and we turn over the beds, add more compost and put in new crops. Can't let any space go unused for long.

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And of course... scads more

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



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Save the Date
Saturday, Oct. 20
General Membership Meeting
Meet, Greet, & Eat
"Past Meets Future"
details to follow

Editor’s Note

by Jonathan McGoran

The big story in this issue of the *Shuttle*, as it has been for the last 15 years, is the debate over expansion. As members gathered on July 23 to discuss the pros and cons, there were many reasons cited for expansion, including some you might not have thought of. In addition to claustrophobia and parking issues is the inefficiency of our current operation, like how we currently handle products three times to get them onto the shelves (and that’s when the cooperators put them in the right place on the first try). Also mentioned were the risks of not expanding; we might have to cap the size of the membership (not a problem unless you’re over six foot or 200 pounds). And at this rate, it’s only a matter of time before some Co-op employee goes postal. (There’s a pool on who it’ll be, if you want in).

While some talked about the risk of losing what makes us special, others talked about the benefits of bringing it to others, or “exporting cooperation.” We’ll be greeted as liberators, they argued, and besides, the expansion will pay for itself.

In other news, the USDA wants to gas your nuts. Your almonds, to be specific. The USDA is on the verge of mandating that “raw almonds” must be “pasteurized” using either heat or ...chemical fumigants. Raw foods advocates among others, are outraged, and I sympathize. (Although personally I find the raw foods diet almost as disgusting as the whole foods diet. Maybe you have to be a vegetarian.)

Local artists are encouraged to sign up on Allens Lane Art Center’s new database of local artists. Not only do you become part of an essential local artists resource, but you’ll be helping keep our country safe from the terrorists.

Finally, I must issue an apology for the shameless self promotion in the frontpage “interview” about my new book, *Blood Poison* (Sept. 4, 2007, Penguin Books). I feel terrible about this abuse of my position, and I pledge an investigation into this blatant promotion of both *Blood Poison* and last year’s critically acclaimed *Body Trace* (both written under the pseudonym D. H. Dublin). This will not be swept under the rug, either; I will publish results of the investigations into *Blood Poison* and *Body Trace*, and not buried somewhere, but right there on the front page. And I’ll keep it on the front page until we get to the bottom of it, however long it takes.

Or until I sell out of books.

The *Shuttle* is published by Weavers Way Co-op and is mailed to all members. **Deadlines for each issue are the first of the preceding month.**
Statement of Policy

Articles should be under 500 words and can be submitted neatly typed, on disk, or e-mailed to jonmco@weaversway.coop. Be sure to include your name, phone number, and membership number. Drop them off by the deadline to the *Shuttle* mailbox on the second floor of the Co-op. The purpose of the *Shuttle* is to provide members with information as well as education about co-ops, health food practices, and other matters of interest to the members as consumers and citizens of the community.

Articles express only the views of the writers and not those of the Co-op or the board of directors, unless identified as such. Articles, letters, comments, criticisms, and suggestions are welcome and should be directed to the editor. Space limitations require that the editor has the right to edit all articles.

Ad rates are available upon request, in the advertising mailbox on the second floor, or at www.weaversway.coop. All ads must be camera-ready and submitted with payment. Products or services advertised in this paper should not in any way be construed to be endorsed by Weavers Way Co-op.



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Honoring Norma Brooks

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sons involved, and observe firsthand the beauty of the farm and its surroundings.

The Weavers Way Farm was founded in the year 2000, when Norma Brooks considered it high time that contributions made to the Mort Brooks Memorial Fund, which were “just sitting in the bank,” be put to use. Her idea was to start a Weavers Way Farm on a plot rented from Awbury Arboretum, land that had once been farmed by the Arboretum’s members but now lay fallow. The land now under cultivation is approximately ¾ of an acre in size, consisting of two plots—a ½-acre plot close to the Farm’s entrance, and an additional ¼-acre plot a short remove away on higher ground.

Many of the tributes to Norma focused on her perseverance in overcoming obstacles that might have daunted lesser individuals before the project got off the ground, and her leadership in energizing the many volunteers that have made the farm a success. “Norma’s leadership got us to this point,” says farm committee member and volunteer Mark Klempner. “Everything was a struggle — water, funds, and so much else.”

Farm committee members Liza Hawley and Raisa Williams both told of the travails of “harvesting rocks” in the early days of the farm, but also about how refreshing it was to be on a committee that didn’t squabble unnecessarily and whose work was not waylaid by troublesome egos. Howard Field spoke humorously about his long history of gardening with Norma, and how on this and other projects he had said to her “this is nothing but a weed patch,” only to have her calmly re-

Shameless Self-Promotion

(continued from page 1)

The release of the final Harry Potter book in July shattered Dublin’s confidence as it overtook *Body Trace*’s top spot as the all-time bestselling book at Big Blue Marble Bookstore. Once again, Dublin is hibernating in the bowels of the Co-op, unwilling to come forth even to promote *Blood Poison*. And once again, McGoran, apparently with nothing better to do, has stepped into the troubled shoes of his doppelgänger, answering questions for deadline-focused journalists, while ensuring that the brilliant Dublin takes his daily medication.

Chris Kaiser: First of all, how is Dublin coping?

Jon McGoran: He’s upset about the whole Harry Potter thing, but it’s science versus magic and in this instance magic won. I tried to tell him that soon the scales would once again tip in his favor as adults—who were rudely shoved aside by the hordes of costumed prepubescent Potter fans—regain their courage to populate the sidewalk outside Blue Marble and buy *Body Trace*. Only this time, they can buy *Blood Poison* as well.

CK: You have a lot of confidence in the human condition.

JM: I do. I really do. Psychic scars from hormone-challenged preteens can be devastating. But in our progressive community, those potentially deep-seated affronts don’t take serious hold within the free-range, pesticide-free cortexes of your average Mt. Airy citizen. I can’t speak for those who eat Scrapple, though.

CK: I love Scrapple.
JM: Case closed.

CK: OK, never mind. Can you tell us

spond, “this goes here, and that goes over there!” He said that the results showed that “Norma was right and I was wrong.”

Norma’s son Dana, who attended the event along with Norma’s other two sons, Josh and Bart, came down from Boston, bringing with him a \$450 contribution to the farm from Massachusetts friends who were sorry that they were unable to attend. As Norma listened from her seat on the handsome new bench at one end of the oval of speakers, Dana related conversations he’d had with Norma about just how serious and dedicated the Farm Committee members and volunteers were, and how they had stuck together, despite any heated disagreements over what to plant or other matters.

David Zelloff had much good news about the progress of the farm and plans for its future. He reported that the farm had earned \$8,500 wholesale to-date for the year, more than the five years before, and said that the goal of the Farm was an ultimate yearly gross of \$60–70,000 an acre, if possible. Most of the produce, David said, was being marketed to the Weavers Way Co-op, though some was also being sold across from the Co-op at the Thursday farmer’s market, by the Reading Terminal Fair Food Farmstand, and by the Mariposa Co-op in West Philadelphia. He reported that restaurants such as Cafette, Black Fish, and the White Dog Cafe had expressed interest in the farm’s products. David spoke of how he was energized by Norma’s vision of local farming and community and how enthusiastic he was about continuing to pursue

about *Blood Poison*?

JM: Sure. From what Dublin has told me and my own quick reading, Derek Grant, an environmentalist and vegetarian, dies from an apparent heart attack. But the more that rookie forensics detective Madison Cross (remember her from *Body Trace*?) investigates, the less Grant’s “natural” death makes any sense. So, as Madison entangles herself in the web of Grant’s perverse family, she realizes, to her horror, that the killer is honing in on her.

CK: Wow! Tell me more.

JM: You’ll have to buy the book—or see the movie when it comes out.

CK: Is there talk of a movie?
JM: No.

CK: Who would play you and me?
JM: We’re not characters in the book.

CK: Can you ask Dublin to put me in his next book?

JM: I’m sure the next book, which is the last in the scheduled three-book Philadelphia Crime Scene Unit series, is pretty much completed.

CK: There’s gotta be a reporter in there somewhere. Reporters are always



NORMA BROOKS

the farm’s twin goals of being a commercially viable local food enterprise and an educational center for the region’s children, with this latter goal fast becoming a reality through partnerships with schools and applications for grants.

What shone through by the close of the event was how Norma had enriched so many people’s lives not only through the farm project, but also through her presence in the community. Meenal Raval, who runs the farm’s table at the Thursday farmer’s market, said that before she came to Philadelphia, she had heard great things about Mt. Airy and the Co-op, and, in keeping with the positive things she’d heard, Norma had done so much for her—“much more than farming.” The most emotional moment of the day came when Fishtown resident Katherine Madden vowed to try to start a co-op in Fishtown, which already has a farm, as a way of showing how deeply Norma has touched her life. Madden, who lost her mother last summer, seemed to express the feelings of many attending when she said, “Now, Norma is my mom.”



D. H. DUBLIN, WHO BEARS AN UNCANNY AND UNFORTUNATE RESEMBLANCE TO SHUTTLE EDITOR JON MCGORAN.

hanging out at crime scenes. Just tell Dublin to name a reporter Digger, which is a name I sometimes use on the Internet.

JM: Chris, have you ever covered anything more important than zoning meetings?

CK: When your cooperator hours are due you can interview somebody. You do have to do cooperator hours, right?

JM: Sorry for the interruption. Can we get back to Dublin’s latest novel?

CK: Sure. In *Body Trace*, protagonist Madison Cross was brand new to the

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September Grocery News

by Chris Switky

Howdy, shoppers. Lots of changes in the grocery aisles lately; here are those few that are mentionable in a family publication:

Due to many shoppers’ requests, we’ve added Gaga’s Sherbetter to our freezer line, in four flavors: chocolate, lemon, orange, and raspberry. The oddly named “sherbetter” is a hybrid, one might say, between sorbet and ice cream, and co-op staff raved about it after a recent tasting at a food show. Also in the freezer, Ian’s wheat-free gluten-free fish sticks. This item replaces the Omega salmon burgers, which seem to have “slipped off the screen” and are no longer available from any distributors.

Big changes in the jam and jellies section; we’ve replace Cascadian jams with Crofter’s organic spreads and conserves, in eight flavors: black currant, blood orange, mango, four fruit, apple, grape, pomegranate, and “superfruit” (consists of acai berries, morello cherries, pomegranate, and grape). Crofter’s is much cheaper per ounce than Cascadian, and we’re supporting a small independent jam company (Cascadian is owned by supermarket giant General Mills.) Also new, on the cereal shelves: Barbara’s Grain-shop cereal, brought in due to repeated shopper requests.



In the dairy case, look for the half-gallon size of Organic Valley lactose-free milk, which replaces the Lactaid “70% lactose-free milk” in the same size. Of all the products and situations that I inherited as the new grocery manager three years ago, few stand out as much as the “70% lactose-free milk.” If you are lactose intolerant, how can you drink something that is only 70% lactose-free? If you have no problem with lactose, wouldn’t you just drink regular milk? Yet this item sold, week after week. As intriguing as this mystery has been, we will let it fade into the WW history books.

Before I go, let me mention that September is National Emu Egg month at Weavers Way, and these little beauties are ON SALE for \$4.89 each (reg. \$5.71). If you’ve never tried them, now’s the perfect time to start. See Glenn Bergman’s excellent culinary advice on cooking with emu eggs in last month’s *Shuttle*, and see the produce aisle for the emu egg bin, located next to the cantaloupes and honeydews in the “roundish foods” section. As always, thanks for reading, and my pledge to all Co-op members is to continue to run into you...in the grocery aisles.



What’s Up Upstairs

by Martha Fuller

Squiggle Enamel Saver Toothpaste

This effective and gentle toothpaste is a long-time Co-op shopper favorite product. This toothpaste does not contain SLS (sodium lauryl sulfate), flavoring agents (like cinnamon or spearmint), bleaches or tartar control agents. The Squiggle company, which is based in Narberth, tells us that the 37% Xylitol helps to prevent plaque and cavities. We are asked about products that can be helpful for those who struggle with issues of “dry mouth” and the need for oral care products that sooth and help to protect. This toothpaste is recommended for these folks.

New Wave Enviro Products

Shoppers sometimes wonder why a company’s products have been chosen for our shoppers. It’s a question I value because, as a long time Co-op member, it’s one I asked. As a purchaser, it is one I ask myself when I consider adding a new product to our shelves. (As we all know, our Co-op is “space challenged” and, as such, every available nook and cranny that can be used for our products is used!) We carry many products from New Wave. You can purchase their water filters, replacement filters, shower filter and the replacement filters, polycarb bottles and stainless water bottles from this Colorado-based company.

One question we hear is this: why do



we carry polycarbonate water bottles? Some of you know that answer and for those who do not, here’s the scoop and I’ll give it to you in five parts.

1) Polycarbonate is the hardest and most durable plastic with a recycle code of 7. (Look for the triangle with the digit 7 inside to determine that it is polycarbonate.) For many people, polycarb bottles are second to glass.

2) It is a glass-like, nonporous material and there is no leaching of plastic taste.

3) The bottles can be used over and over again, thus easing landfill overflow!

4) The bottles are durable and will not distort or rupture under normal conditions for carrying or storing water.

5) The bottles are easy to clean with diluted vinegar, baking soda and water. Please see the next paragraph for more on this.

These bottles can be washed by hand using tap water and dishwashing soap. Some may like to disinfect them using vinegar, which is considered to be a natural disinfectant. To clean your bottles, use 1/2 teaspoon vinegar per quart of water. The bottles can withstand temperatures up to 250 degrees, so hot tap water shouldn’t be a problem. (Please note that if the temperature in your dishwasher goes that high or higher, you should NOT to wash your polycarb bottles in the dishwasher.)

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Produce News

Back to School with Produce: Lunches and Snacks

by Jean MacKenzie, Produce Manager

It’s that time of year again. Anyone who ever went to school, especially elementary school, in the United States gets a kind of thrill in late August — a new year! A fresh start! New clothes! The wonderful smell of new books, new crayons!

Recycled produce columns! I say the same thing every year about this time, so if you’re one of my faithful readers (either of you), you can skip this column and re-read Norman’s Suggestion column.

If we all ate the recommended eight to ten servings of fresh produce every day, we’d be a lot healthier. But how do you get yourself and your family to eat fresh? Here are the best ideas I’ve collected so far, mostly in an effort to find painless ways to get more fresh fruits and vegetables into my own family’s diet. If you have more ideas, please tell me, and I’ll make a hand-out to share with members.

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

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

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

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

Crisp it. What is it about salty-crunchy that is so satisfying? Instead of chips, try roasting green beans, asparagus, broccoli,



cauliflower, beets, rutabaga, carrots, sweet potatoes, and of course potatoes with some olive oil, maybe a dash of vinegar, and whatever seasonings you like. Toss in a few nuts. Stand back.

Freeze it. My daughter immediately freezes all the grapes I buy, then snacks on them like candy. Berries work, too. Freeze berries individually on a cookie sheet so they won’t stick together.

Make smoothies. Freeze overripe bananas, bought when I’ve once again ordered too many bananas and had to discount them. Our family’s favorite smoothie: Apple juice, frozen banana for sweetness and iciness, some other fruit — usually a berry — for flavor and color, and some protein powder or calcium supplement, because my still-growing teens never get enough in their diets. If you use enough frozen banana, it’s more like sorbet than a smoothie.

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

Trick them. Actually, in my line of work, this is not a trick. I buy a few vari-

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Deli & Bakery News

Weavers Way will stock a variety of products for Rosh Hashanah and Yom Kippur. The following bakery items will be stocked, but you may preorder any items in advance using the preorder slips located next to the deli.

Rolings Bakery Round Challahs (Plain, Raisin, Whole Wheat) Bagels Apple cake	Acme Smoked Fish Sliced Nova Pastrami Nova Herring (in wine or cream) White fish Kipperd Salmon
Mindy’s/Greenberg Bakery Challah Babka Pound cake Rye bread Pumpernickel Pastries	Blue Hill Bay (all natural smoked fish products) Sliced Nova Baked Salmon Pepper baked Salmon Herring (in wine or cream)
Goldberg Bakery Bagels Rye Bread Honey cakes	Banner Smoked Fish White Fish salad Kipperd Salmon salad White Fish
Night Kitchen Bakery Challah (Round or Twisted) Honey cakes	Please place deli preorders by September 2 for Rosh Hashanah and by September 9 for Yom Kippur.
Please place bakery preorders by September 5 for Rosh Hashanah and September 14 for Yom Kippur.	Weavers Way Deli will also carry our usual plethora of olives and cheeses.

Pet Store Update

By Kirsten Bernal

Now that September has arrived, fall seems right around the corner. I thought this would be a perfect time to learn more about wild bird feeding. I meet many members who are very serious about feeding wild birds, and bird seed is a big seller in the pet store. Feeding wild birds can be an interesting and satisfying hobby and, as the colder weather begins to settle in and winter approaches, it is a great service to birds, as it becomes more difficult for them to find food. This year, I hope to offer several types of seed and suet, as well as feeders. The Cornell Libratory of Ornithology gives useful information concerning different types of seed, feeders, and the birds they will attract.

Overall, the best option seems to be the **black oil sunflower seed**. These attract the greatest variety of birds and are a year-round favorite. They have a high meat-to-shell ratio and a high fat content. They are small and thin-shelled enough to make it easy for small birds to handle and crack and are as pleasing to tree-dwelling birds as they are to ground feeders. We stock black oil sunflower seeds in 25-pound and 50-pound bags, both of which are a good value. For those who are concerned about the mess that the shells can leave, there is the option of **sunflower chips**.

Dried whole corn kernels are a favorite of jays, pigeons, doves, turkey, pheasants, and quail. Cracked corn is better for attracting smaller birds like blackbirds, finches, and sparrows.

Millet comes in two varieties, red and white. Most birds prefer white proso millet. The red millet tends to attract undesirable non native birds like the European starling and the house sparrow.

Safflower is popular with cardinals. It is more expensive than sunflower seed and will also attract grosbeaks and doves. It's use is suggested to discourage undesirable birds, as it tends not to appeal to starlings, house sparrows, and squirrels.

Nyjer, also called **thistle**, is a tiny seed that draws song birds and small finches



such as goldfinches, siskins, and redpolls. This seed is more expensive than the others, so it is best offered in special thistle feeders, which feature small openings that discourage larger birds and prevent spillage.

Peanuts are effective in attracting titmice, chickadees, nuthatches, woodpeckers, cardinals, jays, many sparrows, and Carolina wrens. These can be offered shelled or whole.

Milo is a round, reddish seed that is commonly used as filler. Most birds will eat it only if there is nothing else. It can also attract undesirable aggressive birds like cowbirds, starlings, and grackles.

Commercial seed blends are very popular not only for the convenience but also for the reasonable cost. Often though, these can be wasteful. They can be laden with fillers that are less appealing to most wild birds, resulting in a leftover mess. Seed blends are best sprinkled on the ground or a platform feeder as they are often higher in millet, which is preferred by ground feeders.

Suet is a good choice especially as the weather turns colder. It is a high energy treat made from the rendered fat that surrounds beef kidneys. There are a good variety of flavors which can also attract a more specific species of bird depending on which you choose.

Many wild birds are also fond of fresh fruit and fruit seeds. These can be a good treat while the weather remains mild. Some suggestions are raisins or currants softened in water, or diced apples, melons, or grapes. Orange halves are very desirable to orioles in particular. Birds that do not eat seeds as a major part of their diet, such

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Meadow Run Farms

Naturally Raised Meat from Lancaster Co.

by Dale Kinley

Uncommonly Good Meat from Lancaster County – that is the slogan of Meadow Run Farms located in Lititz, PA. Their humanely raised, grass-fed beef, lamb and heritage-bred pork are the focus of this third generation farm. Farmers Philip and Dorcas Herst Landis believe in raising their animals with plenty of green grass, fresh air and whole grains.

The animals are never fed any antibiotics or injected with hormones. Grass-fed meats have three to five times more conjugated linoleic acid, which can help protect you from heart disease and cancer. In addition to being lower in calories and total fat, pasture-raised foods have higher levels of vitamins, especially A and E and two to four times more omega-3 fatty acids than



conventional meat. Look for Meadow Run Farms' ground beef, steaks, stew beef, lamb and pork products in the fresh food case. They are the package with the rooster on the label.

Produce Report

continued (from page)

eties of something — apples, citrus, different vegetables — put them on plates with numbers, and ask my kids to test and compare. Which is sweetest? Juiciest? Yummiest alone? Yummiest with dip? This works especially well when your kids have friends over.

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

Coming Attractions

As the weather cools off, look for a few weeks of wonderful **organic spinach** from Paradise Organics, baby spinach in bags,

and bunches of mature spinach. I know we're all anticipating the triumphant return of **watermelon radish**, quite a bit of it from our own Weavers Way Farm. **Local apples** will return in September and October, and this year we hope to carry IPM (integrated Pest Management), low-spray local apples from Kauffman's, a sustainably run orchard in Lancaster County. Local **organic hard squash**—including my favorite, **delicata squash**—will start coming in, some from our farm. We'll get **kiwiberries** again—little bitty fuzzless kiwis you eat like grapes—but watch for them, their season is short. Kiwiberries are a new fruit, very sweet, yummy and convenient.

That's it for September produce news. And remember: Quiz on Monday. Spelling counts.

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Coffee Klatch Grows into Fair-Trade Cooperative

by Chris Kaiser

What began as a few entrepreneurs hanging out, drinking coffee, and swapping stories has grown into a unique co-operative that is bound to ignite curiosity beyond its present Philadelphia environs.

Independents Coffee Cooperative (ICC) started informally in 2003 when the “four founding frothers” began to meet and share information and resources. Members have since participated in joint advertising, bulk purchasing, public speaking, educational events, and group trainings.

“Recognizing a common triple bottom line philosophy, we realized we could have a greater impact on people, profit, and the planet if we did it together,” said Jason Huber, current president of ICC and owner, along with wife Jocie Dye, of InFusion Coffee and Tea in Mt. Airy.

About two years into the informal meetings (including a Yahoo group), they applied and received grant money from Keystone Development Corporation. The grant money helped them formalize the group, hire a consultant to guide them in developing long-term goals and strategies, and pay for web development (www.independentscoffee.com).

Their mission is to increase the sale of fair-trade and organic coffee and educate consumers on fair-trade and sustainability issues, while making a positive impact in the communities, on the environment, and in the lives of the people who produce the products they sell.



independents
coffee cooperative

“When you patronize an Independents member shop, you join us as an agent of global change,” Jason said.

Inside InFusion, soft colors fill the interior and invite people to hang out. Loose teas are displayed in glass test tubes that sit in small chemistry racks. Customers drink their beverage of choice while fiddling with laptops, reading books, or conversing. Jason sports a small silver hoop earring in each ear. His sunglasses rest on top of his shortish, spiky black hair. A thin beard sits like a tromp l’oeil painting, daring onlookers to determine if it’s deliberate or accidental. He glides from one appointment to another. He fits into his 36 years well and one might surmise his sense of humor impacts his youthful appearance. While he readily laughs at himself, he is serious about advocating for sustainable business practices.

One particularly vexing decision was whether to use plastic or wooden stirrers. Plastic, of course, contributes to landfill pollution. Wood has to be chopped down. Wood stirrers are heavier than plastic, so it takes more energy to transport fewer of them. The later concern tipped the scales in favor of plastic. It is this type of global consciousness that members put into every decision.

In May, all ICC members committed to purchase clean, renewable energy equal to 100% of their energy use. The clean energy choice will be supplied by wind energy marketer and developer Community Energy. Members buy local.

Although Jason and Jocie hail from Philadelphia, they lived in Denver for more than a decade: he a grade school teacher, she an advocate of the homeless and runaways. Their hobby was hanging out in coffee bars. When they decided to get married, they sold everything and hung out in South East Asia to “explore the world of possibilities.” As in Denver, they were attracted to places and people that ritualized coffee and tea. You know Jason still hears in his head the “tink, tink, tink” of spoons lightly tapping against the interior of coffee cups when he retells the story of Vietnamese men incessantly stirring their heavily sweetened coffee in the early morning. And you know he still smells the aroma of Malaysian tea as he recounts their visit to tea plantations.

ICC members already had a relationship with Equal Exchange, a worker-owned company and the pioneers of fair-trade and organic coffee roasting, when the company decided to partner with the cooperative. Equal Exchange has since contributed a lot of support and encouragement and has connected ICC to the small farmer-owned Cooperativa San Fernando located high in the Andes mountains of Peru. If you want a cup of Independents Peruvian Select coffee, you gotta get it at an Independents member cafe.

In the fall, the Independents Coffee

ICC Members

Today, ICC has grown to nine member business with 13 locations around Philadelphia. They are (beginning with the founding four):

- InFusion, with a newer second location near the Italian Market (they offer bocce balls for the court across the street)
- GreenLine Café West Philly
- MugShots near Eastern State Penitentiary and a future store opening in Manayunk
- Joe Coffee Bar Center City
- Charterhouse Café & Gallery South Philly
- Red Hook Coffee and Tea Queen Village
- Kaffa Crossing West Philly
- Metropolitan Bakery & Cafe West Philly
- Good Karma Café, opening soon at 22nd and Pine.


Co-op is bringing the Peruvian farmers to Philly, so they can experience the global impact of their environmentally conscious coffee-growing. They will home stay, and multiple fundraising events will be held for the farmers to assist them in buying solar panels. Members hope to raise \$26,000.


While neighborhoods continue to populate with Starbucks (although Jason is quick to say that Starbucks is not the enemy), ICC members value their independence and strive to maintain whatever it is that gives them their own flair, individuality, and uniqueness. For Jason, it’s contributing his coffee grounds to the Weavers Way farm compost or buying locally grown organic produce. For all of them, it is buying a certain percentage of fair-trade coffee.

“We are what we believe,” Jason said. “The way of the future is responsible capitalism. We as small business owners have an input into the health and sustainability of the community.”

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Expansion Meeting
(continued from page 1)

tions for expansion of the Board and managers, and previously stated desires of the membership and staff.

Weavers Way, Glenn pointed out, has a history of expansion, beginning as a church-basement buying club in the early 1970s, then renting 555 Carpenter Lane in 1975 and gradually growing to its current collection of buildings at the corner of Carpenter and Greene. Following a rocky stretch a few years ago, the Co-op has rebounded financially, entering a period of strong growth in terms of membership and finances. The properties on Carpenter are now owned free and clear, with property values going steadily up; household membership has increased by 14.2 percent in the past three years, from 2,800 to 3,200; and sales are growing by 10 percent per year. As a result, Weavers Way has been able to offer a wider variety of products, while supporting a number of community initiatives and expanding donations to local organizations.

Alongside this positive growth, however, has been a corresponding increase in demands on staff and the Co-op's limited space. Weavers Way's popularity has caused, or exacerbated, a number of problems for the Co-op and surrounding neighborhood. In particular, parking is extremely limited and the store has become increasingly cramped, making it difficult and stressful to navigate, particularly for staff. During busy times of the week, there are sometimes gridlock conditions on the sales floor. Glenn pointed out that the optimal figure for sales per square foot

for comparable cooperatives is \$1,200, while the figure for Weavers Way is now nearly double that at \$2,200. Not surprisingly, in such a dense space, shelf-space limitations mean less product choice and cause numerous logistical difficulties for staff. It is also important to note that all of this is taking place in an increasingly corporatized environment. Wal Mart, Stu noted, is projected to be the largest seller of organic produce in the United States in the near future, thus forcing cooperative enterprises like Weavers Way to consider what changes will be needed to survive in a far more competitive atmosphere.

At the same time, the current site at Carpenter and Greene is loved by many and holds a central place in the West Mt. Airy neighborhood. In addition to being important to the community in itself, it now anchors a number of other businesses in its immediate vicinity, including the High Point Cafe, Big Blue Marble Bookstore, and the Wellness Center. For these and other reasons, replacing the corner store is not currently on the table. Instead, following a recently completed market study, the board and managers are considering lessening the demand on the current store by adding a second and possibly third site. Possible locations might be in Germantown, Chestnut Hill, or East Falls. This expansion, ideally, should lessen the demand on the currently overcrowded space as well as possibly allowing different stores to handle different tasks for the benefit of all, such as creation of prepared foods.

Responses from those assembled were, not surprisingly, mixed. A number of

members expressed what member Larry Schofer termed (in reference to his own comments) "the curmudgeon's view," asserting that Weavers Way could lose its uniqueness and sense of community with this kind of expansion, becoming too much like co-ops in other places that, though they are "real nice stores," are also the kinds of businesses that "people can take or leave." Weavers Way, on the other hand, was repeatedly described as a particular expression of the Mt. Airy community, with members who see one another every day while "walking the dog." Expanding into other areas, then, would, at best, help to form a number of communities separate from one another, while perhaps undermining this one.

Supporting these views, members suggested that an increasingly competitive climate is precisely why Weavers Way should be cautious about "spreading too thin," and "moving too fast" in opening new stores. The failure of a new store, perhaps due to the encroachment of a Trader Joe's or other chain store, could end up endangering Weavers Way itself. Past President David Baskin, noting that he was in fact president during the Co-op's last expansion, argued that Weavers Way is "not an exportable brand" like Kentucky Fried Chicken. Maybe, he and others suggested, Weavers Way could simply help people in nearby communities to start their own co-ops instead of trying to extend our own into their neighborhoods.

Others voiced strong support for the proposal. One member emphasized "social entrepreneurialism" with the possibility of making an impact in the larger Northwest area by balancing a new store in an affluent neighborhood with another in a less affluent one, as well as opening the issue of expanding the number of shoppers at the Co-op by getting the word out that nonmembers are welcome. Gina

Snyder, a member of the East Falls Development Corp., expressed great enthusiasm for Weavers Way opening a store in her neighborhood and said there was already a great demand.

Questions were also raised as to whether Weavers Way truly has a choice about whether or not to expand, or, to the contrary, whether there is any point in expanding. *Shuttle* editor Jon McGoran argued that, given current conditions, if the Co-op does not expand it will at some point need to limit membership as well as limiting shopping to members. As it is, he said, we are possibly losing business due to the lack of parking spaces and difficulty in shopping, as well as losing employees, given difficult work conditions. Staff member Josh Giblin concurred, pointing out that Weavers Way is "not the easiest place to work," with the problems of negotiating narrow spaces and the necessity of sometimes working in the rain for lack of a loading dock as well as a lack of space for staff members to keep belongings while working. On top of that, as Glenn pointed out at the beginning of the meeting, the entire building needs extensive renovations, which may require a brief closure to be completed. Member Dave Tukey, on the other hand, remarked that aside from risks, given the current growth of Weavers Way, "we can outpace any expansion in two years," and, therefore, there is little to be gained in expanding to other sites. Instead, he says, the most important question we should be asking is, "How do we want our village to evolve?"

Clear disagreements were expressed concerning the importance to the Co-op's mission of building community. Members, it was pointed out, are already coming from Chestnut Hill and East Falls, as well as from communities as far removed

(continued on page 7)

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Down on the Farm
(continued from page 1)

In between all the transitioning of crops, we are still at the height of harvesting, with all the summer crops still very productive. We have had a few gaps, sometimes welcome, in crops such as beans and cucumbers, and will likely see a gap in carrots shortly. Beans, cucumbers and squash, among others, don't grow all summer long and it's necessary to do multiple plantings in order to maintain a constant harvest all season. We are still getting the exact timing down so that as one planting slows down, the next one is there to take its place. In the case of the carrots, we got so caught up in the summer crop frenzy, the next seeding got pushed back a little too far.

Despite these few gaps, the farm has been more productive this year than expected, and we've found that we have needed to expand to other markets to move all the produce we are growing. The bulk of it will continue to go to the Co-op, but we have also been selling to the Fair Food Farmstand at Reading Terminal Market, Mariposa Co-op in West Philly, Cafette in Chestnut Hill, and two farmers markets — one just outside the Co-op on Thursdays, and Headhouse Square at Second and Lombard on Sundays. Three harvests per week supplies all of this and is certainly enough to keep us busy. Which is why it's extremely important for us to have enough help on the Tuesday, Thursday, and Saturday morning harvest shifts. We rely heavily on all you cooperators to get this stuff out of the fields and into the markets as quickly as possible. So please keep on signing up (and I will try to get sign-up sheets up sooner) and please, please, please, try hard to give 24 hours notice if you have to cancel so that we can get someone to replace your able hands.

Hope to see you out on the farm!

What's Up Upstairs
(continued from page 3)

washer.) If you would like to clean your bottles further, you can use baking soda in water. If your senses detect any residue from the vinegar, the baking soda/water mixture would help to dispel any odor or taste.

Desert Essence Organics

By popular demand, we have expanded our line of Dessert Essence Organics Hand and Body Lotions. This company, which was founded and is still owned by Country Life, was the first to introduce Australian tea tree oil to the United States and pioneered the use of tree tea oil in the U.S. The products we have added from this line are 100% vegan and do not contain parabens, sodium laurel/laureth sulfates, phthalates, artificial fragrances or colors, silicones, EDTA, glycols, or petroleum-based ingredients. We carry these Hand and Body Lotions: Spicy Citrus, Almond, Coconut, Bulgarian Lavender, and Vanilla Chai.

It's back-to-school time!

Let's all sharpen our number-two pencils and get to work.

We have Cool Totes' lunch bags, which are practical and fun, sturdy and attractive, good for children and grown-ups. The New Wave Enviro Lunch Box kit promises to be a big hit. Rhodia has put together a "kit" of some of their products that has excited the many Rhodia fans among us. We have academic year calendar books as well as 2008 calendars.

If you have a college student who needs some extra touches to make that dorm room or college apartment more livable and fun, think of the Co-op Housewares department. You'll find many reasonably priced items that just might make that new living situation easier and stylish.

Workshops for Owners of Older Homes

by Patrick Hauck

Are you planning to purchase and restore an older home? Are you in the midst of home renovation looking for great how-to information? The Preservation Alliance for Greater Philadelphia is pleased to announce two upcoming series of workshops in September for the owners and aspiring owners of older and historic homes. Attendees will have the opportunity to learn about the best practices for renovation of older and historic homes, as well as great hands-on demonstrations of maintenance and restoration techniques. These popular programs are free and open to the public, but seating is limited and reservations are required. The workshops are presented in collaboration with the Fairmount Park Historic Preservation Trust, Cliveden of the National Trust, the Chestnut Hill Historical Society, the Germantown Historical Society, Historic Germantown Preserved and the University City Historical Society.

Hands-On Workshops in West Fairmount Park	Lecture Workshops at Cliveden
Windows Tuesday, September 4 at 6:00 p.m.	Roofing on Historic Buildings Wednesday September 5 at 7:00 p.m.
Masonry and Pointing Tuesday, September 11 at 6:00 p.m.	Masonry and Pointing Wednesday, September 12 at 7:00 p.m.
Roofing Tuesday, September 18 at 6:00 p.m.	Window Sash Conservation Wednesday, September 19 at 7:00 p.m.
Flat Plaster Repair Tuesday, September 25 at 6:00 p.m.	Energy Efficiency in Historic Houses Wednesday, September 26 at 7:00 p.m.

Hands-On Workshops Location: The Sheep Barn, Fairmount Park Historic Preservation Trust, Inc., 2020 Chamounix Drive, West Fairmount Park (For directions contact the Preservation Alliance, or visit www.preservationaliance.com)

Lecture Workshops Location: Cliveden, 6401 Germantown Avenue (Workshops at carriage house: enter property through the gate at Cliveden and Morton Streets)

To reserve a space, or for more information, please contact Patrick Hauck, Director of Neighborhood Preservation Programs, at 215-546-1146 x4 or patrick@preservationalliance.com.

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Lancaster Farm Fresh Co-op Opens Its Doors to Its Philadelphia Customers

by Josh Giblin

As part of the Buy Fresh, Buy Local week, I recently joined the coordinator of Buy Fresh Buy Local, Fair Food, and a group of 50 buyers, chefs, market staff and co-op staff on a tour of three farms in Lancaster County that are part of the Lancaster Farm Fresh (LFF) Cooperative. The mission of Fair Food is to connect wholesale buyers with local farmers. It also coordinates farm tours throughout the summer. While most of these are open to the general public, this tour was industry-only and a rare opportunity to visit traditional Amish farms. LFF cooperative, as stated in their literature, is made up of 22 “Amish and Mennonite farmers who take great pride in building their soil to produce healthy plants, animals and people.” I was eager to get a good look at where some of our neighborhood’s local produce comes from and to get a greater understanding of the food’s journey to our plates.

Heading Out

The tour began at the LFF warehouse, a small, clean space that was empty save for some flattened produce boxes waiting for action. We learned how each of the farmers delivers a prediction of what they expect to harvest, twice a week, and wholesale orders are made based on those predictions. Crops are harvested and pre-packed for individual deliveries at the farm and delivered to the warehouse, where all of the individual orders are sorted, wrapped and sent out to Philadelphia. There is little to no storage of food, as most of it is picked to order. Aside from

the many businesses that order wholesale, LFF also has a 400-member Community Supported Agriculture (CSA) group to which it delivers. All of the produce coming from the cooperative is organic, except for tree fruit and some produce from farmers that are transitioning to organic. LFF delivers meat as well, including chicken, turkey, organic duck, beef and bison. All meat is delivered frozen except for the turkeys at Thanksgiving. One of the biggest challenges for LFF right now is how to provide a greater supply of choice cuts. Bison in particular is only available ground.

The first farm we visited was the CL Bison Farm, hosted by farmer Christ Fisher. Mr. Fisher has been farming bison exclusively for eight years now, and has about 60 head of animals. These bison get all they need from grazing the land they live on. This is a bold decision for a farmer, and one has to work that much harder at keeping the land healthy. Mr. Fisher grows a blend of mostly native grasses to ensure the animals’ continued good health and rotates the herd around his fields to give the land a chance to recover. The bulk of this herd came from a rancher in North Dakota, and it was surprising to learn that some of the bison had to be removed because genetically, they were not prepared for an all-natural grass diet. Mr. Fisher has a unique product, running the only bison farm in Lancaster County, and aside from one local restaurant, he sells all of his meat through LFF.

Bison meat is some of the leanest around, with a fat content hovering around two percent.

After a detour to buy some homemade root beer at a house nearby, we ended up at Farmdale Organics with Farmer Henry Stolfus. Mr. Stolfus was one of the farmers on the LFF board, and is a natural spokesperson for the co-op. He described for us how not too long ago, the LFF farmers were working so hard to grow a large variety of crops and to market and distribute their product, each an entity unto themselves. With the advent of the co-op however, they are able to take advantage of central marketing and distribution, which allows them to spend a lot more time in their fields. Also, all of the farmers get together and decide which farm will produce which crops for the season. This way, each farm can spend more time improving the quantity and quality of a few select crops. The farmers are also getting better prices for their hard work, and this in turn is attracting more and more farmers to participate in the co-op. All around, it seems that as a cooperative these farmers have benefited in so many ways, and their pride is evident. Only a year old, this co-op has been wildly successful; Mr. Stolfus “never dreamed of such a nice organization” and he predicted the doubling of production in the coming year.



PHOTO BY JOSH GIBLIN

HENRY STOLZFUS' FARMDALE ORGANICS FARM

As we gathered in his farm’s old tobacco drying shed, Mr. Stolfus told us about his shift to organic farming. Though clearly a shrewd business decision, organic farming is something he came to naturally, from thinking about what all the chemicals and processes involved in his farming practices were doing to his land, his animals and his own family’s health. He began “grazing” his dairy herd and soon found that his cows were producing milk that he felt was superior to his fellow farmers’ products. He originally approached Natural by Nature, the organic milk dairy, who felt he was still three years away from a product they could use. Mr. Stolfus continued in this direction and after three years was selling his milk certified organic. That milk is also used now in the production of PA Noble cheeses, available in our very own deli cheese case. In fact, it is the grass diet that gives the cheese its distinct yellow color. Removing chemicals from the farm meant that the

(continued on page 11)



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Pet Store Update

(continued from 4)

as robins, thrushes, wax-wings and blue-birds, can be interested in fruit treats. Another good option is pumpkin seed or squash and melon seeds. These can be spread out to dry and then ground in a food processor making it easier for smaller birds to enjoy.

In addition to stocking seed and feeders, we also have some additions to the dog and cat food inventory. First, I am happy to report that we have finally added Annamaet dog food to our shelves. This is a product we had been considering for a long time and it is exciting to finally stock it. Annamaet is a local company based in Sellersville, PA that has been producing good quality pet food for 20 years.

The president of the company shared that his wife grew up in Philadelphia. Her family belonged to Weavers Way and she remembers it fondly.

We currently are stocking the Encore formula, which is corn- and wheat-free and contains low-ash chicken and farm-raised catfish, a good choice for dogs with sensitivities or allergies. Annamaet Option also contains farm-raised catfish and venison. There are several other varieties that can be purchased by pre-order. Also new is a grain-free wellness line called Core, which is similar to Innova's Evo line. There is both a feline and canine formula. We have been unable to get Max Cat canned foods through our vendor for some time now. The company has explained that it is seeking a new canning plant. In the meantime we've taken the opportunity to begin stocking Eagle Pack Holistic Select canned cat food. It is great quality, very reasonably priced and my kitties gobble it up. I think it is a great alternative to Max Cat. In addition, we are stocking a few varieties of Eagle Pack dry cat food. You'll also find several new treats from Merrick, like the ever popular Porky Pumpers and some new varieties of the canned dog food, including a senior formula. As always I hope to continue supplying you and your pets with quality products.

Thanks for shopping at the pet store.

Shameless Self Promotion

(continued from page 2)

Philly forensics unit. In *Blood Poison*, she returns with a bit of experience under her latex gloves. Any specific writing challenges given Madison's veteran status?

JM: It's true that the events in *Blood Poison* take place a few months after the events in *Body Trace*. But Madison is still pretty new to the job, she still gets razzed by colleagues as the new kid in town, and there is still a cloud of nepotism hanging over her, but overall she's surer of herself, at least that's my reading of the character. I'm sure Dublin could be more specific in terms of the challenges of continuing this character's development. But in my own attempts at fiction, I've found that...

CK: Jon, Jon, Jon! Have those attempts been published yet?
JM: No, but my agent is very excited.

CK: Yeah, well, my dog gets excited every time he sees a squirrel, but that doesn't mean there will be extra protein in his dinner any time soon.
JM: Isn't there someone somewhere trying to circumvent zoning requirements that you should be on top of?

CK: OK, OK, let's get back to the book. What else can you tell me about Dublin's new book?
JM: It's more psychological in nature; the motives of the characters are not so clear-cut. And it revolves around the dynamics of a family who are all deeply scarred psychologically. I'm sure it was challenging and fun for Dublin to explore dysfunctional aspects of a family, but I'm not so sure it was in his best interest as a fragile human being.

CK: Do you know what writers Dublin looks to for inspiration?

JM: Definitely veteran crime fiction writer Elmore Leonard for his interesting dialog, characters, and amazing plot twists. And comic novelist Carl Hiaassen. There is a bit of dark humor in Dublin's works.

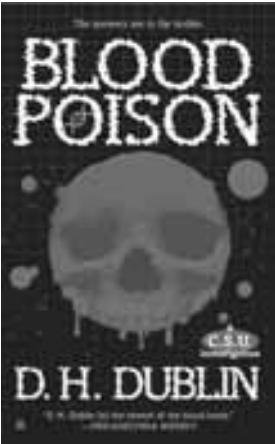
CK: So the third book—tentatively titled *Hard Frost*—comes out September 2008. Does Dublin have any advice for aspiring writers?

JM: I think he'd say to just write a lot and drink a lot of coffee—fair trade when ever possible, and I know he prefers Dark Roast Breakfast Blend and Midnight Sun. Now when I'm writing, I like to outline my plots...

CK: Jon, I'm already over 1000 words here. Tell you what. If I say something about your unpublished novels, will you ask Dublin to write me in as Digger McSwigger?

JM: Deal. Now, *Slapdash* and *Pig Latin* are totally different novels than Dublin's. They're funny and lighter, but with a bit of...

CK: Thanks, Jon. That's great.
JM: Um... no problem, McSwigger.



See **D.H. Dublin** (or maybe settle for Jon McGoran) at:

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Sat., Sept 8, 4 p.m. Doylestown Arts Festival
Doylestown Town Center, signing

Sun., Sept 16, 1-3 p.m. Mt. Airy Village Fair
Big Blue Marble, 551 Carpenter La., signing

Thurs., Sept 20, 7 p.m. Borders Chestnut Hill
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Farm Co-op

(continued from page 9)

land was healthier and able to produce better vegetables, paving the way for a greater variety of organic crops. Chemical free cows also meant a huge reduction of veterinary visits, from once every two weeks to twice a year!

Continuing across the street, our group walked past the pole beans and hives of bees used to pollinate the zucchini of Meadow Valley Organics, where we naturally gravitated to the shade of a broad oak tree. Just that morning, the space had been the site of the zucchini packing, and empty waxed boxes were spread out like so many hungry mouths. Our unassuming host, Amos Beiler, echoed much of what Mr. Stolfus had said about the shift to organic farming. It just seemed “right” and Mr. Beiler did not feel the need for much fanfare. He lets his vegetables speak for themselves.

Where Do We Fit In?

After this exciting tour, I was eager to speak with Jean MacKenzie, our produce manager, about how Weavers Way can support the Lancaster Farm Fresh. Our co-op has a history of supporting local producers, and it is also one of our core values to support other co-ops. LFF seems

like a natural fit. Weavers Way currently gets most of its organic produce from another Lancaster Co. farm, Paradise Organics. From four and a half acres, farmer Chris Petersheim produces a vast array of vegetables with spectacular quality. Weavers Way has been doing business with Paradise since we began offering organic produce some 17 years ago. When running a market such as ours, consistency is a key factor in establishing good relationships with vendors. If the farms can’t hit the numbers that we need and manage the particular packing needs of the Co-op, it can be difficult to make a switch. Also, quality of product is crucial to our customers, and until the produce from LFF is equal to or better than that of Paradise, it doesn’t make much sense to change. Weavers Way is also Paradise’s biggest customer, and a drop in our business will make a significant impact in their success. When LFF was getting started last year, the logistics were still being worked out. With a more efficient distribution network, and an ever-increasing quality of product, I’m sure there will be a place for LFF produce on our shelves at some point.

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BISON IN LANCASTER COUNTY

PHOTOS BY JOSH GIBLIN

we don’t normally buy are the beets, but we plan on using those for a beet-potato salad.

If you are a CSA participant, you certainly have to be prepared for unexpected food in your pantry and be willing to be a bit adventurous. This may feel intimidating, but even for our household of two, the food we received was not nearly enough for a full week of meals, so there was plenty of room for us to supplement our own family favorites. As far as value goes, if I had bought the same produce from the Co-op that day, I would have paid roughly the same price as the cost of that week’s share. Coupled with the fact that you cannot choose what you are going to get, you may not feel compelled to join this CSA program. However, there is an educational element that I think is overlooked sometimes when shopping at the grocery store. Getting to know what

grows in your region, and at what time of the year, might help you to make a more informed choice about where your food comes from, how far it has to travel to get to you, and how fresh it might be by the time it gets to you. I can see how being part of the CSA increases not only your knowledge of the local growing seasons, but also your sense of play and inventiveness where food is concerned. You may find yourself thinking twice about those greens driven in from California and learn to savor the wait for that bunch of chard from your own backyard.

There are numerous CSAs and food buying clubs in the Philadelphia region. Visit www.localfoodphilly.org for more information about food local to the Greater Philadelphia region and to sign up for a farm tour.

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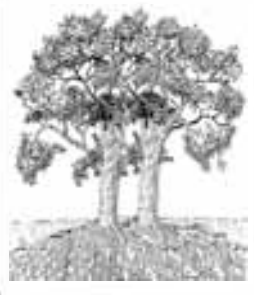
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Center City

Ned Wolf Park Now Has a Sign

by Ronda Throne-Murray

Ned Wolf Park now has a beautiful new wooden “parks” style sign made by legendary local wood craftsman, Jack Larimore. It was installed on July 14 by some of the diligent and highly valued volunteers at another workday. The identification of the property has been very meaningful to neighbors who thought it was an abandoned private property for years.

Some gathered on that warm morning in July for a few hours of toil in the soil. It turned out that it took seven hours for the group to complete planting five dozen more plants (donated by the American Rock Garden Society), spread a large dump truck load of mulch, and open a new garden bed.

“The trash can is coming, the trash can is coming,” I am told by the Department of Recreation’s Barbara McCabe. But it hasn’t gotten here yet. In the mean time, there are some substitutes that I am glad to report are being used by neighbors, with weekly trash pick-up provided by the City.

Upon arriving for our first workday back in March, we found drug envelopes in the park, and neighbors reported having to frequently clean up empty alcohol bottles left about. As of the most recent workday in mid July, we are happy to report no more evidence or complaints of alcohol or drug use at the park.

Response to local fundraising efforts in the two-block area surrounding the park has been great. Neighbors have do-

nated \$1,500, allowing us to repay start-up loans and start planning for future projects. To date, from all funding sources, the Ned Wolf Park Project has raised \$3,900. Costs to complete all of our lighting and wall repairs will total approximately \$15,000 and require a lot more volunteer efforts. Can you help us with talent, time or contributions?

You can find out more about the who, what, when, and why of the park and its rehabilitation at the Mt. Airy Village Fair, held September 16, between 12 and 4 p.m. at the corner of Carpenter Lane and Greene St. We will have a table to answer your questions about the Ned Wolf Park Project and raffle some items we hope you would like to win.

You might like to know that we have submitted a grant application to the Pennsylvania Horticultural Society to fund the costs of purchasing benches. We want to create places for you to visit the park and linger, and this is what Philadelphia Green felt could be accomplished with their funding. We will have word back on that application sometime in September 2007. The amount of money we could receive will not eliminate our need to continue to have financial help from the community in order to completely rehabilitate the park by the end of 2008.

The Ned Wolf Park Project has already made a difference in our neighborhood. Those of us who are working together to achieve the much-needed improvements have gotten to know each other the old-fashioned way; by digging in as a team and working together on our common goal.



PHOTO BY RONDA THRONE-MURRAY

MIKE MCCLEARY, STEVE DONEGAL AND BRUCE P. MURRAY, WHO ASSEMBLED AND INSTALLED THE SIGN AT NED WOLF PARK

The group of neighbors and individuals who showed up on our big workdays have varied widely from toddlers to grandparents, some of whom were Ned Wolf’s family members. Others were at-risk teens needing to perform community service.

Many dog-walkers and parents of young children are now seen in the park every day with their “babies” in arms, in strollers, or on leashes, lingering in what is becoming an attractive public space. They now route their walks through the park to enjoy the gardens, chat with each other, and give thanks to the volunteers working. People even call to us from their cars as they are stopped at the stop sign at the corner of McCallum and W. Ellet Sts., where the park is located. The comments we receive are generally about how nice

the park looks and that they appreciate the remediation of a neighborhood eyesore. We invite you to visit and see it for yourself and let us know what you think. We do ask that those who bring their four-footed family members remember to please pick up after them, as we have had a bit of trouble with that.

To join the dozens of neighbors who have made a tax-deductible donation, please send your check to WMAN (with “Ned Wolf Park” in the memo section), 6703 Germantown Ave., Ste.# 200, Phila, PA 19119. If you would like to join our group of caring volunteers and help in the park renovations, contact Ronda Throne-Murray at 215-848-4222 or at rondaz-mail@verizon.net. See you at the Fair.

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Local Artist Database

by Amy Masterman

Allens Lane Art Center in West Mt. Airy has started the process of creating a database that will capture information on local visual and performing artists. The project was initiated as a resource for planning the Center's own gallery exhibits, but it soon became clear that there was a larger need in the community for a central artist database. Though still in its beginning stages, Allens Lane is hoping to record information on artists living or working in Mt. Airy, Chestnut Hill, and Germantown to start. Then, if the project is manageable, they will branch out to other neighborhoods in the Northwest.

The idea is not new, though an earlier effort to compile this information did not have the advantage of being computerized. In the late 1990s, an organization called the Mt. Airy Arts Alliance created a Cultural Arts Directory that was published by the Chestnut Hill Local as a supplement. It included painters, printmakers, photographers, sculptors, calligraphers, and more; however, all artists listed were in the 19119 zip code.

The Center is applying for some small

foundation grants to help with the technology and human resources that will be required for capturing, managing and using the data effectively. It has not been decided how the information will be disseminated, whether only upon request or also published. The project is ongoing and artists will be added continually. Allens Lane Gallery is planning to create annual exhibits of artists who are included in the directory, with a new group being featured each year as more submissions are received.

Visual and performing artists are asked to visit Allens Lane's website to see guidelines for submitting their information. For now, the Center is requesting just basic information, and there is an option to not have that information made public if requested. Artists are welcome to send links to their websites, but for now digital photographs, other large files, and hard copy materials cannot be accepted.

For more information about the Artists Directory, the renovations or Allens Lane's other programs, visit the art center's website at www.allenslane.org.

Allens Lane Art Center Renovations Approaching Completion

by Amy Masterman

Allens Lane Art Center has been undergoing renovations since early May, and the work is expected to be completed in early September in time for a full fall season of theater, classes, and gallery exhibits. A state capital grant of \$1,250,000 supported by Senator LeAnna M. Washington initiated the project, and the Center has since raised additional funds to cover the many costs associated with such a big undertaking. The theater, art, and dance studios; gallery; and other spaces including the restrooms will be much more functional and attractive, and the exterior will have a more welcoming appearance. A former carriage house, the 100-year old building has presented many challenges to the architects and contractors who are dealing with building code and ADA issues in a tight space. The Center is still trying to raise the remaining funds for the project, which is estimated to be in the

\$200,000 range.

The final budget number is a moving target as more necessary things keep cropping up, so if you've never donated to Allens Lane, now's the time. This is our big chance to create an Art Center that everyone in the community can get excited about as their local art center, but we need some additional financial support to make sure the work gets finished.



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Historic RittenhouseTown Hosts Paper Mill Run

by Chris Owens
Historic RittenhouseTown Executive Director

On September 8 at Historic RittenhouseTown we will host our Eighteenth Annual Paper Mill Run, the name of which was chosen to honor the legacy of the Rittenhouse family as the builders of the first paper mill in British North America. Today the Mill Site and adjacent Homestead and Bake House remind us all of the importance of the papermaking industry to the development of early America and the essential role of the Rittenhouse family as suppliers of locally produced paper for letters, legal documents, maps and books. It is from a location close to the site of a second mill built along the Run in 1703 that our race begins and ends. Runners will follow a course along one of the many scenic trails that traverse beautiful Fairmount Park. This year we anticipate over 200 participants for the 10 a.m. start time. The Run is an important fundraiser for RittenhouseTown.

At the heart of the thriving early industrial community known as RittenhouseTown was the first paper mill in British North America, built on the banks of the Monoshone Creek by William Rittenhouse and his son, Nicholas, in 1690. Skilled papermakers, they had learned their craft from William's uncle, who operated a successful paper mill in Amsterdam. Emigrating from Holland in 1688, the Rittenhouse family settled in William Penn's newly formed colony and quickly developed strong social and economic ties

to the early community at Germantown. As members of the first permanent settlement of Mennonites in America, both William and Nicholas served as ministers of the Meetinghouse built on land given by William along Germantown Avenue. William, Nicholas, and other family members are interred in the burying ground adjacent to the Meetinghouse.

The Rittenhouse family depended on the flourishing community of weavers who lived and worked in Germantown transforming flax into fine linen cloth. When the cloth had outlived its usefulness, linen rags were transported to the Rittenhouse Mill and made into pulp. For the first few generations, the Rittenhouse family produced high quality paper from linen rags which found its way to printers in Germantown, Philadelphia, and New York City. As technology changed, the family expanded their water-driven milling operations and began to grind grain, produce textiles and carpets, and make blankets for the Union Soldiers. By the last decades of the 19th century, however, steam engines had replaced water as the principal source of energy and the Rittenhouse family gave or sold their land to Philadelphia's newly formed Fairmount Park. Nearly a century later, Hugh Hanson organized Friends of Historic RittenhouseTown to preserve and protect the remaining six Rittenhouse structures. Today Historic RittenhouseTown enjoys the support of over 500 members from throughout the United States and several other

countries. Both the Rittenhouse family and the Mennonite community consider RittenhouseTown to be an important part of their history.

Nestled in the quiet and peaceful valley of the Monoshone Creek in beautiful Fairmount Park, our National Historic Landmark District welcomes visitors of all ages throughout the year. Over 2000 school children from the greater Philadelphia area learn about local history as they make paper in our Barn Studio, tour our early industrial village, and participate in a colonial German cooking demonstration in our 18th century Bake House. We are open to the public for tours from June until September on weekends from 12 until 4. Visitors to Historic RittenhouseTown can still experience the sense of community and purpose that has characterized this unique spot since the 17th century. We also host a variety of themed weekend events including an Egg Hunt, Family Fun Day, Spirits of the Wissahickon, our Holi-



PHOTO COURTESY OF RITTENHOUSE TOWN

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day Weekend, and the upcoming Annual Paper Mill Run 5K Race. Our Summer Paper Arts Workshop Series brings together professional paper crafters and enthusiastic members of our community for a day of paper arts. Visit www.rittenhousetown.org for more information about RittenhouseTown. If you are a runner, or wish to support one, please join us. You can register to participate by calling us at 215-438-5711 or visiting www.active.com and searching "paper mill run." Runners may also register before 9:30 a.m. on the morning of the race. We hope to see you there!

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Celebrate Fall at the Morris Arboretum’s Fall Festival

by Susan Crane

Each fall, scores of families across the Delaware Valley look forward to an afternoon of fun and activity at the Morris Arboretum’s Fall Festival. Now in its ninth year, the Morris Arboretum will host this year’s annual Fall Festival on Sunday, October 7 from 11 a.m. – 3 p.m. For the second year in a row, Weavers Way Co-op will be joining the Fall Festival fun, with a selection of organic, locally-grown produce and other Co-op products. Visitors can delight in sampling the various apples varieties and choosing an assortment to take home.

The Arboretum’s glorious landscape provides the perfect backdrop for this lively event. Colorful trees burst forth with hues of orange and red as families gather to make a scarecrow or paint a pumpkin. Fall Festival is a highlight of the Arboretum’s fall calendar, last year drawing over 1700 visitors. What makes the event so unique is that almost all the activities are geared toward both children and adults, allowing families and friends to spend a wonderful afternoon together.

Among the favorite activities is the scarecrow making. For a small fee (\$10 for members, \$12 for nonmembers) the Arboretum supplies all the materials, including the scarecrow frames, hay, and a vast selection of clothing. This is serious business for many folks who are intent on having the “best-dressed” scarecrow around. Visitors are encouraged to come early for scarecrow-making, as many visitors head right to that area to ensure their pick of the best outfit.

Returning for a third year in a row will be Wendy Whitten “The Singing Scientist” and her friend, Flumpa the Frog. Flumpa is a character based on the red-eyed tree frog, and together he and Wendy make science fun in an interactive 30-minute performance that includes music, sing-alongs, and storytelling. Shows are scheduled for 12 p.m., 1 p.m., and 2 p.m..

Mike Dupuy, master falconer, will be on hand from 12 p.m. – 2 p.m. to show us his wonderful birds of prey and demonstrate the 4,000 year old art and sport of Falconry.

Kids also enjoy choosing and creating a pumpkin “master-piece.” Pumpkins can be purchased and painted in a variety of colors and decorated with glitter, yarn, pom-poms, and doilies.

Other activities include face painting, honey demonstrations and sales, and craft making by the Philadelphia Unit of the Herb Society of America and the Wild Bird Center.

No visit to the Arboretum at this time of year would be complete without a stop at the Garden Railway Display. This year’s theme, Great American Train Stations enchants visitors with its charming replicas of historic train stations like Gettysburg where Lincoln delivered his famous address. Be sure to see the display before it closes for the season on October 8.

Finally, visitors should take a few moments to look around and enjoy the spectacular fall color. In the Philadelphia area, there is truly no better place to see beautiful autumn trees than at the Morris Arboretum. The Arboretum is home to some of the area’s oldest and largest trees, as well as many trees known for their particularly superb color — including red and sugar maples, scarlet oaks, and black gums.



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Northwest Artists Exhibition at the Sedgwick on October's First Friday

by Deborah Curtiss

Sixteen artists from the Northwest Artists Collective will exhibit their work at the Sedgwick Cultural Center on Mt. Airy's October First Friday in preparation for Philadelphia Open Studio Tour (POST) 2007. Several years ago, POST artists located in Germantown, Mount Airy, and Chestnut Hill recognized the need to support the vibrant creativity of practicing artists in our communities

and formed the Northwest Artists Collective. The Collective, which meets monthly, includes painters, sculptors, printmakers, photographers, and fiber artists. The group has had several exhibits, with more in planning stages through 2008. In addition, they have produced "Brickyard Notebook," a compendium of images and biographies of the artists. It is available as a notebook and compact disc, with a catalog publication in the works.

Featured artists in the exhibition — most of whom are members of Weavers Way — include Elena Maria Andrete, Cynthia Back, Debs Bleicher, Anne Boyesen, Deborah Curtiss, Eleanor Day, Helene Halstuch, Elfie Harris, John F. Hollis, Dan Oliva, Wendy Osterweil, Kathy Romano, Barbara B. Rosin, Ilene Spiewak, Valarie Ena Swain, and Nicole Tomassi.

A public reception for the artists' exhibition will be held on Mt. Airy's First Friday, October 5, from 6 to 8 p.m. at the Sedgwick Cultural Center (7137 German-



PHOTO BY ELLI GODBLATT
AMONG THE ARTISTS IN THE COLLECTIVE ARE (L TO R): ELEANOR DAY, JOHN HOLLIS, CYNTHIA BACK, WENDY OSTERWEIL, ELFIE HARIS, ILENE SPIEWAK, DEBORAH CURTISS.

town Ave.). All are welcome to stop by to meet the artists, see their artwork, and learn more about POST 2007.

The Northwest Artists' studios will be open to the public during POST (www.philaopenstudios.com), Saturday and Sunday, October 27 and 28, noon to 6 p.m. During POST's eighth annual city-wide event, more than 230 professional visual artists in 20 neighborhoods will open their studios to the public to show and sell artwork. Invitations, catalogs, and maps to the studios will be available at the Sedgwick exhibit.

Artwork at the Sedgwick Cultural Center will be on view throughout the weekend from Friday, October 5 through Sunday, October 7. Hours are: Friday, 5 p.m. to 9 p.m., Saturday, 10 a.m. to 8 p.m., and Sunday, 10 a.m. to 9 p.m. For further information, please contact Deborah Curtiss (debcurtiss@verizon.net or 215 438-5759) or exhibition coordinator Wendy Osterweil (wendyosterweil@comcast.net or 215 849-8768).

Bobbi's Hummus:Your Favorite Hummus

by Barbara Sherf

Garlic is my friend. So when I saw the white 12-ounce tub "Your Favorite Hummus Recipe by Bobbi" with a caption "For Garlic Lovers Only" in the far left end of the bottom case where the homemade salads are, I had to try it. I had taken a long horseback ride out of nearby Monastery Stable and picked up a spoon on my way out of the store. I opened the container and was immediately soothed by the smooth garlic-lemon hummus melting in my mouth. I knew that indeed this was now "my favorite hummus."

I am a self-confessed foodie and the reigning "Meatloaf Mania Queen" in Chestnut Hill and have gone to great lengths attempting to make a garlic-charged hummus of my own. Truth to tell, my own hands could not make anything as good as Barbara "Bobbi" Katz and now her son, Robert. For \$5.65 a container, it is a bit pricey, but oh, soooooo worth it. So when it came time to put in some hours at the Co-op, this former journalist approached newsletter editor Jonathan McGoran about doing a story on the product. I will openly admit that I am openly biased toward this product. Actually, I'm more than biased. I'm addicted.

Robert Katz, 36, Bobbi's son, took over the business from his mother in May of 2006. At that time, the product was in 28 states in the United States. Since then, with the help of United National Foods Inc., it has expanded to 40 states. Katz hopes to be in 50 states within a year. Yet, with all of this expansion, they still make the product by hand. On an unannounced visit to their Fifth and Spring Garden manufacturing operation, three workers were huddled around a table, hand-peeling fresh garlic.

"From a business perspective, there is always the temptation to streamline operations and cut corners. But my mother would have my head on a stick if I did," admitted Katz, who looks more like a fitness model than a hummus producer.

"Our customers are loyal and they understand what goes into this product."

Katz recalls delivering the product to Weavers Way while studying finance at the Philadelphia College of Textiles and Science, now Philadelphia University. Katz is looking to move into a larger facility within the year and add to his loyal staff of seven employees. "We are developing a brand of Bobbi's Garlic Pita Chips, Tuscan white bean dip and salsa," he added, noting that the hummus now comes in seven varieties — but only the 'Garlic Lover's' version is available at Weavers Way.

Bobbi's has been in operation since 1993, and Weavers Way was one of the first specialty food stores to carry the product. There are no preservatives, and quite frankly, I cannot imagine anyone hanging onto the product for more than 50 days, which is the shelf life. The hummus is 100% vegan with 0 grams trans fat and no cholesterol. I would be remiss if I didn't note that 2 tablespoons has 65 calories and 45 of those calories from fat. The ingredients list is simple: chick peas, fresh hand-peeled garlic, soybean oil, hand squeezed lemon juice, salt, and pepper.

There is a guitar symbol and the words "For Sara" on the white tub. Robert says his mother knew a musician named Sara who had leukemia and the only thing she could eat toward the end was the hummus.

When I check out, I hope it is with an empty spoon and a mouthful of this creamy garlic pleasure in my mouth.



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Salad Daze

by Peter Samuel

You garden people know that spring and early summer is when the world of salad greens explodes and you can graze on a multicolored feast of leaves like mache, arrugula, mizuna, baby purple kale, cress, sorrel, chicory — not to mention a panoply of lettuces of all hues. And later in the summer it’s the time for fresh sliced tomatoes with a little basil and olive oil drizzled over them, or a big bowl of sliced cucumbers with vinegar and fresh picked dill. Wow, that is superb eating!

For those without backyards full of homegrown greens, you can drop by the Co-op and splurge on a variety of colors, shapes, and tastes. And of course, except for the greens from the Co-op farm, most of this is available year round, thanks to places like Yuma, Arizona (“winter lettuce capital of the world”), or Florida and California. Rarely is there a time when you cannot pick up romaine, iceberg, mesclun and spinach. And there are also organic versions of the same.

I have learned over the years to limit the unusual greens when salading with my kids. They will pick out the arrugula, sorrel, baby kale, and anything with a rich strong flavor. Not even Italian parsley makes it. “Dad, what’s this doing in here?” they screech if I forget.

It is strange, but I think that salad has been the one constant food for most of my life. When I was a kid, our family always ate it last, after the meal. Friends who would come for dinner thought we were a little weird. “It’s the European way,” I would assure them. And then my father would explain, “it helps pack down the food.” That satisfied most of our guests, and thankfully no one bothered to ask why our food needed to be packed down. Of course, I have passed this valuable mantra onto my children.

The Greeks believed that lettuce cooled the body and therefore munched salads after the meal to offset the wine drinking that continued onto the evening. In England and Europe today salad is served last as a palate-clearing prelude to dessert. In the U.S., our salads are general-

ly eaten first as a way to stimulate the appetite. In restaurants, it is easy to bring out the salad early to give the chef time to cook the entrée. Some say that the Romans knew that lettuce contained a very mild opium, and because of its subtle sedative qualities people would nod off just in time for bed, after eating their salad last.

The word *salad* comes from the Latin word for salt, *sal*— apparently the Romans liked to eat greens dipped in salt. *Salata* meant “having been salted.” The French turned that into *salade* and in English it became salad.

Clearly salads have been served for a long time; some describe pictures of lettuce in Egyptian carvings, and there is mention of salad by Pliny in 22 AD. The earliest English salad recipe comes from the 1390s, as a mixture of herbs, greens, onions, and leeks. “Pick them, pluck them small with thine hand and mingle them well with raw oil. Lay on vinegar and salt and serve it forth.” In 1699, the book *Acetaria: A Discourse of Sallets* was written by John Evelyn, a vegetarian. It was a revolutionary book of the time that encouraged the British to eat more salads and give up meat.

We all know that the word salad is not strictly reserved for a pile of cold raw green leaves. German potato salad is served warm, and the list of items that can comprise a salad is huge and often has nothing to do with lettuce or things that come from the garden. Consider salads such as ham, shrimp, egg, or pasta.

If you have not yet investigated the prepared foods cooler in the Co-op, I suggest that you take a look, and I guarantee that you will be impressed with the selection. On a recent day I found salads such as forbidden rice and snap pea; green bean, mozzarella, and tomato; vegan Thai cabbage and tofu; pasta with white beans, spinach and wild mushrooms; Mediterranean tuna salad; Mom’s tuna salad; Waldorf chicken salad; soba seaweed salad; Dale’s barley salad; fresh beet and red onion salad; deviled ham salad; spinach feta pasta salad; white bean, arugula,

There are five different groups of lettuce

- Butterhead — also known as Bibb or Boston
- Crisphead — mostly known as Iceberg
- Looseleaf — this includes Oak Leaf, Black-seeded Simpson, Lollo Rosso
- Romaine — also known as Cos (thought to come from the island of Cos off of Greece and is the oldest continuously cultivated lettuce - in production for at least 5,000 years)
- Summer Crisp — also known as Batavian (somewhere between Iceberg and Looseleaf)

In the “other greens” category there is:

- Chicory, which includes:
- Endive — Among the bitter greens, endive is one of the most popular choices.
 - Escarole — has a bitter flavor with a slightly sweet edge. The pale, inner leaves of the heart should be used.
 - Radicchio — Leaves ranging from bright red to maroon. The head can be anywhere from a softball to a golf ball in size, and has a strong bitter flavor.

And then there are things like: Corn Salad (Mache), Arugula, Mizuna (a type of mustard), Purslane (this mostly grows as a weed), Dandelion, Garden Cress, Water Cress, Miner’s Lettuce, Chinese Spinach (Leaf Amaranth), Malabar Spinach (Orach).

Many plants that you normally use from your garden for their leaves or other things have tasty flowers. The advantage to these is they add color and flavor at the same time. Try the flowers of: hyssop, chives, arrugula, basil, borage, chervil, cilantro, dill, sorrel, oregano, radish, sage, and thyme. And don’t forget Johnny Jump-ups, Nasturtiums and Calendula.

roasted pepper, and smoked mozzarella salad; egg salad; and cole slaw. Besides these items, which are assembled at the Co-op, there are offerings from Moshe such as Szechuan noodles; spinach salad; beet salad; eggless tofu salad; quinoa olive salad; tofu edamame salad; chunky vegetarian chicken salad; and Israeli salad.

For those of you who want to make the traditional green salad, look at the accompanying chart for the list of different kinds of lettuce and other greens. Some of you may still be in the dark about mesclun — “What the heck is that?” you ask. Mesclun is a French term that implies a colorful mixture of “baby” salad greens. Mesclun usually comprises of several varieties of lettuce and chicory, along with more unusual greens like mizuna, arugula, radicchio, chervil, endive, and cress. Such a blend provides a visually pleasing mixture of color and textures, and sometimes even includes edible flowers (see the chart).

Don’t forget all of the other great foods that can be mixed into your salad bowl; what my children call “toppings.” Besides the traditional celery, carrots and cukes, consider: bacon, beets, chicken,

grilled salmon, croutons, walnuts, sprouts, avocado, hard-boiled eggs, beans, asparagus, artichoke hearts, ham, feta, goat cheese, and olives — the list is probably endless. If you are strict about purchasing things grown locally, this past July the Co-op garden had baby carrots, cukes, lemon cukes, fennel, lettuce mix, baby leeks, radishes, purple and white scallions, sorrel, and small slicing tomatoes.

Many of you are probably still hooked on the crunchiness of iceberg, but keep in mind that the darker the green, the more vitamins and minerals they contain (beta-carotene, calcium, and iron, etc.) Greens like romaine are an excellent source of vitamin C (and have more than five times that of iceberg lettuce). According to Pliny, the Emperor Augustus Caesar is said to have put up a statue to honor lettuce’s healing abilities after being cured of a serious illness on a diet of salads.

Whether you want to pack down your meal or perk up your appetite, choose to eat a big bowl of greens or feast on one of the delicious prepared salads from the Co-op, make sure that every day is a salad day.

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September Garden Notes

by Mark Goodman

Hydrangeas. Have you noticed how beautiful the early summer hydrangea flowers were this year? The traditional “snowball” varieties, whether white, blue, purple, or pink have had full, vibrant flowers. The white oak leaf varieties and the “PG” (paniculata 'Grandiflora'), or tree forms, have opened up with larger than usual blooms.

But the prize has been the lace cap varieties, with their flatter, more delicate blooms that usually mix some combination of pink, purple, blue, and white.

Why such a bumper crop of gorgeous hues? Think back to spring time. Remember how you complained that April was too chilly, and you couldn’t wait for warmer days? The cool, wet weather may have been unpleasant for you, but it was great for hydrangeas. The cooler wetter weather, similar to the climate in areas such as Seattle and England, which are known for their lush blooms, allowed the hydrangeas to develop more slowly and yield more abundantly.

So the next time we have a cool, wet April, and you’re still shivering from a long, cold winter, think of the spectacular hydrangea display this year, and it will warm you up as you wait for spring.

Fall Plants. If you’ve dismissed “winter” pansies (planted in fall) as too commonplace and too yellow and violet, reconsider planting pansies this fall. There are many advantages to planting pansies.

First, you will have a colorful display when almost everything else in the garden is dying. Second, pansy colors run the spectrum from white to near-black with just about every variation in between. Not only are there pastel oranges, blues, and pinks, but also darker shades of burgundy and purple. Don’t forget the multicolored



splashes, including the famous varieties that appear to have faces painted on them.

Third, they are called winter pansies because they usually survive the winter and re-emerge in the spring, giving our gardens a head start into the new growing season. Pansies fade in the heat, but this year the cool weather kept them vibrant into mid-June.

As you walk through the garden centers this fall, take a longer look at the pansies to see how they can embellish your garden for two seasons.

Plants for a Religious-themed Garden: star-of-Bethlehem, St. John’s wort, baptisia, Jacob’s ladder, Maltese cross, burning bush, rose of Sharon, Jerusalem artichoke. Of course, you will irrigate these plants with holy water and pull out the bishop’s weed.

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Give Wildlife a Brake!

by Brenda Malinics

Our roads are littered not only with trash, but with too many animals that have been hit by cars. I assume that these deaths were accidental, but I know that many could have been avoided with a little insight into animal behavior. Spring and early summer are prime times for animals to have collisions with cars because turtles are crossing roads looking for ideal spots to lay eggs and so many young are crossing roads following their mothers. Young animals do not see cars as dangerous threats. Autumn is a time when deer are bounding into roads because of the chase involved with mating, and the fear of gunshots during hunting season causes many deer to wildly flee an area.

Be alert when you drive, and scan the edges of the road for wildlife that is about to cross, especially areas with open fields or wooded edges. This scanning habit will not only help you avoid harming or killing wildlife, but it is a good practice to develop so that you will be able to break in time for bicyclists, children at play, and slow-moving vehicles.

When I anticipate that an animal is contemplating crossing the road as my car approaches, I blow the horn to scare it back from the roadside. I also blow my car horn when a deer jumps in front of my car because there are usually more deer following the first, and the noise usually stops the rest of the herd from racing onward until my car has passed.

Be especially watchful for wildlife at dawn, at dusk and in the first few hours after darkness falls. Many species of wildlife are most active at these times. Car headlights can blind an animal and make it stop in the road; lower your headlights and blow your horn so that the animal can relocate.

Never throw litter of any kind from your car, even if it is degradable and you think that an animal can eat it. Every ap-

ple core and French fry attracts animals to the side of the road—which can have fatal results. One evening I was driving on a dark deserted road when I came upon an opossum eating a bucket of fried chicken that someone had tossed from their car. The young opossum was so hungry that he wouldn’t move. I had to get out of my car and swish him and his dinner off the road in order to safely pass.

Most importantly, slow down after dark. Many animals become needless victims simply because people are driving too fast to avoid hitting them.

If you do encounter an injured animal on the road, be sure to use your hazard lights to warn traffic that you are stopped. An injured animal, especially a wild one, is likely to bite, so be sure to use gloves and a towel if you attempt to move the animal into a box. Keep the animal dark and quiet and call a wildlife rehabber. The Pennsylvania Association of Wildlife Rehabilitators (www.Pawr.com) has a list of every licensed rehabber throughout the state. Locally, The Schuylkill Wildlife Rehab Center is located at 304 Port Royal Avenue (215-482-8217). Care is free to all native, orphaned, or sick wildlife, and volunteers are always welcomed.

Be prepared to sometimes discover that an animal that is motionless is not dead. Always be prepared with your gloves, towel, and box. Look around the body; often you will see young standing nearby (in which case, they need to get to a rehabber), and sometimes, as in the case of opossums, our only native marsupial, a dead mom may have a pouch full of young, who also need to get to a rehabber.

If you do accidentally kill an animal on the road, try to move it to the side if you can do so safely. This will prevent scavengers from being attracted onto the road, and it is a respectful last act of kindness to an animal that died a violent death.

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USDA Plan to “Pasteurize” Almonds Has Consumers Going Nuts

Plan Would Require Use of Chemical Fumigant or Heat Treatment on “Raw” Almonds

from the Cornucopia Institute

Small-scale farmers, retailers, and consumers are renewing their call to the USDA to reassess the plan to “pasteurize” all California almonds with a toxic fumigant or high-temperature sterilization process. All domestic almonds will be mandated to have the treatments by early next year. The plan was quietly developed by the USDA in response to outbreaks of salmonella in 2001 and 2004 that were traced to raw almonds.

“The almond ‘pasteurization’ plan will have many harmful impacts on consumers and the agricultural community,” said Will Fantle, research director for The Cornucopia Institute, a Wisconsin-based farm policy research group. “Only 18 public comments from the entire U.S. — and all from almond industry insiders — were received on the proposal. The logic behind both the necessity and safety of the treatments processes has not been fully or adequately analyzed, nor have the economic costs to small-scale growers and the loss of consumer choices.”

In early August, the California Almond Board suddenly requested that the USDA delay the treatment mandate until March 2008—it had been scheduled to take effect on September 1. “We support this request for a delay,” said Fantle, “but a delay, due to the industry being unprepared, isn’t enough. The USDA must also re-open the rule for public review and comment so that those who have been shut out of the decision-making process can have input into any almond treatment plan.”

Although food-borne illnesses have garnered headlines in recent years, including contamination of California-grown spinach and lettuce, raw produce and nuts are not inherently risky foods. Contamination occurs when livestock manure or other fecal matter is inadvertently transferred to food through contaminated water, soil, or transportation and handling equipment. Raw foods can also be infected by poor employee hygiene and sanitation practices either on the farm or in processing facilities.

“All fresh foods carry some chance of risk,” notes Bruce Lampinen, a scientist at University of California, Davis, who studies almonds, “but there is no more risk now than there was 30 years ago.”

And the fear in the farming community is that this will competitively injure smaller sustainable and organic growers. “This will put American farmers at a distinct disadvantage in the U.S. and abroad,” says organic almond farmer Mark McAfee. Fumigated almonds are banned in the EU and many other countries. McAfee worries about the impact of the rule on his business. Seventy percent of California’s crop is exported.

Several domestic companies that use California almonds are already investigating foreign sources for their needs. After buying almonds from local producers for over 25 years, Living Tree Community Foods, a Berkeley, CA-based natural foods supplier, will soon begin buying almonds from Italy and Spain. Dr. Jesse Schwartz, the president of the specialty retailer, believes the rule, if implemented, will be a travesty for American agriculture. “California almonds are the heritage of the American people,” he says. “They are superior in every way.”

Jason Mahon owns Premier Organics, a company that produces raw almond butter in Oakland, CA. Mahon is also looking to foreign suppliers and believes the rule is an unnecessary “fear-based decision of the Almond Board, that is clearly trying to protect itself from bad press and lawsuits.”

The equipment to meet the new USDA mandate is very expensive, ranging from \$500,000 to \$2,500,000. Farms can outsource the pasteurization process, but Hendrik Feenstra, a small-scale California handler of organic almonds, believes that to do so will still be prohibitively expensive for modest-sized growers and handlers. “Because pasteurization companies often charge a flat rate no matter the quantity of almonds, it could be four or five times more expensive for small-scale almond producers to pasteurize almonds than it will be for industrial-scale producers,” Feenstra says. And modest-size marketers

are concerned that increased transportation costs will also add to their burden

Organic farmers also question the science behind the rule. They believe that the sustainable farming methods they use, such as mowing and mulching, rather than controlling weeds by chemical herbicide applications, naturally prevent the spread of harmful bacteria more effectively than treatment after the fact. According to almond grower Glenn Anderson, “An organic farming system fosters biodiversity and creates an environment where Salmonella cannot survive. This rule ignores the root causes of food contamination—the unnatural, dangerous, and unsustainable farming practices on industrial farms.”

An important segment of the agricultural community feels that requiring small-scale and organic farms to comply with this rule is unwarranted and premature, as Salmonella outbreaks have only been traced to a very large industrial farm, and there is currently no published research pinpointing the causes of the harmful bacteria. “With the costs involved, and the implications on trade, they are recklessly experimenting with the livelihood of farmers,” Fantle added.

Furthermore, there is a lack of evidence supporting the use of the chemical fumigant, propylene oxide (PPO), and steam as the only effective treatments to reduce risk of salmonella. The most common method of sterilizing almonds is by PPO treatment, a genotoxic chemical recognized as a possible carcinogen that is banned in the European Union, Canada, Mexico, and most other countries. Many chemical-free and heat-free alternatives are being researched. “The Almond Board has not released any of the scientific research justifying their treatment choices,” asserts Eli Penberthy, a policy analyst at Cornucopia. “This rule should not be implemented until alternative technologies are thoroughly explored.”

The Cornucopia Institute also contends labeling treated almonds as “raw” is misleading and deceptive to consumers. “People choose to buy raw almonds for a variety of personal reasons, including

health, nutrition, and even religious beliefs,” Cornucopia’s Fantle said. “This rule denies them the right to control their food choices by making informed decisions in the marketplace.”

In fact, some strict vegetarians who consume only raw foods rely on almonds to provide as much as 30% of their caloric intake, believing that they are a nutritionally superior alternative to meat in the diet. “Raw almonds are increasingly popular for their health benefits,” said Goldie Caughlan, the Nutrition Education Manager at PCC Natural Markets in Seattle, who estimates that the co-op sells 28,000 pounds of raw almonds every year. She said customers are already confused and angered by the implications of the rule, and worries how it will affect sales. Diets based on raw foods are integral to some religious denominations, such as Seventh-Day Adventism, so the rule poses a threat not only to consumer choice, but to religious freedom as well.

Fantle charges that the rule could very well establish a precedent for more governmental control of fresh foods. Says Fantle, “If almonds require pasteurization, what foods will be next on the list of mandatory sterilization, heat treatment, and irradiation? Truly raw, untreated nuts, fruits, and vegetables might no longer be legally available in the marketplace.”

Public concern about the almond treatment plan has been growing. Over 1,000 comments opposing almond pasteurization have been submitted to the USDA since the plan was approved on March 31, and an online petition to stop the implementation of the rule has garnered over 15,000 signatures. (To learn more about the issue, go to www.cornucopia.org and click on the almond navigation button.)

The only exemption to the almond treatment regulations will be an allowance for growers to sell truly raw almonds directly to the public from farmstead stands. Unfortunately, this will give only a limited number of consumers in specific areas of California, the only state in the nation that produces almonds, access to untreated nuts.

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The Simplicity Dividend

CouchSurfing

by Betsy Teutsch

The Internet has made some pretty amazing things possible, and CouchSurfing.com is one of them. I learned about CouchSurfing a few months ago. The concept is quite simply a registry of people offering and seeking free hospitality in over 218 countries. It is set up like a social-networking site such as Facebook or MySpace so you can read up on someone you'd like to request a stay with, or check out someone whose hospitality request you are considering. The participants love it, since it means not only a free place to stay when traveling, but a local social connection. Home-cooked meals are optional. Presumably people who sign up for this are outgoing and interested in meeting people from around the world; the CouchSurfer motto is "Changing the World One Couch at a Time." (Perhaps borrowed from Freecycle, which "changes the world one gift at a time"?)

My reaction is enthusiastic — since I love building community and social capi-

tal, and frugal ideas always are near to my heart, CouchSurfing puts this all together. I also am contrite about how much waste we have in the Western world, and this is a way to redeem surplus space. My brother told me, when he visited my 6-bedroom house for the first time, "Come de Revolution, 50 people are going to move in with you!" and that has stuck with me.

On the other hand, opening my house to random people from all over the world makes me incredibly uncomfortable. Some of my anxieties are:

1) not being able to get rid of them, if they overstay their welcome,

2) not being able to communicate with them, since I only speak English, and

3) feeling the need to entertain them.

This is not expected, it's just that I wouldn't be able to help myself. In reverse, the idea of crashing on a stranger's sofa is ... well... eww! And then of course there are the safety worries. This community no doubt has addressed all of these concerns perfectly well; this is just the resistance that comes up within me.

The irony is that I open my home all the time to strangers, through my synagogue community. Traditional Jews don't drive on shabbat (sabbath) so must stay in walking distance of the synagogue if they are attending a life cycle event like a Bar or Bat Mitzvah. Since we just live a mile from the local synagogue, we frequently host community members' friends and family, and it has been uniformly pleasant. Since we have a guest room (empty most of the time — a waste, really), it is not especially intrusive. People are incredibly appreciative, interesting, and respectful of our boundaries. Some of them bring unbelievably nice gifts. Sometimes it's a little hectic, and people need a bit of concierge service, but overall it's been a wonderful chance to meet lovely people.

Back in the tragic 2004 presidential campaign when Pennsylvania was a destination for out-of-state campaign volunteers, some local organizations requested home hospitality for them. This was a little more distant a screening process than

local synagogue friends, but we figured how creepy could League of Conservation Voters volunteers be? So we did offer our home. We were assigned the head of the Natural Resources Council for the State of Maine, practically aristocracy. I felt quite honored to host him. As you can see, my idea that hosting strangers would be unpleasant does not match at all with my actual experience, which has been quite positive. Is this discomfort a result of social conditioning, perhaps, in our privatistic society? Or perhaps my gut resistance is reflective of a generation gap, since CouchSurfers are my kids' age, and I can afford a nice hotel? Fortunately there are 263,000+ active CouchSurfers, so my non-participation isn't affecting their success.

Would you like to CouchSurf, as host or visitor? If so, check out their site at www.couchsurfing.com.

Betsy blogs about socially responsible investing and consuming and about cool things like couchsurfing: www.money-changesthings.blogspot.com.

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With Autumn Comes... Braising

by Bonnie Shuman

With the cooler weather coming my thoughts turn to one of my favorite cooking methods: braising. From the French *braiser*, braising is cooking with moist heat, in a covered pot with variable amounts of liquid. Though braising is more often associated with tougher cuts of meat, chicken is also excellent braised, as it takes less time.

I encourage people to braise vegetables as well. Stick with hardier vegetables such as squash, potatoes, leeks, and parsnips, or, as in this recipe, kohlrabi. While meats require long cooking times, vegetables can be done in a much shorter time.

However, if you have the time to cook something for a few hours, there is nothing better on a fall or winter day than the aroma of a long-cooked, one-pot meal. The lovely thing about braising is how easy it is. Though you can braise on the stove top, I much prefer to braise in a slow 250° oven. The all over heat gives the dish a much deeper flavor. Once you've browned the meat or vegetables, you simply add your liquid and seasonings (and vegetables, if you are braising meat) and let the oven do the rest of the work for you.

Another important factor in braising

is your cooking vessel. My favorite kitchen pieces are made by a French company, Le Creuset (Luh-Crew-Say). Their Dutch oven is best for braising. Le Creuset has been around forever and if you're lucky you'll find a piece in your mother's or grandmother's kitchen, tucked away in the back of a cabinet, replaced by more modern-day cooking vessels. If you do happen upon such a windfall, be sure to abscond with it. (As a collector of this stuff, I myself would take it off your hands if it proves too burdensome for you. Hint, hint). No doubt, this stuff is heavy, and I may encourage folks with back problems to stay away from it, but it works better than anything else I've experimented with. There are other enamel-coated cast iron Dutch ovens available, but the key is to stick with the high quality stuff. Don't be tempted to buy celebrity chef product knock-offs. You'll often end up with an inferior quality product with an ill-fitted lid (a real no-no for braising, as a tight seal is necessary to keep the steam locked in). So if you fall in love with this cooking method, as I have, invest the money in a good Dutch oven.

In the meantime, braise away. Come tell me about what you made. Better yet bring me a taste!

Braised Kohlrabi

Need another idea of what to do with all that great Kohlrabi from the Co-op farm? Braise it!

- 1 tsp. butter
- 1 tbs. chopped Garlic
- 1 ½ lbs. kohlrabi, peeled and julienned
- 1 ½ cups chicken broth
- 1 tbs. chopped fresh thyme
- 1 medium onion finely diced
- fresh ground black pepper & kosher salt to taste

Heat butter in a medium nonstick skillet over medium heat. Add garlic, onions, and kohlrabi and sauté five minutes. Add broth, bring to boil, cover, and lower heat. Cook for 15–20 minutes, until kohlrabi is tender. Remove cover for last five minutes and allow liquid to absorb. Add thyme and salt and pepper to taste. Serves four.

Adapted from a recipe by Chef Jim Coleman.



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WW Film Series Returns

The Weavers Way film series will re-open for the fall on Tuesday, September 11. After September, we will return to our usual monthly schedule of the second Wednesday of the month. Films are shown monthly at the Little Theatre at Video Library (Germantown Ave. near Durham St.) on a theater-sized screen with theater style seating, air conditioning (when appropriate), and popcorn. Each film is followed by a discussion. Films start at 7 p.m. Admission is free.

Tues., Sept. 11
(note the change in day)
Iraq for Sale: The War Profiteers

A documentary on civilian contractor agencies in Iraq. Particularly appropriate during a period of policy discussions regarding the U.S. presence in Iraq.

Wed., Oct. 10
Knee Deep: Center in the Park Senior Environment Corps

Produced and directed by Ann Tegnell and WW member Sharon Mulally. How a group of volunteers has worked to test Philadelphia's water, eventually spawning a community group to work to clean up what goes into our drinking water. Come and see your neighborhood and your neighbors in action — it will make you wonder what is going on under Washington Lane! Followed by panel discussion and audience discussion.

Wed., Nov. 14
China Blue

How do manufacturers make their blue jeans product? Sweat shops in China and more — a fascinating and horrifying look at manufacturing practices. The film also deals with the large-scale issue of the demographic changes involved in rural girls and young women moving from the countryside to the cities.



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Manager's Corner

continued (from page 1)

versity, Bloomingfoods Co-op had operated for many years in very tight conditions. There is really no place to turn around in the original store (sounds familiar). They even have product marketed on the staircase. The annual sales figure for their small store is only \$900,000 per year, but it is really small.

A few years ago they expanded about three miles away on the other side of town. This second location is in a modern shopping center in front of a Kmart store. The second store is about 7,000 square feet of retail space and grosses about \$8.5 million a year. The store has a large prepared food section and plenty of local products. The staff seemed just as friendly as the downtown store and as connected with the people in the smaller store. I thought that WW member owners/shoppers would love this store.

Recently, Bloomingfoods Co-op opened a third store in a former restaurant. They kept the restaurant and added a store. It is too soon to tell, but George, the General Manager, said there was no reason it should not be successful.

George wanted to make sure that we were doing due diligence on our expansion and asked if I was working with consultants: financial, marketing, and planning. I told him that I had hired one person to assist with our financial projections, another who completed a market study of our area last January, and a third to negotiate leases or purchases for me. He reassured me that I was taking the correct actions in planning for a third site and that I was not "shooting from the hip" as they had done on their second store. He said it took them awhile to readjust their projections and wished they had hired outside consultants on their first expansion. For their second expansion, they used outside consulting support.

George told me that if you are doing over

\$1,000/sq ft in business (and we are doing about \$2,200/sq ft) you must begin thinking about expansion or a second store. We did that and expanded next door to 557 Carpenter Lane years ago. Now the question is what to do next?

I say let's follow in the footsteps of Bloomingfoods (also Hanover Co-op, Townson, and others) and expand to at least two other stores in our region. Let us expand our economic model to other communities and let us open opportunities for people in these communities to work for a member-owned business that provides benefits and a good working space.

Expanding at our current location will not ease the problems with parking or deliveries, nor will it improve working facilities for our staff or reduce the number of times they must handle product.

Our market research report tells me that we should open a medium-sized store in the Chestnut Hill area, followed by a remodeling of the current store and then open a third store in the Germantown/East Falls region. This sounded like a solid plan to me, and one that I have been seriously looking to get off the ground. We anticipate \$15-19 million in sales after all three stores are in operation.

There are many questions to be answered, but one important one is whether the new areas are ready for us and whether they will support us with investment funds. I have no doubt that our current and future staff members will keep the premise of the Co-op alive when we expand and will help to make a second store successful.

Financial investment is perhaps the most critical question. Co-ops must have strong financial backing, just like any business. There is nothing special about the co-op business model except that we ask for ownership by the community both in the form of investments with a fair percentage in return, and we ask for general ownership (equity) in the business.



PHOTO COURTESY OF LOUISE BARTEAU

CO-OP MEMBER LOUISE BARTEAU CHODOFF IS MAKING TREES OUT OF PAPER FOR HER NEW TWO-PART INSTALLATION, GROVE. PART 1, "IN AN INSTANT, EVERYTHING CHANGES," WILL BE SHOWN DURING THE PHILADELPHIA LIVE ARTS AND FRINGE FESTIVAL AT THE MEDIA BUREAU, 725 N. 4TH. ST. PART 2, "IT'S ALWAYS HARD TO SAY GOOD-BYE," WILL BRING THE HOLLOW PAPER TREES TO CARPENTER'S WOODS, WHERE THEY WILL BE REPLACED WITH REAL TREES IN THE SPRING.



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I've eaten bread in France, Germany, and Italy and in my view the best bread of all is Le Bus multigrain baguettes. Crunchy, sweet, perfect! Weavers Way carried it when I first joined seven years ago, then it vanished, now it's back. Please, friends, buy lots of it so WW will always stock it and Le Bus will always bake it.

~ Eve Segal

Suggestions

(continued from page 24)

Ditch the Lactaid 70% Lactose Reduced for 100% if you are going to keep the Lactaid. Thanks.”

r: (Chris) Good point. Look for ½ gal-lon Organic Valley by late July.

s: “Bring back the Ling Ling frozen po-stickers! (I wasn’t the only shopper look-ing for them.)”

r: (Chris) This item was a rather slow seller, which we deleted so that we could move tortillas to the freezer and therefore create more refrigerated space for fresh produce. They are available as a pre-order, case of nine for \$37.49. You might want to ask Joe, a Co-op staffer, if he wants to split a case, or put a note on the bulletin board.

s: “Stock T-shirts that say on the back “I’m burning carbohydrates not hydrocar-bons.” First seen as a sign hanging from a bicycle seat @ Cal Tech 30+ years ago.”

r: (Martha) Cool saying! Perhaps one of the local T-shirt design vendors might like to use it. Any takers?

s: “Whipped cream cheese.”

r: (Margie) This is our first request for this and we don’t really have the space. If we get more requests, I’ll try it in the spe-cialty area.

s: “Part skim ricotta, could you alter-

nate between whole milk and skim if there is a space problem? Thanks.”

r: (Chris) We would add this to our dairy case line if we had space, but I don’t think we do. Alternating products would create confusion, so I’d rather not.

s: “Isn’t it a little weird to have a pet store with no pets?”

r: (Norman) One of Steve’s mainte-nance projects for this year is to build a pen in the basement of the pet store where we will expand our entertainment offer-ings with rabbit fighting. We were going to have dog fighting, but turns out that is both illegal and would decrease dog food sales since every fight results in one less dog. Rabbits are much quieter, so the fights won’t bother the neighbors, al-though it is hard to get rabbits to fight to the death. But at least you end up with material for fur coats, which we will do-nate to our local rabbit fur coat making cooperative.

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Members’ Theater Wins Acclaim

Mt. Airy-based Gas & Electric Arts “invites you to the hat mak-ing capital of the world,” where nothing is at is should be.

Co-op members Lisa Jo Epstein and David J. Brown are quite busy these days, running the nationally recognized Gas & Electric Arts out of their home base on Carpenter Lane. Founded in 2005, the company creates per-formances, educational programs and community events that respond to the currents of our time. “We support storytelling at its best: visually engaging, intel-lectually nourishing, and which shed light on our humanity” says Lisa Jo “We are called Gas & Electric Arts because we believe that theatre should be an essential part of a community’s life, an accessible, vital utility that ignites intro-spection even as it generates dynamic dia-logue around who we are and what we desire.”

For the 2007 Fringe Festival, Gas & Electric Arts jumps into the seriously sur-real world of Kesselring-award winning playwright Kira Obolensky, and her facto-ry town fable *Quick Silver*. Wildly enter-taining, yet thought provoking, *Quick Silver* theatricalizes the legacy of America’s hazardous industrial practices and its imprint on the environment and society by drawing us into a story of criss-crossing family lines around the life of a river and a hat-making factory.

In the hat-making capital of the world, nothing is as it should be. Time evaporates like a splash of silver mercury. A swirl of actors and puppets animate this Alice-in-Wonderland-like adventure where everyone breaks into song at the



GAS & ELECTRIC THEATER’S DAVID BROWN AND LISA JO EPSTEIN WITH DAUGHTER ZIVIA BEA BROWN

drop of a hat.

Directed by Lisa Jo, *Quick Silver* fea-tures actors Vivian Appler, Seth Reichgott and Joseph Ritsch, with puppets and music by Co-op member Tim Harbeson and costumes by Millie Hiible, also a Co-op member.

As community-building is integral to Gas & Electric Arts’ mission, many of the performances will feature lively post-show talks addressing the urban issues inherent in *Quick Silver*. Discussions will feature Clean Water Action, Clean Air Council, the Sustainable Business Network, and Environmental Scientist Johan C. (Joop) Varekamp on different nights of the show.

Quick Silver will be performed August 29 thru September 15 at the Adrienne, 2030 Sansom Street in Philadelphia. For more information, call 215-407-0556 or visit www.gasandelectricarts.org.

Following the run of *Quick Silver*, Gas & Electric Arts will continue its urban storytelling series, *Generating* at the Tin Angel on September 24.

C O - O P I N F O R M A T I O N		
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Suggestions

by Norman Weiss

Greetings and thanks for writing. As usual, suggestions and/or responses may have been edited for clarity, brevity, and/or comedy.

A couple months ago I wrote about the depravity of buying and selling bottled water, and a member emailed with information about a local spring where anyone can fill up their own bottles. Here’s a reprint:

“Pure spring water is available for almost nothing...Andorra Spring water used to have its bottling plant here on Barren Hill Rd (2 miles past Andorra Shopping Center, across from Masonic Village). When they moved, they put up water dispensers for spring water. BYOB, one gallon of pure spring water for a quarter. You can choose 1, 2, 3 or 5 gal. spigots. Go down Barren Hill (slowly, please!) about a mile, on the right is an Andorra Spring Water sign.”

This past July I attended a national co-op conference located in Minneapolis. During one of the sessions a few of us were discussing product selection criteria at our co-ops, and things of that nature. One woman said her co-op wouldn’t sell any Garden of Eatin brand items due to packaging concerns. I assumed the concern was environmental, some objectionable material or something. Turns out the reason is graphic: designs on the packaging, specifically petroglyphs, were deemed exploitative. The woman told me it is called “cultural appropriation”; in this case it’s the adoption of the iconography of another culture to aid in selling a company’s corn chip. First I thought, man, the people at this co-op are sensitive! (Olympia Food Co-op, WA) But then I thought about it, and realized that this philosophy could benefit Weavers Way. If we incorporate this thinking into our own product selection criteria, it has two immediate benefits: 1) It gives us something new to have a divisive boycott discussion about, which in turn leads to a well-attended membership meeting with good food, and 2) It gives us a reason to delete some products, thus making the store less crowded. My ultimate goal here is to settle our “how to expand” decision by defining more and more exclusive product selection criteria such that we exclude enough products so that crowding is no longer a problem and we can just stay put.

suggestions and responses:

s: “How about Bear Naked Granola, it’s low in sugar, tastes good. I like vanilla almond. Thanks.”
r: (Chris) No room to add these to our cereal section at this time... It is avail-

able as a full-case pre-order, a case of six 12-oz packages for \$26.09.

s: “Please reinstate the deli reminder tags — they were so helpful and now they are gone. I just had to come in today because I forgot to pick up my deli order.”
r: (Margie) The reminder slips are back in the Deli!

s: “Do we carry black bean veggie burgers?”
r: No, but we do have three types of veggie burgers in our freezer: Amy’s veggie burger, Garden Burger, and Garden Vegan Burger. Also, in the deli case, Lightlife “gimme-lean” beef style makes excellent burgers.

s: “What happened to the Journey sodas? They are just what I need after a hard day at school in the Fall.”
r: (Norman) Most of the flavors that we used to carry were discontinued by our vendor. Emails to Journey don’t go through, so we suspect Journey folded.

s: “How about: using an old laptop for Suggestion Book and posting online so we can look up our suggestions by sorting by number then date? I can never find my previous comments and replies. Perhaps Norman could talk less, be less flip and include more suggestions and responses. Quantity vs. entertainment. He could start a humorous column instead.”

r: (Norman) Thanks for the suggestion, we are looking at making the Suggestion Book part of our web site, which would make it searchable. Then we could have a laptop for in-store use. (We actually tried it on our website when the site first went up, but that section quickly filled up with spam.) Meanwhile, Suggestion Book pages do vanish for awhile, usually about a week, while being responded to. Then I put them back in date order, so keep checking. By the way, if I talked less it wouldn’t have much effect on the Suggestion Book article size, since most of the space is taken up with writing. OK, I just tried to be less flip, but failed.

s: “Please stock Gaga’s Sherbetter, an all natural frozen dessert in lemon, orange, raspberry, chocolate pints. Now available in the Philadelphia area. Terrific taste, small company. Better than sorbet currently in your freezer section.”
r: (Chris) We’ve had several requests to add this item, tight space in the freezer is “the issue.” I’ll try to open up space for Gaga’s... (wish me luck).

s: “First, *thanks* for sandwiches for non-meat and dairy eaters in the WW buffet of homemade food. Second, any chance we can supply quart-sized containers of Silk Soy yogurt? (Silk is the only brand I know that packages plain soy yogurt in quart sized containers.)”
r: (Bonnie) Your welcome regarding the sandwiches, we’ll pass your thanks along to our two sandwich makers, Karen and Nina. (Chris) Quart-sized soy yogurt was a very slow seller when we did carry it a couple years ago. I doubt we’ll be adding it back to the yogurt line. You could order a case of 6 for \$16.32.

s: “Sorry for repetition, but update on lactose-reduced Dairy? Organic Valley Lactose-Reduced milk is the only organic lactose-reduced milk I have seen on the market. Why is it only available in quarts?

(continued on page 23)

Good News & Bad Affects Coffee Supply

by Martha Fuller

Seemingly in line with Murphy’s Law, the popularity of Sumatran Arabica Coffee has skyrocketed in the past few years, while that country has suffered a series of political and environmental setbacks. Due to natural disasters and domestic turmoil, the supply of fine Sumatran coffee has been severely limited. Fair Trade Premiums are more important than ever in rebuilding infrastructure and expanding capacity. Equal Exchange’s Sumatran Full City Roast will be discontinued for a short time, while we eagerly await the next shipment of this prized offering.

The cooperative and the community around St. Elena, Costa Rica, has been successful in developing an ecotourism economy that also sells roasted coffee in-country to visitors, which has absorbed the volume of green coffee we have historically purchased. This is a good example of development resulting in the producers diversifying income-generation and moving up the value chain to include roasting and retailing, thus no longer being primary product producers only.

With guidance and suggestions from

Nick at Equal Exchange, we have brought in two coffee beans in place of the Costa Rican and Sumatran: Organic Decaf Espresso (a Fair Trade coffee, of course) and Organic Cafe Mexico (also Fair Trade). The decaf drinkers among us have clamored for another decaf that leans toward the darker roasts. This one is a Vienna roast. You can sip to your heart’s content with the coffee from this new bean without worrying about a caffeine overload. Equal Exchange describes the Decaf Espresso like this: “Notes of vanilla and cardamom with more exotic accents of lemon zest and crystallized ginger. From small farmer co-ops in Latin America.”

Organic Cafe Mexico is also a Vienna roast and this is how Equal Exchange describes this coffee: “Fragrant aroma, smooth flavor and a distinguished finish.” So far, the feedback from shoppers has been positive and the Cafe Mexico has garnered excellent comments.

Both are, like the other Equal Exchange coffees, tasty, a good money value and have frequent turnovers, thus ensuring freshness.

Equal Exchange

September Coffees of the Month

Organic Mind, Body & Soul

smooth, soft and soulful with mellow body, light acidity and a dark chocolate finish

Organic Café Nica



Dark roast, rich and intense, with a chocolate aroma and a long, graceful aftertaste.

\$6.99/lb.

Reg. \$8.75/lb.

\$7.75/lb.

Reg. \$8.75/lb.



Welcome to Weavers Way Cooperative Association

Dear Neighbor,
If you are not already a member of Weavers Way Co-op, you are invited to join. Weavers Way is a member-owned, not-for-profit cooperative. Our bylaws require that in becoming a member, someone from your household attend an orientation meeting, where details of membership will be explained. Meetings are held at the Germantown Jewish Center (GJC), Lincoln Drive and Ellet Street, and at Church of the Annunciation (CA), Carpenter Lane and Lincoln Drive. Upcoming Orientation Meetings are on the following dates:

DAY	DATE	TIME	LOCATION
Saturday	Sept. 8, 2007	10:30 a.m.	CA
Wednesday	Oct. 10, 2007	6:45 p.m.	GJC
Wednesday	Nov. 7, 2007	6:45 p.m.	GJC

Meetings start promptly and last about 1¼ hours. Latecomers cannot be admitted. Written reservations are required, so please fill out the tear-off sheet below and return it to the store. At the close of the orientation meeting, you will be expected to pay your initial \$30 annual investment (check or cash). We look forward to seeing you and welcoming you into the Co-op.

Robin Cannick, Membership Manager+

PLEASE RETURN THIS PORTION TO WEAVERS WAY

Someone from my household will attend the orientation meeting on _____

Name (please print) _____

Phone Number _____

Address (including zip code) _____
